Principals News

**Relay for Life**
A big thank you to Sally Peter for her organization and of “The Bellarine Bunyips”. The Bellarine Bunyips were a relay team in last week-end’s Relay for Life that was held at the Collendina Reserve in Ocean Grove. Thanks to everyone who supported this cause.

**Last Day of Term**
The last day of term will be 19th December. The school will dismiss at 1:30pm.

**Christmas Picnic**
The Christmas Picnic will be on Thursday 11th December. It will start at 5:30 with Santa coming around 6:00pm.

**Behaviours of resilient people** - (Continued from last week)
Resilient people often do a number of things. Here are some ways resilient people act that may provide ideas for you to develop your own resilience:
- Learn to see opportunity in all things
- Accept change as part of living
- Keep things in perspective
- Be realistic
- Maintain a healthy lifestyle through physical activity, eating well and doing stuff they enjoy
- Nurture a positive self-view
- Maintain supportive relationships and spend time with others
- Learn communication skills
- Create strategies to self soothe
- Take action and work towards goals when needed
- Talk to someone and get help if/when needed

**Develop an attitude of tolerance, acceptance and flexibility.**
Developing Resilience
Because we all come from different backgrounds and have different life experiences, not everyone has had the ideal circumstances to develop resilience. So it’s good to know that it’s possible for anyone to learn from adversity and to develop positive ways of dealing with things.

An important step to building resilience is to develop self-awareness and to understand your emotions and how you react. This will help you build on your existing strengths and set goals for further growth. For example, it might be useful to understand:
- Your needs, joys and frustrations
- Your goals, values and beliefs
- Your limits
- What is in your control and what is not
- Your strengths
- The bigger picture of your life beyond the 'problems'
- How you normally respond to stress - your actions, thoughts and feelings
- Your personal style and history and how this relates to your current behavior.

**Stories about resilience**
At Kids Helpline, we hear many inspiring stories about how young people find ways to cope with adversity in their lives. Young people tell us about many skills and strategies they have learned to respond to challenging situations. They also tell us about how they have overcome adversity and taken care of themselves. You can read other people's stories at our Tell Us Your Story pages.

Through dealing with adversity, many young people have learned to build resilience and have discovered courage they didn’t previously...
Stories about Resilience (cont’d)

know they had. While people can’t be resilient all the time, it is important to remember that resilience is something that can be learned and improved on, and support is available to do this. Counselling can be a helpful way to develop self-awareness and understanding and to explore further options to help you build resilience. If you want to talk to someone about your situation or discuss any of these ideas, call Kids Helpline on 1800 55 1800, 24 hours a day, 7 days a week, or use our web or email counselling services.

Swimming starts Monday. Students will be swimming between 12:30-1:15 or 1:15-2:00pm. It is fantastic to see such a positive response to this important program. Preps need to practise drying and dressing themselves, for independence as part of the program. Swim groups will take 10 minutes for instructors to move some students according to needs/abilities and changes will also occur for some students throughout the program according to their own progress. Qualified swim instructors will group students according to their needs and possibly group students with other grades. Due to the swimming program time table some students will be eating at a more suitable time.

Don’t forget your towel and bathers.

Thanking you.

Mr Vaught, Swimming Co-ordinator

Parents & Friends
Thanks to all who helped out with the Mitre10 BBQ, including Amanda, Penny, Ray, Diana, Howard, Fiona, Rachel, Tracey V, Petra, - and WPS P&F Alumna, Glenda D!!

A very big thank you to all of the kids who helped out. We love your enthusiasm and your impeccable behavior - you were a credit to Wallington PS – thank you to Kieren, Max, Meridien, Tate, Larissa, Caitlin, Annelise and Jean-Luc. We ‘sold out’ of snags and raised around $600 after expenses.

We have a number of social activities coming up – please check the newsletter calendar and mark the dates in your diary!

First up - Election Day sausage sizzles at our local primary school polling stations are a Aussie great tradition and one that we are happy to uphold! It would be lovely to see some new faces to lend their support to the Wallington PS Sausage Sizzle on Election Day – we all have to vote so it’s an easy task to stay on for a little longer and help out. Please let the office or a P&F committee member know (Penny, Amanda, Diana) if you can assist.

GARAGE SALE 22nd November. 8 am - 2 pm
7 Simons Road, Leopold
Plus cakes, plants, produce
All proceeds to Red Cross

kids in the kitchen
cooking workshop + book launch
Sunday, November 23rd
Tickets $20 includes:
Adults - glass of sparkling
Kids (5+) - Copy of Mamacino
Kids in the kitchen
Kids cooking workshop and demonstration
Piciotto style brunch
book: events@killynane.com.au