The Children's Fair

What a successful day. The fair went really well and all the students enjoyed themselves. The Wallington Idol was again very popular with over 20 acts entered. The job of selecting the finalists was a tough one. The winner of the final was The Grade 6 Girls closely followed by Jean-Luc, Grace and Jacob, Equal third place was Emilia and Ollie. Every act was great and thank you to all the students for their great support of all the Idol entrants. The fair raised $872.25 and $191.75 from the Wallington Idol voting, making a grand total of $1,064. The funds will go towards our World Vision Sponsor child, Jacklyn Annan and another charity/project.

What is resilience?

Resilience is a way to describe the quality of something that goes back to its original form after it has been bent or stretched. It is also a popular term used to describe a psychological quality in people. Resilience has been described as “the capacity to cope with change and challenge and bounce back during difficult times”. You may have heard the term ‘bouncing back’ used in this sense. Resilience comes in many different forms, and some young people have described it as:

• Dealing with hardships and still holding your head up
• Giving things a go or trying your best
• Having a strong on the inside
• Being able to cope with what life throws at you and shrug it off
• Standing up for yourself

As you can see, the idea of resilience focuses on how we deal with stressful situations and adversity - the more resilient we are, the better we manage adversity.

Experiencing the tough times

Ups and downs are a normal part of life and there are many times when people feel stretched or under pressure. Challenges in life can range from easy to manage and causing a small amount of stress, to very stressful, such as a trauma or crisis. What might seem like a mild pressure to one person may be very difficult for another. Likewise, what seems unbearable to one person may be managed fairly easily by another. For example, you may have heard someone's story and thought to yourself, "If that was me I don't know how I would have coped!” Or you might have thought "What's the big deal, what are they so worried about?"

What influences resilience?

Everyone is different and has unique challenges in life. Factors that influence how someone experiences a challenge or trauma include:

• Personal capacities and coping skills
• The degree of the trauma or stress

References:

1. Mind Matters Booklet 2005 Enhancing Resilience
2. Stress and Coping
** Last Week’s Super Student of the Week Awards **

** Prep D Duckett **
- ** SCARLETT M **
  For your enthusiasm and confidence when writing. You are writing stories all by yourself. Great work Scarlett! You are a Star student!
- ** ALLY M **
  For working hard to learn about coins. You were a great shopkeeper and customer. Keep up the great work!

** PIN Norris **
- ** BEN M **
  For working really hard in your writing. Your letters are neat and clear and it’s a pleasure to read. Keep up the great work, Ben!

** 12S Stevens **
- ** CHARLIE D **
  For performing confidently at the Wallington Idol auditions. Well done, Charlie, and keep up the great work!

** 2V Vaught **
- ** MACY C **
  For demonstrating great teamwork skills in problem solving tasks. Well done, Macy.

** 3O O’Brien **
- ** JAKE M **
  For using your strengths at camp. You demonstrated great self control and challenged yourself on the giant swing. Great work, Jake, you should be proud of yourself!

** 4M Murray **
- ** LUCY R **
  For coming up with an interesting option when creating her ‘one out of three’ chance spinner. Well done!

** 5K King **
- ** SIENNA W **
  For displaying great skill and sportsmanship during the district soccer fun day. Well done, Sienna!

** 6L Lennon (Mrs Marino) **
- ** SOPHIA F **
  For displaying great skill and sportsmanship during the district soccer fun day. Well done Sophia!

**Mango Orders**
Reminder forms and payment are due back to drawer opposite the office by TODAY (27th Oct). Delivery will be early December.

**Next Meeting**
Next P&F meeting will be 9am Friday 11th November in the hall. Special guest for health and wellbeing – Tracey Vaught – Yoga and Children. All welcome.

**Stay up to date**
With lots of Parents and Friends news and upcoming events by joining our Facebook page. Search for “Wallington PS Parents and Friends” and request to join.

**Swimming**
A reminder that swimming payments are now due. The prep to grade three program, at Bellarine Aquatic Sports Centre Ocean Grove, starts **Monday November 14th**; please start to prepare by organising a pack with ‘labelled’ bathers, goggles, towel and dry plastic bag for wet gear.

In preparation for swimming it is important that preps start practicing dressing themselves independently. Ear infections can also become a problem if students haven’t been swimming for a long period, germs that live in the ear can be stirred by the water and cause infections. As preventative action use swimming ear plugs and/or swimming ear drops. It is a good idea to have any student new to swimming practise using their swim goggles in the bath prior to swimming and visit the swim centre for familiarity and confidence. Please see your class teacher if you have any concerns or questions regarding the swimming program. Thanking you.

Mr Vaught and Miss Norris
Swimming Coordinators

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**Tai Chi and Qigong Workshops**

**Enjoy Tai Chi movement**  
Qigong moving meditation and visualization  
Relaxation and breathing techniques  
Tai Chi Philosophy  
With a touch of oneness

**Bookings**
Minimum 10 cost $20 each  
Janet Croft mob 0439599619

**Yang style Tai Chi forms**  
Beijing 24  
Tai Chi Chuan 42  
Sword 32 and 42  
Fan 73

90 min session includes  
Tai Chi, Tai Chi philosophy, meditation and some Chinese tea.

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Sienna W competed in the Schools State Athletics Competition at Albert Park Lake on Monday. She did a courageous run in the 1st heat to make the finals in the 200m. Congratulations Sienna, terrific effort!