



CALENDAR EVENTS

Thu 27th Oct	Strawberry Fair Meeting 7 pm
Fri 28th Oct	Assembly ~ Prep/Yr 1 Presentation
	National Bandanna Day
Mon 31st Oct	Artist in Residence Begins
Wed 2nd Nov	St John Ambulance Visit
Thu 3rd Nov	Prep Orientation 2.30 - 3.30 pm
Thu 10th Nov	Prep Orientation 9.30 - 11.00 am
Fri 11th Nov	Parents & Friends Meeting 9 am ~ Hall
	Remembrance Day-Drysdale RSL Service
Mon 14th Nov	P-3 Swimming Program Commence
Thu 24th Nov	P-3 Swimming Program Conclude
Tue 15th Nov	Vic PS Golf Regional Finals, Curlewis
Wed 16th Nov	School Council Meeting
Thu 17th Nov	Prep Orientation 12.30 - 3.00 pm
Thu 24th Nov	Gr 6 Blue Light Disco
Fri 25th Nov	Gr3-6 Queenscliff Music Festival
Thu 8th Dec	Special Christmas Lunch
Thu 15th Dec	Gr 6 Graduation
Fri 16th Dec	Christmas Family Picnic
Mon 19th Dec	Gr 5/6 Adventure Park
Tue 20th Dec	End of Term

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
- Being 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 your-self, "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
3. Riding the Waves: A Guide to building resilience in 10 to 14 year-olds 2006, Australian Drug Foundation.

PRINCIPAL NEWS

Prep Orientation

Next Thursday we have the first of our Prep 2017 Orientation Days. Our next year's preps will be here at 2:30 – 3:30 pm. Please be aware that there will be additional cars in the carpark and new parents who may be unfamiliar with our carpark etiquette.

Melbourne Cup Day

The school will be operating as usual on this day. It is not a holiday.

Remembrance Day

Remembrance Day is Friday 11th November. The School Leaders will be representing the school at the Drysdale RSL service.



School Council

Thank you to those parents who replied to the School based Parent Survey. This survey was designed to give school council some base line data on school improvement. Over the next month the council will be looking at the data to determine the areas of improvement. Our next school council meeting will be on **16th November**.

Lateness and Absences



Parents are reminded that all students who are late to school must be signed in by a parent/guardian. Once signed in, the student takes a late pass to give to the teacher. This procedure is in

place to ensure the safety of students and allows us to keep track of students in the case of an emergency. Also it is great to see parents reporting absences via the school app. We ask that a reason for any absence, late arrival and early departure is included so that we may record these correctly.

SCHOOL & COMMUNITY NEWS

PARENTS & FRIENDS



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 shop keeper 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!

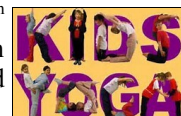
Mango Orders

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 lot 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

Assembly Presentations

Below are the dates planned for Assembly presentations for the rest of the term. Dates may change and parents will be notified if there are any changes. All parents are welcome to attend.



28 th October	Grade Prep /1
11 th November	Grade 1/2
18 th November	Grade 5/6
25 th November	Grade 2
2 nd December	Grade 3/4
9 th December	Grade Prep /1
16 th December	No Presentation

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!



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.

