



DIARY DATES

Fri 30th Oct	Bandana Day Parents Social @ Flying Brick
Wed 4th Nov	Whole school excursion MSO Costa Hall
Thu 5th, 12th & 19th Nov	2016 Prep orientation days
Thu 11th Nov	Strawberry Fair Meeting 7 pm
Sun 15th Nov	Mitre 10 BBQ (P & F)
Mon 16th Nov - 27th Nov	Swimming Program P-3
Wed 18th Nov	School Council Meeting P & F meeting 9.00am School Hall
Mon 30th Nov	Pupil free day
Fri 11th Dec	Bush Dance / Sausage Sizzle 5.30 - 8.00 pm
Tue 15th Dec	Yr 6 Graduation
Wed 16th Dec	Party Day
Fri 18th Dec	Last Day of Term

PRINCIPAL NEWS

2016

Planning is well underway for 2016. Mrs Emily Duckett will be taking Preps next year and will be running the Prep orientation program which starts on Thursday 5th November. If any family won't be with us next year, can you please let us know as soon as possible so the grade structure can be finalised.

Remembrance Day

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

Prep Orientation

Next Thursday we have the first of our Prep 2015 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.

School Council

School Council is developing a futures Plan that will guide the direction of the school over the next 5 years. This plan will tie all that we do into student learning outcomes. Once the draft of the plan is completed it will be put up for comment by the school community.

The three areas that they are looking at are:

- Physical Environment
- School Community Engagement
- Communication

Each of these areas will have goals and targets set. These targets will be the focus of the school council subcommittees, thus giving a coordinated approach to the way that we work at Wallington. This is a great initiative of the council and creates a proactive approach to our school.

The next meeting of the School Council will be held on 18th November at 3:45 pm.



Melbourne Cup Day

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

Lateness and Absences

Parents are reminded that all students who are late to school must be signed in by a parent. 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 the absence is included so that we may code the absence correctly.

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^[1]." 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^[2]

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.

References:

1. Mind Matters Booklet 2005 Enhancing Resilience
2. Stress and Coping http://www.mindmatters.edu.au/verve/_resources/EnhanceResilience_2.pdf
3. Riding the Waves: A Guide to building resilience in 10 to 14 year- olds 2006, Australian Drug Foundation.

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

- Support and resources available to the individual
- Timing and context of events
- Presence of other circumstances or additional stress present at the time of the event

Given that everyone has different life experiences and different resources, it's important not to judge people on how they cope or how long it takes them to bounce back from a stressful event. It is also equally important not to judge yourself about how you are reacting to a stressful situation. However, it can be helpful to examine how you cope, acknowledge your needs and develop new strategies to get through the tough times.

What helps people to be resilient?

Research suggests that there are certain factors and circumstances in life that promote resilience. Some of these factors include:

- Supportive and stable family relationships
- Having positive expectations or being optimistic
- Sense of self worth
- Participating and contributing to social and or community activities
- Having a sense of belonging and good friendships
- Personal attributes such as problem solving abilities and communication skills
- Positive relationships with an adult outside of the family.

Behaviours of resilient people

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.

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.

SCHOOL & COMMUNITY NEWS

Bellarine Community Farmers Market

This Saturday (and every third Saturday of the month), Ocean Grove park, 9am-1pm. Come along for the best of fresh, local produce, plants, flowers, food-to-go, coffee, buskers, pony rides, face-painting, playground & dogs on leads welcome. A great family day out!

Ph: Sally - 0418141208

MILO CRICKET WALLINGTON CRICKET CLUB

Program for boys and girls to develop skills and enthusiasm for the game

Cost \$80 with Milo Cricket Pack OR \$20 with no pack.

First session is Friday 6th November 4.30pm.

10 week program

(5 weeks before Christmas and 5 weeks during term 1)

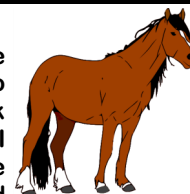
For more details and to register online

www.playcricket.com.au

Good Home Wanted

Jigsaw"14.3hh 11 year old Stock horse mare. Very kind natured and quiet to do most things with. Has been out of work (on and off) for 2 years. Occasionally I lunge her for 15 mins and kids can ride her on the lunge. Previous owners used her as a school horse and took her to some competitions. Easy doer, good to float (although it's been a while), easy around other horses, dogs etc. She is slightly pigeon toed but still very comfy under saddle. Jigsaw comes with saddle, bridle, rugs (anything I have really).

Very gentle horse but would suggest a rider with some experience due to her being out of work so long. Regretful sale as I don't have time for her anymore and selling the property she is currently on in Wallington. Will sell to a loving home only. Call Joe on 0418 330 282



Free Community Drum Circle Line Up

Ocean Grove Main Beach	November 6 th & 20 th December 4 th & 18 th January 1 st & 15 th
Scott McCutcheon Drumming HQ	November 13 th December 11 th
Grubb Rd Wallington	January 8 th & 22 nd

Please register your attendance
so I know how many drums to bring!
Scott 0401 557 233

Summer Hand Drummers 2014

