

WALLINGTON P.S. NEWSLETTER

Principal: Leigh McLaren School Council Pres: James Watson



13th November 2014



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DIARY DATES



Thu 6th-20 Nov	Prep Orientation (3 sessions)
Mon 17th-27th Nov	Swimming P-3
Tue 18th Nov-2nd Dec	Gr 6 Health & Human Relations (3 sessions)
Tue 18th Nov	Vic Schools Golf
Wed 19th Nov	School Council Meeting
Thu 20th Nov	Gr 6 Police Blue Light Disco Strawberry Fair Meeting 7 pm
Mon 24th Nov	Parents & Friends Meeting
Tue 25th Nov	Geelong School Cycling & Duathlon Championships
Fri 28th Nov	Queenscliff Music Festival - Whole School
Sat 29th Nov	Parents & Friends—State Election Day BBQ
Mon 1st Dec	Pupil Free Day
Wed 5th Dec	Parents & Friends Christmas Dinner
Sat 6th Dec	Family Bike Ride & Picnic
Tue 9th Dec	Yr 7 Transition
Thu 11th Dec	Christmas Picnic (Santa in attendance)
Tue 16th Dec	Gr 6 Graduation
Wed 17th Dec	Gr 5/6 Adventure Park/Party Day

PRINCIPAL NEWS

Strawberry Fair Meeting

The next meeting of the Strawberry Fair Meeting will be on **20th November at 7:00pm**.

New Prep parents

Today I had the pleasure of meeting with the new prep parents as part of the prep Orientation program that is being organised by Mrs Duckett. This is an important part of the transition to school. Mrs Duckett has also been out and about visiting the various kindergartens. Thanks to the "Parents and Friends" for providing morning tea.

The Department of Education and Early Childhood Development (DEECD) Website:

<http://www.education.vic.gov.au/school/parents/primary/Pages/default.aspx>

The parent section of the website provides parents with information about schools and what resources are out there to support you and your child/ren through their schooling life.

Mrs Murray

Mrs Murray will not be returning to Wallington Primary School this year, due to family reasons. Mrs McLaren will be taking the grade for the rest of the year.

Pupil Free Day

This will be on **Monday 1st December**. Students are not required at school on that day.



Principal News (contd)

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

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Stories about Resilience (contd)

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 progression. 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 with 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

Photo of the recent Jon Madin Concert



SCHOOL & COMMUNITY NEWS



Last Weeks SUPER STUDENT OF THE WEEK AWARDS



PIK King	NOAH S For showing great focus during writing and reading this week and producing very good handwriting. MATISSE H For showing great cooperation during class time and for always helping others.
PIM Murray (McLaren)	ISABELLA R For her improvement in reading by learning sight words and using different strategies to decode words. Well done Isabella.
2V Vaught	WILL S For embracing challenges and taking the time to check his work particularly his spelling.
3S Stevens	BOHDI H For your persistence when learning your half past time on analogue clocks this week. Great work Bohdi! JESSICA C For your great blurb for your Celery project. You worked persistently to come up with a persuasive blurb to draw in readers. Great work Jessica!
4J Jones	JOEL E For always trying to improve and meet his personal writing goals. Keep up the great work Joel. KENDRA G For always being a responsible and reliable chicken monitor. I appreciate your notes about cracked eggs. Well done! NICK S For fabulous efforts during reading. You should be very proud of yourself. Well done!
6L Lennon	LIESEL G For her great work with Danielle in composing their own play version of 'Hansel & Gretel' - "Hansel, Gretel & Rupert the Dog".

mamacino

kids in the kitchen cooking workshop + book launch

Sunday, November 23rd

Tickets \$25 includes:

Adults - glass of sparkling
 Kids (5+) - Copy of Mamacino:
 Kids in the kitchen
 Kids cooking workshop and demonstration
 Picnic style brunch

book: events@kiltynane.com.au



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