

# WALLINGTON P.S. NEWSLETTER

Principal: Leigh McLaren School Council Pres: James Watson



6th November 2014



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## DIARY DATES



Thu 6th Nov	Strawberry Fair Meeting 7 pm 
Thu 6th-20 Nov	Prep Orientation (3 sessions)
Fri 7th Nov	Gr 6 Grad Photos & Whole School Photo Retake
Tue 11th Nov	Water Safety Incursion
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 5/6 Police Blue Light Disco
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
Tue 8th Dec	Yr 7 Transition
Thu 11th Dec	Christmas Picnic
Tue 16th Dec	Gr 6 Graduation
Wed 17th Dec	Gr 5/6 Adventure Park/Party Day

## PRINCIPAL NEWS

Welcome to the middle of the final term. Today we welcomed our 2015 preps and their parents to Wallington Primary School for the first time as a group. This is the first of 3 orientation sessions.

### Remembrance Day

On Tuesday 11th November the school leaders will be representing Wallington at the Drysdale RSL ceremony. Thanks to Julie Laird for transporting our leaders to this event.

### Sub Committees

The next meeting of the Curriculum and Environment Committee will be on Tuesday 11th November at 3:45pm. The resources will meet on Friday 14th November. These will be the final sub-committee meetings for 2014. The next school Council will be on Wednesday 19th November.

### Strawberry Fair

The rosters have been posted on my office window. All families need to put their names down against a stall or job. If a stall is oversubscribed please add your name to an area that isn't full.

**The next meeting of the Strawberry Fair is tonight at 7:00pm.**

### Cyberbullying

Next week the students in grade 5 and 6 will be participating in an online conference on cyberbullying. This is part of the school's



## Principal News (contd)

ongoing approach to a problem that is becoming more prominent, not within our school, but in society in general.

### Summer of Safety Continues

Last week the grades 2 – 6 had a lesson on basic first aid which was presented by the St John's Ambulance. The feedback that we have had from the parents has been enthusiastic. The next part of the summer of safety at Wallington will be a presentation by Lifesaving Victoria. This will happen next Tuesday. In addition to this, grades have been working on lessons prepared by the Westpac Rescue Helicopter – looking at the role they play in making us all safe.

### 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.

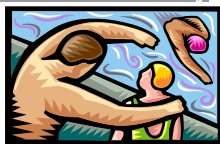
## Remembrance Day

**Remembrance Day is Tuesday 11th November. The School Leaders will be representing the school at the Drysdale RSL Service. Poppies and wrist bands are available, for sale \$2-\$5, at the office.**



## Swimming Notice 2

A reminder that swimming payments are now due. The prep to grade 3 program, at Bellarine Aquatic Sports Centre Ocean Grove, starts Monday November 17<sup>th</sup>; please start to prepare by organising a pack with 'labelled' bathers, towel and dry plastic bag for wet gear.



In preparation for swimming it is important that preps start practising 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 a preventative action, use swimming ear plugs and 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. Please see your class teacher if you have any concerns or questions regarding the swimming program. Thanking you.

Mr Vaught  
Swimming Coordinator



A big THANK YOU to everyone who has supported the 'Book Club' program. With the funds raised, the school was able to purchase these fantastic resources!

Emily Duckett

Thank you for everyone's patience with the last bookclub order which was delayed. All orders are now complete and have been sent home.

Kirsten Willey, Bookclub Co-ordinator

A **FREE** Regional Parenting Forum is being held on International Men's Day to celebrate the important role of 'being a dad'. The program will address how to raise competent and confident kids without losing yourself or your relationship in the process. This Forum is for dads, mums and those who support them.

The Forum, organised by the City of Greater Geelong is being held on Wednesday 19<sup>th</sup> November 2014 at Deakin Cats Community Centre, Simmonds Stadium.

The City of Greater Geelong are delighted to partner with **Rob Koch**, of Better Men Australia, who specialises in Parenting, Fatherhood and Men's Health and **Peter Kelly**, a Health Promotion Officer at Barwon Health who has a particular interest in themes of social connection and concepts of male health. Peter is also President of Male Health Victoria.

**RSVP by 12 November 2014 to**  
[fsadmin@geelongcity.vic.gov.au](mailto:fsadmin@geelongcity.vic.gov.au) or 5272 4741.  
**Maximum of 100 spots available.**



## Last Weeks SUPER STUDENT OF THE WEEK AWARDS

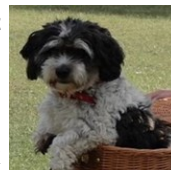


<b>PIK King</b>	<b>Rhiannon H</b> For showing improvement in her reading and for recognising her golden and red words in books.
<b>PIM Murray (McLaren)</b>	<b>SIENNA E</b> For wonderful spelling and her enthusiasm to all her learning.
<b>2V Vaught</b>	<b>TEGAN Z</b> For her fantastic book on first aid.
<b>3S Stevens</b>	<b>CODY M</b> For your concentration and persistence when researching for carrot information. You worked really hard and were a great text detective when reading. <b>MAYLEE H</b> For being such a great and organised turtle monitor over the past weeks. You have done a great job at remembering to feed the turtles every day. Great job Maylee.
<b>4J Jones</b>	<b>LILY S</b> For recommending books to staff and students. Your home made book review was very informative and cleverly created. It's great to see your love for reading. Well done! <b>AMITY L</b> For being organised and diligent with all homework tasks set. Well done Amity and keep up the great work!
<b>5D Duckett</b>	<b>ETHAN M</b> For displaying great skills during first aid training. <b>CHARLI D</b> For displaying great skills during first aid training.
<b>6L Lennon</b>	<b>BIANCA L</b> For her impressive skills in her role of the Narrator in the group's SOS Titanic play performance. <b>CAITLIN H</b> For her excellent work in creating the Powerpoint slideshows with her Prep buddies.

## MILO CRICKET WALLINGTON

Starts this **Friday 7<sup>th</sup> November at Wallington Reserve at 4.30pm**. Cost \$65 includes Milo Cricket pack and a fantastic cricket skill learning program that runs over 2014/2015 season finishing on 20<sup>th</sup> March 2015. For more information and to register visit: [www.in2cricket.com.au](http://www.in2cricket.com.au)  
Or contact Kylie on [kyben69@bigpond.com](mailto:kyben69@bigpond.com)

Please help us find our much loved family pet Dog Rufous! Missing since Sat 25th October.



Please read description given by a witness:

On Saturday 25th of October a small older model four door white car with car seat in the back (possibly Hyundai) picked up Rufous while travelling along Mermaid avenue Ocean Grove Vic at approx. 7.30pm. A young girl 8-11 years old of olive complexion (possibly Maori), medium weight, dark wavy almost curly hair, wearing shorts singlet and thongs was with her Mother of lighter complexion and medium weight. They said that they would take Rufous as they had a secure yard. Thank you for picking him up and for looking out for Rufous' safety! If anyone knows of anyone fitting this description can you please ask them to **contact me Kim on 0448 980 869** or to take Rufous to the Vet, lost dogs home or Jirrahlinga. A very generous reward is on offer for the return of our much loved and dearly missed family pet. Rufous has recently been clipped! A huge Thanks to everyone out there helping us help Rufous find his way home!!

