Dates to Remember

<table>
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<th>Date</th>
<th>Event</th>
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<tr>
<td>Thursday 13 March</td>
<td>7pm, P&amp;C AGM in the library</td>
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<tr>
<td>Friday 14 March</td>
<td>8.50am Assembly- Run by Yr 6/7, Item by Yr 4/5</td>
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PRINCIPAL’S ADDRESS
Parents & Citizens AGM

P&Cs are established under the Education Act for the purpose of supporting a strong government school system for the benefit of all of the students. The P&C is a forum for parents to discuss issues pertaining to the school and its community. They can fundraise for extra resources for the benefit of the students. P&Cs develop parent participation and involvement in the school.

The P&C generally meet once a term but may meet more often if they are involved in a fundraising activity. Some of these successful events were the P&C Disco and cooking for the basketball and school Athletics Carnival.

The P&C Annual General Meeting will be held next week. Many of the current office holders have been in the Walpole PS P&C for a number of years and are ready to hand over the reins. If you have some time and want to support the Walpole PS students, please come along.

P&C Levy

Many schools charge a P&C levy that allows parents to make a financial contribution to the P&C. It is not mandatory and some parents may choose not to pay it because they help the P&C in other ways, such as being a committee member or volunteering to help with fundraising. If you do wish to pay your P&C levy, please pay it at the school office. We then forward the money to the P&C.

Bullying- No Way

March 21 is the National Day of Action Against Bullying and Violence. The National Safe Schools Framework defines bullying as repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyberbullying refers to bullying through information and communication technologies, e.g. the internet or mobile devices. Conflicts or fights between equals and single incidents are not defined as bullying. Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

If students are bullied, they can reflect on how they feel and if it is a problem. They can say “Stop it!” firmly, walk away or ask friends, teachers or parents to help them deal with the issue. If they are being cyber-bullied, they should take a screen shot as evidence, not respond to the message or image and talk to a trusted friend or adult about the problem.

Bystanders play an important part in supporting bullying behaviour. Bystanders can help the victim by telling the person bullying to stop, refusing to watch and by telling someone who can help.

Parents can help by listening to what their child has to say, being empathetic to their feelings and discussing some sensible ways they can deal with the issue.

We are very lucky at Walpole PS to have a friendly and inclusive group of students. To keep it that way, the school has implemented the Friendly Schools Plus program where we teach children communication, social, assertiveness and coping skills. Staff are ready to listen to students and support them in ways to deal with the problem. Not every conflict is found to be bullying as bullying is repeated verbal, physical or social harmful behaviour.
Wanted
Manure for our vegetable gardens.
We can pickup if needed.
Thanks, Rob

If you would like to receive the school newsletter by email please contact the office or email Walpole.ps@education.wa.edu.au your email address.

2014 Voluntary Contributions
Kindy – Yr 7 students ~ $60.00
P&C Levy per family ~ $20.00
Payment by cash or cheque
to Walpole Primary School.
Thank you to the families who have already paid.

Picking for Friday Lunches
A NOTE FROM THE COMMUNITY HEALTH NURSE IN 2014

My name is Felicity and I would like to introduce myself to the parents and students of Walpole Primary School to let you know that I am the new Community Health Nurse and I will be visiting the school 1 to 2 times per term in 2014.

My role as the Community Health Nurse involves maintaining the health of the school community. I am available to give information/support on a wide variety of health issues such as immunisation, aspects of growth and development, puberty, behaviour issues, medical conditions, self esteem, nutrition, medications, drugs/alcohol/smoking to name a few!

On the 19th of March I will be visiting the school for the first time; I am looking forward to getting to know the staff and students.

I will be presenting a talk to the Kindy Parents at 1030 to explain the School Entry Health Assessments for Kindy children in Term 2 and general health advice.

The Community Health Nurse is also involved in the health education and health promotion of the whole school community (This includes Parents, Students, Teachers)

Student Health Conditions

It is important that the school is aware of all students’ health conditions and medical issues that these are up to date. Please let the school know as soon as possible if your student has any health issues or needs to take medications at school, on a regular basis.

Vision

If your child is showing any of the following, he or she should have a vision check. This may be done by the Community Nurse at school, or Optometrist.

- Covering /closing one eye when reading
- Holding books very close
- Complaining of eyestrain or headache
- Complaining of double vision
- Complaining of blurred vision with reading/ blackboard viewing
- Complaining of words moving on a page
- Losing his/her place with reading, or skipping words and lines
- Inattention or short attention span when reading
- Rubbing the eyes

A leaflet about Colour Vision is available from the school.

Immunisation

The Community Health team are currently working with the school to update immunisation records of all students. Letters will be sent out over the next few weeks to parents of students who have not provided evidence of up to date immunisation status. Kindy students are able to have 4 year old immunisations from the age of 3 1/2.

I am available to discuss any health issues or concerns, no matter how big or small they may seem.

Please leave a message at the school or alternatively you can contact me on 9777 0400 or email felicity.lukins@health.wa.gov.au

Felicity Lukins
COMMUNITY HEALTH NURSE

TAKE HOME A BIG BROTHER OR BIG SISTER

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in July 2014 for their 3, 5 or 10 month programs. Our international students from France, Spain, Germany, Italy, Finland, Norway and Denmark will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!

GIVING HOPE
is as easy as giving your old mobile phone
youcan.org.au

Recycling old phones to raise money for youth cancer.

Keep your SIM card then pop your phone into a Reply Paid Envelope. Seal it up and then drop it into a Post Office.

Now sit back and smile, knowing your phone is on it's way to do some serious good!

Envelopes are available from the Front Office.