Good Evening Everyone

Welcome back to all those students, staff and parents who participated in the Senior Camp to Canberra. From all reports everyone enjoyed the experience and gained a lot educationally and socially through their participation. I believe that this experience will stay with the students for the rest of their lives.

Special thanks to the staff and parents for their supervision over the seven days — it certainly isn’t a holiday to go on Camp.

Special mention about Ms Walker’s contribution which has extended over almost twelve months, starting with the planning and fundraising activities that significantly reduced the costs to students.

Students and parents who attended the camp have been requested to complete a brief survey, the results, of which, will be available at a debrief to be held next Thursday afternoon at 3.30pm in the Library.

Follow the students’ journey via the school website, www.walpoleps.det.wa.edu.au.

NAPLAN RESULTS
Students’ results and reports will be sent home tomorrow (Friday 16 September). Please spend some time talking with your child about their performance. If your child has not performed as well as you anticipated please make an appointment with their teacher to discuss how we can both assist them to make the necessary improvements.

Please remember though that the results of these tests are only a small part of the assessment of your child’s performance.

Teachers have additional data covering all learning areas and the attitudes students display towards their learning. Collectively, this data will provide a more accurate representation of your child progress.

SCHOOL BUS STUDENTS
It is extremely disappointing that I again have to raise the issue of parents not informing us when their children are not going home via the bus. Last Friday it was necessary to try and locate the whereabouts of seven (7) students, delaying buses which often causes problems at Bow Bridge where connecting buses from Denmark are met. Despite trying to contact all parents we eventually had to send the buses on their way unsure of the whereabouts of these students.

It is absolutely essential that parents inform us (PREFERABLY IN WRITING) if students are not travelling on the bus on any particular day. This includes
all after school sporting or other activities that your children may be participating in. If a child does not have permission to be exempted from regular bus travel THEY WILL BE REQUIRED TO TAKE THEIR NORMAL BUS HOME. THIS IS A SAFETY ISSUE AND REQUIRES TOTAL PARENT/CARER SUPPORT.

Building The Education Revolution
We have now received a portable electronic whiteboard courtesy of BER funding (Federal Government). This unit is currently placed in the Pre-Primary/Year 1 class and will provide great benefits to students’ learning through the visual presentations that can be used. Access to the visual/spatial activities available brings student more in line with 21st Century learning.

Queens Birthday Holiday
Please note that the usual holiday on the first Monday of October has been replaced with a Public Holiday on Friday 28 October at the time of the Commonwealth Heads of Government meeting (CHOGM) in Perth and the visit by HM Queen Elizabeth.

Lost property
We have a lot of unnamed clothing; this can be found on the verandah outside the Library. Any items unclaimed by next week by will be sent to the Op Shop.

Richard Walker

LUNCH BOX IDEAS & HAPPY HEALTHY EATING
With accredited Practising Dietitian, Emily Eaton.

You are invited to a free hands-on workshop covering:

- Food and fluid needs of primary school aged children
- Nutritious and delicious lunchbox ideas
- Essential eating principles to ensure your child has a positive healthy relationship with food. (these lay the foundation for life!)
- Question time

Each participant receives a resource folder, a lunch right menu planner, nutrition guidelines, recipes and more.

When: Friday 23 Sept 2011 from 9.30am – 11.00am **Morning Tea provided**
Where: Walpole Primary School
RSVP essential by Friday 16 September.
Phone: Vivienne Williams on 98400 900.

Funding is provided by the Australian Government Department of Health and Ageing under the Rural Primary Health Services Program.

International talk like a Pirate Day is coming up and you’re invited to dress up. It is being held on the 19th of September so dress up and bring a gold coin donation. All proceeds will go towards our sponsor child Sarini. A reminder to students not to bring to school weapons i.e. swords as part of your costume.

If you have any queries talk to Chelsea or Ashlen.
Thank you.

This Fortnight’s Thought
You are not here merely to make a living. You are here to enable the world to live more amply, with greater vision, and with a finer spirit of hope and achievement. You are here to enrich the world. You impoverish yourself if you forget this errand.

Woodrow Wilson
2011 – 2012 VACSWIM

Lessons are open to anyone who is five years and older on the first day of classes. Enrolments for October and January classes are completed and sent direct to the VacSwim Office (PO Box 130 Tuart Hill, WA, 6939); or online at www.det.wa.edu.au. Enrolments must be received by 7 September 2011 for the October program and 9 November 2011 for the December/January program. For more information contact VacSwim on 9344 0900 or visit VacSwim website at www.det.wa.edu.au.

Denmark Little Athletics 2011/12 Season
Family Fun and Fitness Registration Day
Wednesday 21st September 3.30pm to 5pm
Football Clubrooms McLean Park
Pre primary to 16 years
Fees are:
$85.00 for one child
$75.00 for sibling
$50.00 for subsequent sibling
$45.00 for under 6s

Fees need to be paid at time of registration and prior to any training or competition. Parents signing up under 6 and 7 athletes need to be aware of new club policy requesting that parent, friend or guardian must be in attendance at training and competition for the safety and comfort of your young child.

Introduction to Coaching Little Athletics
When you are asked to assist at training do you say ‘no’ because you do not know what to do, then the below course will assist OR if you just wish to know the basics of the sport your child has taken up come along to the following free course being held in Denmark.
DATE: Saturday 15th October
VENUE: McLean Park Denmark
TIMES:
Jumps and Throws 8.30am to 12.45pm
Sprints, hurdles, relays and middle distance 1.30pm to 4.15pm.

RSVP to Belinda Ross on 9848 2176 or pj.ross8@bigpond.com

Further information including this seasons newsletter and calendar can be found at our newly constructed website www.denmarklittleathletics.myclub.org.au

September is Fruit & Veg Month

Our school is planning a variety of activities to celebrate Fruit & Veg Month to promote eating fresh and healthy fruit and veggies in a fun and positive learning environment.

We would like to encourage all parents to continue this healthy message at home by increasing the amount of fruit and vegetables the whole family are eating. Here are some simple tips to increase the fruit and veg in your meals and snacks:
- Add chopped fruit (e.g. bananas, strawberries, apples) to breakfast cereals
- Add extra salad ingredients to sandwiches (e.g. tomato, lettuce, cucumber, beetroot, grated carrot)
- Add grated veggies (e.g. carrot, zucchini) into homemade beef burgers and bolognaise sauce
- Add extra veggies (e.g. pumpkin, broccoli, sweet potato, beans) into casseroles and stir-fries
- Have sliced veggies (e.g. capsicum, mushrooms, celery) ready to go in the fridge for snacks and for variety dip veggies into low-fat dip
- Encourage fresh fruit for snacks and dessert
- Use frozen, dried or canned fruit and vegetables for convenience or if fresh is not available

For healthy recipes see www.gofor2and5.com.au

PEAR AND BANANA MUFFINS

Ingredients
- Olive or canola oil spray
- 2 cups wholemeal self-raising flour
- 2 cups white self-raising flour
- 1 cup brown sugar
- 2 eggs
- 150 mL low-fat natural yoghurt
- ⅓ cup orange juice
- 1 large banana, peeled and chopped
- 1 pear, cored and diced
- ½ cup buttermilk, or low-fat milk

Method
Preheat oven to 170°C. Lightly spray muffin trays with oil. Sift flours, returning husk from wholemeal flour to the bowl, add brown sugar. In a separate bowl mix eggs, yoghurt and juice. Combine with the flour mix and fold through fruit and milk (you may need less milk depending on moisture in fruit). Do not over-mix. Spoon mixture into trays. Bake near the top of the oven for 18-20 minutes. Turn onto a wire rack to cool. Makes 24 muffins.

Hint
Wrap muffins individually and freeze for a lunch box snack.

Variation
Any unsweetened fruit juice may be used. Use apples, blueberries or other firm fruit to vary the flavour.
**VOLUNTEERS WANTED**

*Host an International Exchange Student*

- Gain a new family member
- Make a life long link to a family in another country
- Learn about another language and culture
- Share the beauty and culture of Australia
- Contribute to international goodwill

By offering to act as a host family in a volunteer capacity, you will provide an international student with the opportunity to study and experience life here in Australia. With new students arriving in January 2012 from over 20 countries, why not give the students in your local area the opportunity to learn about other cultures and make international friends!

If your family can offer a friendly, supportive and caring home environment, contact us today. Note: opportunities exist for families to host on a long term basis (5 or 10 months) basis as well on a temporary and short term basis (2 or 3 months).

To hear more about this wonderful opportunity or our student exchange programs out of Australia call 1300 135 331 or visit our website: [www.studentexchange.org.au/host-a-student](http://www.studentexchange.org.au/host-a-student)

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**AFRIKAN TRIBAL “many tribes….one spirit”**

Lawrence Oboh an indigene of West Africa will be coming to Walpole to conduct a 2 hour Traditional African Djembe Drumming Workshop for adults and children on 23 October 2011. Cost: $150 Adults $90 Children

For more information contact Wanda Speller 0417953874. Registration forms can be collected from Aradia Blue Gift Shop.

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**COMMUNITY LAUNCH**

Where: Walpole Community Resource Centre.
Latham Avenue, Walpole.

*When: Monday 26 September*

1pm to 4pm

Come and find out about the fantastic Well-Being programs which will be on offer in your community. Win great prizes by signing up for a program! Join in a community walk, followed by a healthy afternoon tea. This is a FREE event, open to all Walpole residents.

RSVP for catering please on: 9840 1395 or walpole@crc.net.au

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**Canberra Camp**

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