Good Evening Everyone,

WELL DONE to the Year 6-7 class; once again the School has received many positive comments about the behaviour, skills and presentation by our Senior Choir and Angklung Orchestra at the Government Schools Music Festival in Perth last week. CONGRATULATIONS to Mrs Crossley and Ms Walker for their planning and preparation in taking the students to Perth. Thanks also to Bill Crossley and the parents (Liz Edmonds, Tash Viner, Fiona Brennan, Anthony Egerton-Warburton and Cam Clifford) who accompanied the students and provided fantastic support. Special thanks to Peter Newton who drove the bus to/from and around Perth; your help and support is truly appreciated by the School and the Walpole community.

Students also presented at three schools, including Hamilton Hill where former Walpole Principal Geoff Miller is now Principal, and visited a number of educational sites in and around Perth including The Bell Tower, Fremantle Prison, The Maritime Museum, Alcoa and of course visits to Cicerello’s Fish Market and Ice skating were popular with students.

The School Council met last Wednesday, 8 August, and:

- Adopted a draft Business Plan subject to any amendments required by The Department of Education; one that is detailed for placement on the School website in due course and an abridged version for distribution to parents and other persons in the wider School community;
  
  Adopted a minor change to Clause 5.1 of the Dress Code; “Students are expected to wear the School uniform according to its design; eg tracksuit pants will be worn as designed, fully extended NOT rolled up.”

- Agreed that the teaching profile for 2013 should be similar to the current profile (ie include Music specialist [Physical Education if possible] and Support staff);

- Preparation for training for Council members and the School staff.

PARENTS & CITIZENS SURVEY

The P&C survey has been collated; thanks to the parents who returned survey forms – your input is appreciated.

Specific concerns identified that are already being addressed include future class groupings, playground equipment (a news release [Albany Advertiser 10 Aug] has informed us that we have been successful in gaining a grant of $20 000.00 for replacement of equipment removed as part of the recent building developments) and continual review of Behaviour Education (staff are currently attending workshops to investigate some options for developing a more student educative policy).

STUDENT INCURSION: SUMARDI – INDONESIAN SHADOW PUPPETEER

Yesterday students participated in a presentation that was part of gaining a greater understanding of the Indonesian culture. To conclude the presentation the senior Angklung Orchestra presented an item.
Vacswim given you and your family the opportunity to access high quality, affordable swimming classes to ensure your children learn to swim properly and develop essential water safety skills.

Classes are available in the October and December/January school holidays for all children five years and over at 200 locations across the State.

We have sent a VacSwim postcard home with your child and strongly encourage you to enrol in VacSwim.

For full program details and online enrolment visit det.wa.edu.au/swimming. You can also subscribe for VacSwim e-newsletters to alert you of upcoming programs.

If you have any matters that you wish to discuss please telephone to arrange a mutually convenient time with your child’s teacher or me.

Have a great fortnight.

Richard Walker

THREE ROOSTERS
At school we have 3 colourful healthy roosters to give away to good homes. If you can take one, contact the school to collect by next week.

Jack Rowlands, Year 5

Excerpt from Kidz Newz Issue 120

Marlene Rattigan

The Power of a Winning Routine

I couldn't let the Olympics go by without making a comment. I discovered a very interesting article about winning from Maree Wrack (http://www.champagnelifebeerbudget.com), excerpts from which follow. Competition is about teaching people to strive to be their best, irrespective of whether the outcome is a gold medal or a 1st place sticker or not, which is what good sportsmanship is all about. Nowhere is this lesson more important that with children who live for the moment. Maree Wrack's article about teaching people, especially children, about forming good habits because it's the good habits rather than ability that breed winners. Enjoy!

"Studies have been made on how habitual exercise impacts our daily routines in other areas of our lives. While it's not completely clear why this happens, James Porochaska, a University of Rhode Island researcher says that "Exercise spills over. There's something about it that makes other habits easier":

- people typically start making better food choices
- become more productive
- show more patience with the people close to them
- use credit cards less frequently and
- say they feel less stressed!

Author of "The Power of Habit: Why We Do What We Do, and How to Change" Charles Duhigg writes:

"Studies have documented that families who habitually eat dinner together seem to raise children with better homework skills, higher grades, greater emotional control and more confidence.

Making your bed every morning is correlated with better productivity, a greater sense of wellbeing and stronger skills at sticking with a budget.

It's not that a family meal or tidy bed cause better grades or less frivolous spending, but somehow those initial shifts start chain reactions that help other good habits take hold."
The Student Councillors for this term are Claire Roocke (School Captain), Tully Lane (Deputy Captain), Shannon Wrigley, Toby Burton, Paige Cullinan and Indiana Cooper (Councillors).

**Plans for the future:**
- Footy colours day
- School Pride
- Recycling Program
- News in the Newsletter

**Footy Colours Day:**
Later this term we are planning a footy colours day where you dress up in your footy teams colours. There will be a note coming out soon and it will be a gold coin donation. It will also be a footy lunch on Friday. Funds raised go towards Fight For Cancer Foundation.

**School Pride:**
The Student Council will be looking out for people wearing the school dress code, no graffiti on your property or the property of others etc. The student council will do spot checks and whoever shows ‘school pride’ will get a prize. There will be further information later on this term.

**Recycling Program:**
The Year 6 & 7 class is also organising a worm farm, which we learnt a lot about on the Angklung Orchestra Camp where we visited Alcoa. There will be a program of recycling any food or litter that people have in their lunchboxes. Soon bins will be put on the grounds for students to put recycling material in after eating.

**News:**
As often as the Student Council can, there will be information in the newsletter for the community to read and find out more about our plans for the future.

Yours sincerely,

Shannon Wrigley
Communication Officer, Student Council

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**The Shoebox Project**
We hope everyone has finished putting together their shoebox, filled it with lots of great things and had lots of fun while doing it. By Friday the 24th August all shoeboxes have to be handed into the school. If you still do not have a shoebox, please hand in the objects you were going to put in your shoebox in a plastic bag and we will put it in a shoebox for you.

Phoebe O’Brien
Student Councillor, Semester 1

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**Year 6/7 Music Camp Snapshots**
SHIRE OF MANJIMUP: SPECIAL EVENT

Australian Chamber Orchestra
String Quartet
Thursday 6th September 2012
Doors open 6pm / Performance commences 7pm
Manjimup Town Hall
Licensed event – No BYO
Complimentary tasting plates of local produce before the show
Tickets $40 ($30 Concession) plus booking fee.
For ticketing information call 9771 7777 or visit www.manjimup.wa.gov.au

Remember the glamorous evening of opera hosted by the Shire of Manjimup in 2011? Or remember kicking yourself for not going?

Well it’s time to get that sensational frock dry-cleaned and book the bus for you and your friends because in 2012 you have a new chance to attend another enchanting evening out with the Australian Chamber Orchestra string quartet.

Musicians from “the best chamber orchestra on earth”, the vibrant Australian Chamber Orchestra, are visiting Manjimup to perform quartets written by some of history’s greatest composers.

Hear music by Mozart, arguably the world’s favourite composer, and Dvořák, whose piece is full of the dances of his native Bohemia. Shostakovich is famous as the mighty composer of Soviet Russia, but his first quartet is, in his own words, “joyful, merry, lyrical”.

PROGRAM:

SHOSTAKOVICH String Quartet No.1
DVOŘÁK String Quartet No.10
MOZART String Quartet K421

PERFORMERS:
Zoe Black (violin)
Veronique Serret (violin)
Caroline Henbest (viola)
Daniel Yeadon (cello)

Additional Story – Free Workshops for Students!
There is also a special opportunity for music students in the region. During their visit the musicians will be holding workshops for those studying classical strings. “Opportunities like this are rare and we’re thrilled to offer local budding musicians such a valuable chance to learn directly from internationally recognised professionals”, DeCampo added.

Anyone interested in participating in the string workshops should contact the Shire’s Senior Community Development Officer, Hsien Harper, on 9771 7713.

“We had such a fantastic response to last year’s opera event that we’ll be running a similar format. Doors will open early so patrons can come and chat over a glass of our region’s wine and enjoy tasting plates of our local produce”, said Shire President, Wade DeCampo.

Don’t miss this chance to hear brilliant music performed by some of Australia’s finest classical musicians.
Keeping kids safe in a cyber world

Social media sites have taken cyber bullying and harassment to a new level. Here's how to keep your kids safe when online.

Cyber bullying is one of the biggest, safety issues facing young people today. Bullying and harassment online is now commonplace. For instance, over a third of teenage girls have been sexually harassed via the Internet.

The emergence of social media sites has seen cyberbullying go to a new level. Messages and images can now spread like wild fire reaching a huge potential audience in the time it takes to upload an image or shoot off a text message.

Once the family home offered young people an escape from schoolyard bullies. Now the cyber world is so invasive that their bedrooms offer no guarantees of safety any more.

The cyber world is enticing. Young people have always wanted to escape from their parents' world. In the past they hung out in shopping centres and pool halls. Parents tried their best to keep an eye on where their children were and what they were doing.

The online world is now the shopping mall of the 21st Century. Parents have the same responsibility to help kids stay safe in the online world as they do in the real world. 'Stranger danger' and accompanying safe behaviours are just as relevant in the online world as they are in the real world.

Parents should use the same offline preventative strategies to maximise their children's online safety as they've always used. These strategies include teaching children about the right way to behave online, don't let them spend all night in the cyber world; and ask questions about what they are doing and where they go when they're online.

Parents need to remind kids that things in the online world can spin out of control very quickly. A written message or an image can be circulated electronically so rapidly that the scope and scale of cyber bullying can be greater than any other form of bullying.

The following seven key messages form the basis of an online safety strategy for kids. They should be taught to kids so they become second nature, just as the messages about stranger danger were absorbed by an earlier generation.

1. Respect others. Make kids aware that what they send can offend. Discuss with kids the types of messages and images that can cause harm to others when sent. Teenagers often walk a fine line with what they do and say to each other offline, yet it's relatively harmless. The same type of behaviour online however can be a different story.

2. Think before you send. Remind kids cyberspace is a very public and permanent forum. A text message or image sent to just one person can be passed to a potentially unlimited number. Once they are sent they are almost impossible to erase and take back.

3. Treat online passwords like your house key. Teach kids to keep passwords guarded at all times. Young people can be incredibly trusting of each other, which is to be encouraged. However there are some things, such as online passwords that they don't share, not even with their best friend.

4. Block bullies. Teach kids to block bullying messages. They can filter out messages and addresses online. Similarly, they can block text messages from bullies as well.

5. Don't reply to harassment. Bullies can retain proof of your response, which can further be spread around. Besides responding to bullying behaviour often simply encourages the bully to continue.

6. Save the evidence. If kids are bullied they should keep the pictures and offending messages. These can be used as proof if the bullies are brought to justice.

7. Tell someone. The insidious part of bullying is that kids on the receiving end often don't seek help, as they think there's something wrong with them. Talk with kids about going to a trusted adult, when they feel their rights or safety have been violated. They should tell your help report online bullying to the appropriate service provider.

Sticking the proverbial head in the sand regarding kids' use of communications technology is no longer an option for parents. Savvy parents need to learn as much as they can about children and young people's online lives so they can respond to situations appropriately.
This programme is not being promoted by the School however it may prove to be useful for parents and students wishing to develop strategies for managing anxiety-provoking situations.

There is a cost recovery charge to be involved in this project.

The BRAVE for Social Anxiety Project

The BRAVE Program is a program developed at the University of Queensland, and run by researchers at The University of Queensland and Griffith University. The BRAVE Program aims to help children overcome anxiety by teaching strategies for managing anxiety-provoking situations. The BRAVE Program has been tested as both a clinic-based (The BRAVE Program) and an online program (BRAVE-ONLINE). Each has a child and parent program component.

In this study, we are specifically interested in youth who experience social anxiety. We are investigating the use of different versions of BRAVE-ONLINE to treat social anxiety in children and adolescents aged 8 to 17 years.

Anxiety

Anxiety is an important problem that many children and adolescents suffer from. Around 8-10% of children and adolescents are affected by anxiety. Anxiety can be extremely debilitating and cause significant problems in a person's emotional, social and educational functioning. Children and adolescents with anxiety may worry about all sorts of things; meeting new people, being away from home, performing in front of people or even things going on in the world. Other children and teenagers worry about very specific situations (such as getting injections or flying on planes) and others just seem to be worrying about something all the time.

Social Anxiety

As children and teens interact in day-to-day school and social settings, many will experience some social anxiety. Social anxiety can be thought of as extreme shyness. Although all children can become anxious at times in social situations, when this shyness interferes with the child’s happiness, stops them from joining in everyday activities and from developing socially, it can become a problem.

Anxiety can have a significant impact on a child’s (and family’s) functioning and can cause significant distress if left untreated. It is important to help children with anxiety as early as possible to minimise the impact of their anxiety throughout childhood and into adulthood.

Why BRAVE-ONLINE?

We know that cognitive-behaviour therapy (CBT) is the treatment of choice for anxiety in youth. However, we also know that up to two thirds of children who experience anxiety do not receive assistance for their difficulties. There are many children and families who cannot attend therapy for many different reasons, and online interventions offer an alternative for such families. BRAVE-ONLINE can be completed in your own home, at your own pace, and at a time that suits you. We now have conducted three randomised controlled trials, all demonstrating that BRAVE-ONLINE can reduce anxiety in around 80% of youth.

What does BRAVE-ONLINE involve?

The BRAVE-ONLINE Program is comprised of youth and parent programs. Youth complete 10 online sessions and parents will be required to complete 6 online sessions, taking approximately 60 minutes each to complete. Two booster sessions are also offered 1 month and 3 months after completion of the initial program.

The program is therapist-assisted, such that families receive email feedback from a therapist following the completion of each session, as well as a 30-minute phone call mid-way through the course.

All sessions are completed from your own home. Families also complete some questionnaires and an interview over the phone to help us determine whether the program has been useful for you.

You can find out more about what is involved in the research study by reading about ‘BRAVE Program content’ or ‘Participation’ which is available on the website below.

If you think your child (aged between 8 and 17) is experiencing social anxiety and you are interested in participating in this study, please complete the registration form which is available on the website below.

Alternatively, you can email us at brave@psy.uq.edu.au.