Walpole Primary School
Newsletter No 20 – 16 December 2010

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Our purpose is to contribute to each student’s physical, emotional and academic development and to assist them to foster positive values as participants in an ever-changing society.

Dates to Remember

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<tr>
<th>Thursday Dec 16</th>
<th>Last day for students</th>
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<td>End of Year Concert at Community Hall commencing at 6.30pm</td>
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<th>Thursday Jan 27</th>
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<td>Administrative staff return to School</td>
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<tr>
<th>Mon/Tues Jan 31/Feb 1</th>
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<td>Teachers return to School</td>
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<th>Wednesday Feb 2</th>
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<td>Students re-commence school</td>
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Good Evening Everyone

Some final matters for 2010.

The End of Year School Concert on Thursday, December 16th begins at 6.30pm in the Community Hall.

Students will need to be at the hall no later than 6.15pm to give them time to dress for their items.

Finally, the P & C has organised a supper at the conclusion of the evening’s program. Each family has been asked to supply a plate supper. We have many visitors including grandparents and other family members, and I’m sure that they will appreciate a lovely supper.

On Monday evening the Year 6 students prepared a Graduation Dinner for our Year 7 students at the Country Club. The Dinner was also attended by students’ parents and staff. Supported by Ms Walker and Mrs Fry they prepared a delightful three course meal and then with help from Mrs Blake and Mrs Sawyer served it to guests; we acknowledge their high level of commitment to the task and congratulate them on their achievement – they have again set a high standard for other classes to follow.

Special thanks to Mrs Flett for preparing students’ “This is Your Life” presentation. It was a fantastic way for students to reflect on their years at Walpole Primary School.

SCHOOL COUNCIL

At its last meeting the Council determined that:

- The Voluntary Contribution Fee for 2011 will again be $25.00 each for all Pre-Primary to Year 7 students. This fee includes provision for class diaries/communication booklets that will be issued to students upon receipt of the fee. The collection of these monies is important to the overall conduct of the School and funds received benefit ALL children. Accordingly, your support in making this payment in 2011 will be appreciated.

- The compulsory Kindergarten Fee will again be $50.00 per student as for this year.

- Parents be advised that an aggregate amount not exceeding $75.00 may be sought throughout 2011 to meet student contributions towards the cost of incursions/excursions.

- Parents of Years 5-7 students be advised that a contribution of up to the full amount may be sought towards the cost of a Camp to Canberra in September. After fundraising and subsidies this figure is anticipated to be approximately $400.00.

- Parents of Year 7 students be advised that a contribution of not more than $50.00 may be sought for a Leadership Camp at Bunbury in Term 1.

Students not paying these camp/excursion fees when sought will not participate in the respective activity. Parents should discuss payment with the class teacher or Principal if it presents a financial difficulty.

On behalf of the staff, I again thank you, the parents of our students, most sincerely for the support you have given all of us throughout 2010 and look forward to your continued commitment in the coming year.

Merry Christmas

Have a great, safe holiday with your children and an enjoyable festive season

Richard
FINAL THOUGHTS FOR THE YEAR

"Christmas! The very word brings joy to our hearts. No matter how we may dread the rush, the long Christmas lists for gifts and cards to be bought and given; when Christmas Day arrives there is still the same warm feeling we had as children, the same warmth that enfolds our hearts and our homes."

Joan Winmill Brown

My idea of Christmas whether old fashioned or modern is very simple; loving others. Come to think of it, why do we have to wait for Christmas to do that?

Bob Hope

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Health lessons update

This term years 4-7 have been focusing on the topic: RESILIENCE. This covers a wide range of self-esteem and friendship issues.

Lessons were based on ideas from articles by Michael Grose, a parenting 'guru', below is an example. Also, have a look at your child's health book when it comes home for a clearer look at what we have covered.

RESILIENCE

Build inner strength and coping skills in kids

Resilience is a 21st Century parenting concept that every parent needs to understand.

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Resilient kids share four basic skill sets - independence, problem-solving, optimism and social connection.

From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a 'you can do it' attitude for your child when he meets some of life's curve balls.

2. Look for teachable moments. Many kids' learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

3. Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

4. Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for awhile, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.