Funding for Sport

Dates to Remember

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assembly, run by Year 1 and item by Yr4/5/6</td>
<td>Friday 22 May at 8.50am</td>
</tr>
<tr>
<td>Interschool Cross Country</td>
<td>Friday 29 May</td>
</tr>
</tbody>
</table>

Assembly, run by Year 1 and item by Yr4/5/6

Interschool Cross Country

Friday 29 May

PRINCIPAL’S ADDRESS

NAPLAN

NAPLAN was completed by students in year 3 and 5 this week. The year 2, 4, and 6 students also completed practice papers. All students handled the exam tension very well. Results will be available to parents and the school towards the end of next term.

Faction Cross Country

The faction cross country was held last week at the Walpole Country Club. The environment and weather contributed to a fantastic run for all participants.

It was the first time the students ran for their new faction. The results were close but the overall winning team was Blue with 62 points. Green had 51.

Jed Cummuskey and Amber Ninyette won gold in the yr 5/6 2.2km run. Bindi Robertson and Floyd Picket won silver. Connor Hoskins and Lara Hunter won gold in the 1km run against the 2-4s. Chantelle McKinlay and Caelan Wrigley won silver. Tiannah Dixon and Tristan Kirkwood won gold having run 1km in the K-1 race. Jayden Sawyer and Lucy Hoskins won silver.

Sorry about the faction shirts. We’re looking into alternative dyes so the shirts will be ready for the faction athletics.

Thanks to Lisa Teague-Robertson for organising the event, Tim Gamblin for helping prepare the course, the Country Club for allowing us to use their grounds, Mal and Janine for donating their bus and the parents who willingly helped around the course.

Playground and Play Pods

We are hoping to make 2015 the year of the playground. The students already enjoy the school environment but it would be great to create some more areas for active and quiet play. If you have any ideas or skills to share, please talk to Chris Cook or one of the P&C members.

Do you have any items at home that can go into our rainy day playpods? Items that can be used for dress ups and home activities, building and creative play indoors? These are well used during the winter months when we have all the children in the undercover area, out of the rain.

Reading Tips

Read to your child often, no matter how old you may think they are. You are exposing them to good modelled reading and extending their vocabulary and understanding of the written form. Children who are read to frequently become better readers.

Reading the same book a number of times gives your younger child the opportunity to think more deeply about the story and to remember new words.
Mixed Junior Netball

Children in Years 1-6 are invited to play netball after school on Fridays until the end of the term. Children will practice balls skills and learn how to play netball.

Commencing 22 May (for 6 weeks)

at 3.15-4.15pm at the Rec Centre - $4.00 per child to be paid to the rec centre each Friday.

Please call Allison Donovan on 0429685900 if you are able to help even if it is just for one or two sessions.

If your child usually catches the bus home, please let the school know they will be attending netball as this is a Rec Centre activity not a school activity so your child will not automatically be taken off the school bus list.

A parent will be available after school each Friday to walk netball kids across the road to the rec centre.

Dear Parent/Guardian,

The Walpole Family Centre is currently trying to ascertain usage of the Centre for the 2015/2016 financial year.

Your feedback and information will be vital for us to determine whether or not we have enough children to continue in the future.

Helping us with this information does not mean you are committed to using the centre - it simply allows us to make future projections.

We understand that everyone's circumstances change - but we do need to have some idea of the future usage of the centre as numbers are very low.

If there are no children needing the Centre over winter we may need to have a short term closure plan or drastically reduce our days of operation. Therefore, it is important for you to answer the following short questions to the best of your knowledge. Please respond either via email: walpolefamilycentre@westnet.com.au, phone: 98401400 or snail mail: PO Box 175, Walpole, WA, 6398.

1. If your child attends school - will you child use the Centre during school holidays? if so, how many days.
2. For all ages of children - will your child/children use the centre: a) June - December 2015 - how many days? b) January - June 2016 - how many days?
3. If you have a child that may use the centre but you have no idea when - please list the child’s name and age.
4. Any other requests for childcare? eg after school pick-up? earlier opening? later closure?

Thank you so much for helping us plan for the future of the Walpole Family Centre.
Advice to help manage children’s time online

A child’s life is full of opportunities for them to spend time out of school with community groups, sporting clubs and their friends. Spending time online is also a regular activity for many children who enjoy communicating with friends, sharing information and playing games.

Whilst there are no guidelines for the ‘right’ amount of time someone should spend online or gaming, if your child is being negatively impacted by excessive use it may be time to discuss how they can take action to maintain a healthy balance.

- **Look** for indicators that your child may be spending too much time online, such as a declined interest in other activities, talking constantly about an online game or activity, a decline in grades, or irritability.
- **Discuss** how other aspects of their life are being affected. Excessive use can impact on someone's health and wellbeing, family, relationships, work or education.
- **Consider** establishing rules about when your child can play games or use the internet and how long they can play for. You might make a mutual agreement to set a balance of online and offline activities. You may need to establish consequences for rule breaches. Depending on the age of the child you may also set passwords that they do not know.
- **Locate** the computer in a shared or visible place in the home so you know how much time your child is being spent online and what they are doing online.
- **Seek** support if you have concerns. Visit the Cybersmart Online Helpline to access free, confidential counselling for children and young people.

If you or someone you know wants to talk about online issues, visit the Cybersmart Online Helpline ([www.cybersmart.gov.au/report.aspx](http://www.cybersmart.gov.au/report.aspx)) or call Kids Helpline on 1800 55 1800.

cybersmart.gov.au