PRINCIPAL’S ADDRESS

Changes for 2015

2015 seems to be a year for change. The year 7s are leaving primary school and we will miss them dearly. The school will be smaller, hopefully only for a little while. We’re expecting about 70 students rather than the 95 we started with.

Classes

We are funded on the number of enrolments and will likely have three classes next year. All permanent staff will retain their positions. However, this means Mr Tate and Miss Cooper will have to head back to Perth at the end of the year. They have made a big impact on the school and the community and we wish them the best.

Classrooms

Lower numbers also mean that we have to give up some of our classrooms to enable the extra numbers at high school. Two or three buildings will be moved to Denmark and Albany before the start of the next school year.

Factions

With so many changes, we have also decided to change the factions. Children will be mixed up and reallocated to 2 new factions. The names and colours are yet to be decided but will be easy to buy.

School Uniform

The school uniform will officially be the blue and white sport shirt. It is worn and preferred by most of the students. The white shirt will be phased out over the next two years.

Chaplain

The funding for the chaplain has been sorted and we are hoping to be able to keep Steve Fisher. It has been great to have his calm presence in the school.

Active After School

Funding for Active After School will cease at the end of the year. This is a huge disappointment as so many fantastic programs have run under this banner.

Long Service Leave

All education staff have been advised to take outstanding long service by December 2016. This means staff will be taking leave over the next 3 years. Mrs Williams will be on leave for term 4. Ms Cook will be on leave for the first 5 weeks of term 4. Miss Everett is taking a couple of weeks leave each term.

Keep Australia Beautiful

Keep Australia Beautiful is rewarding good behaviour this week and encouraging all Western Australians to take action and share for chance to win an iPad Mini. Just share how you are ‘B’IN GOOD to the environment in Keep Australia Beautiful Week 24-31 August.

There are many ways to show you are B’IN GOOD, from picking up litter each day, to organising a cleanup. Visit the website to find out more simple things you can do and don’t forget to Share via our Facebook page or email binit@kabc.wa.gov.au to go in the draw to win an iPad Mini.
Merit Certificates
Congratulations to the following students:

Kindy
Sienna Brennan
Grace Rule
Robin Smith

PP
Lucy Hoskins

Year 1
Rellyn Shoveller-Murray

Year 2
Archie Blake

Year 3
Connor Hoskins
Luella Minchin
Amber Vermeulen

Year 4
Sara Simpson
Jack Hunter
Amber Ninyette

Year 5
Connar Hill

Year 6
Emily Burton
Elsie Edmonds

Year 7
Laura McKenney
Cameron Bailye

Aussie of the Month
Amber Ninyette
Macy Lane

Kindergarten and Pre Primary School Enrolments for 2015
Apply to enrol now

If your child is 4 or 5 years old by 30 June 2015, or changing primary schools in 2015, apply to enrol now.

Come in and speak with staff at our school who are here to help you with your application.

If your child is currently enrolled in Kindy at Walpole PS it is not necessary to re-enrol for 2015. ACIR Immunization records and birth certificate are required at enrolment.

‘Orange’ School Bus Services
Is your child starting or changing schools in 2015 and are you seeking Transport Assistance on an ‘Orange’ school bus?

In 2015 all Year 7 students, will be attending high school as secondary students. This will have a substantial impact on the ‘Orange’ school bus network and will require significant planning. It is very important that Public Transport Authority establishes the number of eligible students requiring Transport Assistance.

The Public Transport Authority is requesting parents that have children starting or changing schools in 2015 and requiring bus travel to complete an online application for Transport Assistance at www.schoolbuses.wa.gov.au by no later than 31 August 2014 for travel in 2015.

Please be aware; Transport Assistance is offered to eligible families in two forms, either by ‘Orange’ school bus or a Conveyance Allowance paid to parents to drive their children to and from school. The type of Transport Assistance provided to a family depends on many factors including, location and bus availability.

If your child is currently travelling on an ‘Orange’ school bus and they are not changing schools next year, there is no need to reapply or contact us as your transport arrangements as a rule will remain the same.

If you have any further questions please phone 9326 2625 or email schoolbus@pta.wa.gov.au

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.
School Library
It’s not all quiet and about the books at Walpole Primary School Library. Emily Burton, the library councillor, is helping to change the look and feel about the library. Ms Viner and Emily came up with idea of a pom-pom chandelier to celebrate Children’s Book Week (last week). The theme of Children’s Book Week was “connect to reading”, all the kids at Walpole Primary made a pom-pom or gords eye to add to the chandelier. Thank you to Mr Griffiths for your help in making the hoops and for hanging our chandelier.

Emily is also working on a wall decoration which is a book with butterflies flying out of it.

Macy Lane has donated seven colourful pillows that she made by herself for our popular library couch

Look out for the late return box, just outside the library door.

There are more ideas coming along. Come in and check the new look!

If you have any questions or suggestions come and tell Emily or Ms Viner.

Parent helpers are always welcome to come in on Monday to help cover books. Please contact Ms Viner.

By Jess Bedford, Media Councillor

From the P&C
School Photo’s
Thank you to Allen Smith for again coming out to Walpole to take our School photo’s. Once again Kelly Burton has stepped up to be his assistant to help keep the costs down for photos for our families. Thankyou Kelly for your many years of support in this area and also to Cherie Kirkwood for helping out on the day. Please keep in mind photo time next year as it would be great to get some new helpers on board.

Socks for Winter
We have our ongoing fundraiser at www.SocksOnLine.com.au

View and order your socks for all the family on line.

To ensure part of the payment goes to our P&C, enter the school code: wps6398

Quiz Night coming soon — stay tuned!

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Denmark Little Athletics Season 2014/15
Family, Fun and Fitness
Term 4, 2014 and first 6 weeks of Term 1, 2015.

Registration Day
Wednesday 17th September 2014
3.30-5pm Football Clubrooms
Training 3.30-4.30pm Wednesdays.
Possibility of separate youth group training if numbers permit.
Competition 5-7pm Fridays
Children born on or before 30th September 2008 are eligible to register.
Fees are $95.00 for one child
$80.00 for subsequent siblings. ($68 to State Association)
Kidsport Registered
Fees need to be paid at time of registration. Cheque, Cash or Direct Debit
Enquiries Belinda at pj.ross8@bigpond.com or 0477 641408
**Why sleep is important**

It's essential for your child to get **enough sleep**. Your child also needs **good-quality sleep** which means **deep sleep**.

Sleep is important for:
- maintaining a healthy body
- ‘cleaning up’ the brain
- helping the immune system
- improving energy levels, learning and concentration.

Lack of sleep can have a negative effect on behaviour, emotions, attention, social relationships and school performance.

Children aged **3-5 years** need around 11-13 hours of sleep a night. Some might also have a day nap that lasts for about an hour.

Children aged **6-9 years** need 10-11 hours sleep a night. They’re usually tired after school and might look forward to bedtime from about 7.30 pm.

**From 10-15 years**

Children entering puberty and teenagers generally need about 9¼ hours of sleep a night to maintain the best level of alertness during the day, but they may change their sleep pattern.

During puberty, children start to secrete **melatonin** later at night, melatonin is a hormone made in the brain. It is released when the body is in the dark, giving you the signal to fall asleep. Melatonin levels in the body remain high overnight. The hormone is switched off as day breaks.

This change affects their **circadian rhythm** (The 24-hour internal clock that controls our sleeping and waking patterns), which means that your child will want to go to bed later at night and get up later in the morning. Also, as their brains mature during puberty, children are able to stay awake for longer.

**Signs of sleep problems**

A change in your child’s sleeping behaviour – such as going to bed later than you’d like – isn’t necessarily a sleep problem. But your child could have sleep problems or be suffering from a lack of sleep if she/he:
- lacks energy or constantly feels tired
- takes a long time to get to sleep
- repeatedly wakes throughout the night and doesn’t go back to sleep
- struggles to wake or refuses to get out of bed in the morning
- naps for long periods during the day or falls asleep at school
- struggles to concentrate or remember information
- has very irregular sleep patterns from day to day
- sleepwalks or gets up and eats during the night while asleep
- has frequent nightmares or sleep terrors.

These might be signs of a diagnosable sleeping disorder. But it’s much more likely that it’s a **temporary problem** that can be helped with some simple lifestyle changes.

Seek advice from a health professional if the problems are making your child anxious or if they persist for more than 2-4 weeks.

(Adapted from Raising Children Network - http://raisingchildren.net.au)

Next newsletter I will provide some tips on how to establish a good sleep routine.

For any questions or queries regarding any health issues please don’t hesitate to contact me by leaving a message at the front office or alternatively

Phone: 9777 0400 or email: felicity.lukins@health.wa.gov.au

Take Care
Felicity Lukins
**COMMUNITY HEALTH NURSE**

**Nutrition Corner**

Plant-based foods such as fruits and vegetables are extremely healthy due to a wonderful group of nutrients called phytonutrients. They give foods their brilliant colors, their delicious flavors, and their unique aromas. Carotenoids and flavonoids are two of the largest groups of phytonutrients, which are abundant in vegetables. Kids love the crunchiness of carrot sticks which provide carotenoids and cherry tomatoes are a great source of the flavonoid, lycopene. Pop some in a snap bag for a healthy low cost lunchbox snack.