



Newsletter No 8
2 June 2017

www.walpoleps.wa.edu.au
98401020

Dates to Remember

Monday 5 June	WA Day Public Holiday
Tuesday 6 June	8.00am sharp Bus departs for Camp
Wednesday 28 June	<i>URWalpole Celebration</i> 1-2pm Open Classrooms 2-3pm Assembly

PRINCIPAL'S ADDRESS

URWalpole is in full swing. The classes are buzzing with information about flowering plants and all classes have now gone on to at least one excursion.

Thanks to Gary Muir and the many other people who make this learning experience possible. It is a joint effort between staff, industry and community.

The year 4-6 students are about to head off on camp to Pemberton. They will build on their knowledge of flowers acquired in the classroom in a practical way. The students will visit Shannon National Park, Yeagarup dunes, Manjimup Agricultural Research Station as well as farms and factories. They'll also fit a few fun activities in.

Interschool Cross Country

Fifteen students represented our school at the Interschool Carnival in Manjimup. We didn't get any first places this year but Lara improved her place in the field by coming third.

Thank you to the parents who helped out on the day and cheered on the team.

Monkey Bars

Thanks to the P&C for funding the new monkey bars and Steve Skippings for designing and installing them. The bigger students are enjoying climbing the structure. Quite a few are working on their arm and stomach muscles to be able to climb the bars in the future.

Helping Anxious Children

When children are anxious, well-meaning parents often try and protect them from their fears. This may actually exacerbate the youngster's anxiety. Below are some more helpful strategies:

1. Help your child try and manage their anxiety rather than remove it. Avoiding the things they are afraid of reinforces the anxiety.
2. Listen and be empathetic to their feelings. Show you understand their fears without belittling or exaggerating them. Be realistic about the expectations but show you are there to support them.
3. If possible, minimise the lead up to an event that you know your child may be anxious about. For example, if you they have a dentist appointment, only tell them about it just before you need to go.
4. Talk through the anxiety with the child. Work through a plan should what they are worrying about take place. This can help reduce uncertainty in a healthy, effective way.
5. Model positive ways that you deal with anxiety. Show how you cope with stressful situations.

(Clarke Goldstein)

If your child is anxious about attending school encourage them to talk about what is worrying them. Listen to their concerns and set up a plan that will help them get to school. Don't give in to their tantrums to stay home as it will only make going back to school harder.



The P&C
can now be contacted by
email:
walpolepandc@gmail.com



WALPOLE PRIMARY SCHOOL



2018 Enrolments

Apply to enrol your child for

KINDERGARTEN
(IF YOUR CHILD IS 4 YEARS
OLD BEFORE 30 JUNE 2018)

Forms are available from the office.
Applications close Friday 21st July 2017

Email: Walpole.ps@education.wa.edu.au
Phone: 98401020



Attention All Children
Walpole Rec Centre
Presents
KARAOKE DISCO

16th June 2017 **6.00pm - 8.30pm**

\$10 Entry Includes **COME AND JOIN**
Food & Drink **THE PARTY**

