**PRINCIPAL’S ADDRESS**

Welcome back for Term 4. I trust everyone had a safe and happy break. We have a very busy term ahead with athletic carnivals, golf clinics, Smart Start workshop to teach children money management, swimming lessons and our Christmas Concert.

Just a reminder that there are a few temporary staff changes for this term. Chris Cook will be on leave for the first 5 weeks of term and I will be sitting in her chair during that time. Ashleigh Cooper is working with the 2/3 class. Sherrill Williams will be on leave for the term and Judy Pine is her replacement in PP/1. Heather Burton has replaced Margaret Everett who will be on leave for a couple of weeks.

**Kitchen**

The kitchen is moving ahead. Over the holidays Rob Griffith with assistance from Debbie Doust and Jack Rowlands, laid the vinyl. A big thank you to them. Also a thankyou to Walpole Transport for the free cartage of our new fridge and vinyl.

**Bus**

As it is a new term, could all parents of bus students please update and confirm any arrangements with the office that affect their travelling home on the bus.

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**UR Walpole**

I am pleased to advise parents and community members that you will soon be able to purchase a copy of the video students helped create about our UR Walpole program for 2014. The Billion Year Journey of the Belly Button of the World. The DVD cost will be $7.50 and order forms will be sent home shortly.

2015

As planning for 2015 needs to start now, could parents please enrol new kindergarten students and advise the office of any students who will not be returning next year or if you know of new families coming to town. Being a small school, small changes can make a big difference and it all helps us be better organised.

**School Font**

We have now chosen a font across the school that will be taught to all students –ACT Print, Cursive and Speed Loops. Below is an example of how the print letters are formed should you want to have your children practice. Copies of letter formations, speed loops and starting positions can be organised on request.

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

Looking forward to a great term.

Lorelle Flett
Sausage Sizzle Fundraiser – 29th November 2014 at the Tree Top Walk 18th Birthday

This will be a fun filled day and great fundraiser. We still need a few more volunteers, please contact me if you can spare a few hours.

VacSwim December/January school holiday swimming lessons
Enrolments are now open. With swimming pools and beaches part of the Western Australian lifestyle it is important for every child to learn to swim and develop essential water safety skills. VacSwim’s December/January school holiday swimming lessons are held at approximately 150 locations across the State and are conducted by qualified instructors.

For information and to enrol, visit [www.education.wa.edu.au/swimming](http://www.education.wa.edu.au/swimming). For further information, telephone VacSwim on 9345 4007 or email vacswim@education.wa.edu.au.

Walpole Primary School 2014 Tea Towel order form – great gift idea for Christmas!

IS YOUR CHILD GIFTED AND TALENTED?

PARENT INFORMATION NIGHT

The Department of Education is holding an information evening for parents of children applying for Gifted and Talented Programs for Years 7, 9, 10 and 11 in 2016.

Learn more about:

- Academic Select Tests
- Procedure for enrolment
- Testing dates
- Schools offering programs
- Opportunities for students

Date: Wednesday 22 October

Location: Bunbury Senior High School Library Haig Crescent Bunbury

The session will commence at 6pm.

RSVP Samantha Petropoulos 9781 2500 or email Samantha.Petropoulos@education.wa.edu.au by Tuesday 21 October

Walpole Primary School P&C
School Kitchen Fundraiser

Quiz Night

When: Saturday 25th October 2014
Where: Walpole Community Hall
Time: Bar opens 6.15 pm Quiz starts 7pm
Cost: $10 per head 6-8 people per table, book a table or come along and join one.

Bring: a plate to share

Bookings/Enquiries:

Sophie Jacoumis: 0429133082
Fiona Brennan: 0447178570

Thank you and have a great term
Sophie Jacoumis – 0429133082
Getting to sleep
Most children fall asleep within 20 minutes of going to bed. How long it takes to get to sleep can depend on how sleepy your body is. Some bedtime routines help your body get ready for sleep before bed. They can also help your body fall asleep more easily.

Staying asleep
During the night, our bodies cycle between light sleep (The first stage of quiet or non-REM sleep, from which we can be easily woken) and deep sleep (The third and fourth stages of quiet or non-REM sleep, in which we sleep heavily, feeling drowsy if we are woken). We wake up briefly after periods of light sleep, roll over in bed and probably don’t even notice. To stay asleep, we need to fall asleep soon after these brief waking episodes.

Establish routines
1. Keep regular sleep and wake times Encourage children to go to bed and get up around the same time every day. Keep wake-up times on school days and weekends to within two hours of each other.
2. Avoid daytime naps for older children Daytime naps longer than 20 minutes can make it harder for children over five to get to sleep at night, to get into deep sleep, and to wake up in the morning.
3. Relax before bed Encourage your children to relax before bedtime. A regular bedtime routine of bath, story and bed help younger children feel ready for sleep. Older children might like to wind down by reading a book or listening to gentle music. No screen time at least an hour before bedtime is recommended to help the brainwaves calm.

Check your child’s sleep environment
5. Make sure your child feels safe at night If children feel scared about going to bed or being in the dark, avoid scary TV shows, movies, computer games or books. Some children with bedtime fears feel better when they have a night light or a personal alarm under their pillows.
6. Check noise and light in your child’s bedroom A dark, quiet, private space is important for a good sleep. Check whether your child’s bedroom is too light or noisy.

Encourage good health and nutrition
7. Eat the right amount at the right time Make sure children have a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make the body more alert or uncomfortable. This can make it harder to get to sleep.
8. Get plenty of natural light in the day Encourage children to get as much natural light as possible during the day, especially in the morning. This will help the body produce melatonin at the right time in their sleep cycle. A healthy breakfast also helps to kick-start the body clock.
9. Avoid caffeine Encourage children to avoid caffeine – i.e. energy drinks, coffee, tea, chocolate and coke or avoid offering them in the late afternoon and evening.
10. Do some exercise Physical activity and exercise help children aged 2-15 years to sleep longer. It's not a good idea to play sport or be active late at night, though.

Other ideas
If worries and anxieties affect your child’s sleep, you could work on the problem together during the day. You could talk about it with your child or he could try writing anxious thoughts in a journal. It’s always a good idea to praise your child when you notice she’s trying to make changes to sleep patterns or is trying out a new routine.

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

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
Use the school holidays to get your kids involved in some food preparation when everyone has more time to grow, shop and cook. Kids are more likely to eat something they’ve picked at the shop and helped to prepare. Try these fruit kebabs with yoghurt dip. Get your child to pick their favourite fruits – strawberries, oranges, kiwi, banana and assemble colourful fruit kebabs. Serve with vanilla yoghurt dipping sauce.

The stimulation and increase in body temperature can make it harder to go to sleep.