PRINCIPAL’S ADDRESS
My brief time in the office has come to an end today. Monday will see the return of a well-travelled Ms Cook so I will be returning to my role in the 2/3 class. I would like to thank Ms Ashleigh for stepping into the role. The children have been the recipients of some great programs and will miss her.

INCURSIONS
Last week the children were lucky enough to have a visit from a Scientist and Smart Start Financial Literacy. The children seemed in awe of some of the things they heard or saw. Students from Years 2 to 7 also had a golfing clinic. From all accounts the incursions were highly thought of.

TOUR DE CURE
On Wednesday 26th a group of cyclists riding from Albany to Bunbury fundraising and informing communities about cancer will be calling in to speak to the children. All children will receive an education pack. We are asking for a gold coin donation to help them in their endeavours.

CHAMPIONS 2 COUNTRY
On Thursday 20th November 1:30 to 2:30 we will have 3 Australian Commonwealth Games Athletes here to speak to the children. Our visiting champions will be Olivia Vivian – Gymnastics; Laura Coles – Shooting Skeet and Jesse Phillips – Kayak Sprint.

FACTION ATHLETICS CARNIVAL
Last week saw the students of Walpole Primary School competing in their annual Faction Athletic Carnival. On Tuesday the long distance events, long jump, triple jump, vortex and chook throws were fiercely competed but the main event of field events and games was held on Friday. Luckily the weather proved perfect for a day on the oval with only a couple of short, light showers and a gentle breeze to keep the temperature down. The students looking formidable in their team colours, displayed good sportsmanship and team work throughout the day. They were supported by many parents and older siblings who took to the field as judges, marshals, photographers and helpers. Other family and community members helped give the day atmosphere with their cheering and clapping.

Winners for this year are as follows.
400m (Years 4 – 7)
Gold: Bindi Robertson, Jed Cumminskye
Silver: Amber Ninette, Jack Hunter
Bronze: Holly O’Brien, Floyd Pickett

800m (Years 5–7)
Gold: Macy Lane, Lucas Wrigley
Silver: Laura Mckenney, William Roocke
Bronze: Lailani Ewing, Conor O’Brien

Jun Champions: Chantelle McKinlay, Tommie Cooper
BANKWEST GRANT
Help us win $1000 by voting for our school on the Bankwest webpage before 26-11-14.

Lorelle Flett

Merit Certificates

Kindy
Jayden Sawyer
Tristan Kirkwood
Mei Parker
Harlow Phillips

Pre Primary
Max Nguyen

Year 1
Sequoia Donovan

Year 2
Matilda Hill
Scarlett Sherlock

Year 3
Justin Bailye
Danias Shoveller Murray

Year 4
Jed Cummuskey
Holly O’Brien
Zoe Slatter

Year 5
Lailani Ewing

Year 6
Conor O’Brien
John Smith

Year 7
Kalin Lane
Tully Slatter

Aussie of the Month
Maggie Hardiman
William Roocke

INTERSCHOOL ATHLETICS CARNIVAL
Our student representatives did us proud once more at the Interschool Athletics both on the field and off with great performances, sportsmanship and teamwork. Thank you to Gary Hunter for giving up his day to drive the bus to Pemberton on Thursday and all the parents who helped judge, score and marshal.
Walpole PS won the Primary Non Handicap trophy for 2015. Individual achievements were:
Champions: Macy Lane, Jed Cummuskey, Lailani Ewing
Runner-ups: Ella-Jewel Cooper, Bindi Robertson, Todd Brown
800m Lucas Wrigley Gold; Macy Lane Bronze

THANK YOU!
Mr Wayne Brown for mowing the oval before sports day
St John Ambulance volunteers for being on call at the carnival.
P&C Cooks and Baristas for keeping us fed and hydrated.
Mr Gary Hunter and Mr Lee Cummuskey for their offer of assistance in the gardens
Mrs Lisa Teague-Robertson for organising both events.

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. For further information, telephone VacSwim on 9345 4007 or email vacswim@education.wa.edu.au

Congratulations!
DENTAL VAN NEWS

The Dental Van will be **operational from Monday 24th November.**

In the meantime, check-up appointments will be sent out ready for the arrival of the Dental staff.

Parents please be aware due to changes in WA Health policy it is requested that you attend your child’s appointment with them. If you need to change your appointment before the 24th November please phone the Denmark Dental Van on 0437 486 143

*From the 24th November the Walpole Dental Van can be contacted on 0428 414 489.*

Regards

Michelle & Lorna

Denmark Dental Van

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DENMARK SENIOR HIGH SCHOOL
YE**AR 6 & ORIENTATION DAYS & PARENT EVENING**

**ORIENTATION DAYS**

**STUDENT EVENTS**

Orientation Day at Denmark Senior High School

**Orientation Day at DSHS Year 7**
Wednesday December 3 (8.45am-3.15pm)

**Orientation Day at DSHS Year 6**
Tuesday December 9 (8.45am-3.15pm)

**PARENT EVENTS:**

Second Information Session
Year 7 (into Year 8) Parent Information Night
Wednesday December 3 6 pm DSHS Library

Year 6 (into Year 7) Parent Information Night
Tuesday December 9 6 pm DSHS Library

Please note that the days have been changed due to students being on camp.

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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.

FOR SALE

HOMEMADE LEMONADE

$5.00 a bottle

Sophie Jacoumis - 0429133082

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FOR SALE

HOMEMADE LEMONADE

$5.00 a bottle

Sophie Jacoumis - 0429133082
Hello from the School Nurse

Why breakfast is important

Breakfast gives children the energy they need to handle their busy days. Children who eat a healthy breakfast go longer without feeling hungry. This means they can concentrate on playing, learning, remembering and solving problems.

Research shows that a healthy breakfast can help children perform better at school.

Breakfast eaters also tend to:

- have better school attendance than those who regularly skip breakfast
- be more emotionally healthy than non-breakfast eaters
- be less likely to snack on sugary or fatty foods, which helps them stay at a healthy weight.

What a healthy breakfast looks like

A healthy breakfast needs to have a balance of carbohydrates; protein and fat to keep energy levels steady all morning.

School-age kids and teenagers might like to choose from options such as porridge, muesli, low-sugar wholegrain cereal, boiled eggs, omelettes, wholegrain toast, fruit and natural yoghurt.

Choosing healthy foods and eating enough breakfast will help your child get through the morning. Highly processed, sugary cereals won’t give them as much energy and will make them feel hungry sooner.

Nutritional benefits of breakfast

Human bodies make energy from carbohydrates, breaking them down into a sugar called glucose. After a night without food, your body has used up this glucose. It starts to use stores of energy from your muscles instead, like glycogen and fatty acids. This is why we need a fuel top-up before we tackle the day.

Eating breakfast will give your child energy and get their metabolism started. It will help their body use the food they eat more efficiently throughout the day. Also, children who miss breakfast don’t ‘catch up’ on those missed nutrients during the rest of the day.

Adapted from Raising Children Network. For more information visit raisingchildren.net.au

Next newsletter I will provide some more information on the breakfast topic and 5 simple tips to Promote a Healthy Weight Range in children.

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

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

Felicity Lukins
COMMUNITY HEALTH NURSE