PRINCIPAL'S ADDRESS
Thank you very much to Mrs Flett for doing a fantastic job as principal while I was away. I had an enjoyable trip through Europe but am very happy to be home in Walpole.

I came home to some bad news about Rob Griffiths, the gardener. He is currently in Perth undergoing treatment and will continue to do so over the next few months. In an effort to not let all of his hard work in the school and gardens go to waste, we have asked Tim Gamblin to fill in while Rob is away. Welcome Tim.

SWIMMING LESSONS
Swimming lessons take place at Peaceful Bay in week 9. The students have 2 sessions per day to enable the cheaper option with buses.

This is seen as part of the Health and Physical Education curriculum and it is expected that all P-7 students attend.

YEAR 6/7 TRANSITION
The year 6/7’s have another visit to the high school to prepare them for next year. I know they have thoroughly enjoyed every session they’ve had so far. The Year 7’s go to high school for the day on Wednesday December 3 and the Year 6’s, Tuesday December 9 (this clashes with swimming but I don’t think the high school can change dates).

DENTAL VAN
Sharon Kilvinton (Dental Therapist), Chris Edwards (Dental Clinic Assistant) and the dental van will be at Walpole PS from Monday November 24 to Wednesday December 10. All children will be offered enrolment. Appointments will be sent home and parents are welcome to come along. If the date and time provided don’t suit, please phone the centre on 0428 414 489 to reschedule. They are hoping to complete all appointments before they leave.

REPORTS
Teachers have been busy writing reports. Please be aware that they are using the Australian Curriculum as a guide in English, Mathematics, Science and History. Expectations of students are much higher than they were when we had a state curriculum. A “C” on your child’s report means they have achieved ‘Satisfactory’ results— they are doing what we now expect at that year level.

UR WALPOLE DVD
$7.50 – Order forms have been sent home, orders and payment due back to the office by Friday 5 December.

MOVING ROOMS – WEEK 9
Can you help? We have a couple of class’s moving rooms during week 9 in readiness for the removal of the transportables. If you can help out please contact the office. Many hands make light work.
Our last P&C Meeting for 2014
Tuesday 2nd December
3.15pm @ School Library
All welcome!

Come along and support our P&C Fundraising Sausage Sizzle
@ Tree Top Walk Saturday
29th November 2014

Thank you to our parents, grandparents, and community members for volunteering to run this event

FOR SALE
HOMEMADE LEMONADE
$5.00 a bottle

Sophie Jacoumis - 0429133082

DENMARK SENIOR HIGH SCHOOL
YEAR 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.

FUN RUN 2014
SUNDAY 30th NOVEMBER
5km WALK/RUN or 10km RUN
RUN STARTS @ REC CENTRE:
8.30am (registration 7.45am)
ENTRY FEE: $10

dRIZES: 1st & 2nd Place getters male/female in 5/10km events and U15s male/females in each event.
ENTRY FORMS NOW AVAILABLE FROM THE FRONT OFFICE

UR Walpole DVD
“Billion Year Journey of Walpole”
$7.50 each
(offer closes Friday 5 December)

Name __________________________
Contact No. ______________________
No. of DVD’s ____________
Paid $ __________________
Hello from the School Nurse

Following on from the breakfast article in the last newsletter;

**Breakfast ideas to encourage reluctant breakfast eaters**

You’re an important role model when it comes to eating. Showing your kids that breakfast is an important part of your day is a good way to encourage them to eat it. You can talk about its benefits with them too.

Here are more breakfast ideas to encourage healthy eating habits in the morning:

- Make breakfast a time to sit and eat with your kids. Being a good example is a powerful way to change their habits.
- If your children say they are not hungry in the morning, try making a healthy smoothie, with milk, yoghurt and a piece of fruit such as a banana, instead of a more traditional breakfast ‘meal’.
- If a hectic morning schedule gets in the way of breakfast, try setting your child’s alarm 10 minutes earlier or you could even get the next day’s breakfast ready the night before.
- **Fussy eaters** often respond better at mealtimes if the food is more interesting than usual. Young children love toast or fruit, and older kids can occasionally prefer ‘non-breakfast’ foods, like leftover pasta.
- Older children and teenagers might refuse to eat breakfast as a way of showing their independence. Try not to make a big deal about this. You could suggest your child takes a piece of fruit or a healthy snack like a sandwich or smoothie to have on the trip to school instead. Your child might also like to choose their own healthy breakfast options when out shopping.

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

Here are 5 simple tips from PMH (Children’s Hospital) for busy families to Promote a Healthy Weight Range in their children. Encourage your children to:

1. Eat Breakfast.
2. Drink mainly water.
3. 1 hour physical activity per day.
4. No more than 2 hours screen time a day.
5. Eat one meal a day at a table with screens off.

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

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Albany Leisure and Aquatic Centre is offering swimming lessons to children aged 3 - 5 years during the January 2015 school holidays.

- **Program 1 (5 day duration)** commencing on Monday, 5 January through to Friday, 9 January 2015
- **Program 2 (5 day duration)** commencing on Monday, 12 January through to Friday, 16 January 2015
- **Program 3 (5 day duration)** commencing on Monday, 19 January through to Friday, 23 January 2015.

Please contact our Swim School either on telephone number 9844 2274 or by email nolao@albany.wa.gov.au for further information and to reserve your class place.
Speech and Drama lessons for children are fun, exciting and dynamic. Children gain confidence, learn performance techniques and become skilful communicators, team players and leaders.

Students develop self confidence, self esteem, creative expression, imagination, vocal skills, pride, resilience, stagecraft and a life-long love of literature.

Lessons are literature based and involve drama games, improvisation, performance of poetry and prose, group-work, role-play, script-work and acting.

Through speaking we express thoughts and feelings, both our own, and those of others. Through speaking we can inspire, explain, teach, and move others. The quality of our speaking voice determines the way others perceive us, and therefore the way we make our way in the world.

Speech and Drama helps students develop a strong sense of self, and provides a toolkit for communicating with the world.

I am a fully qualified Speech and Drama teacher with over 15 years experience. I have spent the last 11 years teaching at Penrhos College Junior School.

I am devoted to nurturing young people's potential for happiness and success. I believe that one of the most important aspects of early education is to inspire children to be confident, creative communicators.

My lessons will help children:

- Develop a strong sense of self worth and build self esteem.
- Develop a confident speaking voice.
- Collaborate within a team to solve problems creatively.
- Speak confidently in front of an audience.
- Develop vocal expression for public speaking and conversational speech.
- Confidently communicate with adults and new friends.
- Learn emotive language and articulate feelings clearly and effectively.
- Develop leadership skills and learn how to give and take direction.
- Develop a love of literature and reading.
- Develop poise and techniques to overcome nerves.
- Develop memorisation skills.
- Learn how to empathise and encourage others.
- Develop time management skills.
- Plan for the correct sequencing of events.
- Learn correct and effective speech habits.
- Learn acting skills and develop stage presence.

With sufficient enrolments, 45 minute lessons for small groups will be held weekly in Walpole and Denmark. Classes cost $20 per lesson, charged for a term in advance.

For further information and enrolment, please type: eversteg.wix.com/showpiecespeech directly into your browser to see my web page, or email me at: eversteg@bigpond.net.au

Teacher: Emily Verstegen at
eversteg@bigpond.net.au
0439623548