Principal’s Piece

The middle of the term is almost upon us after four busy weeks. Swimming has concluded as of the end of week four and we are now returning to our usual timetable. Thanks to those parents who have been assisting their children to get to school on time and in uniform. Most students have hats but there are a small number who still need to have a hat as there is still quite a bit of hot weather to come.

I understand from some of our junior classes that parent rosters have been set up to enable parents to have an opportunity to participate in their children’s education program. Quite a number of parents have already put their names down for this and I encourage as many of you as possible to assist where possible in your children’s rooms.

We have our first formal assembly for the year this Friday at 2.15 and we look forward to as many of you as possible attending. Some of the staff will be putting on a very memorable item and you won’t want to miss it.

Quite a lot has been said recently in the media about the content of students’ lunch boxes and packaged foods which may be high in sugar. I would urge you to be aware of your children’s dietary needs and provide items that are high in nutrition and low in sugar and salt. Most items now display this sort of information very clearly on the packaging.

We have some important events coming up including the “World’s Greatest Shave” on Monday 10th March and our Faction Swimming Carnival on Friday 14th March. I hope as many of you as possible can join us for these events.

I will be organising a School Council Meeting for week 8. Normally this would occur earlier but I have wanted to have some time to get to know the context of the school. Invitations will be sent out later this week with the details.

Thank you for a great beginning to the year and we look forward to a smooth continuation of term one.

Bernie O’Hara
Principal

School Leaders 2014

In Week 3 an election was held for the Student Leadership Team for 2014. The candidates came from the Graduating Class so for the first time some of the leaders are in Yr 6. Staff and students from Yr 5-7 all had a secret vote and the positions were announced at an assembly at the end of the Graduation Breakfast. We are pleased to announce the following Student Leaders. We look forward to working with them through 2014.

School Captains: Eliza van de Velde & Adam Powell
School Vice Captains: Ashleigh Mansfield & Brayden Rumsley
Weston Faction Captain: Jessica Fraser & Mitchell Della Franca
Annetts Faction Captain: Aaliyah Arnold & Adrian Krause
Mason Faction Captains: Eve Rosie & Joshua Dix
Owen Faction Captain: Amber Kingston & Jackson Screaigh
On Thursday 20th February we held our first Graduation Class Breakfast. All the Year 6 and 7 students were invited and they were asked to bring a significant person in their lives as a guest. In the end over 80 people sat down for breakfast. Mr Wilson and his fantastic kitchen crew prepared a magnificent cooked breakfast which was appreciated by everyone. A special thanks to Mr Wilson and Belinda Carey who were in the kitchen before 6 am and also to all the willing parents, education assistants, office staff and teachers who joined them through the morning. Without this cheerful band of workers the morning would not have been possible.

The children were addressed by three speakers; Wes Bancroft who as an old Walliston student encouraged the students to follow their passion and always be prepared to try new things. His activity with the Freddo frogs made us all laugh. Then Tristan Lewis spoke and encouraged the students to value school, choose their friends wisely and listen to their parents. The morning was brought to a close by Casey Reeves who reminded them to value this very special year of their school life and make the most of every experience.

It was a very positive start to the year for this group of students and we look forward to working with them all through 2014.

A BIG THANKYOU TO ALL THOSE WONDERFUL PEOPLE WHO HELPED MAKE THIS DAY A GREAT SUCCESS

If you have a small family then sibling rivalry will be a problem for you. In a family of two children, it can be hard to escape your brother or sister so the rivalry can be intense. After the birth of the second child you may think you are bringing a playmate home for the first born but in his or her eyes you have brought someone into your home who is a rival for your affection and attention.

This is not how you see the situation, but then it’s your child’s private logic that matters. It seems that rivalry is most intense between children adjacent to each other in the family tree. Kids don’t grow out of their rivalry. It often gets worse as they get older unless parents put strategies in place to minimise it.

Parents need to contain the competitiveness within their kids. There is a time and a place for competition just as there is a time and place for cooperation. In many ways, it is the true test of family leadership where parents develop a sense of ‘we’ within their family while welcoming some of the competitive elements in their kids. Here are some ways to reduce sibling rivalry in your family:

• **Accept children’s individual differences.** Your acceptance of differences will determine the degree of competitiveness between children.

• **Focus on the deed not the dude.** High praise families usually experience more sibling fighting than high encouragement families. So focus your positive comments on the process rather than the results, the act not the actor, the performer rather than the performance.

• **Put them in the same boat when they misbehave.** Be willing for all children to experience the consequences of a child’s misbehaviour. For instance, if one child is noisy in the car then they all miss an activity if you return home.

• **Focus on solutions not the fight.** When children fight and argue give ideas and strategies to resolve their problem rather than sorting out the fight.

For more tips or advice go to www.parentingideas.com.au

Adrian Wilson  School Chaplain
Room | Name  
---|---  
1  | Neve Donaldson  
4  | Christopher Moore  
  | Matilda Money  
  | Chloe Regan

**Crunch and Sip:**
As part of our Health and Well Being programme, Walliston Primary is a registered Crunch and Sip School. Crunch and Sip is a set break that the children have during the day to eat fruit/vegetables and drink some water. Students “refuel” during the day, assisting with physical and mental performance and concentration. We would like to encourage all students to bring along an extra piece of fruit or vegetable to eat during their set break and a plastic bottle of water. Classrooms will organise how they wish to structure their Crunch and Sip time.

**Foods allowed:**
- All fresh fruit (whole or chopped)
- Fruit canned in water, juice or “no added sugar”
- Vegetables—all fresh vegetables
- Water—only plain water

For more information on Crunch and Sip, see Mr Levy or visit www.crunchandsip.com.au

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**World’s Greatest Shave**
This year we will be participating in this worthwhile event. It will take place at 9.00am on Monday the 10th March in the undercover area at school. This year we will have seven Year 6 & 7 students getting their heads shaved. (There is a rumour that Mr O’Hara will also be having his head shaved). The rest of the school has the option to have their hair coloured with coloured spray at a cost of $2 per student. Even if you do not want your child to have their hair coloured, you can still give a gold coin donation, as it is a very worthy cause…….
Please hand this money to the class teacher on Monday morning. All proceeds will go to the Leukaemia Foundation for research.
Parents are welcome to come along and support the students.
If parents wish to donate to this cause, there is a box in the front office and there will be a box in the undercover area on the day.
The shaving will be done by Ms Nicky Rosie and the hair colourings will be done by the Year 6 and 7 leaders with teacher supervision.
Thank you for all your support
Adrian Wilson
School Chaplain

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**Faction Swimming Carnival**
The Swimming Carnival will be held on Friday 14th March for Years 3-7 at the Kalamunda Pool, starting at 9.15am. In previous years a trials’ day was held to determine divisions for each faction. However, due to our much smaller student population and the cost of pool hire and bus transport there is no need for trials this year. All students are encouraged to participate in the Carnival, and if unable to swim in races, are able to take part in novelty events that will be run throughout the event. A detailed note with more information will be sent home in the next few days.
**Community News**

Mary’s Mount Breakfast
In the Park
Sunday 16th March 8-11am
Come and join us for a fully cooked breakfast
Ticket prices Adult $12 Child $5 Family $30
Face Painting, Bouncy Castle, Fairy Garlands,
Lucky Dips, Cake Stall and Much More...

**Merit Awards**

Congratulations to these students

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<td>1</td>
<td>Laura Stump</td>
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<td>Jake Gungor</td>
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<td>1</td>
<td>Nathan Della-Franca</td>
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<td>Aaliyah Arnold</td>
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<td>3</td>
<td>Jaxon Wyllie</td>
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<td>Ashleigh Mansfield</td>
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<td>Grace van der Helder</td>
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<td>Christopher Moore</td>
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<td>Cooper Campbell</td>
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<td>Hayden Parker</td>
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<td>Freya Pivac</td>
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**Up Coming Events**

- **7th Mar**  Staff Assembly
- **10th Mar**  Worlds Greatest Shave
- **13th Mar**  World of Maths Incursion - Pre Primary to Year 7
- **14th Mar**  Faction Swimming Carnival 9.15am - 12pm
- **19th Mar**  Newsletter
- **21st Mar**  Yr 6&7 Stirk Cricket
- **23rd Mar**  Wally Boys Car Show

Hey kids! **Good News Club** is back at your school. It starts on Monday at lunchtime in the science and art room. All children in grades 1-4 are invited and welcome to come any week. It’s all FREE – we have games, songs, Bible lesson, stories, activities, crafts and prizes. Bring your lunch and your parent permission slip with you. Any queries call Sarah Sercombe on 0405 770 128

The Pre Primary/Kindy centre is in need of a fridge and a wall oven. If there is anyone in our school community that has either appliance and would like to donate it to the school please call Carmel in the office. Or if there is anyone that is involved in the White Goods Industry that maybe able to assists us it would be greatly appreciated.