Principal's Piece

This week our students are heading off to St Brigids College for their swimming. It is quite cold this week and I am pleased to see that everyone is dressed in warm clothing to go to and from the pool.

Last week all students participated in the NAPLAN testing with the years 3 and 5 students tests going off for marking at the end of the week. Our year four and six students completed last year’s tests so that we can monitor their progress.

We are currently doing lots of practice for our Faction Cross Country. The date of this event has been changed from Tuesday 9th June to Friday 12th June. We look forward to as many of you as possible coming along and supporting your children during this event.

Year four students will be doing PEAC testing on Wed 3rd June. PEAC is the Primary Extension and Challenge program. Students sit the test in year four and then based on these results they may be offered a placement in a PEAC program the following year. Students complete the program during school hours usually at the PEAC Centre at Kalamunda Primary School.

School staff will soon be getting information regarding a program called the Nationally Consistent Collection of Data on Disability. This is a Federal initiative which aims to help identify students with disability and then provide resources through the Department of Education to school to support these students. Students funded through this program are those who have not been identified by the Department previously and would include students with issues such as anxiety, depression, Dyslexia, behavioural issues etc. You may be contacted by the school before the end of term if your child is identified as possibly being in one of the categories that the program covers. If you have any questions at this stage you are welcome to speak to me.

Our School Council met on Tuesday 12th May and approved the school budget for 2015. Following this we had a lengthy discussion about the functions of the School Council and how the Council could best serve the school and community. We undertook to try and recruit more school councillors and to identify some projects that the School Council could work on. We would like you to join up and there will be nomination forms and information booklets provided in the front office by the end of this week. We meet once a term for an hour and a half and are looking forward to a growing membership.

Bernie O’Hara
Principal

Kindy Enrolments

Walliston Primary School is now taking enrolments for 2016. Please come into the school office during school hours and complete an application form or download a form from the website. Enrolments close - July 24th, 2015

For further information please ring 9291 8099

Change of Date
Faction Cross Country has been changed from Tuesday 9th to Friday 12th June 2015.
Walk Safely
to School Day
Friday May 22nd

This program asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. Walking with children all the way to school may not be realistic for many of us, it is quite easy to figure out how you can build a walk into your family’s daily routine. If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking helps beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It is also gives you a great opportunity to teach your child safe ways to behave around roads and traffic. Remember, Active Kids are Healthy Kids, so get planning your own Walk Safely to School Day journey for this Friday.

For more information visit www.walk.com.au

Martin Levy
Phys Ed and Health Specialist

Chaplain’s Chat
THE IMPORTANCE OF SELF-ESTEEM

Healthy self-esteem is the key to effective living for both children and adults. Self-esteem refers to the inner confidence and satisfaction that a person has that influences social behaviour and learning. It is accepting yourself, looks, personality and acceptance.

When you have high self-esteem, you accept yourself, you like what you see in the mirror, and like who you are. You have confidence in your own opinions and your abilities. You also recognise your own strengths and accept your weaknesses.

The way a person thinks about him or herself affects their quality of life. When you feel valuable, loveable and worthwhile you are more able to meet life’s challenges.

Children with low self-esteem are less likely to step out of their comfort zones to extend themselves and try new experiences. They tend to take less risks than those with healthy levels of self-esteem.

Misbehaving children are generally discouraged children. Lacking confidence to belong through positive ways, they find their place within their family and peer group through misbehaviour.

Quite simply, if children have a healthy level of esteem and feel good about themselves they are more likely to make friends and succeed at school and throughout their lives.

How do we acquire our self-esteem?
Self-esteem also refers to the image or picture of ourselves that each of us carry around in our heads. The images or pictures are constructed through our experiences and is strongly influenced by the messages that others send.

Our first lessons of self-esteem are learned within our family. The way significant people such as parents and siblings interact with children on a daily basis influences the ‘picture’ that they construct of themselves.

Let a child know through your language and your behaviour that they are capable and worthwhile and they will begin to believe it. The messages we send to children influence the way they see themselves as well as our relationship with them.

CHILDREN BELIEVE WHAT SIGNIFICANT ADULTS TELL THEM!!

For more information go to www.parentingideas.com.au

Adrian Wilson
School Chaplain

Stirk Interschool Sport

On Friday 15th May the Yr 5/6 football and netball teams played against Kalamunda and Falls Rd. Congratulations to all participants on their sportsmanship and behaviour on the day.

Thankyou to Mrs Kilpatrick, Ms Moir and Mrs Lawton for helping umpire the netball and to the spectators who gave their positive support from the sidelines.

Frog Watch

On Wednesday the 13th May a group of students and parents walked with Mrs Sneyd to Wallis Park. This small park is a great place to examine the features of a successful frog habitat as part of the Frog Watch program. When we arrived we could hear many frog calls and we recorded these on video and the surrounds using photographs. Students tested for water temperature, PH and turbidity. They also collected and recorded macro invertebrates in order to discover what we need to include in the school frog pond that we are planning to build. Students enjoyed the walk and are to be complimented on the positive way in which they represented Walliston Primary in the community.

Mrs Sneyd
Room | Name | Name | Name
--- | --- | --- | ---
1 | Austin Lambert | Luke Oulaghan | Christopher Moore
3 | Sophie Kimber | Ryan Dal Porto | Jaime Theaker
 | Ariana Dix | Matilda Keirle | Hayden Parker
6 | Ludivine Astbury-Thompson | Laura Kilpatrick | Dane Money
 | Ayana Olsen | Zach Frisina | Jake Heal
 | Hollie Coppin | Freya Pivac | 
8 | Chanelle Miller | Jorja Ercegovich | Kai Lovel
 | Corey Van Duyn | Nic Regan | Elise Krause
11 | Jet Olsen | Maddy Rathman | Kate Woodley
 | James Swann | Luke Heal | Brandyn Murley
12 | Will DellaFranca | Georgia Fields | Katelyn Kelty
 | James Hickey | Tim Edward | Ruby Rea
 | Madi Ercegovich | Liam Ashby | Samuel Lo Presti
 | Abbi Sharp | Ronan Dwyer | 

**Entertainment Books** are now on sale in the office for $65 each, with $13 of each book sold donated to school.

**Mothers Day** Thank you to Ailsa Kilpatrick, Maria Zursolo, Michelle Maidment, Nat Jenkins & Shireen Pivac for your help with the Mothers Day Stall. It was very much appreciated! Many thanks to our generous school community for all the lovely donations, and Woolworths Kalamunda, who also donated some gifts. We raised $1,100! Thank you to students and staff for shopping with us, we hope everyone enjoyed their gifts and had a happy Mothers Day.

**Bunnings Midland Sausage Sizzle Saturday May 30.** If you are able to help out there is a roster in the office. Even an hour of your time between 8am - 5pm would be a huge help! Thanks in advance.

**Quiz Night 1st August.** We are planning a Quiz Night at the Lesmurdie Club on Saturday the 1st of August. Save this date for a fun night out. We have begun collecting prizes and will soon begin posting photos on our Facebook page and giving those businesses a plug for their generosity. If anyone in our school community would like to help us out and promote their business, or place of work, by donating a prize please contact either Nat Jenkins, Shireen Pivac, Di Moore, or simply drop off in the School Office. Thanks very much in advance, it would be greatly appreciated. An official request letter can be supplied if needed.

Thanks to the families who place their receipts in the ballot box at IGA Sanderson Rd, Lesmurdie, we have received a chq for $133, bringing the total donated since August 2012 to $838.75. Thank you IGA Sanderson Rd!

Thank you to **Benchmark Consultants** in Kalamunda, who donated $1000 to help us fund the Chaplain, and have now requested we keep the donation despite the good news that the Government has returned our funding from the beginning of term 2. Very generous and we are extremely grateful!

Thank you to **Bunnings Kalamunda** who have very kindly donated some paint and brushes for the repainting of lines on the netball/basketball courts. We hope to have a busy bee soon to get this done.

Two big loads of mulch were delivered free of charge from **Al Walliston Tree Services**, a big thanks goes to them, and also the parents who pitched in to help move the mulch around the garden beds in the junior playground area.

**Garden Club** has now moved to every 2nd and 4th Thursday of the month after school.

*Di Moore, Fundraising Coordinator*
Community News

Do you want to host a Japanese Student?

Want to host a friendly and enthusiastic young Japanese student? John Wollaston Anglican Community School is hosting a group of 14-15 year old Japanese students from 17/8/15 to 24/8/15 and we are looking for host families. Hosts receive a generous payment and have the rewarding opportunity to learn about another culture and build life-long friendships.

For more information please contact Linda from Gold Intercultural Learning (www.goldil.com.au) on 0438 871 451 or email homestay@goldil.com.au

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<th>Name</th>
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<tbody>
<tr>
<td>1</td>
<td>Jaime Theaker</td>
<td>1</td>
<td>Chase Gallager</td>
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<td>3</td>
<td>Ryan Dal Porto</td>
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<td>Amber Thiesen</td>
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<td>6</td>
<td>Brodie Brunning</td>
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<td>Scarlett Bancroft</td>
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<td>8</td>
<td>Dante Gallagher</td>
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<td>Joel Zurzolo</td>
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<td>11</td>
<td>Ashley Kimber</td>
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<td>Erin Rea</td>
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<td>12</td>
<td>Neve Donaldson</td>
<td>12</td>
<td>Oliver Rosie</td>
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<td>15</td>
<td>Lani Heal</td>
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<td>Sharlott Pettitt</td>
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Dates to Remember

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>22nd May</td>
<td>Assembly (presented by room 11)</td>
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<td>29th May</td>
<td>Interim Swimming Ends</td>
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<td>29th May</td>
<td>Eagles Cup Football/Netball</td>
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<td>1st June</td>
<td>Public Holiday</td>
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<td>2nd June</td>
<td>Kalamunda History Village Exc Rm 1&amp;11</td>
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Cross Country

Faction Cross Country is on Friday 12th June 2015. To give the students extra opportunities to improve their fitness, two Cross Country Breakfasts will be run. These will occur on Wednesday 27th May and Wednesday 3rd June. Students will have a warm up, a run of the course, followed by a breakfast of cereal, fruit and milo. Please bring a bowl, spoon, cup and $2 to help cover cost.

3 year old Kindy Mothers’ Day

The 3 Year Old Kindy students pampered and indulged their mothers and grandmothers to a Mothers Day, Day Spa on 8th May. The boys and girls took great delight in painting nails, styling hair, massaging feet and using make up to spoil their mothers. A morning tea followed. Much fun was had by all and I would like to thank the Mums and Nannas for participating.

Sandy Fields 3 yr old Kindy

Pamper Day