Welcome back to term three which I am sure will be busy and enjoyable for you and your children. We have as usual a busy term with a number of events taking place. Good news for us all is that the faction uniforms have arrived. Jo will be distributing them in the near future.

Events coming up include our quiz night at the Lesmurdie Club this Saturday night, Book Week in week 6, Open night on Wed 2nd Sept, the school choir performing in the massed choir event on Sat 5th Sept and our faction athletics carnival in week 9.

The school is having a major computer system upgrade commencing on Mon 10th August. The office and administration will likely be without computers for much of Mon 10th and Tuesday 11th August. Classes will have no access or intermittent access to computers and Electronic White Boards during weeks four and five of term.

 Earlier this year the school participated in a water audit organised through the Shire of Kalamunda. Various water saving measures were identified and as a result, with the input of our school’s $400 and $1900 from the shire, we will install leaf filters for our rain water tank and switching devices to be installed in the senior block toilets and retic connections to the tank outlet.

These improvements will enable us to use rain water to flush the senior block toilets and to retic parts of the garden outside the senior block.

During the holidays I did some reading on resilience, bullying, student relationships, coping mechanisms etc. Below is a small extract which may prove useful when helping your child to deal with difficult situations which will arise in their lives.

You’ve probably heard of the 3 ‘R’s: Reading, Writing, Arithmetic - a focus of education. What about the fourth R - Resilience? Resilience is the ability to bounce back from setbacks, learn from failure, be motivated by challenges, and believe in your own abilities to deal with the stress and difficulties in life. Resilience skills are as important as the other 3Rs. Why? Because every child’s life will be touched by setbacks as well as achievement, pain as well as joy, loss as well as triumph. In order for children to reach their fullest potential, they need to know how to approach life with resilience. What you might not know is that, just like reading, writing, and arithmetic, resilience can be learned. Children can learn from their parents, teachers, and coaches how to develop the skills of resilience. Resilience enables your child to thrive no matter what life puts in his or her path. Full article available at Ref: The Seven Ingredients of Resilience: Information for Parents. Publisher: National Psychological Association of America. Communiqué Handout: March/April 2010, Volume 38, Number 6. www.nasponline.org

Bernie O’Hara
Principal
CHAPLAIN’S CHAT

HELPING OUR KIDS HANDLE STRESS.....

Here are five ways that we can help our kids handle stressful situations.....

1. Thought-stopping: Help kids prevent kids being overwhelmed by parking their thoughts or worries for a while. “That’s enough of those thoughts for now. Think about it after lunch, but leave them for now.”

2. Mental distraction: Read, run, write or roam. Anything they can do to distract themselves.

3. Move away from a situation: Physically removing themselves from a situation temporarily relieves stress and worry. A break from the study room, a walk outside or visit to shops gives kids the change-up they need.

4. A special place: When faced with pressure or stress, finding a quiet place to sit or rest, so they can have some ‘me’ time. Families with large numbers of children, this can be hard, a cubby house, a favourite spot in the garden, a room in the house.

5. Offering hope: “This too shall pass” is a powerful lesson to learn at any age. and then of course being available for children (and adults) to be able to unload or talk about the pressure or stress that they are under.

But it is in handling the small ups and downs of every day life that kids develop their inner resources that will equip them to manage and come through the larger hardships, frustrations and difficulties that will inevitably come their way.

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

Adrian Wilson
School Chaplain

SCHOOL OF INSTRUMENTAL MUSIC SERVICES

SIM CLASSICAL GUITAR WORKSHOPS

Hundreds of Year 5 & 6 guitar students attended these motivational workshops in the last week of term two at various metropolitan venues throughout the week.

Under the direction of School of Instrumental Music Services classical guitar teachers, the students were given the opportunity to learn guitar ensemble rehearsal techniques. Playing with dozens of guitarists from other schools boosted student confidence as they supported each other and experienced the joy of working together to present their musical performance. Parents were treated to an informal concert at the end of the workshops and from comments received, they were impressed with their child’s participation and pleasantly surprised by the quality of presentation achieved.

Congratulations to all participants who will hopefully be invited to perform some of these Gypsy themed pieces for their peers, parents and teachers at school assemblies, concerts and music festivals later in the year.

Steve East
SIM Guitar Teacher

KINDY AND PRE PRIMARY TORCH NIGHT

The Kindy / Pre Primary class in room 15 concluded the semester with a Torch Night. Everyone brought a torch and glow sticks that added to the atmosphere. We shared evening tea together and played some games by torchlight, such as Torchlight Tag, Guarding the Mountain, Hiding the Flag and Going on a Bear Hunt. We then went on a walk in the bush around the school and concluded the evening with a story by torchlight.

Mrs Westphal
Mrs de Saran

Two Sessions of Playgroup!

Playgroup numbers have steadily increased since the beginning of the year. Last term we had 11 new families join us and we were forced to form a waiting list. To overcome the problem of being too large, the school has kindly assisted Playgroup in creating a second session (Thursday 10:15-11:45am) which will begin running this term straight after the first session (Thursday 8:45-10:15am). A big thank you to Mr O’Hara and the administration staff who have been extremely supportive of the Playgroup. If you or someone you know may be interested in joining either of our Playgroup sessions please feel free to contact the school on 9291 8099 or Sandy Fields on 0455111680

Mrs Fields
**Year 3/4 Soccer/Netball**

In the last week of term 2, students from Walliston took part in a year 3-4 Soccer Netball carnival against the other Stirk Schools. Each team played four games throughout the day, which were played in an excellent spirit of sportsmanship, participation and fun.

Thank you to the parents who helped with teams or were there to support the players from the sidelines. The referees and umpires for these games are selected from Yr 6 students from the participating schools.

Joel Foote and Jared Wake helped referee the soccer while Jorja Ercegovich and Jewel Pivac helped umpire the netball. They did an excellent job and showed great maturity in handling the younger students. Thank you very much Joel, Jared, Jorja and Jewel.

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**Dockers Kwik Kick/Long Bomb**

Last term students in Yr 4 - 6 were given the opportunity to take part in the Dockers Kwik Kick and Long Bomb competition. Winners in each age group were invited to the Semi Finals during the school holidays.

Aaron Welsh and Jack Oulaghan, Erin Woolley and Montanna Rathmann were successful in the Kwick Kick competition and have made it through to the finals. The finals take place on August 2nd at Domain Stadium where they have been invited to watch Fremantle play GWS.

We wish them the best of luck.

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**Quiz Night this Saturday**

Thank you to The Outdoor Furniture Specialists, on Clayton Street Midland, for donating a $200 voucher for our Quiz Night this Saturday. Thank you for providing us with a great discount & donation deal. Mention Walliston Primary School to receive 10% off the sale price and 5% will also be donated to our school in your name. This promotion is ongoing so please keep them in mind when buying outdoor furniture. There will be some catalogues at the Quiz Night and also in the office, or have a look online. [http://www.tofs.com.au/](http://www.tofs.com.au/)

Thank you so much Grant van der Helder, of Unique Custom Carpentry, for generously donating $100 to sponsor a round of questions at our Quiz Night.

A very big thank you to Hills Family Dental Centre for their very generous donation of $200 to sponsor a round at our Quiz Night! Thank you! 11 Railway Road Kalamunda. 9293 1300.

Thank you Thornburys Accountants & Advisors for kindly donating $100 to sponsor a round at our Quiz Night. 67 Canning Rd, Kalamunda. 9293 3044.

Thank you Market City Meats, of Canning Vale Markets, for generously donating $100 to sponsor a round at our Quiz Night.

Thank you Impression Orthodontics for kindly donating $100 to sponsor a round at our Quiz Night. 115c Canning Rd, Kalamunda. 6293 1337
Community News

Kalamunda kids karate classes are structured to provide a balanced mixture of physical activity, self-defence training and fun. These classes instil in the children better confidence, hand-eye coordination skills and discipline as well as being great for fitness. Kidz Karate classes also coincide with school terms to allow for family holiday periods. All classes are run by fully qualified and accredited instructors and beginners may start at any time during the term, as all training is ongoing.

Beginner Kidz Karate Class times are:
Monday - Friday: 3.45pm - 4.30pm
Saturday: 11.30am - 12.15pm

At Kalamunda Kickboxing & Martial Arts
1/27 Laurence Road
Walliston WA 6076

For further information or to book a place for your child/children please contact the office on: 6293 1633 or visit www.kalamundakickboxing.com.au

Merit Awards

Congratulations to these students

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<td>1</td>
<td>Maleck Roberts</td>
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<td>Hayley Carruthers</td>
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<td>3</td>
<td>Samuel Kennedy</td>
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<td>Bob Keilty</td>
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<td>6</td>
<td>Jacob Clephas</td>
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<td>Ludivine Astbury-Thompson</td>
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<td>8</td>
<td>Elise Krause</td>
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<td>Chanelle Miller</td>
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<td>11</td>
<td>Lachlan Turner</td>
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<td>Kohan Smith</td>
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<td>12</td>
<td>Shayne Cassidy</td>
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<td>Charlotte Baughen</td>
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<td>15</td>
<td>Bailey Randall</td>
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<td>Sophia Gauci</td>
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Dates to Remember

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<th>Date</th>
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<tr>
<td>31st July</td>
<td>Choir Assembly</td>
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<td>4th August</td>
<td>School Banking</td>
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<td>11th August</td>
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<td>12th August</td>
<td>Snr Choir Rehearsal at Churchlands SHS</td>
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<td>14th August</td>
<td>Assembly Rm 6</td>
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Due to the computer system upgrade:
Next Newsletter 26th August.
No Merit Awards presented on the 14th August Assembly.

Music Award
Room 12

Bright Classrooms
Our Junior block was repainted over the holidays to give us a clean, bright, new look to start Term 3. Thanks to our gardeners Adam and Anthony.

After School Arts News
After School Arts enrolment is on Thurs 30th July 4-5pm at Jorgenson Park in Kalamunda. Vacancies exist in all classes of Pottery, Painting and drawing and Hooked on Hessian. Classes commence Aug 7th from 4-6pm, Thurs afternoons for 8 weeks. Please phone Norma 9293 4486 with bookings and enquiries. Ages from 5yrs up.