FROM THE PRINCIPAL….

Dear Parents and Guardians,

Principals Conference
This week I attended the Northern Metropolitan Region Principal conference which had the theme Optimism in Challenging Times. It was a very timely event as Education recently has been greatly affected by changes in the leadership of the Victorian Department of Education and of course funding budget cuts. The title proved to be very apt and over the three days of the conference I gained insights and ideas for improving Wales Street and in helping to guide the school through the uncertainty ahead. In particular, I took away from the conference two things—the importance of organisations/schools developing a positive attitude and resilience and, secondly, that these are key attributes we need our students to also acquire.

It is work that we have already been engaged through both the introduction of the Primary Years Program (PYP) and the You Can Do It Program but I suspect this work will become increasingly more important. One simple but very successful strategy to help develop resilience that has very strong research evidence, and one you could use in your own lives, was to write down three positive things that happen to you each day. Don’t just remember but importantly they must also be written down.

Next term we will be reviewing our current Strategic Plan and then developing a new Plan in 4th term so the timing could not be better in ensuring that these insights are included in our future focus and work.

2012 Education Week 20th – 26th May
This is Education Week and Wales Street has been celebrating with a number of events including:
- An open morning today from 9.15am-10.40am with wonderful guided tours by or 5/6 students.
- A parent morning tea also this morning to raise money for the Cancer Council.
- Tonight a parent information night on the International Baccalaureate Primary Years Program (PYP) will be held from 7:00-8:30pm in the Clyde Street building.
- Tomorrow a Prep Happy Hour from 2.30-3.30pm also in the Clyde Street building.
Cancer Council Biggest Morning Tea
This morning I attended an incredible morning tea in the school hall organised by Anne Beech and wonderfully supported by other parents and the school staff. The range of food was amazing and I am continually impressed by the team work and ‘positivity’ (and cooking skills) of our school parent community and this was so evident today. This initial event has been so successful that next year I feel certain it will find its way onto the school calendar during Education Week as an annual event. Congratulations and thank you to everyone involved.

Christopher L. Sexton
Principal

 Wonky Dragons China Café – Thursday 31st May

Students will be running a Wonky Dragons China café to raise money for their trip to China. There will be many cakes, spiders, milkshakes and more. Tell everyone you can and hope to see you there!

School Council Report

Last week was the monthly school council meeting. We thought it would be useful to update the school community on our discussions. Below is a brief summary of what was covered:

- Approved the financial statements for March & April – and yes, the budget is on track!
- Confirmed with Chris that outdoor noticeboards will be installed in the school grounds
- Approved a variation of attendance day – on the 28th June school will finish at 1.00pm so that student led conferences can occur
- Approved in principle the return of a school lunch order day – to be discussed with Wales St Primary staff before any final decisions.
- Discussed funding option for a new flag pole which will fly the Aboriginal Flag
- Discussed and approved the school Arts Policy and Camps & Excursions Policy – there are several school policies which school council are responsible for reviewing every three years.
- Discussed fundraising and events for term 3.
- Discussed the problem of the school oval surface and options for replacing grass with synthetic turf – we decided to get together a working group to explore options so if you are interested and can contribute to this working group (eg, experience with grants, sponsorship, donations or the technical side/turf side of things, please contact the school office wales.street.ps@edumail.vic.gov.au or 9484 3949.

We meet again on 20th June but in the meantime there are sub-committee meetings which report back to school council. These are: OHSC, Policy & Strategic Planning, Facilities, Events & Fundraising, Finance.

If you are interested in joining any of the sub-committees or would like to find out more, please contact me at: martintash@internode.on.net or leave your details at the school office.

Natasha Kinsman
School Council President

SICK BAY LINEN DUTY ROSTER

25/05/2012 – Angela Ditchmen 01/06/2012 – Narelle Stone 08/06/12 – Kylie Rogers

PREP PARENTS: We URGENTLY need more Prep parents to volunteer for sick bay linen duty. Please leave your name at the school office. Thank you 😊

CLASSIFIEDS......... School Council accepts no responsibility for goods / services offered here

BLUE LIGHT DISCO. Fri May 25th at 6.30pm. Prson Town Hall. Contact Jo Parissis Preston Police Station 9479 6103.

Neighbourhood Watch Darebin (North West Metro Division 5) Invitation to the relaunch of the Neighbourhood Watch program in the City of Darebin. Wed 6th June. Darebin Shire Hall, Gower Street Preston. 6.30pm for a 7.00pm start. Contact Les Mathieson. Ph. 9435 1044. les.mathieson@police.vic.gov.au

PREP-Grade 1/2 Guitar lessons - Term 3. Only so many spots available! Call Steve 0405 715 626. Also NOW BOOKING for 2013.
School Nurse Report

Hello Everyone,

Looking at and enjoying our gorgeous Autumn weather reminds me of the importance of Vitamin D for our bodies—it’s easier to grab a bit of sun safely in this weather when the UV index is lower. The Sunsmart website has a great deal of information on the subject at www.sunsmart.com.au. Here is a summary from the site....

“The sun's ultraviolet (UV) radiation is the major cause of skin cancer and the best source of vitamin D; essential for strong bones and overall health.

In Victoria, it is important to take a balanced UV approach to help with vitamin D levels while minimizing the risk of skin cancer with appropriate sun protection measures.

Vitamin D is a hormone that controls calcium levels in the blood. It is needed for healthy bones and muscles and for general health. Vitamin D is made in our bodies through a series of processes that start when our skin is exposed to UV.

It is important to maintain vitamin D levels all year round. Prolonged exposure to UV is not necessary to boost vitamin D levels, in fact it is recommended that short periods of time (a few minutes) in summer is more efficient for the production of vitamin D. Our bodies only store enough vitamin D to last between 30 and 60 days.

Some foods, such as oily fish and eggs contain small amounts of vitamin D, while margarine and some types of milk have added vitamin D. Food however, only makes a small contribution (approximately 10%) to the body's overall vitamin D levels and it is difficult to get enough vitamin D from diet alone. The sun is the best natural source of vitamin D. Daily exercise can assist with vitamin D production. Supplements can also be taken to help with vitamin D levels.

How much sun is enough for vitamin D?

May to August in Victoria

For most people, the general rule of thumb is when the UV is below 3, sun protection is not required unless near highly reflective surfaces such as snow, outside for extended periods or when the UV reaches 3 and above.

In Victoria, the average UV is below 3 between May until August, making it a great time to roll up your sleeves and get some winter sun. Most people need between two to three hours of midday winter sun exposure spread over a week, to the face, arms, hands (or equivalent area of skin) to help with their vitamin D levels. People with naturally very dark skin may need three to six times this amount of exposure.

The amount of UV exposure needed to maintain vitamin D levels depends on the time of year, location, skin type, day-to-day activity and individual circumstances.

Low vitamin D and deficiency: are you at risk?

Some sections of the population are more likely to be at risk of vitamin D deficiency. These people may need to speak to their doctor about taking vitamin D supplements. Low levels of vitamin D may have no obvious symptoms but without treatment, can have significant health effects. “

You can clink onto the links to find out more information if you so wish. Enjoy the sun!

Until next week, Have a fabulous time at camp Grade 3/4’s - sounds awesome.

Catherine Fisers - School Nurse