Dear Parents and Guardians,

End of School Year
This will be the last newsletter for 2012 as tomorrow Thursday the 20th December will be the final student school day of this year. As I write this Newsletter it only seems like last week that I was welcoming people back to the start of the school year. It has been a very busy, and overall very successful school year for Wales Street including the development of a new school Strategic Plan. There have been many highlights both personally and collectively for students, from winning major sporting and achievement awards to those private little personal goals that help you grow as a person. The Wales Annual Magazine will be available in January and arrangements have been made to ensure all 2012 Wales Street Students will receive their own personal copy.

There will be a final assembly tomorrow at 3:15pm at the Flag Pole where we will farewell the year 6 students and also Ben Cunningham and Denise Kulewicz who will be leaving Wales Street PS. Kristopher Redman will also be leaving the School Age Care program. I would like to thank them, and all the staff, for all their hard work and wonderful contribution to Wales Street. We also have two staff members taking leave for 2013, Rob Macleod and Amy Cecil, they will be returning in 2014. I would also like to welcome new staff to the school for 2013: Kane Richardson, Sarah Childe, Donna Bucklow, Maria Michael, Rachael Sear, Leigh Morrison and Nicholas Hessenkamp.

School Commencing Arrangements 2013
The School Office will reopen on Tuesday 29th January 2012. The school will recommence for students in Year Levels 1-6 on Wednesday 30th January 2013. School begins for Preps the following day on Thursday 31st January and there will be a Prep Parent’s Welcome Morning tea at 9:15am in the Hall.

Pupil Free Days 2013
School Council has also approved Pupil Free Curriculum Days and School Council Committee Dates for 2013. Please note the following dates: Tuesday 29th January, Friday 26th April, Monday 4th November (the day before Melbourne Cup Day) and Friday 20th December (the last day of school). I believe that this arrangement will best suit parents and will enable the professional development of the staff.
School Structure for 2013
The structure for next year will have 23 classes grouped into 5 Professional Learning Teams. There will be four straight Prep classes, seven 1/2 Year level classes, six 3/4 Year level classes and six 5/6 level classes (see table below).

### School Structure for 2013

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<th>Class</th>
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<th>Year 5/6</th>
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<tr>
<td>Prep</td>
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<td>Sue Losada</td>
<td>3/4</td>
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<tr>
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<tr>
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<td>1/2</td>
<td>David Altis .8 Kay Landgren .2</td>
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<td>Toby Marquette</td>
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<td>#Donna Bucklow</td>
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<td></td>
<td></td>
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<td>Renee Patkas</td>
<td>3/4</td>
<td>#Maria Michael</td>
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<td></td>
<td></td>
<td>1/2</td>
<td>Geoff O’Connor</td>
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* Professional Learning Team (PLT) leader  # New staff appointments to WSPS

### Administration & Teaching Support

<table>
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<tr>
<th>Principal</th>
<th>Christopher Sexton</th>
<th>Assistant Principals</th>
<th>Jenny Deeble</th>
<th>Trevor Robinson</th>
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<tr>
<td>Support Teachers</td>
<td>ICT</td>
<td>Jason Sergi</td>
<td>PYP Coordinator Noel Carter</td>
<td>Student Literacy Intervention Grade 1 to 4 Sotirioulla Kyprianou</td>
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<td>Office Staff</td>
<td>Maria Nord</td>
<td>Pina Ioannidis and Sallie Mc Cleery</td>
<td>Integration Staff</td>
<td>Skye Fisher, Steve Mayhew, Mary Heymanson, Helen Fuller, #Leigh Morrison, #Nicholas Hessenkamp and Joshua Iacono</td>
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<td>Library</td>
<td>Sallie Mc Cleery</td>
<td>School Aftercare Care Program SAC</td>
<td>Cangie Bevilacqua, Vanessa Dalton, Cheryl Tsakonas and Poppy Kouskoulis</td>
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<tr>
<td>School Nurse</td>
<td>Catherine Fisers</td>
<td>Student Welfare Officer</td>
<td>Sharon Butler</td>
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### New Art Work at Wales Street
This week has seen the installation of both the 3/4 (mosaics) and 5/6 (murals) that the students have been creating of the PYP Learner. These are wonderful physical displays around the school and if you are visiting come and have a look as you will be amazed. Well done and congratulations and special thank you to all the students, parents and staff who helped create and install them. PYP Learners are:

- **inquiring**—their natural curiosity has been nurtured and they actively enjoy learning
- **thinkers**—they exercise initiative in applying thinking skills critically and creatively to solving complex problems
- **communicators**—they receive and express ideas and information confidently in more than one language
- **risk-takers**—they approach unfamiliar situations without anxiety and have the confidence to explore new ideas
- **knowledgeable**—they have explored themes that have global significance and have acquired a critical mass of knowledge
- **principled**—they have a sound grasp of the principles of moral reasoning and have acquired integrity, honesty and a sense of justice
- **caring**—they show sensitivity towards the needs and feelings of others, and have a sense of personal commitment to helping others
- **open-minded**—they respect the values of other individuals and cultures and seek to consider a range of points of view
- **well-balanced**—they understand the importance of physical and mental balance and personal well-being
- **reflective**—they give thoughtful consideration to their own learning by constructively analysing their personal strengths and weaknesses.
Parents, Guardians and Friend Morning Tea

A big personal thank you to all parents, guardians and friends who have helped at the school this year and were unable to attend the Morning Tea held on Monday to celebrate and thank them for their support. Wales Street has a wonderfully supportive school community and everyone’s contribution enables a richer learning environment for students and a greater sense of community in the school. Your work is greatly appreciated by the staff, students and myself.

Thank you also personally for the many thanks and best wishes that both myself and the staff have received this week as it is greatly appreciated. I would like to wish all families a Merry Christmas, safe Holidays and a Happy New Year and all the best for 2013!!!

Regards,
Christopher Sexton

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2012 Year Book

Unfortunately it hasn’t been possible to complete the 2012 Wales St year book before the end of the school year. Students returning to Wales St next year will receive their copy at school. Grade 6s and any other students departing Wales St will be able to collect a copy of the book from reception at the start of term 1 next year.

The Year Book Committee

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MOSAICS HIT THE MARK

Culmination of months of work to present an artistic version of the IB learner profile by grade 3/4D came to fruition this week with the completion of a set of mosaics.

To be placed around the entrance to the Clyde Street Building, these mosaics are representative of the true essence if inquiry learning.

Starting back in August, the project began with four weeks of conceptual workshops with Nick, Anne and Geoff. From these evolved: The Knowledge Train, The Caring Hand, The Chess Board, The Head in the Book, The Megaphone, The Mirror, The Skateboard, Yin & Yang and Two Hands. Then followed the arduous task of breaking and placing thousands of tiles, and then finally the application and refinement of the finishing touches by our dedicated mums and dads in Nick, Anne, Vanessa and Mary.

Running hand in hand with the mosaic work, was landscaping of the surrounds under the tutelage of Nick Curmi to not only alleviate the flood problem, but to also represent the journey through Inquiry learning by way of a creek bed leading back to the main window at the entrance. Also involved in this process were a large amount of cement mixing and the relocation of rocks to create a dry river bed effect on the western edge of the building.

All the students should be particularly proud of their amazing effort and once again thanks to all the parents involved, and an extra big thank you Anne, Nick, Vanessa, Elvira, Mary and Tim.

Wild Iris will be planted on the last day to complete the project.

Geoff O’Connor 3/4D
WORKING WITH CHILDREN CHECKS

From the beginning of next year, all volunteers will need to have a Working with Children Check (WWCC) if they are regular volunteers at the school. The Policy and Strategic Planning committee has written a new policy that will complement the current Volunteers Policy. (please see below). The WWCC policy was ratified by school council in December and will take effect from February 1 2013.

To assist parents with applications for the WWCC, we will be having two information sessions in week 2 and 3 of next year. At these sessions we have organised representatives from the Post office to come to the school to take passport photos for the WWCC (if required) and assist with the application process. We will publish the times and dates of these sessions in the newsletter at the beginning of the year.

Thankyou
Jenny Deeble
Assistant Principal

Wales Street Primary School

WORKING WITH CHILDREN CHECK POLICY

Policy No. 2.1

Rationale:
The Working with Children Check (WWC) policy assists Wales Street Primary School (WSPS) in the protection of our students and maintains a safe environment by ensuring any person engaged in child-related work (paid or unpaid) is compliant with the Working With Children Act 2005. The WWC endeavours to ensure that people who are unsuitable to engage in ‘child-related work’ do not do so. The Act defines ‘child related work’ as work which usually involves (or is likely to involve) regular**, direct contact with a child where that contact is not directly supervised. At Wales Street Primary School we greatly value the support we receive from parents throughout the school year, and appreciate the time and effort that parents contribute to ensure the success of school events and activities. Parent volunteers will accordingly be supported to obtain WWCs in compliance with this policy.

Aim:
- To provide an environment that is safe.
- To ensure Wales Street Primary School is compliant with the Working with Children Act 2005 by the 31/12/2012.
- To ensure volunteers, employees and visitors working in ‘child related work’ at Wales Street Primary School are compliant with the Act.

Guidelines for Implementation:
- At the start of each year, this policy will be communicated to the school community through the inclusion in all grade/area level information booklets.
- The school will make available application forms for volunteers wishing to apply for a WWC Check.
- The school will keep a register listing the relevant details of those people who have obtained a WWC Check so that it will not be necessary to produce the Check on every occasion. This register will be maintained by the Business Manager.
- At the start of every year the register will be updated and all WWC checks will be checked against the Department’s Central Register for continued suitability. This will be done by the business manager.
- The register will be updated with new WWC checks on an ongoing basis.
- All staff are required to be registered with the Victorian Institute of Teaching (VIT) and are therefore exempt from requiring a Working with Children Check as registration requires this check.
- Any person registered with the VIT seeking casual or contract employment must provide a copy of a current registration before commencing. Employment agencies used by the school require the same for Casual Relief Teaching.
- All Education Support Officers (ESO) employed must have undertaken a Working with Children Check.
Sufficient time will be given for volunteers attending camps to obtain a WWC Check.

All employees and volunteers of Wales Street Primary School are responsible for acquiring and maintaining a current WWC Check.

Reimbursement of fees incurred by individuals in obtaining a WWC Check will be at the discretion of the Principal.

Regular and systematic checks will be conducted by the School Business Manager and authorised staff as appointed by the Principal.

When deemed necessary, the Principal will exercise his/her authority to require a potential volunteer to undergo a WWC Check irrespective of the volunteer’s exemption from the Act.

**Department Guidelines:**

The Department of Education and Early Childhood Development (DEECD) and School Councils have legislative obligations under the Act with respect to ensuring volunteers and employees have applied for, and receive a WWC Check.

WWC Checks are valid for five years and are transferable between jobs or volunteer organisations.

**Compulsory WWC Checks are required for:**

- All School Service Officer (SSO) staff employed at Wales Street Primary School
- Parents* and volunteers engaging in work as a volunteer in which their child does or does not participate.
- Parents* and volunteers who coach and/or support sports teams
- Parents* and volunteers attending school camps
- Parents* and volunteers who participate in swimming programs.
- Parents* and Volunteers who transport students without staff members present.
- Any casual or short term staff employed by Wales Street Primary School or School Council (e.g. staff employed to assist with the School Concert or other special activities)
- Wales Street PS School Out of Hours Care (SAC) staff
- Technical Support to Schools Program (TSSP) Technicians
- Other volunteers engaged in child-related work either paid or unpaid
- Student Support Service staff (SSSO)
- Student teachers/interns must have applied for WWC Checks prior to commencing a practicum in a Victorian Government School. As student teachers/interns do not receive payment for undertaking a practicum, a volunteer WWC Check is acceptable.

**Exemptions**

- Principal Class and Teacher Class employees who are registered teachers under the Victorian Institute of Teaching (VIT) Act 2001 employed at GPS, as they have undergone criminal records checks through the VIT.
- Tradespersons/cleaners who do not have ‘Direct Contact’ with students or are not involved in ‘Child-Related Work’.
- Parents and family members attending school community events that are run out of school hours, e.g. school fete, working bees.

**Evaluation:**

- This policy will be reviewed as part of the school’s review cycle.
- Reference and further information can be found at:


**Glossary**

*Parents’ includes the spouse or domestic partner of the father or mother of the child, or a person who has legal custody of the child.

** regular- is defined as volunteering more than once a term.
Hello Everyone,

My end of year stats tell me that this year has been another busy one in First Aid. There were ~2,600 recorded visits to first aid this year, compared to 2,200 last year and 2,000 the year before. This is partially due to the growth in numbers of students and partly to do with those nasty things that like to make our children sick. Throw in lots of running, balls and excitement and you have the complete package! 180 recorded students got sent home this year from First aid related illness/injury and I treated 148 students for asthmatic events. This year though has to be the year for the fracture! There were 4 fractures in term 4, let alone others during the year. Quite a few children had their fractures at home, so we of the cast united! (I broke my wrist too). And band aids!...don’t talk to me about the thousands of band aids I’ve used (I think there is an addiction problem in the preppies) ...thousands I tell you!

As we near the last day of the school year my mind turns to sleep. I haven’t talked about sleep lately, but it’s very topical isn’t it? I figure that lots of interesting facts will help you to keep your children interested in going to bed that little bit earlier. Imagine reeling off one of these informative morsels and watching your children’s faces look at you admiringly as they head off to the bedroom.... Perchance to dream...

The National sleep Project: 40 amazing facts about sleep.

40 FACTS ABOUT SLEEP YOU PROBABLY DIDN'T KNOW... (OR WERE TOO TIRED TO THINK ABOUT)
- The record for the longest period without sleep is 18 days, 21 hours, 40 minutes during a rocking chair marathon. The record holder reported hallucinations, paranoia, blurred vision, slurred speech and memory and concentration lapses.
- It’s impossible to tell if someone is really awake without close medical supervision. People can take cat naps with their eyes open without even being aware of it.
- Anything less than five minutes to fall asleep at night means you’re sleep deprived. The ideal is between 10 and 15 minutes, meaning you’re still tired enough to sleep deeply, but not so exhausted you feel sleepy by day.
- A new baby typically results in 400-750 hours lost sleep for parents in the first year.
- One of the best predictors of insomnia later in life is the development of bad habits from having sleep disturbed by young children.
- The continuous brain recordings that led to the discovery of REM (rapid eye-movement) sleep were not done until 1953, partly because the scientists involved were concerned about wasting paper.
- REM sleep occurs in bursts totalling about 2 hours a night, usually beginning about 90 minutes after falling asleep.
- Dreams, once thought to occur only during REM sleep, also occur (but to a lesser extent) in non-REM sleep phases. It’s possible there may not be a single moment of our sleep when we are actually dreamless.
- REM dreams are characterised by bizarre plots, but non-REM dreams are repetitive and thought-like, with little imagery - obsessively returning to a suspicion you left your mobile phone somewhere, for example.
- Certain types of eye movements during REM sleep correspond to specific movements in dreams, suggesting at least part of the dreaming process is analogous to watching a film.
- No-one knows for sure if other species dream but some do have sleep cycles similar to humans.
- Elephants sleep standing up during non-REM sleep, but lie down for REM sleep.
- Some scientists believe we dream to fix experiences in long-term memory, that is, we dream about things worth remembering. Others reckon we dream about things worth forgetting - to eliminate overlapping memories that would otherwise clog up our brains.
- Dreams may not serve any purpose at all but be merely a meaningless by-product of two evolutionary adaptations - sleep and consciousness.
- REM sleep may help developing brains mature. Premature babies have 75 per cent REM sleep, 10 per cent more than full-term bubs. Similarly, a newborn kitten puppy rat or hamster experiences only REM sleep, while a newborn guinea pig (which is much more developed at birth) has almost no REM sleep at all.
- Scientists have not been able to explain a 1998 study showing a bright light shone on the backs of human knees can reset the brain's sleep-wake clock.
- British Ministry of Defence researchers have been able to reset soldiers’ body clocks so they can go without sleep for up to 36 hrs. Tiny optical fibres embedded in special spectacles project a ring of bright white light (with a spectrum identical to a sunrise) around the edge of soldiers' retinas, fooling them into thinking they have just woken up. The system was first used on US pilots during the bombing of Kosovo.
- Seventeen hours of sustained wakefulness leads to a decrease in performance equivalent to a blood alcohol-level of 0.05%.
- The 1989 Exxon Valdez oil spill off Alaska, the Challenger space shuttle disaster and the Chernobyl nuclear accident have all been attributed to human errors in which sleep-deprivation played a role.
The NRMA estimates fatigue is involved in one in 6 fatal road accidents.

Exposure to noise at night can suppress immune function even if the sleeper doesn’t wake. Unfamiliar noise, and noise during the first and last two hours of sleep, has the greatest disruptive effect on the sleep cycle.

The “natural alarm clock” which enables some people to wake up more or less when they want to is caused by a burst of the stress hormone adrenocorticotropin. Researchers say this reflects an unconscious anticipation of the stress of waking up.

Some sleeping tablets, such as barbiturates suppress REM sleep, which can be harmful over a long period.

In insomnia following bereavement, sleeping pills can disrupt grieving.

Exposure to noise at night can suppress immune function even if the sleeper doesn’t wake. Unfamiliar noise, and noise during the first and last two hours of sleep, has the greatest disruptive effect on the sleep cycle.

To drop off we must cool off; body temperature and the brain’s sleep-wake cycle are closely linked. That’s why hot summer nights can cause a restless sleep. The blood flow mechanism that transfers core body heat to the skin works best between 18 and 30 degrees. But later in life, the comfort zone shrinks to between 23 and 25 degrees - one reason why older people have more sleep disorders.

A night on the grog will help you get to sleep but it will be a light slumber and you won’t dream much.

After five nights of partial sleep deprivation, three drinks will have the same effect on your body as six would when you’ve slept enough.

Humans sleep on average around three hours less than other primates like chimps, rhesus monkeys, squirrel monkeys and baboons, all of whom sleep for 10 hours.

Ducks at risk of attack by predators are able to balance the need for sleep and survival, keeping one half of the brain awake while the other slips into sleep mode.

Ten per cent of snorers have sleep apnoea, a disorder which causes sufferers to stop breathing up to 300 times a night and significantly increases the risk of suffering a heart attack or stroke.

Snoring occurs only in non-REM sleep.

Teenagers need as much sleep as small children (about 10 hrs) while those over 65 need the least of all (about six hours). For the average adult aged 25-55, eight hours is considered optimal.

Some studies suggest women need up to an hour’s extra sleep a night compared to men, and not getting it may be one reason women are much more susceptible to depression than men.

Feeling tired can feel normal after a short time. Those deliberately deprived of sleep for research initially noticed greatly the effects on their alertness, mood and physical performance, but the awareness dropped off after the first few days.

Diaries from the pre-electric-light-globe Victorian era show adults slept nine to 10 hours a night with periods of rest changing with the seasons in line with sunrise and sunsets.

Most of what we know about sleep we’ve learned in the past 25 years.

As a group, 18 to 24 year-olds deprived of sleep suffer more from impaired performance than older adults.

Experts say one of the most alluring sleep distractions is the 24-hour accessibility of the internet.

The extra-hour of sleep received when clocks are put back at the start of daylight in Canada has been found to coincide with a fall in the number of road accidents.

Basically, we need our sleep don’t we? If we set our children’s sleep patterns well at this early age then this would go a terrific way toward their overall health and happiness.

I hope you have lots of lovely sleep this Christmas and New year’s, in between all your happy festivities.

Merry Christmas.

Catherine Fisers - School Nurse (R/N)
White to play and checkmate Black in one move!

Puzzle by Jim’s son, David Cannon 2011 U10 Australian Champion

Think + Concentrate
Gain confidence
Have FUN!

Coach: Jim Cannon, PhD, UMelb, Dip Ed, UMelb

New to Chess? Try two classes OBLIGATION FREE. Parents welcome to sit in.

I would like my child _______________________________ in grade ___________ to participate in Chess Club in 2013. I enclose $50.00 per term. Cash, cheque (to J.F.Cannon) or direct deposit (JF Cannon, Westpac, BSB + A/C#: 037-138 56-4211. Thank you)

Signature of parent / guardian ___________________________ Date / / 

Name of parent / guardian ____________________________________________________

Phone: Home___________________________ mob________________________________

Email ______________________ _________________________________

✓ Please tick “Term enrolling” below

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After School Chinese Program
Learn mandarin Chinese while having fun!
Chinese Painting, Crafts, Cooking, Games...
Listening, Speaking, Reading and Writing basic Chinese.

玩中学，学中玩
中文

At Wales Street PS, every Tuesday, 3.45-5.30pm in Reading Room.
Cost: $100/term.
Contact Xinjinshan Chinese Language & Culture School Inc.
Program co-ordinator: Jeanine Ma 9888 1688. jeanine.ma@xjs.vic.edu.au.

Please go to our website: www.xjs.vic.edu.au/html/AfterSchool/

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

Music Lesson Enrolments Open For 2013 with Cat Canteri. Lessons on Drum-Kit (1 place only), Keyboard & Guitar are available. 20 or 30-minute individual lessons are held on Mon., Tues., & Wed. during school hrs. m: 0432339255 e: calcanteni@yahoo.com.au

Bachelor of Music (Improvs), VCA, The University of Melbourne. Ad. Dip of Music Performance, NMIT.

Josi Kern – Babysitter. Wales Street graduate. Level 2 First Aid Qualified. Usually $25 for 3 hours. Any child out of nappies in and around Preston, Thornbury and Northcote. References available. josikern532@gmail.com, 90294520, 0433366472. Available to call 11am – 8pm

FOR SALE: Second-hand WSPS school uniform. 2 x hoodie without zip (size 6). 1 x hoodie with zip (size 6). 1 x brand new fleece vest (size 6). 2 x girls school dress (size 6). 1 x girls winter pinafore (size 6). All in excellent condition. Please call Sarah Dowling 0413 311 019.