NEWSLETTER NO.23
JULY 30, 2014

FROM THE PRINCIPAL

Dear Parents and Carers

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<th>CALENDAR OF EVENTS</th>
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Congratulations
Earlier in the year our Year 6 and 7 students participated in a writing competition along with several other schools in our local area. Congratulations to all of our students who participated in this competition and a special congratulations to the following students who achieved first, second and third prize at Everton Park Primary School. They will participate in an award ceremony in the coming weeks at Everton Park State High School.
First Place - Angelique Zantiotis
Second Place – Emleigh Bowman
Third Place – Isaac Thornton

Supporting children through challenging social situations
On assembly last week, I talked to the students about one of our school rules – “Be Respectful.” I discussed the importance of respecting difference and how constant teasing of another person about their difference is considered bullying. Throughout the week, our teachers have taken the opportunity to discuss this concept with our students at school.
I have had a few parents talk to me following assembly and some have asked how they can help their child gain strategies that will support their child in dealing with bullying or other challenging social situations. Providing students with a good grounding in their social and emotional development is the first step in assisting them to help themselves. Providing students with strategies to support their child in successfully respond to difficult social situations as they grow older. Below is a section taken from the website takeastandtogether.gov.au which may be of interest to our parent community. Information within the site suggests ways that parents and educators can support children's social and emotional development.

Providing a model of appropriate behaviour
Children are very observant. If you act in a way that you want children to behave, they learn just from watching. Provide a good example in the way you deal with other people, express your feelings, resolve conflicts and solve problems. While each child has an individual temperament, home and early education environments have a strong influence on children. Adults and other children provide a role model for children's social and emotional development.

Encouraging empathy
In talking about feelings with a child, you sow the seeds of empathy. Empathy includes knowing what others feel and having concern for other people’s experience of pain or hurt. Empathy develops over time. It gives children a great start in getting on with other children. Children tend to like other children who show sensitivity to feelings, including distress or hurt.

Talk about how other children might feel and why this might act in a certain way. Talk about how things you do can affect other people. For example, if a child snatches someone else's toy and the second child reacts by hitting the first child, use this situation as an opportunity. Ask each child how they would feel if someone took their toy or hit them. Empathy is the key to positive social behaviour. It is the main feeling behind compassionate behaviour to others. Children who are empathetic are less likely to behave impulsively and use aggression. Understanding how what you do impacts on others helps children develop self-control.

Teaching problem solving skills
Avoid jumping in to sort things out before children have had the chance to find their own solutions. But if you need to get involved, use the opportunity to teach ways to sort out conflicts and solve problems. Teach children social problem-solving skills. It may slow things down at first, but it leads to confident and resilient children who know what to do in most situations. By about 5 years of age, children can begin to talk about how they might solve a problem. When a child comes to you with a problem about sharing toys, arguments, or not being included in games, talk about:

- What is wrong (help them identify exactly what the problem is) and how they feel
- What they think should happen
- What they can do about it
- Other options for what to do (suggest some options for the younger child or ask prompt questions for children over about 5 years ‘I wonder what else you could try’)
- The possible consequences of each option

Allow the child to decide what to do and to learn through ‘trial and error’, although do not allow children to try options that are dangerous.

This way, children learn they have choices in solving social problems and that some choices are better than others. They also learn there will usually be more than one option, and they can try something else.

Providing lots and lots of real life practice
Social and emotional skills require lots and lots of practice. In the early stages, they can be unstable – there one day and gone the next, and will be affected by the context, by fatigue and by illness. This is normal. Be alert to everyday opportunities to talk about feelings and to promote appropriate behaviour. You do not have to formally ‘teach’ social and emotional skills or use special toys or materials. Everyday situations are the basis of real life learning.

Improving the chance to ‘fail’ and try again
Teaching children social and emotional skills and how to behave is a lengthy process of guidance and support. Children will not always know what to do, or want to do what is expected. You need to allow children the chance to ‘fail’ and to try again.

Anita Bond
Principal

YEAR 6/7 CANBERRA TRIP
What a fabulous week in our nation’s capital! After arriving safely (albeit a little late for group 2) we were picked up by our bus driver/tour guide, Luke, and started our tour of Canberra with visits to The National Portrait Gallery, the Governor General's official residence, Yarralumla, Embassy Drive and the Museum of Australian Democracy. The rest of the week continued in a similar way and every day the students were treated to an immersion in national culture and history.

The hotel accommodation was a bit of a treat as far as school camps go and we quickly got used to our routine of breakfast, bus and touring. The students’ demonstrated amazingly good domestic skills in our daily ‘tidy room competition’ making the job extremely difficult for the judges to identify winners. Our trivia competition on the final night allowed the children to demonstrate that nothing had been wasted on them. In fact, I would guess that they might put some of us to shame with their understanding of how our federal government works!

Overall, we all had a great week (we didn’t lose anyone). We had plenty of fun and the students conducted themselves in a manner that made us proud.

Congratulations to Mr Wren for organising this wonderful and memorable experience for the students.
Jo Campbell

ACTIVE SCHOOL TRAVEL
Congratulations to 1B for winning the Gold Star award for the previous week’s Fun, Fit, Friday. With almost half the class actively travelling by bicycle, our school may indeed win the Golden Boot Award for the month of July! Well done 1B.

As this month’s Golden Boot award focus is carpooling, the class that has the most number of students carpooling this Fun Fit Friday will be awarded the Gold Star award. Start organising with your parents/carers on who will be driving yourself and your friends to school this Friday.

On Friday, 15 August, our school has scheduled another Park and Stride event. This time, we are keen to have students actively travel from two of the Park and Stride points – Colbert Street and Teralba Park. To reward active
travellers, students will receive TWO STAMPS in their passports and parents will receive a FREE COFFEE from the coffee van. If you are able to assist us to walk the students safely from either of the Park and Stride points, please email Miss. K at akend5@eq.edu.au to let her know. In advance, thanks for your support.

The AST shop (room 22) will be open (at first break after eating time) this Friday for students to claim their AST prizes.

SCHOOL PHOTOS
31 July and 1 August
Class photos and sibling photos are being taken tomorrow, Thursday 31 July and group (cheerleading, Big Choir, sports). Payment can be done online or you may pick up an envelope from the office. Group photo ordering will be done after photo day. You may place your order for group photos once you have viewed the proofs which will be displayed either in the office or the Library at a later date yet to be confirmed.

BLAK HISTORY MONTH
Blak History Month, which has been celebrated in Australia from 1 -31 July each year since 2008, seeks to promote, celebrate and remember the history of Australia's Aboriginal and Torres Strait Islander Peoples. This week all classes will be celebrating Blak History Month by completing a variety of activities. Your child's class teacher will inform you of what activities they have completed. Tracey Irwin

BOOK CLUB
The closing date for Issue #5 of Bookclub has been extended to Friday, 1 August. Please ensure all forms and payment are submitted to the Bookclub box in the Library by the end of the week as no late orders will be accepted after this time. Also, please be advised that Issue #6 and Issue #7 of Bookclub will not be held due to the Book Fair at the end of the term. The final issue of Bookclub for 2014 will be in Term 4 (in time for Christmas). If you have any questions please feel free to contact me via the office. Thank you.
Tanya Kendall
Bookclub Coordinator

THE ART CLUB
Come along on Friday. We have more painting in store for you. As always we will recycle and reuse wherever possible and we always welcome donations of unwanted paper and other resources. Big thanks to those who have already donated materials to Art Club. It all finds a way to be used. Art Club meets every Friday at first break in the art area (under the Year 3 classrooms). All parents are welcome too!

MUSIC NEWS
It's great to be back at Everton Park after my long service leave - the children really enjoyed working with Mrs Lucas during my absence. I look forward to the rest of term 3!

JUNIOR CHOIR
Junior Choir will resume this Friday 1 August at 8.00 am. A few students have said they would like to join the Junior Choir. Now is probably an excellent time to do so, as we will be commencing some new material, as well as continuing to work on repertoire started last term. If your child wishes to join, please send a short note to me, giving her/him permission to attend Junior Choir rehearsals at 8.00 am every Friday.

GARDENING CLUB
Gardening Club will continue this term on Wednesdays at first break. Mrs Sorensen and Mr Cannard will be here volunteering again on alternate Wednesdays. We really appreciate their support!

INSTRUMENTAL MUSIC NEWS
Honours Music Camp - 9th - 12 September
Some strings and band students have been sent home information about an auditioned music camp which is held at Craiglea State High School. All consent forms need to be returned to our school office by Friday, 25 July. Auditions will be taking place at our school on Wednesday, 30 and Thursday, 31st July.

Intermediate Music Camp - Tuesday 12th and Thursday 14th August
Information has been sent home regarding the Intermediate Music Camp for children who were not accepted into the Advanced Music Camp or who are in their 2nd year of learning an instrument This two day camp will involve special guest conductors and ensembles to work with children from across local schools. Please note, the camp will be held at Mitchelton State High School and Mitchelton State School. All students need to meet at Mitchelton State School at 8.30 am on both days of the camp.

There will be a free concert on Tuesday 12th August at 2 pm at Mitchelton State High School's Hall.

For any band queries please contact Penny Hall at phall35@eq.edu.au
For any string queries please contact Anne Keenan at akeen9@eq.edu.au

JULY ROSTER
Thursday 31 – Jenny Sewell, Megan Limpus

AUGUST ROSTER
Friday 1 – Misato Betts, Vicky Wilson, Greg Scott
Monday 4 –
Thursday 7 – June Lever
Friday 8 – Genevieve Moller, Karla Chaffey, Carol Mclean

Order online at flexischools.com.au

Winter Menu items for first break
• Delicious homemade soup - Creamy Chicken and Vegetable plus a serve of garlic bread $5.00
• Single serve garlic bread $1.00
• Warm milo $1.50
• Pizza slices $3.00. Two delicious flavours – BBQ Chicken and Hawaiian (Ham & Pineapple).

Junior Athletics Carnival Tuesday 5th August
‘Runna Banana’ Smoothie $3.00
Milk, banana, honey and scoop of vanilla ice cream. Soy milk/gluten free option available.
Pre-order online or over the counter before 9.00am Monday, 4 August so your junior athlete can enjoy this on the day.

On Tuesday, 5 August the Tuckshop will be open to everyone for first break treats only.
Katrina Coomber
Tuckshop Convenor

UNIFORM SHOP
The uniform shop is open each Friday from 8.30 – 9.30 am
COMMUNITY NEWS

YOGA
Classes are held in the EPSS Library at 7pm every Tuesday night during the school terms. Contact Ursula Lovelock 0409 708 192 or breathe-yoga@hotmail.com

Craigslea State High School
Open Mornings on the 1st and 3rd Friday each month from 9 – 10am. See classes in action and tour the school. Contact Cathy 3326 5222.