

# NEWSLETTER NO.03

## FEBRUARY 17, 2016

### CALENDAR OF EVENTS

#### **FEBRUARY**

23<sup>rd</sup> Breakfast Club

#### **MARCH**

1<sup>st</sup> Breakfast Club

8<sup>th</sup> Breakfast Club

18<sup>th</sup> School Cross Country 9:00 – 11:00am

21<sup>st</sup> P&C meeting at 7:00pm in Library

### **FROM THE PRINCIPAL**

#### **Student Leadership Induction Ceremony**

Congratulations to all of our school leaders who received their leadership badge during the Student Leadership Induction Ceremony on Friday. We all felt very proud of our Year 6 students as we witnessed them take the pledge to serve their school with pride and honour. Amazing challenges and opportunities await them this year.



## Parent Representatives

Parent representatives act as a conduit between their child's class teacher and the office.

The following classes do not have a parent rep: Prep R, 1CS, 1E, 2H, 3H, 4K, 4L, 4SL, 6K and 6P. If there are any parents with children in these year levels who are able to help, could you please contact the office.

## Parent Consultation Groups

I will be meeting with the Indigenous Parent Forum and our Parent Class Representative Group on alternate months prior to each P&C meeting. These meetings will occur in the library at 6pm.

Our Indigenous Parent Forum met with me this week, prior to review and reflect on our 2015 strategies and plan for 2016. We also started to build the role of our Indigenous Leaders as these are new leadership roles to EPSS. Connections will continue to be made with the local area for events such as National Sorry Day, NAIDOC week and also Everton Park State High School, as they begin to build their own Indigenous focus group. If you would like to be a part of this group, please contact Sam in the office. I look forward to working with this group again in 2016.

Next month I will meet with the Parent Class Representative Group at 6pm, prior to our next P&C meeting on Monday, 21 March. Our first item of work will be to unpack the messages from Parent Opinion Survey data. We have received positive feedback from our parent community through the School Opinion Survey data. However, we only heard from approximately 45 parents in our school community. Before the next meeting, we will be seeking feedback from all parents around 6 key questions taken from the Parent Opinion Survey in order to gain feedback that is better representative of the whole parent community. The process to answer these questions will be electronic, quick and anonymous. The school leadership team will only receive the final data, not where the data came from. It is this final data that the parent group and I will analyse in order to continue to grow and develop our school in a positive and productive way. I look forward to working with this group during the year.

Anita Bond  
Principal

## FROM THE DEPUTY PRINCIPAL

### Student Leaders Inauguration

Congratulations to all of our Senior Leaders. Many thanks to Mr Rod Harding and Mr David Faud for their involvement with the ceremony. Here is a link to the Special Events page on our website

where we will be posting pictures to celebrate school events. <https://everparkss.eq.edu.au/Calendarandnews/SpecialEvents/Pages/SpecialEvents.aspx>

## School Refusal

Like every parent, from time to time I have to deal with school refusal from my children.

### So, what is school refusal?

School refusal is when a child gets extremely upset at the idea of going to school, or often misses some or all of the school day and this distress doesn't go away.

School refusal can mean that children have trouble going to school – or that they don't go to school at all. Children who refuse to go to school usually spend the day at home with their parents' knowledge, even though their parents try really hard to get them to go.

It might start gradually, as parents find it harder and harder to get their child to go to school. Or refusal might happen suddenly, such as at the start of school term or after a physical illness.

School refusal is not a formal psychiatric diagnosis. It's a name for an emotional and/or behaviour problem.

### So what are some of the causes of school refusal?

There's rarely a single cause of school refusal. It might be linked to separation anxiety, a phobia, depression, learning difficulties or social problems at school.

It can happen at the same time as or after:

- stressful events at home, school or with peers
- family and peer conflict
- academic problems – for example, learning difficulties
- starting or changing schools
- moving home
- bullying or teasing
- difficulties with peers.

School refusal is different from truancy or 'wagging'. Children who 'wag' usually aren't interested in school, don't like authority or have behaviour problems such as oppositional defiant disorder (ODD). Often their parents don't know they aren't at school.

### What can you do to work on school refusal at home?

School refusal is usually very challenging for you and also the staff at your child's school.

If your child is anxious about school, refusing to go eases her anxiety for a little while because he/she doesn't have to face the situation he/she's afraid of.

But if your child keeps avoiding school, it's likely to make her/his anxiety about school worse. They're also likely to fall behind with schoolwork and feel socially isolated. This can make it harder and harder to go back to school. This is why it's important for your child to get back to school as soon as possible.

There are some practical things you can do at home to encourage your child to go to school.

When you're talking to your child

- Acknowledge your child's anxiety about going to school so that they feel heard and understood. For example, 'It's OK to feel worried about going to school'.

· Let your child know that you understand it's hard for them to go to school when they feel worried or frightened. For example, 'I can see you're worried about going to school. I know it's hard, but you need to go. Your teacher and I will help you.'

· Talk about what needs to happen to help your child attend and feel safe and comfortable at school – not about whether they go to school.

· Show that you believe your child can go to school by saying positive and encouraging things. For example, 'You're showing how brave you are by going to school'. This will build your child's self-confidence.

· Use clear, calm statements to let your child know that you expect him to go to school. Say 'when' rather than 'if'. For example, you can say, 'When you're at school tomorrow ...' instead of 'If you make it to school tomorrow ...'

· Use direct statements such as 'It's time to get out of bed' or 'Jo, please get up and get into the shower'. Avoid questions such as 'Are you going today?' and 'Could you get into the shower now?' These give your child the chance to say 'No!'

When you're at home

· Stay calm. If your child sees or senses that you're worried, stressed or frustrated, it can make your child's anxiety worse. And by staying calm, you model a positive way of handling the situation.

· Plan for a calm start to the day. This might help your child feel more positive about going to school. You can do this by organising uniforms, lunches and school bags the night before and getting your child to have a shower or bath in the evening.

· Make your home 'boring' during school hours so that you don't accidentally reward your child for not going to school. This means little or no TV, video games, leisure activities, internet use and other fun stuff.

· Help your child stick to a reasonable sleep and wake cycle. It's very hard to help your child get to school if she's sleeping during the day and awake at night.

Getting to school

· Get someone else to drop your child at school. Children often cope better with separation at home rather than at the school gate.

· When your child goes to school, praise them by describing what he might be feeling. You could say, 'I know this is very hard and I am proud of you for trying hard'.

· Reward your child for going to school. This could be some special time with Mum or Dad, or stopping on the way home for a treat. The reward should be on the same day.

Finally, we have a wonderful Guidance Office here at Everton Park State School. Julie is trained in helping you and your child navigate some of these difficult situations so please don't be afraid to ask for help.

David O'Connor  
Deputy Principal

## ART CLUB

Art Club meets every Wednesday at second break. Meet Mrs Johnston in The Shed after eating and she will take you to the Art Room. All students are welcome to join in the creative activities on offer.

## LIBRARY NEWS

Choosing the right book to read can often be hard for our students. In the first few weeks back at school students are learning to use a number of strategies to help them:

- looking at the cover
- reading the blurb
- reading the first few pages
- reading the next book in a series that they enjoy
- looking for a favourite author
- reading a certain genre like fantasy or adventure
- reading a book that has been recommended to them

However, just as we know from our own experience, it can often be the incorrect one and we abandon it and try again. Our library is open every day and I encourage students to bring back a book if it's not the right one, rather than holding on to it for a week and not reading. I would encourage parents and carers to get to know what students are reading, read with them, read aloud and have some book discussions.

**Waterproof library bags** are essential for library borrowing for all students. It not only protects our library books from leaky lunch boxes and water bottles in your child's school bag, but becomes part of the weekly procedure to borrow and encourages students to be responsible and care for an item that belongs to the whole school.

Ms Lukey  
Teacher Librarian

## CHEERLEADING

I am on leave for the next three weeks, so there will be no cheer practise. Squad practises will resume in Week 8 on Monday afternoon. Pups and Reserves will start in Term 2.

Miss Rogers 😊

## MUSIC NEWS

Our Prep classes have settled in well into their classroom music lessons. They are singing lots of songs, learning rhymes and finger games, listening and moving to music and playing small percussion instruments. I really enjoy the enthusiasm of our school's youngest students!

## RECORDERS

Our Year 4 students are playing recorder for the first time. Try to encourage soft playing and a clear musical tone!

## JUNIOR CHOIR AND ELEMENTS

Notes have been distributed to students who are interested in joining one (or both) of our performance groups. If your child is interested but has not received a note,

please ask them to come to the music room to collect one.

Junior Choir starts this Friday 12 February at 8.00 am, and Elements starts Tuesday 16 February at 8.00 am. We hope to see lots of our students participating! Please return permission slips prior to commencement.

Bernadette Crook  
Classroom Music Teacher

## INSTRUMENTAL MUSIC NEWS

For all band queries (woodwind, brass and percussion) contact Penny Hall at [phall35@eq.edu.au](mailto:phall35@eq.edu.au) For all string queries (violin, viola, cello and double bass) contact Anne Keenan at [akeen9@eq.edu.au](mailto:akeen9@eq.edu.au) For all classroom music queries contact Bernadette Crook on [bcroo4@eq.edu.au](mailto:bcroo4@eq.edu.au)

## Uniform Shop



The Uniform Shop  
is open each Friday from  
8:15 – 9:30am

## Volunteers NEEDED urgently!!

The Uniform Shop urgently needs volunteers to help out on Friday mornings. You'll be required from 8.15am – 9.30am. If you can help please email me on [jjbounceback@optusnet.com.au](mailto:jjbounceback@optusnet.com.au) or phone me on 0402880216, or pop in and see me on a Friday morning. It's a great way to meet all the wonderful families in our school and I would REALLY appreciate your help.

## FLEXISCHOOLS

Do you need some uniforms? Why not order them on Flexishools. No need to come into the school at all. Send in your order and I will fill it and hand deliver it to your child in class. Save time and order on Flexishools

## 2<sup>nd</sup> HAND UNIFORMS NEEDED

Do you have uniforms that the children have grown out of? Bring them into us!! We need your 2<sup>nd</sup> hand uniforms.

Bring them to the Uniform Shop on Friday during normal opening hours and we'll have a look at them. They need to be in good condition and if they are, we'll PAY you \$10 per item for them, \$20 for Sports Jackets. Just remember to also bring along your account details so we can transfer the money into your account.

Jeanette Jenkinson  
Uniform Shop Convenor



## TUCKERBOX

The Tuckerbox is open Monday, Thursday and Friday.

The Tuckerbox is open Monday, Thursday and Friday. I strongly recommend using our online ordering system, [flexishools.com.au](http://flexishools.com.au), to order your child's lunch. If you do wish to have a printed copy of the 2016 Menu, it is now available on the school website to download.

Price increase - boiled eggs and all egg items have been increased by 10c.

## VOLUNTEERS NEEDED PLEASE

There are still vacancies on the first Thursday, fifth Friday and as emergency volunteers, so if you would love to help please complete a Volunteer Form, attached to this newsletter.

## FEBRUARY ROSTER

Thursday 18 – Jennifer Congram

Friday 19 – Carol McLean, Penny Valentine, Janene Ashton

Thursday 25 – Melissa Lynch

Friday 26 – Vicky Wilson, Jo Baird, Sam Nicholson



NEW! Banana Smoothies  
\$2.50.

Available Mondays. Online order only.

Please remember, children in Prep to Grade 2 are not allowed to bring money to school to spend at the Tuckshop. Their lunch items need to be ordered online or over the counter by parents/guardians.

Katrina Coomber  
Tuckshop Convenor

## ATTACHMENTS

- Uniform Shop Request Form
- Tuckshop Volunteer form
- Girls Youth Sport