

# NEWSLETTER NO.05

## MARCH 11, 2015

### CALENDAR OF EVENTS

#### **MARCH**

- 16<sup>th</sup> P&C meeting, 7:30  
18<sup>th</sup> Prep Bilby excursion  
25<sup>th</sup> Beginner music concert in the Hall  
31<sup>st</sup> EPSS Cross Country commencing 9am

#### **APRIL**

- 2<sup>nd</sup> Last day of Term 1  
20<sup>th</sup> First day of Term 2

### FROM THE PRINCIPAL



Dear Parents and Carers

#### **EPSS Participation in Metropolitan Regional Initiative**

Everton Park State School has signed up to participate in a Brisbane regional initiative involving author and researcher Lyn Sharratt. The region has employed the services of Lyn for the next three years to work with small school teams around making better use of student performance data to improve outcomes for our students. The EPSS team working with Lyn Sharratt includes myself, Jo Campbell, Graham Nunn, Danielle O'Reilly and James Wren. We commenced with our first session on Tuesday 3 of March. The strategies obtained from these sessions will be fed back to the teachers to assist them in identifying and addressing individual students learning needs, as well as inform whole school decision making.

#### **Greater Results Guarantee Agreement**

The state government has committed to providing schools with funding over a three year period to ensure that schools can plan, implement and fund high yield strategies to improve all student outcomes. The main focus area for our guarantee this year is around Literacy, in particular, improvement in the area Reading. Our strategy is mostly focused around building teacher capacity through increasing the support of the Master Teacher to a full time position to work alongside classroom teachers. Through this work, student outcomes can improve by support teacher in implementing high quality teaching and learning. Additional teacher and teacher aides have also been employed to provide targeted intervention for groups and individual students.

On a personal note, I have received confirmation that I am now permanently appointed to Everton Park State School. I am delighted to be here and look forward to working with this terrific community to get the best results for our kids. Exciting times ahead!

Anita Bond  
Principal

## FROM THE DEPUTY PRINCIPAL

### We need our Children to be resilient

While adulthood is filled with serious responsibilities, childhood isn't exactly stress-free. Children take tests, learn new information, change schools, change neighbourhoods, get sick, get braces, encounter bullies, make new friends and occasionally get hurt by those friends – and that can all happen in just one week! What helps children in navigating these kinds of challenges is resilience. Resilient children are problem solvers. They face unfamiliar or tough situations and strive to find good solutions.

When they step into a situation, resilient children have a sense they can figure out what they need to do and can handle what is thrown at them with a sense of confidence. This doesn't mean that children have to do everything on their own. Rather, they know how to ask for help and are able to problem-solve their next steps.

Now resilience isn't a birthright, it can be taught. I encourage parents to equip their children with the skills to handle the unexpected, which actually contrasts our current world cultural approach. We have become a culture of trying to make sure our children are comfortable. We as parents are trying to stay one step ahead of everything our children are going to run into. The problem? Life doesn't work that way.

Another fact is anxious people have an especially hard time helping their children tolerate uncertainty, simply because they have a hard time tolerating it themselves. The idea of putting your child through the same pain that you went through is intolerable for some people. So anxious parents try to protect their children and shield them from worst-case scenarios.

However, a parent's job isn't to be there all the time for their children. It's to teach them to handle uncertainty and to problem-solve. Here are some strategies I use with my children.

- 1. Don't accommodate every need** – they can carry their own plate to the sink!
- 2. Avoid eliminating all risk** - Giving children age-appropriate freedom helps them learn their own limits. Your child will need to sit their own driving test one day.
- 3. Teach them to problem-solve** – “what can we do to stop the dog chewing your toys next time?”
- 4. Teach your children concrete skills** – How to answer the phone or doorbell is a good one.

- 5. Avoid “why” questions** – Arghh! Try “how” questions.
- 6. Don't provide all the answers** – encourage problem solving!
- 7. Avoid talking in catastrophic terms** - instead of saying “It's really important for you to learn how to swim because it'd be devastating to me if you drowned,” say, “It's really important for you to learn how to swim.”
- 8. Let your children make mistakes** - let your children see the consequences of their actions.
- 9. Help them manage their emotions** - you might tell your child, “I understand that you feel that way. I'd feel the same way if I were in your shoes, but now you have to figure out what the next step is.”
- 10. Finally, model resiliency** - Of course, children also learn from observing their parents' behaviours and actions. Try to be calm and consistent. You cannot say to a child you want them to control their emotions, while you yourself are flipping out.

Resiliency helps children navigate the inevitable trials, triumphs and tribulations of childhood and adolescence. Resilient children also become resilient adults, able to survive and thrive in the face of life's unavoidable stressors, challenges and things that make you go arghh!!

David O'Connor  
Deputy Principal

## LIBRARY NEWS

It's been great to see so many students bringing in library bags, especially with all this wet weather. Many students also need reminders about borrowing day and returning books on time. Morning Reading Club is held before school from 8.20am in the library. We are looking for volunteers to listen to students read. If you can spare some time now and again it would be much appreciated. Take a look at the ABC Splash website. It's packed with high quality digital educational resources – videos, games, audio and interactive games. <http://splash.abc.net.au/home#!/games>  
Ms Lukey Teacher/Librarian  
[bluke1@eq.edu.au](mailto:bluke1@eq.edu.au)  
**Being on TV by Sarah 4L**

Wednesday last week was one of the best days we've had at school. There were jumping castles, stalls and even a giant puppy dog! The shiny red Channel 7 helicopter was amazing. It looked like it was going to crash into us. The giant puppy dog was so funny doing bunny ears to the news reporters. The camera man did a great job. He had to move really fast and when he was on the helicopter he had to film and hang on at

the same time. Tony the weather man from Channel 7 was awesome and looked very gentleman-like in his suit. I have to say that the Year 6's and teachers did a fantastic job at putting us in our places to make the EP. You could see the EP letters very clearly and if we had had enough students we could have done the SS. Everyone made a great effort to get to school early. Thankyou parents for working hard to get us to school.

Channel 7 visit – drawings from 4L



## ACTIVE SCHOOL TRAVEL



\* Don't forget to actively travel EVERY Tuesday (Terrific Traveller Tuesday) and/or Friday (Fun Fit Friday). Walk, cycle, scooter, skateboard, carpool or bus it to school! **Ditch the idea of having mum or dad drop you off right at the school gate.** Rain, hail or shine, actively travel to school to get your well-earned stamp in/on your AST passport/card.

\* Don't forget, this year we will have two AST Gold Star awards to be presented every 'Fun Fit Friday' on assembly. One will be awarded to the greatest percentage of active school travellers in Prep – Year 2 and the other will be awarded to the greatest percentage of active school travellers in Years 3 – 6 (based on previous Friday's stats). Work

with your class mates and teacher to make your class #1.

\*This Friday we will have some very special guests visiting for assembly. Roadstar and his Active Travel crew are BACK! Don't miss their special AST show at next week's assembly.

\* On Friday, 13 March, our school will celebrate 'National Ride to School Day', with a **FREE breakfast**. Not only will you get a **FREE breakfast** but if you actively travel to school on this day, you'll receive **DOUBLE STAMPS ON YOUR AST PASSPORTS/CARD**. Don't miss this GREAT EVENT.



\* On Friday, 20 March, our school will be launching a brand new Active School Travel competition – 'AST points for House Colours'. On this launch day, we will have a 'House Colour Day' where all active school travellers will be encouraged to wear their house coloured shirt to show their support for their School House. On this day and every 'Fun, Fit Friday' afterwards, the House Captains will tally points (check in at the school hall before the first bell at 8:45am) for each student that actively travels on a Friday. At the end of each school term, the results will be announced and a House will be declared 'The BEST Active Travelling House'. Will it be Miss K's beloved red Houston house that takes the crown? Will wheels or walking win it for the green Walker House? Or will Hinton sprinkle their magic gold to be #1?

\* The AST shop has moved to the Community Room (near Mrs. Crook's music room). To claim your prizes, line up at the doors every Friday from 11:20am (after first break eating time).

## MUSIC NEWS

WEDNESDAYS – Penny Hall Band teacher teaching in the hall.

SENIOR BAND – 7.30 – 8.15am (Please make sure your child is ready to play at 7.30).

JUNIOR BAND – 8.15 – 8.50am (please make sure your child is ready to play at 8.15).

Please note that the Beginner Concert is on Wednesday 25 March. We would love to see you there.

For all string queries please contact Anne Keenan at [akeen9@eg.edu.au](mailto:akeen9@eg.edu.au)

For all band queries please contact Penny Hall at [phall35@eg.edu.au](mailto:phall35@eg.edu.au)

## CHEERLEADING

It is great to see everyone attending Cheer practice, but a few reminders for safety.

- 1) Please remember to bring a drink bottle (it is hot work!).
- 2) Please DO NOT drop children off in the staff car park. They should be dropped off in Deakin Street and walk through to the hall.
- 3) When walking through to the hall - stay on the footpaths, DO NOT cross through the car park.
- 4) Parents are not allowed to sit in and watch the session as this is distracting to all of the children.
- 5) There is to be no filming of the children as they are practising.

If you have any questions, please come and see me  
Miss Rogers :o)

### STUDENT ABSENCE NOTIFICATION

To leave notification of student absences please call our hot line on 3550 2277 at any time, day or night. Absences can also be emailed to:

[absences@everparkss.eq.edu.au](mailto:absences@everparkss.eq.edu.au)



Tuesday 31st March @ 9am

## PHYSICAL EDUCATION

North District trials are coming up for 12&U boys and girls hockey as well as 12&U boys soccer. If you are in Year 5 or 6 and play club and wish to try out please come and see Mr Crawford for further information. Hockey trials are being held at McDowall SS on Tuesday, 10 March. Boys' soccer trials will be held at the South Pine Sports Complex in Brendale on Thursday, 19 March. Only students born in 2003 and 2004 are eligible to trial.

## NO DOGS ON PREMISES

For the safety of all our students could parents please not bring their dogs to school, even though they may be on a lead. Your dog may be familiar with members of your family but may not react the same way to strangers. Thank you for your understanding.

## BOOK CLUB 2015 ISSUE #2

The Issue #2 catalogues for Book Club are now out and orders close on **FRIDAY, 13 MARCH 2015**. This will give plenty of time for the books to be received before school holidays! **Please**

### note that orders after this date cannot be accepted.

Scholastic has recently launched their new ordering platform called LOOP (Linked Ordering and Online Payment) and EPSS is now fully registered for it. LOOP enables parents to order and pay for their child's Book Club selections online. It's completely paperless so there's no need to return paper order forms or payment receipt details back to the school! It's very simple to use, just go to <http://mybookclubs.scholastic.com.au/> and follow the steps to order and pay for your child's books.

Alternatively, you can still complete the order form and payment details on the back of the book club catalogue, and return it to the "Book Club" box located in the library. Please make cheques payable to Scholastic Australia. If paying by credit card (but not ordering via LOOP), please record the receipt number only on the back of the book order form. **Do not write your credit card number on this coupon.**

If you have any questions, please don't hesitate to leave a message for me at the office and I will contact you as soon as possible.

Carol Morrison  
(Book Club Coordinator)

## LEARN TO PLAY CHESS

Leap to Success is a dedicated group who is keen to teach our students (during the lunch break) how to play chess.

If you would like your child (from Prep – Year 6) to learn to play chess please drop in to the office to find out more and pick up a registration form. The cost would be \$8.00 per class.

## EMAIL INFORMATION UPDATE

Class information/news is sent home each week by teachers via parents email. If you do not receive emails from your child's class teacher could you please call the office or contact the teacher directly so the necessary updates/changes to emails can be made.

# Uniform Shop

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

## SECOND HAND UNIFORMS NEEDED



Do you have uniforms lying around the kids have grown out of? Bring them into us!! We need your second hand uniforms.

Bring them to the Uniform Shop on Friday between 8.15-9.30am 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. The Uniform Shop would love some volunteers to help out on Friday mornings. If you would like to help out please contact me on [jjbounceback@optusnet.com.au](mailto:jjbounceback@optusnet.com.au), phone me on 0402880216 or pop in and see me one Friday morning. It's a great way of meeting all the wonderful families in our school.

#### Stock update!!

We are still out of stock of size 4 Polo's.

Jeanette Jenkinson  
Uniform Shop Conven

## P&C Easter

### Raffle

Easter Egg donations are being asked for to fill our easter baskets for the annual school raffle.

Please leave all donated eggs in the box inside the library.

Tickets will come home in the next couple of weeks

Thankyou for your support

Kim



child's tuckshop. If you are new to the school, please login and set up an account at [www.flexischools.com.au](http://www.flexischools.com.au). The printed Menu is very similar to last years and can be downloaded from the school website.

**Mamma Mia!  
Pizza is back this term!**



**Ham & Pineapple \$3.00.  
First break only. Yum!**

There are some small price increases this year –

Popcorn 0.60c  
Cheesymite Scrolls \$1.60  
Cob of Corn \$1.10

Please remember, children in Prep to Grade 2 are not permitted to bring money to school to spend at the Tuckshop. All food items need to be pre-ordered either online or over the counter.

Have a great week.

Katrina  
Tuckshop Convenor

# TUCKSHOP NEWS

Tuckshop is open Monday, Thursday and Friday.

#### MARCH ROSTER

##### Thursday 5

Jenny Sewell, Megan Limpus

##### Friday 6

Jo Hennessey, Ann Jabas, Misato Betts

##### Thursday 12

Jennifer Congram

##### Friday 13

Genevieve Moller, Nikki Clur, Dana Haack

#### **Volunteer Roster Full -**

Thank you to the wonderful ladies who have volunteered to help on Tuckshop this year. Both Thursday and Friday are full to overflowing, with plenty of emergency backup.

The Flexischools online menu is kept up to date and the best way to order your