

# NEWSLETTER NO.19

JUNE 17, 2015

## CALENDAR OF EVENTS

### JUNE

17 <sup>th</sup>	1:50 – Athletics: 400m & 800m events
19 <sup>th</sup>	Senior Athletics full day carnival
22 <sup>nd</sup>	7pm – 8:00pm Prep – Year 6 2016 Enrolment Information Night
23 <sup>rd</sup>	9:30am Prep – Year 6 2016 Enrolment Information Session
23 <sup>rd</sup>	Breakfast Club
26 <sup>th</sup>	Gold Card Day
26 <sup>th</sup>	Last day of Term 2

### JULY

13 <sup>th</sup>	First day of Term 3
14 <sup>th</sup>	Breakfast Club
16 <sup>th</sup>	Footsteps Dance program
21 <sup>st</sup>	Breakfast Club
23 <sup>rd</sup>	Footsteps Dance program
29 <sup>th</sup>	Class and sibling photos
31 <sup>st</sup>	Group/Sporting photos

## FROM THE PRINCIPAL

### FOCUS ON MENTAL HEALTH AND WELLBEING

#### **It is a myth that children don't experience mental illnesses**

On 2 June 2015, the staff at Everton Park State School received professional development on mental illness as an on-going focus on this area in our school. If you think/feel your child needs help please talk to your class teacher.

#### **What is a mental illness?**

A mental illness is a health problem that significantly affects how a person feels, thinks, behaves and interacts with other people. It is diagnosed according to standardised criteria.

#### **Did you know?**

- 14 –15% percent of Australian children and adolescents aged 4-15 have a mental illness or behavioural problems.
- This rate of mental health problems is found in all age and gender groups.
- Boys were slightly more likely to experience mental health problems than girls.
- There is a higher prevalence of child and adolescent mental health problems among those living in low-income, step/blended and sole-parent families.
- Only one out of every four/five young persons with mental health problems had received professional health care.
- Even among young people with the most severe mental health problems, only 50% receive professional help.

(Commonwealth Department of Health, 2014)

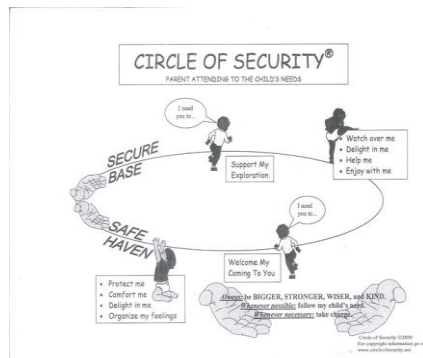
Children's mental health difficulties are generally classified as being one of two types:

- 'internalising' and
- 'externalising'.

Children with *internalising* difficulties show behaviours that are inhibited and over-controlled. They may have a nervous or anxious temperament and be worried, fearful, withdrawn, or depressed.

Children with *externalising* difficulties show behaviours that are under-controlled. They may have a more challenging temperament, shown in impulsive or reactive behaviour.

The relationship between a carer (parent, guardian, teacher, etc) and child can be viewed as a circle, the Circle of Security. The Circle of Security helps the carer see the different needs that come with the reaction of the child in their care. Rather than jump to discipline, the Circle of Security aims to find out the reason behind the behaviour and what the child needs.



The Circle of Security diagram shows a circle held between two hands. One hand supports the top half of the circle showing a secure base of support children need for play and learning. Children's underlying needs for exploration are summarised in the box in the top half:

- ◆ 'Watch over me' (to see that I am safe).
- ◆ 'Delight in me' (so I can look into your face and see what I look like to you, and find you are happy to be with me).
- ◆ 'Help me' (just enough so I can do it by myself).
- ◆ 'Enjoy with me' (join my interest).

The hand supporting the bottom of the circle represents the safe haven children need when they have had enough of exploring. Their underlying needs in relation to attachment are shown in the box in the bottom half:

- 'Protect me' (because I am feeling scared).
- 'Comfort me' (when I am upset).
- 'Delight in me' (found on both sides of the circle because it is so important for children).
- (Help me to) 'organise my feelings'.

Lasting change comes from parents' developing specific relationship skills rather than learning techniques to manage behaviours. These skills include:

- Being able and willing to observe a child's behaviour and to understand how it fits within the child's current developmental abilities.

- Being able to reflect on what a behaviour might mean
- Being able to help their child regulate (take control over) emotions
- Being able to empathise with their child

Many years of research have shown that children that are more securely attached:

- Enjoy more happiness with their parents
- Feel less anger at their parents
- Get along better with friends
- Have stronger friendships
- Are able to solve problems with friends
- Have better relationships with brothers and sisters
- Have higher self-esteem
- Know that most problems will have an answer
- Trust that good things will come their way
- Trust the people they love
- Know how to be kind to those around them

### CHAPLAINCY COMMITTEE

Last term the Chaplaincy Committee submitted an application for available grants through the Kedron Wavell Community Services. The committee was successful at receiving one of these grants which will go towards purchasing resources for our Chaplain to use in her program with students.

Mrs Campbell received this award during a ceremony at Kedron Wavell Services Club on behalf of the school.



*Anita Bond*

Anita Bond  
Principal

### ATHLETICS CARNIVAL UPDATE

We commenced our athletic events on Tuesday. However, due to the damp weather, we have had to modify our program a little. Students affected will participate in the missed event as soon as it is possible. If Friday's full day carnival needs to be postponed due to wet weather a group message will be issued as early as possible.

The times for 100 and 200 metre sprints will be taken from the heats and these

will be the times used for age champion points. The javelin, the relay and the sprint finals are fun events only and will not be measured/timed as they do not contribute to age champion points.

Just a reminder that the Carnival commences at 8.50am sharp. Students will need to be in class for roll-marking by 8.45am. Students are encouraged to wear house colours, but will need their school hat. Breaks will be at the normal times and the tuckshop will be open for students in Years 4 – 6 for frozen treats during second break. The coffee van will be available for adults to purchase hot drinks from 10.30am.

We are still very keen for some parent volunteers to help us out on Friday. If you are able to help, even for part of the day, would you please drop in or email me on [jcamp205@eq.edu.au](mailto:jcamp205@eq.edu.au). I will personally buy a coffee from the coffee van for anyone who volunteers!

Just a reminder that if you decide to take your child home before 3.00pm you will need to see your child's class teacher and sign them out at the office.

Jo Campbell  
(A/Deputy Principal)

### INTERHOUSE HEPTATHLON 2015

Friday, 19 June

**8:50am sharp - Welcome including Heptathlon organisation and Carnival rules**

9:00 – 9:15am - March Past

9:15 – 10:10am - Heptathlon Rotation 1

10:10 – 11am - Heptathlon Rotation 2

**11:00 – 11:40am - Morning Tea**

11:40 – 12:25pm - Heptathlon Rotation 3

12:25 – 1:10pm - Heptathlon Rotation 4

**1:10 – 1:50pm - Lunch Break**

1:50 – 2:10pm - Sprint Finals

2:10 – 2:30pm - Relays

**2:30 – 3:00pm - Presentations**

### FOOTSTEPS DANCE PROGRAM

Footsteps is a dance program which will be held in the Hall every Thursday beginning the first Thursday of Term 3, 16 July for 9 weeks.

### YEAR 6 YEARBOOK ORDERS AND DEPOSITS

Thanks to everyone that has sent in their deposits for yearbooks.

REMEMBER – if you don't pay your deposit by end of term we cannot guarantee you will be able to obtain a copy.

### THANK YOU

On behalf of all the Netball Gala Day parents and players we would like to extend a HUGE thank you to Mrs Lovelock for all her hard work and training of our netball players. We could not have played as well as we did without all her help and enthusiasm.

### SCHOOL PHOTOS

29 and 31 July, 2015

School/class photos, student individual photos and sibling photos will take place

on Wednesday, 29 July. The group photos (sport, music, etc) will be taken on Friday, 31 July. Information and payment envelopes will be handed out the first week of Term 3.

## ACTIVE SCHOOL TRAVEL



Congratulations to 2M and 4/5I on winning the Gold Star awards for the previous week's 'Fun Fit Friday'! Which classes had the most number of students catching PUBLIC TRANSPORT to school last 'Fun Fit Friday'? The results will be revealed at this week's assembly.

The focus for this 'Fun Fit Friday' and the following Fridays in the month of June is 'public transport' to school. Every 'Fun Fit Friday' in June, we're awarding DOUBLE STAMPS for students that actively travel to school by public transport. So, get organised! Get those bus timetables out and hitch a bus ride to school for DOUBLE STAMPS! Don't miss this chance to get a stamp closer to another AST prize.



Don't forget to actively travel EVERY Tuesday (Terrific Traveller Tuesday) for one BONUS stamp in/on your AST passport/card!

Don't forget to actively travel to school and check in EVERY FRIDAY (at the school hall by 8:45am) with the school House Captains to earn a point towards your school House. We're approaching the end of the term! Which House do you think will be declared 'The BEST Active Travelling House'? Only 1 week until the results (grand total numbers) are revealed!

Have you nearly claimed all the AST prizes up for grabs? If so, you'll be delighted to hear that we have BIG

prizes up for grabs once you've finished claiming stamps on your AST cards. At the end of every term, we will have an AST card raffle (with all the completed AST cards in a box). ONE lucky winner will be awarded with a final BIG prize for their efforts in actively travelling to school! Get those AST cards stamped for your chance to be in the draw.

Don't forget to claim your AST prizes at the AST shop. The shop is open every Friday from 11:20am (after first break eating time).

## LIBRARY NEWS

Congratulations to our **Readers Cup Team** of Olivia, Sheridan, Abbie and Molly who competed at Kurwongbah State School last Thursday. 26 teams, 50 questions from 5 books and the competition was intense. Dayboro State School was the final winner, and all the teams had only a few points difference. It was a real pleasure to take our Year 6 students who have committed so much of their spare time to be ready for this event. The highlight was getting to meet the author of the *Billionaire Series*, **Richard Newsome**. He shared with the audience the hard yakka that goes into writing a book, and we were all surprised when he explained that he writes his first draft in a notebook long hand.

This week is the last week for borrowing as we try to get back in all the books before the holidays. We would really appreciate your assistance helping your child find those elusive library books that are easily misplaced. Holidays are wonderful times to explore other libraries around the city. Also if you haven't tried the **Queensland State Schools eBooks digital library** please give it a try. All you need is your child's username, and you will have access to a wonderful selection online. Read in your browser on the computer or download the Overdrive app for mobile devices. It is that simple and the range of books is growing.  
<https://eduqueenslandau.libraryreserve.com>



## STUDENT ABSENCES

Your child's attendance at school is extremely important and it is for this reason we ask that if your child is going to be absent due to illness, injury, holiday,

family matters or for any other reason that you call the school office on 3550 2222 or the 24/7 Student Absentee line on 3550 2277 before 9:00am on the day to inform us of their absence.

## GARDEN CLUB NEWS

The rainy weather we've had lately will be a great help to our young seedlings that we've planted. Come on up at first break Wednesday, bring your lunch and hat with you, and weed or water our vegie patch.

## PHYSICAL EDUCATION Help required

Your valuable assistance at the Athletics Carnival on Friday, 19 June would be greatly appreciated. The jobs would include assistance with judging and running of the events. If you are able to help please contact either Jo Campbell or Samantha Vincent in the office.

## MUSIC NEWS

### CHOIR

As there will be no Assembly this Friday, 19 June due to the Athletics Carnival, the Junior Choir will not be performing their songs as previously arranged.

For all string queries please contact Ms Anne Keenan at [akeen9@eq.edu.au](mailto:akeen9@eq.edu.au) Ms Keenan teaches at our school on Thursdays.

For all band queries please contact Mrs Penny Hall at [phal35@eq.edu.au](mailto:phal35@eq.edu.au) Mrs Hall teaches at our school on Wednesdays.

For all classroom music/choral or The Elements queries please contact Mrs Crook at [bcrook4@eq.edu.au](mailto:bcrook4@eq.edu.au) Mrs Crook works at our school on Mondays, Tuesdays, Wednesdays and Fridays.

# Uniform Shop

## CHANGE OF OPENING DAY!

Opening Day for the Uniform Shop will be changing to Mondays for Terms 3 and 4. The opening times will remain the same (8:30am – 9:30am) and Flexischools will operate as normal. So after the June/July holiday's the opening day will be **Monday** until the **end of the year**.

### Flexischools

Do you need to get some uniforms from the Uniform Shop? Why not order it on **Flexischools**. No need to come into the school at all. I will fill your order and hand-deliver it to your child in class. So save time and order on **Flexischools**!

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

Do you have uniforms lying around the kids 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 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 **needs** volunteers to help out on Friday mornings. You'll be required from 8.15am - 9.30am and if you can only do one Friday a month that's fine. If you can help out **please** contact me on [jjbounceback@optusnet.com.au](mailto:jjbounceback@optusnet.com.au), or 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 and I would really appreciate your help.

#### **Stock update!!**

We are waiting on cotton tights to arrive. We have all sizes in the microfibre tights.

#### **We have Vests!!!**

If your children are anything like mine at this time of year they need something not quite a jacket to keep them warm in the slightly cooler mornings. We **now have vests available for purchase from the Uniform Shop!** They are available in sizes 4-16 and \$17 each.

**Jeanette Jenkinson**

*Uniform Convenor*

**Everton Park State School**

## **TUCKSHOP NEWS**

Tuckshop is open Monday, Thursday and Friday.

### **JUNE ROSTER**

#### **Thursday 18**

Karla Chaffey

#### **Friday 19**

Carol McLean, Penny Valentine, Janene Ashton

#### **Thursday 25**

Karla Chaffey

#### **Friday 26**

Jo Baird, Vicky Wilson, Mel Hulbert

**Volunteer needed please.** The Tuckshop is in need of a volunteer for a permanent Thursday of the month. It is the third Thursday of each month and there are five days left for the year - 16 July, 20 August, 17 September, 15 October and 19 November. Please contact me if you are able to help [tuckshop@everparkss.eq.edu.au](mailto:tuckshop@everparkss.eq.edu.au).



**STAY WARMER WITH THE WINTER MENU ITEMS NOW AVAILABLE**

Garlic bread \$1.10

Warm Milo \$1.50

Ham & Pineapple or BBQ Chicken pizza \$3.00

### **CAN YOU THINK OF A NAME FOR THE TUCKSHOP**

The fantastic mural is almost complete along the front of the Tuckshop and Uniform Shop. We are inviting students to check it out for inspiration and come up with an exciting name for the Tuckshop. Drop your competition entry in to the Tuckshop before Friday 19<sup>th</sup> June and the winner will be announced on the last day of school this term. Make sure your name and class is on your entry. You could win a family movie pass to Stafford Hoyts Cinemas.

Do your kids love 'Frozen'? Available now for a special treat - Olaf the Snowman! Vanilla, chocolate and orange ice cream. \$2.00.

It's business as usual in Tuckshop for the Senior Athletics Carnival on Friday. Tuckshop will stay open for over the counter treats only at second break. Second break pre-orders will be delivered to classroom fridges as normal.

Have a great week.

Katrina

Tuckshop Convenor



Banana and Pear Bread \$2.00  
& Choc Chip Bikkies \$1.50