

NEWSLETTER NO.32

OCTOBER 14, 2015

CALENDAR OF EVENTS

OCTOBER

- 15th Shine & Strength Program, Year 6 Boys and Girls 2 – 3pm
- 19th Indigenous Parent meeting in the Library at 6pm
- 19th P&C Meeting 7pm in Library
- 19th Student Free Day – Teacher Professional Development Day
- 20th Breakfast Club
- 26th Footsteps dance program in the Hall
- 26th Chaplaincy meeting at 9am in the Library
- 27th Breakfast Club
- 30th Day for Daniel – wear red

NOVEMBER

- 2nd Footsteps dance program in the Hall
- 2-6th Book Week
- 3rd Breakfast Club
- 4th Prep 2016 Orientation Day
- 5th 2016 Prep Orientation Day
- 9th Footsteps dance program in the Hall
- 11th Prep Reef Puppet show 11:45 – 1:15pm
- 12th Parent Music Information Evening, 6pm in the Hall
- 19-20th Year 4 Camp to Underwater world
- 26th Footsteps Disco: Prep – 3 from 6pm – 7pm
Yrs 4 – 6 from 7 – 8:30pm
- 30th 2016 Prep Information Evening 6:30 – 7:30pm in the Hall

FROM THE ACTING PRINCIPAL

Happy, Calm Children Learn Best

All parents want the best for their children – we want them to grow up healthy, happy, strong, kind and to live a meaningful life as adults. We want them to be able to manage living in our chaotic world and avoid becoming overwhelmed by the speediness and busy-ness of modern life. One of the best ways to do this is calming our children's lives. Stress is a new health and social contributor to challenge our children in this modern world.

The "hurried child" and the over scheduled child are both modern developments. Somewhere over the last 10 years parenting has become a bit of a competition and the hidden stress this places on growing children causes many other issues that delay healthy development and growth on all levels emotionally, socially, mentally and cognitively. We have sped up the pace of life and living and we are expecting our children to keep up. We live in an instant world where we expect everything NOW. Communication, food, pain relief, results, well-behaved children – you name it, we expect things instantly.

This expectation works silently and unconsciously creating stress when things do not always happen like that. Children take all of childhood to grow – to learn how to think, learn, process information, behave appropriately – manage their lives, dress themselves, find their way home and learn who they are! We cannot rush this vital development.

Daniel Goleman in his now-famous book, Emotional Intelligence, wrote that "happy, calm children learn best". Homes that consciously create clam and quiet times are building enormous support structures that will help children feel safe, allow them to enjoy their own quiet company and lower the stress levels within their growing bodies. The over-exposure to TV and screens is over stimulating many little minds and bodies.

Canadian psychology and philosophy professor Dr Stuart Shanker has an important key message for all of us who work with children and that is that their capacity to self-regulate largely determines how well they will perform at school, much more than whether they can count or be good at letter recognition.

A child who has the capacity to learn to self-soothe and self-regulate their energy and emotions will start school with a huge advantage over a child who cannot. I see this every day! Being treated with kindness and fairness will give children the best opportunity to learn this vital life skill. When we treat children with anger, avoidance and abuse we threaten how their sensitive brains process information and experience for life.

Dr Shanker has discovered in his research that children differ greatly in how they use energy. There are many things that will sap a child's energy: over-scheduled lives, overstimulation, poor sleep patterns, too much TV/screen time, low-quality food, lack of predictable routines and boundaries, shouting, shaming, and unrealistic expectations. Children need to be in a relaxed calm and focused state to be able to play and to be able to learn.

WHAT HELPS BUILD SELF-REGULATION?

- music
- drama
- art
- nature
- sport
- safe touch
- deep loving relationships

WHAT DOESN'T

- television
- video games
- too much pressure
- not enough human connection
- stress and threat

One of the main inhibitors for children's learning well is prolonged chronic stress. Research shows that there is up to a 50% reduction in neuron development within a week of a major stressor event. It is also believed that the existing neurons wither with continued chronic. This has enormous implications for children and their learning in both our homes and our schools. Many small stressors can have the same impact as one large one such as a death of a loved one, divorce or social dislocation like moving school, town or country.

The magic of silence and stillness is something that helps shape the developing child in a positive way. While there are many cognitive (left brain) benefits from teaching silence, there are even more emotional and social (right brain) benefits. The inner world of children today is in turmoil and the outer turmoil of the world that we have created probably contributes. I believe that children who can build a doorway to their own sense of value and worth will be

better able to manage this chaotic rapidly changing world. This doorway is found on the inside rather than the outside.

Calmness is a skill that can be learned early in life. Please help teach your children how to be calm and you will have happy, calm children who learn on all levels best.



David O'Connor
Acting Principal

CHAPLAINCY NEWS

This is going to be a very exciting term as we have many exciting things happening.

What a lovely Segway to this week's Fathering Project discussion.

What girls need from their fathers:

- Girls need to hear how worthwhile and beautiful they are - not 'pretty', but 'beautiful'
- This will include outer beauty (looks, smile, laughter, eyes, clothing etc)
- It will also include inner beauty (kindness, friendliness, fairness, curiosity, honesty etc)
- Help girls to think through manipulative TV and magazine advertising about female looks, behaviour and sexuality.

Tell them all the things you Love about them, Help them see it for themselves; keep showing them till they believe it. Till they know it to be true!

I hope the Year 6 students enjoy the Shine and Strength program and I look forward to the feedback.

CHAPLAINCY MEETING

The next Chaplaincy meeting will be held on **Monday, 26 October at 9:00am in the Library**. All are welcome. If you have any queries please contact Chappie Nikki at school on either Mondays or Tuesdays or Naomi Seaton who is usually at the Prep rooms in the morning at drop off time or pick-up time in the afternoons. Alternatively, you can send an email to Chaplaincy@everparkss.eq.edu.au

ACTIVE SCHOOL TRAVEL



Congratulations to Prep K and 1P (it was a tie) and 4L and 5T (it was a tie) on winning the Gold Star awards for the previous 'Fun Fit Friday'.

The focus for every 'Fun Fit Friday' in the month of October is 'most improved from baseline'. That means that we need ALL students to ACTIVELY TRAVEL TO SCHOOL! Whether it's by walking, riding your bike, scootering or skateboarding, hitching a bus or carpooling with school friends. Every 'Fun Fit Friday' in October, students who actively travel to school (by ANY mode) will be awarded DOUBLE STAMPS in/on their AST passport/card. Don't miss this chance to get DOUBLE STAMPS!

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

The results have been collated. The school House with the most amount of students actively travelling for Term 3 is...GREEN - WALKER HOUSE! Congratulations to all the Walker House students for their efforts with active travel last term.

In Term 4 we will continue 'AST Points for House Colours'. Don't forget to check in with the House Captains every Fun, Fit, Friday, at the big shed from 8:30 - 8:45am.

The countdown is on! There's only 8 weeks to claim your AST prizes! As this is the final year with the AST program in our school, the next 8 weeks will be your last chance to collect AST prizes. Don't forget to claim your AST prizes at the AST shop. The shop is open on Fridays from 11:20am (after first break eating time).

Are you one of the students who has finished collecting stamps on your AST card this term? Good news! You're in the draw to win one final BIG prize for your efforts in actively travelling to school! The FINAL draw will be at the end of this school year.

FOOTSTEPS DANCE DISCO



There will be a disco held by Footsteps on Thursday, 19 November in the Hall. Prep - Year 3 will be from 6:00 - 7:00pm and Years 4 - 6 will be from 7:00 - 8:30pm. There is no charge for this activity.

STRENGTH AND SHINE PROGRAM

This program is being offered to our Year 6 boys and girls and will be facilitated by presenters from the Nexus Church Strength and Shine Team. The program does not discuss religion or spirituality. It is based around the values of worth, strength and purpose. It is aimed at equipping students with the knowledge and skills to discover who they are and

to encourage them to learn about resilience, relationships and courage. The program will be held each Thursday, commencing 15 October from 2:00 – 3:00pm for 9 weeks and is free of charge. Letters were sent home the last week of last term. If you did not receive one and would like your child to participate, forms can be collected from the office.

STUDENT PAYMENTS



You may have noticed at the bottom of our invoices there is now another option for payments.

BPoint is an Online System provided to schools by Commonwealth Bank as a safe and secure payment method. It can be accessed via ANY Computer or Smart Phone.

BPOINT Bill Payment		
Online Card Payment		
CRN: 0231000036518		
Online Card Payment	Invoice No. 17587	
	This invoice can be paid by card via BPoint	
	http://www.bpoint.com.au/payments/dete	

- Log on to <http://www.bpoint.com.au/payments/dete>
- Quote your Customer Reference number (CRN).
- Quote the invoice number that the payment is relating (5 digit number).

The school is automatically notified of the payment and are usually matched in an overnight process.

We will still be accepting direct bank deposits, envelopes with credit card details completed and, of course, cheques and cash.

As we do not operate an 'open' receipting area, we cannot process EFTPOS payments at this stage, even though the 'generic information' on the invoice states otherwise.

Any further questions please contact Joy or Barb in the office.

2016

CHEERLEADING TEAMS

The end of the year is approaching and cheerleading is coming to an end. We are starting to prepare for next year's squads. If you are currently a student and wish to join any of the cheer squads next year, you MUST attend auditions in Term 4. **Auditions will be held on Monday mornings, from 7.45-8.30am in Weeks 4, 5, 6 and 7.** If you have a previous commitment, but would still like

to audition, see Miss Rogers and we will make other arrangements.

The 3 squads that you can audition for include:

Cheer Squad - this is the competing squad (practises every Monday and Thursday afternoon from 3-5pm).

Reserves - Year 3- 6 (practises on a Tuesday morning from 7.45-8.30 am in 2016).

Pups - Prep to Year 2 (practises on a Monday morning from 7.45-8.30am in 2016).

If you like to dance, would like to learn some new skills and would like to join in the fun, simply come along to the auditions in the Hall during Term 4. Only new students to the school will be admitted to the teams without auditioning in 2016. If you have any questions, please come and see me.

Thanks
Miss Rogers

CHILD AND ADOLESCENT ORAL HEALTH NEWS

The Child and Adolescent Oral Health Program will be offering treatment to the students of this school soon. Years 4, 5 and 6 have been issued with a consent/medical history form. If you wish your child to be treated please return the fully completed consent form (4 pages) to your class teacher as soon as possible. Due to the demands on our service parents who return consent forms late will not necessarily have their children treated on site and may be offered treatment at another site. Once dental staff receive a completed form your child will be examined. If your child requires further dental treatment, a 'Consent to Treatment' form will be issued for your signed consent.

Students from the other year levels will be offered treatment after the Year 4, 5 and 6 students are treated. You will be notified via the school newsletter of the date the school dental program commences treatment at this school. For any enquires please contact staff on 0412 706 508.

PARKING ON SCHOOL GROUNDS

A reminder to all parents that they are not to drive into the school grounds at any time to either drop their child off or to park in the staff car parks. These areas are for staff only.

ART CLUB

Art Club has started again. We meet at second break each Wednesday and we welcome all budding artists to join us for lots of creative adventures.

LIBRARY NEWS

BOOK FAIR

Our annual **book fair** will be held on **Monday, November 2 to Thursday, 5 November**. The Book Fair this year is being supplied by Dymocks Books. If you can help out would love to hear from you. This event helps us raise money through commission on the sales, and we are then able to use this commission

to buy more books for our amazing library. A great way to put away books for Christmas presents.

Our school will celebrate the 125th **Arbor Day** this year on **13 October**. To celebrate this, the Brisbane City Council has provided us with 50 native plants. So hopefully by the time you read this we will have planted all of them around the school.

The gardening club will now meet on **Wednesday morning before school**. This is because of the weather which makes it far too hot to garden in the middle of the day. Anytime from 8.10am to 8.40am.

Miss Lukey
bluke1@eq.edu.au
Teacher/Librarian

DAY FOR DANIEL

30 October 2015

This year we will be participating in the Day for Daniel on 30 October. All children, parents and staff are encouraged to wear a red shirt on the day (or black if you can't wear red) and donate a gold coin to go to the Daniel Morcombe Foundation. We will be incorporating safety initiatives and will also be participating with a Walk from Teralba Park on the day. I will keep you posted as more information comes to hand but please plan to participate in some way on this very important day.

Tracey Irwin (4/5I Teacher)

MUSIC NEWS



CHOIR

Choir rehearsal will be held on Fridays this term at first break (after eating at 11:20am).

ELEMENTS

Come and join Elements Choir every Tuesday at 8am in the Music Room with Miss K and Ms Lovelock

INSTRUMENTAL MUSIC

Our final music soiree for this year will be held at our school hall on Tuesday, 17 November at 6.30pm. This will involve our Choirs, Bands and String ensembles.

BAND PROGRAM 2016

Information regarding new students who will be part of the Strings, Woodwind, Brass and Percussion program for 2016 will receive which instrument they have been selected for in the next week. There will be a parent information evening about our program on Thursday, 12 November at 6.00pm.

CONTINUING BAND STUDENTS

Letters will also be sent home this week about whether your child in the current Woodwind, Brass and Percussion program will be continuing next year.

Viva la musica!

For all string queries please contact Ms Anne Keenan at akeen9@eq.edu.au Ms Keenan teaches at our school on Thursdays.

For all band queries please contact Mrs Penny Hall at phall35@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 Mrs Crook works at our school on Mondays, Tuesdays, Wednesdays and Fridays.

Uniform Shop



**Opening Tuesday 20th
October!!!**

Due to the Student Free day on Monday the Uniform Shop will be opening on the Tuesday morning from 8:15 – 9:30am.

Remember!

The **opening** day for the **Uniform Shop** is **Monday's for Term 4**. The opening time is 8:15 – 9:30am and Flexischools will operate as normal.

Flexischools

Do you need to get 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!**

2nd HAND UNIFORMS NEEDED

Do you have uniforms lying around the kids have grown out of? Bring them into us!! We need your 2nd hand uniforms.

Bring them to the Uniform Shop on Monday 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.

Volunteers Needed

The Uniform Shop **needs** volunteers to help out on Monday mornings. You'll be required from 8.15am



- 9.30am and if you can only do one Monday a month that's fine. If you can help out **please** contact me on jjbounceback@optusnet.com.au, or phone me on **0402880216** or pop in and see me one Monday morning. It's a great way of meeting all the wonderful families in our school and I would really appreciate your help.

Jeanette Jenkinson
Uniform Shop Convenor

TUCKSHOP NEWS

Tuckshop is open Monday, Thursday and Friday.

OCTOBER ROSTER

Thursday 15

Karla Chaffey

Friday 16

Janene Ashton, Penny Valentine, Carol McLean

Thursday 22

Sherryn Overlack

Friday 23

Vicky Wilson, Penny Turner, Nikki Clur



**Hotter
days are here.**

Lemonade Icy Twists \$1.00

BBQ Chicken Pizza still available
until sold out \$3.00

The Slush Puppie machine is back in full working order!

Katrina
Tuckshop Convenor