

NEWSLETTER NO.38

NOVEMBER 23, 2015

CALENDAR OF EVENTS

NOVEMBER

- 25th Junior School Swimming Carnival
30th 2016 Prep Information Evening 6:30 – 7:30pm in the Hall

DECEMBER

- 2nd Year 6 Graduation starting 5:30pm EPSS Hall
3rd Senior School Swimming Carnival
4th Senior Graduation Assembly
7th Volunteers Morning Tea starting at 10:30am
7th Christmas Carols starting 6:30pm on the Oval (weather permitting)
7th Volunteers morning tea in the Hall, 10:30am
8th Prep Swimming Day – 9am to 11am – **NOTE CHANGE OF DATE**
11th Term 4 Ends

JANUARY 2016

- 21-22nd Uniform Shop Open – 8:15 am to 9:30am – **volunteers needed**
27-29th Uniform Shop Open – 8:15am to 9:30am – **volunteers needed**
27th First day of Term 1

FROM THE ACTING PRINCIPAL

Rewards and Your Child's Behaviour

Did you ever 'bribe' your child when they couldn't finish their meal with a promise of a desert to get them to finish their meal? Don't you agree a child should be taught to understand finishing their meal is to help them grow up healthily? Therefore, it is their 'duty' to do their job and should not be rewarded. Or, did you reward your child when they achieved better results on their report card? Don't you think that's their 'duty' too? While you may choose to reward your child for high marks, have you ever used it to reward progress, particularly for those children who have difficulty achieving "A"s and "B"s? We all agree we need to reward our children. However, the extent and the forms of reward are a tricky question.

Reward is a quick-fix solution. It offers instant and safe gratification and is sure to please and satisfy. The returns of reward are certainly quick but are they effective in the child's psychological development? Buying things for children does not teach them values. Even materially rewarding positive behaviour is a limited motivating force.

Motivating a child with rewards (in the forms of present, money ...etc) can also present several risks. In the long term, children may develop the idea that reward is earned primarily on merit and not understand that hard work and self-discipline are needed to earn it. In other words, children will shift their motivation from the satisfaction for a job well done. There is a risk of kids thinking, "If I do not get something for this, why do it?" Thus a child would do a chore only to collect the prize. Eventually there may come a time where he or she will not bother to try without it.

Over time, this reward system may bring a desire for more rewards from the child. Some children will become too demanding of themselves while others may become dishonest in trying to achieve the desired goal of the parents. Likewise, higher expectations from some parents who may offer money for better report card results could lead to bribe, manipulate and influence their children to reach the goal. Some parents may have expectations that are too high for their child and this may lead the child to stop trying to achieve better marks, or worse, quit school.

There are alternative rewards

All children should be rewarded for the good work they do at school and at home, but the reward does not need to

be in the form of money or other materialistic items. It is better to praise children for their achievements rather than reward them tangibly; there is no price ticket on a parent's value of a child. Research suggests that intrinsic rewards, praise leading to self-worth, are longer lasting and transferable, whereas extrinsic rewards are one-offs, non-transferable.

There are many other intrinsic rewards that will have a positive impact on children. For example, the gift of time is probably the most precious. Being active, available, and ready to interact with your children "like going to a movie, a park, or making a special meal" is probably the greatest and most sensible reward. Also, just sitting down regularly to talk about their school life is a welcome reward for many children.

Ideally, recognition or rewards should happen at regular and short intervals. For example, waiting a whole term for report card time to reward children represents a long time for them. The younger they are, the truer this statement is. Therefore, any words, gestures, or expressions of encouragement during a school term to support your children's success and progress at school will help to sustain their efforts and help them to stay motivated in school.

Below are some techniques that parents can use to make rewarding their children a positive influence on their child's development.

1. Reward With Praise

Children, like adults, need constant praise as a form of encouragement. Intrinsic rewards such as a few simple words of praise are a reward in itself. When your child shows that he has put in effort, praise him, for example, "Good job, I am proud of you." These positive praise and encouragement are some of the most effective consequences a parent can use. The best part is: they don't cost a cent!

2. Offer More Tangible Rewards Occasionally

While intrinsic rewards are encouraged; occasional tangible rewards are necessary to give special treats when your child has shown that they have been cooperative and have gone beyond the usual call of duty. Rewards may also be appropriate when your child shows that he is trying to make a major developmental leap forward. Make them feel that they have achieved positive results and in doing so, it will encourage them further.

3. Surprise With A Reward

When parents unexpectedly bestow surprise rewards for particularly fine achievements or for being extra cooperative, it can be a very effective means in reinforcing positive behaviour. If your child has done well, give them a well-deserved "surprise" reward.

4. Avoid Bribes

Quite often rewards turn into bribes since, as parents we want to give our children what we think will make them happy and

sometimes buying them something seems to be the easiest way to do that.

Bribery offered in order to persuade a child to obey is not advisable as this would encourage the child to say "no" the next time, unless you offer a treat again in return for compliance. If, however, you find that you need to reward your child, offer the reward before they have refused to comply.

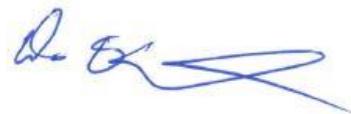
5. Keep Threats To A Minimum

Although the urge to threaten a stubborn child is part of parental discipline, parents need to be very conscious of how and when they do so. Threatening tends to suppress a child's innate desire to achieve and behave responsibly. A child when told to "come now or I will take your toys from you" may obey you but only to avoid the promised punishment.

6. Encourage Good Behaviour As Its Own Reward

It is essential as parents to help our children see the benefits inherent in doing the right thing. By reinforcing your child's good behaviour, you will help them understand the rewards that good behaviour brings.

After all, children are little people in the making and what is inculcated in the early years helps define the person that they will turn out to be tomorrow.



David O'Connor
Acting Principal

P&C NEWS

Well, we're definitely on the downhill run now! Carols night will be here before we know it and from there it's only a matter of days until school finishes for 2015. Speaking of Carols night – there are some fantastic donations being placed in the box in the library. Raffle tickets will go out to each family by either Friday or Monday to be returned by Friday, 4 December so we can draw the prizes on the night. The more donations we receive, the more hampers we can give away as prizes. Every little bit helps!

Look forward to seeing you there. Have a great week.
Tanya Milgate
P & C President

CHAPLAINCY NEWS

Footsteps Disco

A Big thank you to all our families who attended our Footsteps beach party disco. The effort that went into the costumes was great to see and we had some very deserving winners on the night. Congratulations to Ethan Davies for winning our Tropical Fish raffle. A huge thank you to the parents who assisted with cooking, serving and tidying up after the event.

The Fathering Project

Make Conversations More Meaningful
Many of the conversations we have with children are about achieving a task. For example, deciding where to go on a dad date, or what to have for dinner. These conversations require little effort and yet are not particularly helpful in gaining an understanding of your child. Try having more conversations with your child that focus on them and their world and try to let your child do most of the talking. Ask questions only to clarify, not distract. Listen and don't interrupt.
It's been a great week. Thank you all.
Chappy Nikki

ART CLUB

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

ACTIVE SCHOOL TRAVEL



Congratulations to Prep K (with 100% of students) and 2/3B (with 78% of students) for actively travelling to school, the previous 'Fun Fit Friday'! You have won the Gold Star awards!

The focus for every 'Fun Fit Friday' in the month of November is also '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 November, 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.

'AST Points for House Colours' is still running for this term. Don't forget to 'check in' with the House Captains every Fun, Fit, Friday, at the big shed from 8:30 – 8:45am! If there are any students who are willing/available to help for the 'check in' session at the shed every Friday morning, please see Miss K.

The countdown is on! There's only 2 MORE FRIDAYS to claim your AST prizes. As this is the final year with the AST program in our school, the next 2 Fridays 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). If there are any students who are willing/available to help in the AST shop, please see Miss K.

Are you one of the students who have 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 The FINAL draw will be done at the Week 9 assembly (Friday, 4 December). Remember to get your cards in BEFORE that assembly.



LIBRARY NEWS

Congratulations to all the students who received their Premiers Reading Challenge Certificates. I can attest to all the reading that goes on at this school because the library is always so busy. Well done to our School community for supporting this event. Please don't let the reading bug drop off in the holidays. Visit your local libraries or connect online with ebooks. Students should still be able to connect to the [Queensland State School eBooks digital library](http://www.qsl.edu.au/ebooks/) with their usernames over the holidays. The council libraries not only have ebooks but over the holidays offer many free activities.

Morning Reading club finishes this week. The Library will go back to its regular opening time of 8.30am from next week. Last week of borrowing for the year. For the final two weeks of school we ask for all books to be returned. If you have lost a book or it has been damaged we ask that you replace it with a new book or reimburse the school with the purchase price. This year several books have been returned with water damage. Waterproof library bags are essential for all our students.

Have fun on the holidays with the quiver app. Download the colouring pages and then watch the page come alive! <http://quivervision.com/>

Ms Lukey
Teacher Librarian

WHOOPIING COUGH NOTIFICATION

Yesterday students were given a notification regarding the confirmation of a case of whooping cough at Everton Park State School. It is a requirement of Queensland Health that this note be provided to every student when a case has been confirmed.

If you did not receive this notice please collect one from the school office. If you have any concerns, please contact your general practitioner for advice. Further information is available on the Queensland Health website, at <http://disease-control.health.qld.gov.au/Condition/755/pertussis>

Jo Campbell

BOOK CLUB 2015 Issue #8

The Issue #8 catalogues for Book Club are now out and orders close on **Friday, 27 November 2015**. This will ensure that your orders will be received prior to school holidays. Please note that orders after this date cannot be accepted. If

you have any outstanding book week vouchers, now is a great time to use them.

Now that EPSS is fully registered with LOOP (Linked Ordering and Online Payment), ordering your books has never been easier. Just go online 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 paper order form found in the middle of the catalogue and return it with your cash, cheque or voucher payment to the "Book Club" box located in the library. Please make cheques payable to Scholastic Australia.

GARDEN CLUB



The gardening club meets on Wednesday morning before school from 8.10am to 8.40am. Meet at the garden beside the cricket pitch.

FRIDAY INTERSCHOOL SPORT RESULTS

BEACH VOLLEYBALL

EPSS 2 v Prince of Peace 1 – won 30 – 14

EPSS 3 v Aspley 2 – won 43 – 30.

CRICKET

EPSS Crows v McDowall Gulls – lost 54 – 56.

EPSS Magpies v Albany Creek Vultures – won 59 – 19.

YEAR 5/6 BOYS TOUCH

Year 5

EPSS v McDowall – lost 4 – 0.

EPSS v NCC – lost 6 – 0.

Year 6

Game 1 – Bye

EPSS v Stafford Heights – won 6 – 1.

GIRLS TOUCH FOOTBALL

Year 6 Girls

Drew 0 – 0 with Eastons Hill B

Defeated POP A 2 – 1

Year 5

Team A

Lost 3 – 0 to Albany Creek

Defeated POP B 3 – 0

Team B

Lost 1 – 0 to Eatons Hill B

Defeated POP A 5 – 0

PHYSICAL EDUCATION NEWS

Thursday, 3 December is the Senior Swimming Carnival. The medley will be held before school. Students competing in the medley are asked to meet at the pool at 8:00am and the first heat will start at 8:15am. The rest of the carnival will begin shortly after 9:00am and will be concluded by relays and the golf ball

challenge. The carnival generally runs for the whole day.

The Prep Swimming Carnival will be held during the first session on Tuesday, 8 December. The Prep Swimming Carnival is made up of fun swimming games. We are asking for parent volunteers to help out in the pool.

Also, a reminder that this week is the final week for Friday afternoon interschool sport.

FRIDAY SPORT

Unfortunately, due to weather we have missed out on sport for three weeks now. Depending on the timing of the cancellation, the bus company can sometimes still charge a fee. Fortunately, they have been very understanding up to this point and have not charged us. We are currently assessing the costing for the buses and we will let you know about a credit.

Barb and Joy

Uniform Shop



**EXTRA
OPENING HOURS FOR
2016**
21 and 22 January from 8:15 – 9:30am
27 – 29 January from 8:15 – 9:30am

Volunteers Needed – Urgent request



The Uniform Shop urgently **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.

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.

Jeanette Jenkinson
Uniform Shop Convenor

TUCKSHOP NEWS

Tuckshop is open Monday, Thursday and Friday.

NOVEMBER ROSTER

Thursday 26 – Karla Chaffey, Sherryn Overlack, Ann Jabas

Friday 27 – Penny Turner, Jo Baird, Vicky Wilson

DECEMBER ROSTER

Thursday 3 – Jenny Sewell

Friday 4 – Ann Jabas, Misato Betts, Jo Hennessey



Senior Swimming Carnival Thursday, 3 December – The Tuckshop will be open for over-the-counter snacks, treats, drinks and ice blocks at second break.

**LAST DAY FOR TUCKSHOP IS
FRIDAY 4TH DECEMBER**

I strongly recommend using Flexischools to order on the last day of Tuckshop as the online menu will be the most up-to-date regarding food availability.

I would like to thank Karla Chaffey for her enormous support and good humour these last two weeks. Also, thanks to Jenny Sewell, Penny Valentine, Carol McLean, Sherryn Overlack and Ann Jabas for going above and beyond the call of duty.

Katrina
Tuckshop Convenor