Thought for the Week: Children are only 18% of our population, but they're 100% of our future.

FROM THE P&C

Next meeting: Friday November 15, 9.00 a.m.
Our email address is: pandc@elliottheadsss.eq.edu.au

COMING EVENTS:
- 1 Nov: Hot food day: Pies Sausage Rolls and Nuggets. An order form is attached to this newsletter
- 15 Nov: Disco 5.00-7.00 p.m. Come and have fun dancing and enjoy a pizza and spider dinner.
- 1 Dec: Stall @ Carols by Candlelight
- 2/3/4 Dec: Christmas Gift Stall
- 12 Dec: Sausage Sizzle after Presentation Day assembly.

FACEBOOK PAGES:
- Elliott Heads Parents and Staff
- Elliott Heads State School Markets

CHANGES TO OUR CALENDAR
I apologise for any confusion, but we've had to change a few things on our calendar from the one in last week's newsletter, due to unforeseen circumstances. Please take note of today's DATES TO REMEMBER. Changes include:

No visit from Harold: Harold's van has broken down and can't be repaired, so the Life Education van won't be visiting this year. They hope to visit next year with a brand new van.

The news reached us just after last week's newsletter had been printed.

Disco and Sleepover: Dates for the disco and the 2/3/4 sleepover have changed to 15 November.

Change to Gyprock Fundraiser: No 'Tradies' Day Free Dress next Tuesday. See Chappy Chat. This has been replaced by the NSW Bushfire Fundraiser.

WORLD TEACHERS' DAY 25 OCTOBER
This Friday we celebrate the great work of our teachers on World Teachers' Day. The quality teaching in effect in our classrooms every day has a powerful effect on students' performance.

As Principal, I really appreciate the dedication of our teachers and acknowledge on this special day, the amount of effort every one of them puts into teaching our children. It would be lovely if parents and students alike could spare a few minutes on Friday to say "THANKS!"

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**FUNDRAISER FOR NSW SCHOOL**

The Hamzat family has approached the school and offered to organise and run a fundraiser to help Ellison Public School in NSW. The Hamzat girls used to attend the school before moving here early this year, and the family personally know many of the families in the area, who were affected by the bushfires. The school was evacuated, many of them on foot, in the ongoing bushfires in the NSW Blue Mountains. The Principal, and 30 other families at the school, lost their homes in Winmalee. Others have been displaced because there is no electricity, water or other services in the area.

The Hamzat family wrote to me proposing a Halloween Free Dress Day on 31st October (next Thursday). In addition, they’ll provide ingredients, to cook and have on sale, lots of Halloween treats for students to buy on the day. As many of you will know from your own experiences earlier this year with the floods and cyclones, although our financial contribution might not be huge, it is important for the Hamzat girls to feel they have contributed towards the recovery of their former school. It will also be lovely for the children at Ellison PS to reconnect with their old friends, in these tragic times.

Although some students might have Halloween costumes to wear, Students are also welcome to wear any other costume or just ordinary free dress. We will take photos on the day, and perhaps use them as a stimulus for writing letters to the students in NSW. This was also suggested by the Hamzat girls.

I also have a friend evacuated yesterday. I have no doubt that other families also have friends and relatives affected. Our thoughts go out to them.

**CHAPPY CHAT**

**Random Acts Of Kindness Month**

Has your child passed on their SMILE card with a random act of kindness yet?

Students will be making coloured paper chain links with their acts of kindness written on each link. At the end of the month the chains are collected and student representatives from each school will go to a special morning tea provided by the Bundaberg Regional Council. Two of the main projects we would like to participate in are outlined below:

**Operation Christmas Child:** Operation Christmas Child sends gift-filled shoe boxes to needy children in over 100 countries. Each class and staff could be given opportunity to donate gifts and items to fill boxes to send. Attached to THIS week’s newsletter (Oops! Forgot last week!) is a list of the kinds of things that can and can’t be donated (because of customs laws). Donations can be taken to the Small Group Work Room.

The items need to be in by the END OF OCTOBER so they can be boxed up, wrapped and sent overseas in time for Christmas. Some of the children receiving these gift boxes will never have received a gift before.

**Operation Gyproc Fundraiser:**

**PLEASE NOTE THE CHANGES**

Instead of the Tradies Free Dress Day for a gold coin donation, originally planned for next Tuesday, the Student Council has decided to donate funds from the sale of ice blocks from 18 Oct-8 Nov (4 weeks) to the cost of the gyproc, as we know that this term there is a high call on the limited resources of parents.

On Tuesday 29th October, Chappy Kelli will start working with students to draw or write a message to the families still in need of repairs to their homes. This side of the gyproc will be attached to the framework of the house, but in years to come, when the wall is replaced again, your child will have become a little part of the history of the family they’ve helped.

**PUPIL FREE DAY LAST MONDAY**

Last Monday, staff attended an introductory session on School Wide Positive Behaviour Support at Oakwood SS. It was a good session and we are considering taking it on next year. After lunch, we looked at our NAPLAN data and although we have not finished, we have collected some useful data to help us in planning for future support of students.

**KIDSMATTER**

Mrs Brown, Donna and I had a very productive day at KidsMatter training yesterday. We have come away with a whole lot of great ideas for working with our parents to provide as much support as we can for our children. Thanks Donna for giving up your day to participate and plan with us. Thanks also to Kelly for her ongoing leadership in this area.

KidsMatter Primary Facebook page is live! You’ll find it at: [www.facebook.com/KidsMatterPrimary](http://www.facebook.com/KidsMatterPrimary). If you’re on Facebook be among the first to like the page.

**LESS ANXIETY FOR INDEPENDENT KIDS**

Ron Rapee, Distinguished Professor of Psychology and Director of Macquarie University’s [Centre for Emotional Health](https://www.centreforemotionalhealth.com.au/), is a leading researcher of childhood anxiety.

In this article, he speaks to KidsMatter about the outcomes of his study linking parenting style with anxiety and depression in shy children.

**How do you see the relationship between a child’s sense of independence and their mental health and wellbeing?**

“Being more independent and allowing children to handle as much as they can themselves, lets them develop an internal sense of control and personal agency. This helps to reduce negative emotions such as anxiety and depression.”

**Can you tell us about your study linking the parenting of shy children to depression and anxiety?**

“This was a long-term study that has included following children on several occasions over 11 years. We started with preschool children (average age of four) who were seen as especially shy and withdrawn. Half of the
parents of these children went through a brief parent education program, called Cool Little Kids. The program involves six group sessions where parents learn skills to help increase confidence and independence in their children. The other half of the parents just went about life as usual. We then assessed the children one year later and again at two years, three years and, most recently, 11 years later (they were aged an average of 15 at this time)."

**What were the key findings?**

"At ages five, six, and seven, the children whose parents had been through the program had fewer anxiety disorders and less difficulty with anxiety than the others. At age 15, the differences were only shown for girls, but we found that girls whose parents had been through the program had fewer anxiety and depressive problems and reported less interference in their lives than girls whose parents didn’t get the program."

**Why do you think there was no noticeable improvement in teenage boys?**

"We aren’t entirely sure why this was, but we think the reason is that all boys are parented to be independent. In other words, parents usually treat their boys with more expectations for independence than their girls, especially by the teenage years. So, in fact, allowing boys to be independent may be just as important for boys as it is for girls, but the difference might be that parents tend to do this more naturally. The other possibility is that we know that girls tend to develop more anxiety and depression in middle adolescence than boys, so perhaps we just can’t see any effects of independence in boys because they have lower levels of these problems anyway. Because girls have higher levels, it gives us more room to see the effects."

**What kinds of parenting styles can undermine a child’s independence?**

"Overprotective parenting, for one, can help to reinforce two clear messages to children: 1) the world is a dangerous place; and 2) you aren’t able to control the world and you need my help. Also, critical parenting can reinforce the message that ‘you aren’t good enough’ which, in turn, can undermine a child’s self-esteem."

**What strategies were taught to and implemented by the parent sample?**

"In Cool Little Kids, we particularly focus on the first - overprotective parenting. We teach parents to gradually and gently encourage and ‘push’ their child to face things they are afraid of. Another key part involves helping parents to ‘let go’ and allow children more independence and the chance to make their own mistakes. We helped parents with suggestions to manage their own anxieties, especially focused on their children and their overprotection. We don’t yet have a lot of clear measures of these things, but we believe that it was these components of the program that helped the children build more confidence."

**GRADE 5 & 6 HIGH SCHOOL TRANSITION**

On November 28 (THE DAY AFTER CAMP!), Grade 5 & 6 students, who’ll be going to high school together at the end of 2014, will have an opportunity to begin a transition program to Kepnock SHS, similar to the one offered for Grade 7s earlier this year. They will have a tour of the school and attend lessons conducted by Kepnock SHS staff. Again, we are very lucky to have this level of support, which makes transition to high school so much easier for our students.

**ASSEMBLY AWARDS:**

No assembly awards this week, due to the Pupil Free Day on Monday. Next Monday’s assembly will see the presentation of Lawn Bowls Medallions, as well as a winner of the Stop Graffiti Campaign.

**CLASS NEWS**

**PREP AND YEAR 1 NEWS**

Another short and action packed week in Prep and Year 1. We have been busy this week engaging in text about Grandparents and sharing experiences that the children enjoy doing with theirs. We will be practicing our letter writing skills to write a postcard to our grandparents, when sent home we would appreciate if parents could assist with the writing their address and delivery or postage. It is a great real life experience in letter writing skills and something that I’m sure any Grandparent would enjoy receiving.

Grandparents Day is celebrated this Sunday 27th October, so perhaps you might like to do something extra special to celebrate!

In Maths we have revised counting to 100 and identifying numbers in isolation as well as numbers that come before and after. We have also revised counting in 2s, 5s and 10s. This is an easy skill to practice regularly at home.

Some good Apps for prep are Butterfly Numbers, Tally Tots and for Year 1 Counting Caterpillar, Place Value, Numbers to 100, A Montessori Approach to Maths-Hundred Board, 1 to 100 and Count to 100.

In Science we have begun using our knowledge of light, sound and movement to explore how these are integrated into toys to make them more interesting. Swimming has continued to progress well. All students have now been placed in their swimming groups and are working towards achieving the skills at their designated level. All students receive either a competency certificate or participation certificate at the Presentation Day Assembly.

*Katherine, Helen, Denise & Margaret*

**WHAT’S THE SCOOP FROM YR 2/3**

This is Mrs Goodwin's last week with our class and we wish her all the best in her university studies.

In English we are exploring a new book “Toy Boat” by Randall de Seve. We are deconstructing the book and examining the noun groups, and exploring literal and
inferred meaning. We are then going to write a new chapter to this imaginative text.

In Maths we are making our addition and subtraction strategies stronger so we can apply them to any situation.

In History we are just putting the finishing touches on our brochure.

Just a quick reminder that homework needs to be in either on the Friday or the Monday so it can be marked and the home reader changed.

Pip 😊

GRADE 3/4 NEWS

Wow, isn’t this term flying by... We have been busy learning our parts for the end of year play. We will be sending home notes regarding attendance at the concert and costuming.

Our 2/3/4 sleepover will be held on Friday 15 November, in conjunction with the school disco. Keep your eye out for these notes too!

Students are really enjoying learning about Matter in Science, today we added to our knowledge by investigating solids.

In English we are starting on our Assessments, and in Maths we have been continuing our mental maths by adding in subtraction and multiplication.

Kelly

ELLIOTT SENIORS NEWS

Welcome back to Ella and Rohan after their wonderful experiences overseas. It is good to have you back!

We have kicked off our Historical Investigation into the influence of Chinese immigration in Australia this week and will endeavour to begin building contextual knowledge about who explored what and where in Australia. The students have a quite a large amount of work to complete for both SOSE and History so please support your child should they bring some additional tasks to complete for homework over the next few weeks.

A small request...the students will require a poster size piece of cardboard to complete their SOSE unit. If you could please purchase this and send it along to school as soon as possible it would be greatly appreciated.

English assessments are almost finished. Students are beginning to practice the performance of their chosen poem. We have also begun concert practice in earnest. Notes about costume requirements will come home soon.

Grade 7 parents and students please get your photos in for the Graduation Photo Story. Thanks!

Teeny and Liz

COMMUNITY NEWS

GOT A CHILD GOING TO KEPNOCK SHS SOON?

Go to this website to access their newsletter and find out what goes on at our local high school.


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