



Calliope State School

7th November 2017



Calliope Kids
are:

Safe

Respectful

Responsible



What's happening in ...

P&C News

We are happy to share that our tuckshop had cause for a double celebration last Friday. Tuckshop Day gave us the opportunity to show thanks for the wonderful work of our school tuckshop staff and volunteers. Back in August our fabulous new menu was reviewed and assessed as a 4.5 star menu (originally a 1). This achievement resulted in our school being asked to nominate in the Queensland Association of School Tuckshops (QAST) 2017 Tuckshop of the Year Awards. The awards were held in Brisbane on Friday, 3 November and our school was awarded TOP 10 TUCKSHOP IN 2017. What an achievement. Congratulations to all who work so hard to make the tuckshop a success, both behind the scenes and in service every day. Thank you also to Tenielle for waving the Calliope flag on the night!

Keep an eye on our P&C Facebook page for information about upcoming events - Teddy Day and Chappy Family Movie night.

As the year draws to a close, we will be tabling the amazing success our school community has achieved in our fundraising ventures this year and how we have been able to invest back in our school. This will be published in the coming weeks.

Our next meeting is at 6pm on 14 November 2017. We would love to see you there. Thank you for your ongoing support.

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P&C, Qld



Principal's Piece

Transition to Prep

Over the last few weeks we have had the Calliope Kindy and Goodstart Kindy groups visit our school as part of the transition process. They have joined our Prep students during PE and Music lessons. They will be visiting again later in the term for more time in the Prep classrooms. Enrolment interviews are now underway, so if you are enrolling for Prep in 2018, please contact the school office to book an interview.



Respectful Interactions on School Grounds

Maintaining a safe, supportive and respectful environment in schools is the responsibility of all stakeholders. Parents and carers play an important part in maintaining these safe and supportive learning environments for our student's by modelling and building productive and respectful relationships with other members of our community whilst on school grounds. To this effect, parents and carers are reminded that they are not to directly approach any student, other than their own children regarding school matters (eg behaviour incidents) or have public discussions about students enrolled in our school. Further, if you are to engage with the parents of another child regarding a school matter, this is to be done in a respectful manner. If you have concerns about interactions between children at school, these should be directed to your child's class teacher in the first instance and then if necessary, a member of the school administration team. We appreciate all parents co-operation with this.



Toys

On parade last Friday, we announced to students to not bring any toys, cards and sporting equipment to school from Monday. At school we have lots of equipment that students can play with during their breaks. There are games available in the hall and the library. We have sports equipment available to be hired out at both breaks. If students do bring toys, cards or personal sporting equipment to school they will be asked to put these in their bag. The exception is, if students are using it for show and tell where they need to follow classroom instructions. In Week 9 we will be holding our Bring your Teddy Day and money raised from this, will be used to purchase more items for everyone to play with during breaks. Again, we appreciate parents supporting us with this and reminding students not to bring toys to school.

Gardening Club

Calliope State School has started a Garden Club to establish plants in the new garden space provided by Calliope Rotary. We are very grateful! There has been some enthusiastic gardeners-in-training coming along on a Wednesday, to work with Mrs Britstra.

Students can get involved in hands on activities and feel a sense of achievement when the plants grow and provide a beautiful space in the school. It will be a work in progress for a few months but the students can watch the space grow and progress. As the focus is for to be a 'Sensory Garden', the plants have been chosen because they have an interesting texture or smell. Students planted a bed of Paper Daisies last week which feel crispy and crunchy (and a bit like paper)! They have also planted soft, fluffy plants and some that have different smells like Lemon Myrtle.



Tuckshop

Congratulations to our Calliope Tuckshop on being awarded a Top 10 recipient this year as part of Tuckshop Day celebrations last Friday. This is recognition for the amazing work by our tuckshop conveners and all our volunteers throughout 2017. Well done everyone!

**Deputy Principal,
Raelene Norris**



!!DATES TO REMEMBER!!

14th Nov – P&C Meeting

10th Nov – Prep Parents DD Code

11th Nov – Remembrance Day

UNEXPLAINED ABSENCES

Procedure For Student Absences

If your student is away for any reason there are several ways of notifying the school.

Send a note with your child

Phone on 07 4975 8366

Email-

absences@calliopess.eq.edu.au

We appreciate and thank-you for your cooperation.

CONTACT DETAILS

We would like to remind all parents if you have moved or changed your contact details to please update your information by calling the office on 4975 8333 or emailing admin@calliopess.eq.edu.au We appreciate and thank you for your cooperation.

NEWSLETTER DISTRIBUTION

The newsletter is published every Tuesday and is sent via email. If you have not given the school office your email please do so by calling the office or emailing admin@calliopess.eq.edu.au. If you would prefer a paper copy please inform the Office.

News from 3A

3A have been enjoying reading and writing poetry. In HASS we have been learning about the animal species in the Gladstone Harbour that are in danger and actions that can be taken to protect them. In Science students are enjoying inquiry learning in science, we have been doing many experiments to investigate the circumstances around matters ability to change state.

Commonwealth School Banking

The 29th of November will be last week of school banking. If your student has 10 tokens or more, please place your order for rewards by the 22nd of November. Prizes can take 2 weeks to arrive at school.



Stars of the Week

Prep A	Braxton	Prep B	Chloe
Prep C	Skylah	Prep D	
1A	Tristan	1B	Gabrielle
1C	Mufaro	1D	Ryker
2A	Indianna	2B	Patrick
2C	Ella	2D	Taylor
2E		3A	Lily
3B	Charlie	3C	Jayden
3D	Brayden	4A	Annabelle
4B	Latisha	4C	Sophie
5A	Sienna	5B	Lachlan
5C	Janae	6A	Roza
6B	Ryan	6C	Nic
Music		PE	Ella

Word of the Week

Week	Word	Syllables Each syllable part has a Vowel phoneme	Phonemes
6	engage	en/gage	e.n.g.a.g.e

PRAYER TIME WITH CHAPPY

When: Every Wednesday

Time: 8:00– 8:30am

Where: Chappy Sonia's office



OFFICE HOURS ARE 8AM-4PM

EFTPOS is AVAILABLE in the office.

Calliope Pool Number

07 4975 6606

0497 815 393

Dental Van

The dental van will be leaving Calliope on the Monday the 20th of November. They will not be accepting any more forms.

Chappy's Corner Christmas Tip:

As we approach end of year celebrations, work deadlines and Christmas buying. We tend to feel overwhelmed, spend more money than what we plan to and waste food, as we bought too much.

Meal planning is a great way to save money, eat healthy and stress less. Take 15mins out of your day to sit down and look at what you have in the freezer or pantry. Then once that is done, brainstorm or google recipe ideas that you could use for weekly meals or take to a Christmas party. Write down what you need to buy and you have already saved money by not buying double. There is plenty of great bloggers, You Tubers and Social media pages that give you tips on how to meal plan and save money. The list below is some that I have come across or simply just google meal planning and choose a system that works for you.

- <https://www.youtube.com/watch?v=dc7kgroGcfc>
- <http://www.flylady.net/>
- <https://theorganisedhousewife.com.au/>

Parent Workshops

Maths Masterclass for Parents – after Parade, Friday 17th November. Meet outside the school office.

Want to help your children with maths homework and not sure of the mathematical language used in the classroom? Or, want to know how to teach addition and subtraction because it's changed a bit since you were at school? Then this is for you! Join Camille, our Support Teacher for Literacy and Numeracy for a cuppa and a crash course in maths.

Remembrance Day

Calliope RSL Sub Branch will conduct a Remembrance Day service at the Calliope Cenotaph beside the RSL Hall, Stirrat Street, Calliope on Saturday 11th November 2017. Service will commence at 10.45am and conclude at 11.15am. Veterans, Returned and serving service members, community representatives and members of the public are cordially invited to attend the service and may lay a wreath if they wish. Complimentary cold drinks will be available for service attendees and following the service the annual Remembrance Day raffle will also be drawn.

For further information please contact President Robyn Marshall on 0439 756 931 or Secretary Darryl Saw on 0447 417 746

This week's Positive Behaviour for Learning (PBL) Lesson – Using Polite Language

This week students will be reminded about **using polite language**. Teachers and students will brainstorm polite language they can use in different situations. For example:

When a student's shoe lace is untied and he/she does not know how to tie it. Polite language is used. 'I can't tie my shoe lace. Would you please tie it for me?' After the shoe lace has been tied the student can reply 'Thank you'.

Jason accidentally knocks a pencil off Katy's desk. Jason picks up the pencil and says, 'Sorry I knocked your pencil off'. Katy responds, 'That's okay'.

Parents can practice using polite language at home such as saying 'thank you' and also, take the time to teach your child to say 'You're welcome'.

SMILEY

Last Friday our SWPBS mascot 'Smiley' spent some time at school reminding our students, teachers and parents of our school rules 'safe, respectful and responsible'. Smiley was so impressed with the parent's responses and gave out prizes to them.



Managing Behaviour

What promoting positive behaviour involves

Parents and carers who provide boundaries as part of a loving and secure relationship with their children help children feel secure and self-confident. Children benefit from knowing that their environment is stable and that a competent adult is taking care of them.

There are three aspects to promoting positive behaviour:

1. A learning environment that is positive and supportive
2. Strategies for building skills and strengthening positive behaviours
3. Strategies for decreasing undesired behaviours

Positive and supportive environments for learning

Building strong parent/carer-child relationships

Discipline techniques are most effective when children feel cared for and know that their needs will be met.

Quality time

Ensuring that there are times in your day for appreciating and enjoying your children's company is very important for building and maintaining positive relationships. Taking a little time for playing and having fun together helps everyone relax and encourages caring and cooperation. As children get older, you may find that having time to talk together is important for maintaining close relationships. Time to talk, and more importantly time to listen, helps children to feel understood and supports positive self-esteem.

Positive attention

Giving children regular attention helps to meet their needs for care. Providing attention to children when they are doing something positive makes it more likely they will continue to seek parents' and carers' attention through positive rather than negative behaviour. Simple acknowledgements are very effective ways for parents and carers to provide positive attention to children, for example: "Thanks for picking up your toys," "Well done for finishing your homework before dinner," or "You played really well today. It's great to see you getting along and having fun."

Strategies for building skills and strengthening desired behaviour

Praise

The most important part of promoting positive behaviour involves guiding children to recognise and use behaviours that are appropriate for the situations they encounter. Learning to manage feelings, help around the house, organise schoolwork and cooperate with others are some examples of behaviours that primary school children gradually develop with guidance and support. By noticing and praising children's positive behaviour, adults can effectively guide children to use desired behaviours. This is especially important when children are learning to manage new situations or behaviours. When praising children for good behaviour, it helps to be very specific. Tell them exactly what behaviour, actions and words you noticed and appreciated, such as: "Thank you for your help. You remembered to clear away the dishes without a reminder," or "I was really happy that you were so patient. You sat quietly and waited for me to finish my conversation." Providing specific and enthusiastic feedback to children in this way helps them to understand what you expect, and to feel good about making the effort to behave in ways you approve of.

Rewards

As well as praise, other kinds of rewards can often be very helpful, especially when children are learning new routines or taking on new responsibilities. There are many possible rewards for children's behaviour. The best reward is something that the child values. It should only be given after the child has shown the desired behaviour. When used in this way, rewards help to demonstrate to children that you have noticed and appreciated their efforts. Some parents and carers worry that rewards will 'spoil' children and lead them to want rewards for everything they do. When you clearly specify the desired behaviour and ensure that only that behaviour is rewarded, spoiling does not occur. However, if nagging and whining are followed by rewards, children will continue to nag and whine as they learn that this kind of behaviour pays off. The key to using rewards effectively is to be specific about the behaviour you intend to reward and avoid rewarding unwanted behaviours. Select rewards that the child enjoys or values. After the desired behaviour has been learned, rewards can be phased out.

Sample reward menu

Provide frequently		Provide occasionally
praise	stickers	a special outing
a hug	stars on a chart	stay up late
a fun activity	listen to music/watch tv	have a friend sleep-over
read a story together	a special food or snack	go to the movies
play with a special toy	visit friend/relatives	a new game or toy

Routines

Regular routines, where the same things happen in the same way at the same time each day, are very important for supporting children's positive behaviour. Establishing routines for bedtime, meal times, bath time, homework and other things that happen as a regular part of their day helps children know what to expect. Routines provide a sense of security so that children feel more settled. This, in turn, is likely to increase their positive behaviour.

Setting expectations and limits

Setting limits for children involves communicating your expectations clearly and following through consistently. When setting limits or establishing routines, state directions specifically, positively and confidently so that children are in no doubt about what you want them to do and that you expect them to do it. Avoid overwhelming them by giving too many directions at once or by expecting things that are too difficult for their level of ability. The limits you set should be ones you are confident the child can meet.

It is very important to follow through on your expectations. Being consistent (but not rigid) shows that you mean what you say and can be counted on. When expectations are applied inconsistently (eg some days you don't bother about the mess they leave and other days you insist that they must clean up), children are more likely to test or ignore the limits you set. Keeping rules and expectations to the few that are most important to you helps parents and carers to be consistent.

Giving choices

Giving children choices helps them learn the skills for responsible decision-making. It allows them to feel part of decisions that are made and to understand that the ways they behave are under their control. Letting children make (some) decisions and praising their responsible choices supports the development of positive social values.

It is important to offer choices that are appropriate for the child's age and abilities. You might, for example, offer children a choice between two different household chores. Choices can also be used to reinforce standing rules, for example: "Remember that homework needs to be done before you go to your friend's house. You can choose to do your homework now and go to your friend's house later, or you can choose to relax now and do your homework later, but not go to your friend's as well." For more information on children and choices have a look at our information sheets on [making decisions](#).

Strategies for decreasing undesired behaviours

Children can behave in undesired ways for many reasons. They may not have learned what the appropriate behaviour is, they may not have learned how to manage feelings such as frustration or anger, or they may feel confused or insecure in an unfamiliar situation. Parents and carers may unintentionally contribute to the pattern of undesired behaviours by giving children attention when they occur. The most effective way to reduce undesired behaviour is to help your child learn an appropriate behaviour to replace it with. Teach children what it is you want them to do and provide them with rewards and positive attention for doing it. Shift your focus to the positive behaviour and avoid giving attention to the undesired behaviour. If necessary, apply logical consequences when undesired behaviour occurs. Maintain your calm when following through with consequences to ensure the child understands your intention.

Quiet time

When undesired behaviour is serious or repeated, you may find it helpful to remove the child from the situation for a period to calm down. In addition to making it clear to children when their behaviour is unsafe or not appropriate, this helps to teach them how to manage emotions that may be running high. To use quiet time effectively it is necessary to have a designated space where children can sit quietly, without distractions, for a brief period.

It is best to take firm charge in this situation. Calmly describe the undesired behaviour and the consequence, for example: "You hit your brother. You need to go to quiet time." It is important not to get into a debate or argument but to follow through directly. When children go to quiet time, let them know that they can come back after they have been quiet for a specified time – usually one or two minutes for younger children or up to five minutes for older children. After the time is up, let them go back to the activity and follow up with praise for appropriate behaviour as soon as possible.

Some children behave in ways that are persistently defiant and aggressive. When this pattern occurs often and is more extreme than for other children their age, they may need help for a serious behaviour problem.

Keys to promoting positive behaviours

Prevention is better than cure

Make sure your expectations are clear and well matched to the child's age and capacity. Keep the emphasis positive, try to catch them being good (link to "Catch them being good") and be sure to show you appreciate when children do what you ask.

Be firm but fair

Making rules and setting limits (link to "Making rules and setting limits") helps children understand what is expected of them. Set reasonable and enforceable limits and follow through consistently. Being consistent is easier when you focus on the things you think are most important.

Keep cool

Avoid getting into power struggles that inflame emotions. Recognise your own triggers and use strategies for cooling down, such as walking away and discussing the issue later when you are calm. 'Time out' for parents and carers, when you take time to relax, can be a very important strategy for managing your responses to cope with and build positive family relationships and discipline issues.

Teach rather than punish

When promoting positive behaviour it is important to teach the behaviour you would like to see rather than punish the child. Punishment focuses on showing the child what not to do rather than helping him or her learn what to do. The emphasis is often solely on the problem rather than on supporting the child to find more effective and appropriate behaviours. When punishment is blaming or hostile it can cause resentment and damage relationships.



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