



Calliope State School

10th October 2017



Calliope Kids
are:

Safe

Respectful

Responsible



What's happening in ...

News from 5A

What a busy start to the term 5A have had starting new units of work & finishing off their 3D models of the solar system for last term's Science unit. The class are looking forward to their next unit in Science on 'Matter'. We have been having numerous discussions on leadership qualities and on the importance of demonstrating safe, respectful & responsible behaviours at all times, particularly with their impending roles as leaders of the school.



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Principal's Piece

Welcome to Week 2!

Swagtober

How wonderful for our Year 4 students to have the chance to participate in Swagtober on Friday night. By all accounts it was a terrific event and I want to thank the supervising staff for making this available to our students.



Year 6 Camp

Yesterday 48 Year 6 students, accompanied by their teachers and Mr Pryce headed south for their week camp to Brisbane. The students will have an action packed week exploring the southern coastline including visits to Science Centre, Movie World and Australia Zoo. Don't forget to check our Facebook page for camp updates!



Official Building Opening

Next Wednesday the 18th of October, we are very excited to announce the official opening of the school's new classrooms and administration building. The Honourable Kate Jones MP, Minister for Education and Minister for Tourism, Major Events and the Commonwealth Games will be in attendance to officially open the building.

P&C Meeting

I encourage parents and citizens to join us for our P&C Meeting to be held tonight at 6pm, in the Administration Building.

**Principal,
Mark Wright**

!!DATES TO REMEMBER!!

9th-13th of October – Yr6 Camp

10th of October – P&C Meeting

16th of October – Student Free Day

20th of October – Grandparents Day

25th of October – Coping Café

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.

Stars of the Week

Prep A	Sophia	Prep B	
Prep C	Samuel	Prep D	
1A	Trace	1B	Harry
1C	Xavier	1D	Jace
2A	Michael	2B	Allison
2C		2D	Cohan
2E	Tehlia	3A	Hunter
3B	Kyle	3C	Ashley
3D	Flynn	4A	Paige
4B	Peyton	4C	Shinae
5A	Makayla	5B	Braden
5C	Zane	6A	William
6B	Max	6C	Ashton
Music	Lydia	PE	James

Word of the Week

Week	Word	Syllables Each syllable part has a Vowel phoneme	Phonemes	Blends? Two or more consonant Phonemes in the one syllable group.
1 & 2	produce	pro/duce	p.r.o.d.u.ce	pr

Dental Van

The School Dental Service is now offering services to students at Calliope State School. To arrange an appointment parents /guardians will need to collect a form from the office, complete and return it. For further information on this service, please visit our website: <http://www.health.qld.gov.au/oralhealth/services/school.asp>

P&C Meeting

P&C meeting will be held on Tuesday the 10th of October at 6pm, all welcome to attend.

Student Free Day
Monday 16th October

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.

P&C NEWS

Uniform Shop opening time is Friday from 8:30-9:15am.

The uniform shop is only accepting eftpos now. If you are unable to get to the uniform shop during the opening hours, please order through flexischools – www.flexischools.com.au.

Your order will be filled and be ready for collection on the Friday.

Grandparents Day

When: Friday 20th October, 2017

Where: Calliope State School

Time: 9am–11am

Agenda:

- Morning tea will be served at 9:30am
- Choir performance at 9:45am
- Classroom visits from 10:00 am

RSVP to admin@calliopess.eq.edu.au
By Wednesday 18th October

Positive Behaviour Learning lesson

Safe Respectful Responsible

This week students will be revising our lunch time eating procedure.

-  *Students must sit in their designated eating area (either on the ground or a seat) to eat their lunch*
-  *Ensure any sports equipment is beside the student during eating time*
-  *They keep rubbish with them (either put it in their lunch box or keep it beside them)*
-  *Students put their hands up to ask permission to go to the toilet or get a drink.*
-  *When the play bell goes, they are required to put their hand up, stop talking and remain seated*
-  *The adult supervising will direct students to put their rubbish in the bin and put their lunch box in the crate*
-  *When the area is tidy, they will be given permission to go to play.*

10 Steps you take to improving you and your family's mental health!

1. **Water-** Did you know that lack of water in our brain can cause stress. Our bodies have this hormone called cortisol, which is well known as the stress hormone. If we are only a little bit dehydrated our cortisol levels increase which leads to stress. Adults need around 2.4L a day and children need 1.5L-2L a day depending on their age and how much we sweat. So grab a water bottle, fill it up and keep those cortisol levels relaxed.
2. **Gratitude-** Being grateful for whom and what you have in your life has lasting effects on your Mental Health. Whether that is writing it down in your journal, expressing your thoughts to your spouse, family member or friend or simply thinking it on your way to do the school drop off. Making it a daily habit will benefit your mental health's future. According to Robert Emmons, a leading gratitude researcher, his research has confirmed that gratitude effectively increases happiness and reduces depression.
3. **Being out in Nature-** Nature or even viewing nature helps reduce anger, fear and stress and increases pleasant feelings. One thing I love about living in the Gladstone region is the beautiful nature we have around us. Take some time out one afternoon or this weekend to enjoy nature.
4. **Exercise-** We all know that exercise is good for us physically but it is also a vital part to our mental health. When we exercise, our bodies release chemicals like endorphins and serotonin that improve our mood, reduce stress and if you exercise with people it can reduce feelings of loneliness and isolation.
5. **Sleep-** There is so many health benefits to getting a good night sleep with mental health being one of them. According to the Sleep Health Foundation "People who sleep poorly are much more likely to develop significant mental illness, including depression and anxiety, than those who sleep well." There are many simple steps you take to improve your sleep such as dimming your lights half an hour to hour before bed, no electronics half an hour before bed or placing a drop of Lavender essential oil on your pillow or in a diffuser and many more.
6. **Setting Goals-** By setting a goal and breaking it down into steps on how you are going to reach your goal gives you a sense of progress and success/enjoying the rewards. By breaking it down into steps, it reduces the risk of you feeling overwhelmed which then your goal doesn't get completed because you are too overwhelmed. Encourage your children to set goals or set a family goal like saving up for a family holiday and enjoy the reward together.
7. **Deep breathing exercises, Meditating or prayer-** These simple relaxation exercises help relax the body and mind. When we pause to take slow deep breaths our bodies breathe in oxygen into our blood stream and thus into our brain. Check out the Smiling mind app (It's free) for breathing exercises you can do with your kids tonight before bed.
8. **Journal-** Journaling helps you dump your thoughts and feelings and understand them more clearly. Journaling or drawing a picture is great for kids to express their emotions and maybe show you (only if they want to) how they are feeling about a certain situation.
9. **Do a hobby you love or start a new one-** Hobbies reduce stress, improve moods, encourage socialization (depending on what your hobby is), ward off depression and challenging hobbies can improve memory. Remember if you don't enjoy the hobby then find a new one.
10. **TALK-** Talking is the best way to check-in with someone about their mental health. Turn the T.V off and go play a board game or do a hobby together that can help you talk, laugh and create memories together.

Don't feel overwhelmed by this list but simply pick one step to do and you are already improving you and your family's mental health.



Homework Club

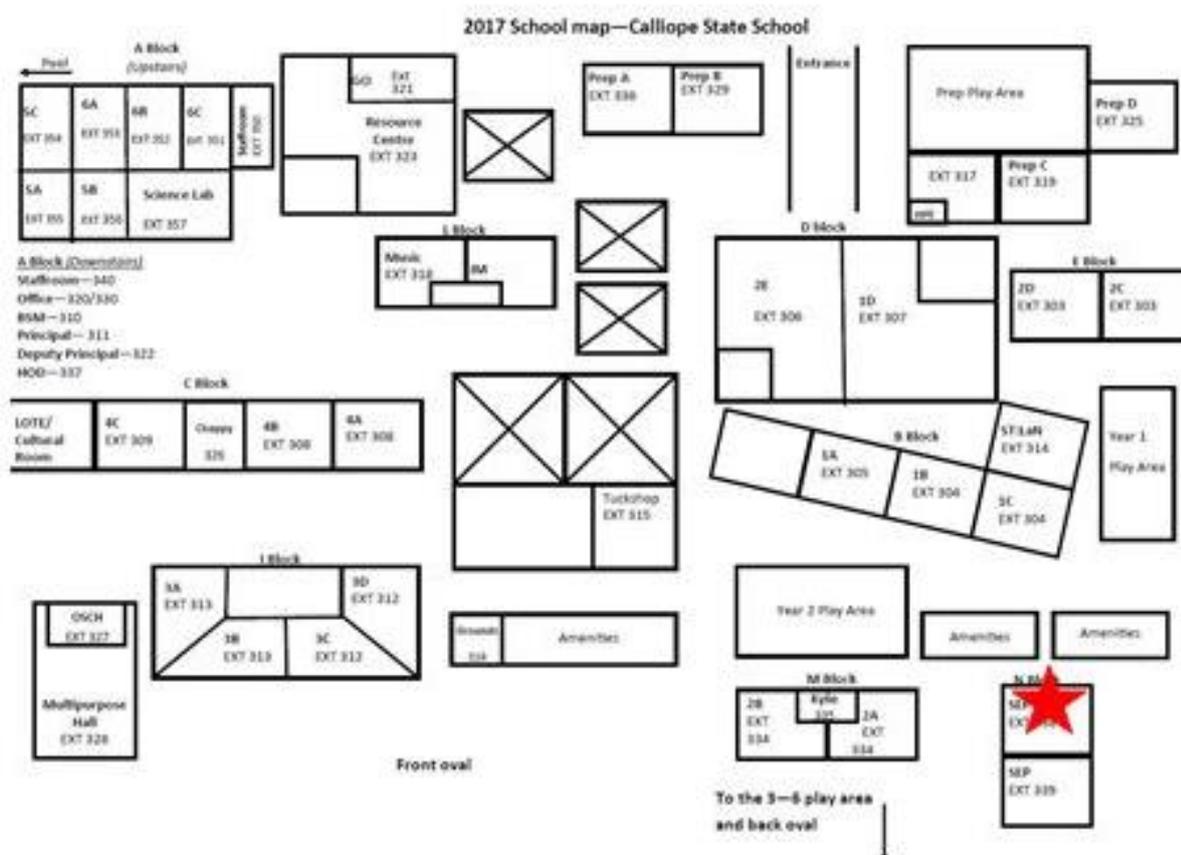
WHAT: Calliope State School alongside the Gladstone Aboriginal and Islanders Co-operative Society will be offering a free Homework Club for our students.

Staff will be able to provide support to students in Maths and English or with classroom homework tasks.

Please join us next Monday for an afternoon tea for our first session to meet the teachers running the program and for any questions you may have to be answered.

WHEN: Monday 23rd October (week 4)
3:15pm until 4:00pm.

WHERE: Student Support Room.



MENTAL HEALTH ISSUES AFFECT US ALL



About half of all Queenslanders will experience some form of mental illness during their lifetime. We all have a friend or family member living with a mental illness.

Take some time to learn more about mental illness and recovery:
Visit beyondblue.org.au or mindhealthconnect.org.au

Calliope State School



value
mental health
qldmentalhealthweek.org.au

TO GET INVOLVED GO TO _____

QLDMENTALHEALTHWEEK.ORG.AU

@MHWeek @QldMentalHealthWeek #QMHW #valuementalhealth #100waysin100days Mental Health Week