News from 3A

In Technology this semester Miss Hamon has been designing and creating greeting cards with 3A. She has been teaching them about creating, using different materials and techniques and how to write a set of instructions so other people can follow their design. This unit will culminate this term with students planning, designing, writing a set of instructions and creating their own card.

‘In the past term we have made cards in Technology on a Friday and my favourite one was the Valentines card’ - Georgia

‘I think making cards is really fun because I get to design and create. I have to think about how I’m going to make it’ – Nicholas

‘My favourite one was making the Valentines card. We also made Halloween, Happy Birthday and Thank-you cards. It’s so much fun making cards’ - Sophie

‘I like designing and creating’ - Ryan

‘I enjoyed making the get well soon card’ - Taylah
Principal’s Piece

Again I welcome everyone back to Term 4, a very busy time of the school year. I trust families enjoyed the break from the regular routine and children have now settled back into life at school to play with their friends and extend their learning.

Full attendance is expected and necessary in Term 4 for students to achieve success. Term 4 is a busy time and the timetable is carefully constructed so all academic learning and assessment is able to be completed along with rehearsals for Christmas Concert performances, graduation ceremony and a range of other events and activities.

Continuing on from my address on assembly last week, Term 4 is a special time for Year 6 students. Transitioning to high school is a huge step in a young person’s life and this is considered in our work with the various local high schools as we collaborate to ensure a seamless and stress-free transition. I have also discussed the notion of leaving a legacy for the school that they are leaving. Their legacy need not be a physical artefact but a lasting memory of the cohort of 2016.

Enrolments for Prep for 2017 are being finalised. 2017 Prep Open Mornings are scheduled for Monday, 24 October 2016 and again on Thursday, 27 October 2016. Both sessions will run from 9:15 – 10:00am. It is important that parents intending on enrolling in Prep for 2017 who have not attended an Open Morning and an Enrolment Interview session do so. Please contact the school office for more details and to register.

Some date claimers for your family calendar!

- The School Swimming Carnival (yr 3-6) is scheduled for Friday, 2 December. P – 2 year level swimming carnivals will occur during the week. More information will be sent out in due course.
- The Year 6 Graduation ceremony is being held on Monday, 5 December from 5pm.
- The final Principal’s Parade and Christmas Concert for 2016 will be held on Thursday, 8 December.
- Information about 2017 Booklist will be sent home in coming weeks.
- Recruitment for 2017 Instrumental Music groups is underway.
- Semester 2 Student Academic Reports will be sent home on Wednesday 6 December.
- Our new building is currently slightly behind schedule but the builders are working hard to make up for lost time. We may be enacting a range of contingency plans in the coming weeks. I will endeavour to keep the community informed of any changes to the schedule and plans as we move through this term.

Attendance

Calliope Rotary Club has once again donated a laptop computer to reward and recognise students who make “Every Day Count”. To be eligible to win the Attendance Award, students must have an attendance rate of 98% or better with NO unexplained absences..

Jeremy Godden
Principal
**Dates to Remember**

- 10-14th Oct: YR 6 Camp
- 17th Oct: Student Free Day
- 21st Oct: Grandparent’s Morning
- 24th Oct: Prep Open Morning
- 27th Oct: Prep Open Morning
- 28th Oct: World Teacher’s 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 over the holidays please update your information by calling the office on 4975 8333. 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.

**Office hours are 8am-4pm**

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**Word of the Week**

**Scarce**

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**Star of the Week**

<table>
<thead>
<tr>
<th>Prep A</th>
<th>Prep B</th>
<th>Prep C</th>
<th>Prep D</th>
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</thead>
<tbody>
<tr>
<td>Ruby-Lee</td>
<td>Chloe</td>
<td>Kayden</td>
<td>Riley</td>
</tr>
<tr>
<td>Prep/1E</td>
<td>1A</td>
<td>1B</td>
<td>1C</td>
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<td>2A</td>
<td>2B</td>
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<td></td>
<td>7A</td>
<td>7B</td>
<td>7C</td>
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**Grandparents Day – 21st October**

**You're Invited!**

Calliope State School’s Grandparents Morning

- **Where:** Calliope State School
- **Time:** 9am—11am
- **Agenda:** Morning tea will be served after parade at 9:30am
  - Speech Choir performance at 9:45am
  - Classroom visits from 10:00 am

**RSVP:** By Thursday 20th October 2016, by calling 4975 833 or emailing admin@calliopess.eq.edu.au
McHappy Day will be celebrated on Saturday, the 12th of November 2016. Our school band will be performing at the Boyne Island McDonalds on McHappy Day.

!!!REMINDER!!!

With fire season rapidly approaching, we would like to ask parents to refrain from parking in front of the fire hydrant outside the pool.

Calliope Pool Opening Hours
Calliope Pool is open to the public.
Hours will be:
School Term: 5am – 9am/3.30pm-7pm
School Holidays: 5am – 7pm
Weekends and Public Holidays: 9am – 5pm

Bookings are now available for Term 4 swimming lessons at Calliope Pool. Bookings with payment can be made weekdays at Calliope Pool between 9am-10am and 3pm-4pm. The contact number for the Calliope Pool is 0497815393.

Prep Open Mornings
Our Prep Open Mornings will be on during week 4. Parents and children starting Prep at Calliope in 2017 are welcome to attend either morning. Rooms will be open for families to visit. There will also be a school tour available for any families new to the school. Days are:
Monday 24 October from 9.15 – 10.00am OR Thursday 27 October from 9.15 – 10.00am
Children are to be accompanied by an adult for their visit.

School Swimming Lessons Timetable
Term four swimming lessons are now underway.

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<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>9:30 – 10:15</td>
<td>1A</td>
<td>4A</td>
<td>6A</td>
<td>1C</td>
<td></td>
</tr>
<tr>
<td>10:15-11:00</td>
<td>1B</td>
<td>4B</td>
<td>6B</td>
<td>1D 4C</td>
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<tr>
<td>11:45 – 12:30</td>
<td>2A</td>
<td>3C</td>
<td>6C</td>
<td>2C</td>
<td></td>
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<tr>
<td>12:30 – 1:15</td>
<td>2B</td>
<td>3D</td>
<td>5A</td>
<td>2D</td>
<td></td>
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<td>1:45–2:30</td>
<td>*1:45</td>
<td>Prep D</td>
<td>3A</td>
<td>5B 1E</td>
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</tr>
<tr>
<td></td>
<td>*2:15</td>
<td>Prep B</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>2:30–3:15</td>
<td>*2:45</td>
<td>Prep C</td>
<td>3B</td>
<td>5C Prep A &amp; E</td>
<td></td>
</tr>
</tbody>
</table>

(*The prep classes will begin their water orientation classes in week 6 – 7/11/16)

Free Aerobics’ Class – 12th of October

Free Aerobics' Class

Wednesday 12th of October
3:30pm in the Hall

What to bring: Water bottle, towel, jiggers and a smile.
**Uniform Shop**
The uniform shop has eftpos. Otherwise cash and cheque are accepted. If you are unable to get to the uniform shop during opening hours, you can fill out an order form available from the office, and leave completed form and cash or cheque payment with the office ladies. Your order will be filled and be ready for collection on Wednesday. Uniforms can be ordered through flexischools - [www.flexischools.com.au](http://www.flexischools.com.au).

**Uniform Shop Sale**

**Excess Uniform Sale**
(limited quantities and sizes available)
- Bombar jacket sizes 14 and 16 only $15 each
- Black pleated skirt (range of sizes) $5
- Black long shorts (ranges of sizes) $5 each

Please see uniform shop:
- Wednesday 12th October 8.15am – 9am (Eftpos and cash)
- Friday 14th October during parade (Cash only)

Please note: NO FLEXISCHOOL for this sale

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**Calliope P&C News**

Do you love to bake? Do you have a secret family receipe that everyone loves? Does your grandma or aunty make the best cakes or biscuits? **WE NEED YOUR HELP!!!!!** The Calliope P&C are holding a bake stall at the upcoming Rotary markets on the 23rd of October and we need our families and friends to help us out by donating their baked goodies for us to sell. All money raised goes directly to our school.

Please contact Tenielle Wode on 0406 218 312.

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**P&C Meeting tonight**

**Calliope State School**

6.30pm

All welcome to attend.
Chappy’s Corner

Pink Salt Girls Camp
Come along to the first ever Pink Salt Girls Camp from the 14th-16th October. The weekend will be filled with fun games, campfire, chill out time with friends and a Carnival night. We will also dig deeper into asking the bigger questions of life such “Who is God” and “What our purpose in life is?”

**When**: 6pm Friday the 14th Oct - 1pm Sunday 16th October
**Where**: Tanyalla Conference Centre
**Aged**: Year 6 to Year 11
**Cost**: $70
**To register see Chappy Sonia or Email**: pinksaltteencamp@gmail.com

Coffee and Cake

**Student Banking**
Reminder - Student banking day is every **Wednesday**. Please bring your bank books to the office by 9am.

Community Notices

CQ Mariners FC has their 2017 football (soccer) trials coming up on Sat/Sun 15th and 16th October.

Mt Larcom District Youth & Community Recreation Group Inc is holding its first event – a Movie Night – Kung Fu Panda 3 on the big screen. This event is occurring on Saturday, 15th of October, commencing at 5.30pm until 9.00pm. There will be steak burgers, sausage sizzle, snacks and popcorn available. Cost is a gold coin donation to enter. Bring your blankets and chairs, parents/guardians have to sign children in and out if not staying. Please notify Mt Larcom District Youth & Community Recreation Group Facebook page to let them know if you are coming for catering purposes.

Student Free Day – Monday 17th of October
About Queensland Mental Health Week

Helps us to

Value mental health:

Our own mental health and wellbeing, that of our loved ones, friends and colleagues, at home, at work and at plays.

Calliope SS values mental health and wellbeing.

This week we are organising activities to promote mental health awareness within our school community.

More information about the activities will be on Facebook and next week’s newsletter.

https://www.qldmentalhealthweek.org.au/
Managing Stress

Prolonged stress can have serious mental and physical health consequences. It’s important however, to remember that stress is a normal part of our lives. It presents itself when we don’t feel we have the resources to cope with the demands placed on us.

With this in mind, it stands to reason that managing stress relies on us identifying the source of stress and building up our resource bank. Resources that combat stress include our social networks – however busy, take time to pick up the phone or grab a bite to eat with someone whose company you enjoy.

Relaxation – this can come in the form of focused breathing, meditation or listening to music, you choose. Just make it a conscious choice, time for you.

Another great resource is physical exercise – physical exercise has been shown to combat fatigue and increase resilience. When dealing with stress, the age old saying applies, the more you put in (to your mental wellbeing), the more you get out.
What is self-care?

Looking after yourself, or self-care, is important in helping you stay at the top of your physical, emotional and mental and well-being. Learn more about what self-care is, why it’s important and how to take good care of yourself.

This may be helpful if:

- You’ve been feeling stressed out
- You’re having trouble organising your time
- You’re feeling overwhelmed with all your different responsibilities

What is self-care?

Basically, self-care is any activity that you do voluntarily which helps you maintain your physical, mental or emotional health. It can help you feel healthy, relaxed and ready to take on your work and responsibilities.

Why is self-care important?

There are a lot of reasons why self-care is important, but here are a few main reasons:

- **It keeps you healthy**
- **Self-care does help you stay healthy!** Physical stuff like exercise can be a great form of self-care for different reasons. It keeps you strong, burns off nervous energy or just gives you some time to forget your responsibilities or things that stress you out. Self-care doesn’t have to just be physical either, taking time out of your day to do something you enjoy like game or read a book is also a great way to distract your mind and body from things that could be stressing you out.
It helps you ‘recharge’

Some people use self-care as a way to unwind and de-stress after a long day or week. Taking a bubble bath, meditating or even taking a nap can help people catch up on rest and ‘un-plug’ themselves from the outside world for a little while.

It can help you manage health issues

Self-care is sometimes a way of coping with physical or mental health issues. People with mental health issues will use self-care strategies to cope with symptoms that can be overwhelming, and to make sure that they can live their lives as fully as possible.

How can I practice self-care?

Because self-care is something that should be practiced routinely, it can take a bit of getting used to. Below are a few tips on how to incorporate self-care into your life.

Make time for it. Set aside some time to practice self-care. You might want to set aside a few minutes or hours each day to do something which makes you feel good and relaxed. You might also think about practicing self-care on the weekends or your days off – that way you have all day to practice!

Don’t double-book. If a friend or co-worker wants you to see them or do something for them during your self-care time, tell them that you are busy. Because you are busy. Busy looking after yourself!

Learn to switch off. This can be hard, especially if you are used to thinking about your school or work problems at home, but self-care is the time where you focus only on you! If it’s hard for you, try doing something which diverts your attention, like solving a puzzle or reading a book.

Learn some quick fixes. If you are absolutely frazzled and short on time, learn some strategies which can be done in a few minutes. Breathing exercises and stretching are great as they can be done in a few minutes, practically anywhere!