



Calliope State School

18th April 2017

Calliope Kids
are:

Safe

Respectful

Responsible



What's happening in ...

Principal's Parade



Our Principal's Parade from Term 1 will be held this Friday morning in the hall. It will start at 9.15am and include our Easter Hat parade and the Easter raffle draw. The students had been working hard on creating their Easter Hats at the end of term so are we are all looking forward to seeing the very creative designs for 2017.

During the parade the Principal Awards will be given out to one student in each class as well as the presentation of the Cross Country champion medals. All are welcome to attend.

Anzac Day service

Our school Anzac Day service will be held on Monday 24th April in the hall at 9.15am. All are welcome to attend.

Our students are also invited to march in the Calliope Anzac Day parade on 25th April. Students are to meet at Bunting Park at 10.15am with a hat and water bottle. Students must wear school uniform.



Dawson Highway
Calliope, Qld, 4680

Telephone
(07) 4975 8333

Facsimile
(07) 4975 6437

Website
www.calliopess.eq.edu.au

E-mail
admin@calliopess.eq.edu.au

Principal's Piece

Welcome to Term 2! As Jeremy said in the newsletter last term, he will be on leave for the first few weeks of this term and I will be Acting Principal during this time. Kayleen Bishop will step up to Acting Deputy Principal and Glenda Twiner will be the Acting Head of Special Education.

We had a disrupted (and wet) end to Term 1 and I thank all the people who helped out over the two days that the school was closed. We had a few wet classrooms on Thursday due to the heavy rain, but all have been cleaned up and are ready to go.

We also had quite a lot of work happening around the school during the break as well. Some of this will still be ongoing over the next few weeks but the majority was completed over the holidays. We are now able to use the undercroft in the new building. Our year 5 and 6 students will be eating in this area from today. It will relieve the congestion from the tuckshop area and give all the year 3-6 students more room at eating breaks. We will also be using this area for the bus students at the end of the day. They will meet the staff on duty in this area before walking over to the bus zone.

Due to the school closure for two days at the end of term, any parent interviews that were unable to occur will be rescheduled with parents by the class teachers. If you were not able to make a parent interview last term and would like an interview, you are welcome to contact your child's teacher for an interview early this term.

This term will start with our postponed Principal's Parade on Friday morning, followed by our school Anzac Day service on Monday 24 April at 9.15am. Students are also welcome to march in the Calliope RSL Anzac Day march on Tuesday 25 April. Any students wishing to march with the school are to meet Mrs Kettle and Mrs Kerr at Bunting Park at 10.15am. Students are to wear the blue school uniform shirt and bring a water bottle and hat. The march will start at 10.45am and end at the cenotaph, followed by the Anzac Day service.

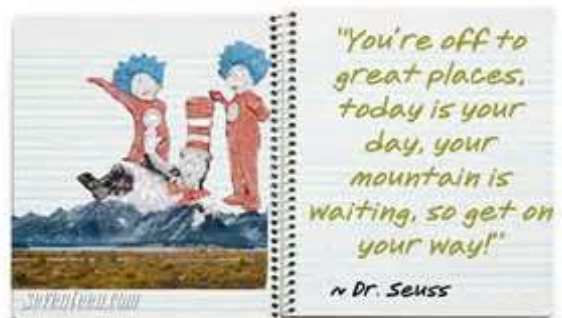
We have many special events happening over the term, including Sports days, Under 8s Day for our Prep – 2 students, NAPLAN for our year 3 and 5 students and a visit from Questacon Science for our year 3-6 students. A reminder also that we have two public holidays in the first few weeks as well. Tuesday 25 April is Anzac Day and Monday 1 May is the Labour Day public holiday.

I look forward to a fabulous and productive Term 2.

Regards

Raelene

Acting Principal





Resilience is an essential skill for life

It's natural for parents to want to protect their children from adversity. From birth, we try to do the best for our kids, love them and nurture them. Sometimes, this may be intensified as some modern parents have been labelled 'helicopter parents', constantly hovering over their children, trying to solve their problems for them in an effort to protect them and keep them happy.

Ironically, a recent study by clinical psychologist and researcher, Judith Locke found that children who were over-parented were no more satisfied with their lives than children whose parents were less involved. And, in the long run, this can leave children ill-equipped to cope with life's curve balls.

Positive parenting is a delicate balance between protecting children from adversity and letting them experience hardship so they can develop resilience and positive mental health and wellbeing.

Resilience is the ability to cope with life's ups and downs, and bounce back from adversity. Children need to develop coping skills to help them respond to challenging times and maintain a positive outlook on life. Challenges can also be viewed as opportunities to learn about oneself and to grow as a person.

Someone who is resilient and has positive mental health and wellbeing shows the following characteristics:

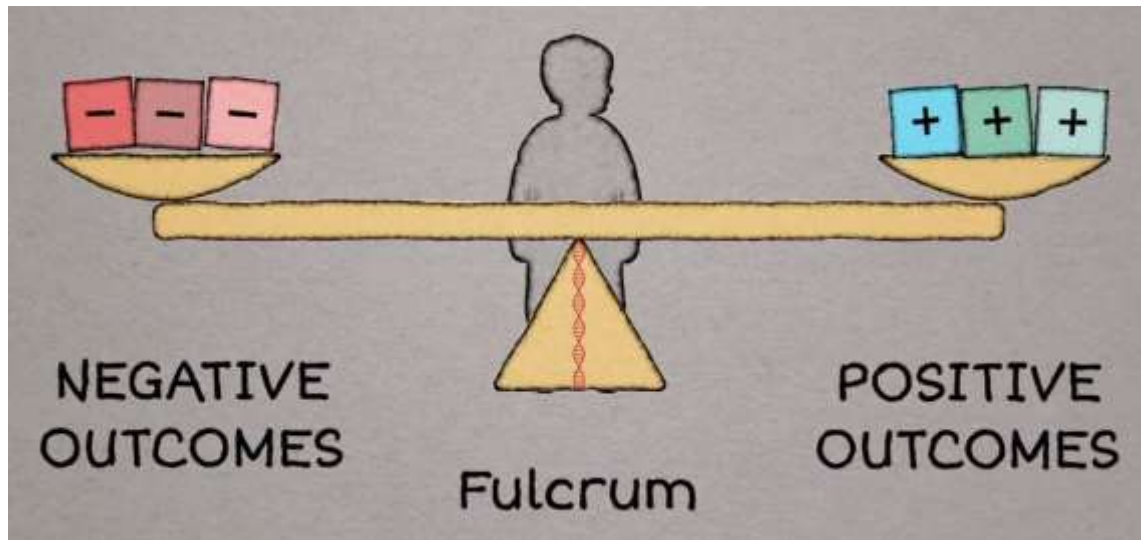
- The ability to learn from their experiences and grow
- Good relationships with others
- A capability to manage their own emotions and express empathy for others
- Good communication skills
- Good problem solving skills
- The ability to set realistic but rewarding goals and actively work towards them

These characteristics mean that a child is better able to make sense of the world around them, connect with people, and even seek out support when they experience difficulties. Good problem solving skills and the ability to work towards realistic goals also gives children a feeling of control over their lives and a sense of positive self worth.

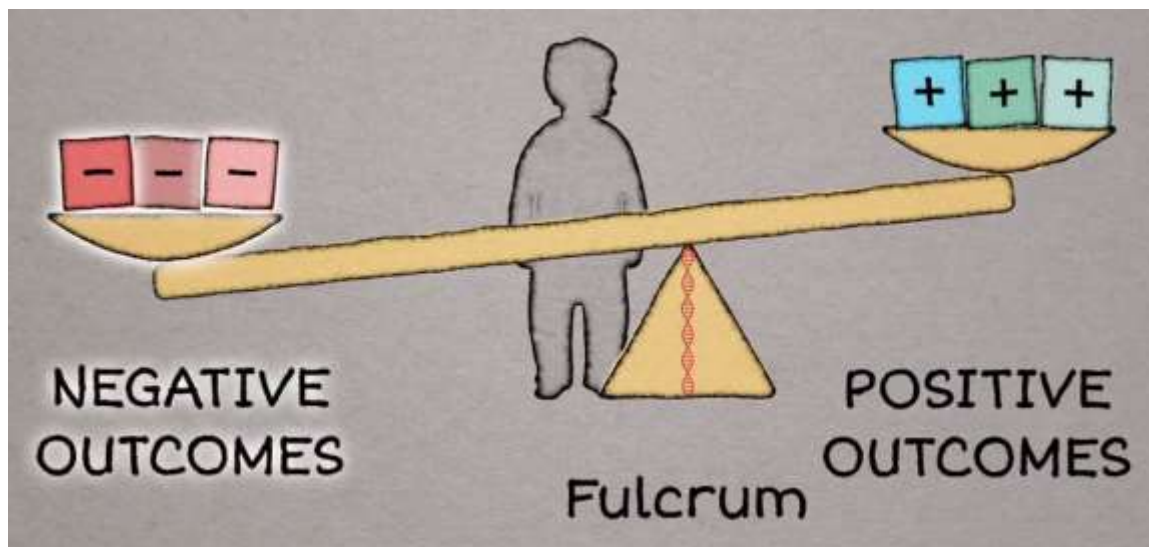
All of these resilience characteristics contribute to positive mental health and wellbeing, and reduce the risk of social or emotional problems later in childhood. There is also emerging evidence to suggest that resilient children are more likely to achieve academic success.

So where does resilience come from? An individual's resilience is a combination of both pre-set characteristics a person is born with and the environment a person grows up in, including the support networks around him or her.

If we think of a set of scales, someone's genetic sensitivity is the fulcrum in the middle, and their life experiences, both positive and negative, sit on each end.



The fulcrum might start in the middle if a person has an average sensitivity to life's experiences, or it might be off-centre if a person is naturally more sensitive.



If that is the case, they might have a tendency to be less resilient than another person with an average level of sensitivity who is exposed to similar life experiences.

Research has shown that someone's natural response to stress can be altered through their experiences, and so the fulcrum can be moved. When positive experiences, like nurturing relationships and a sense of belonging, are added to one end of the see saw, and children start to develop coping skills, like the ability to solve problems or manage behaviour, the fulcrum can slide and the see saw will tilt towards a more positive outcome.

Key to developing a child's resilience is the relationship they have with at least one adult in their lives. Parents and carers are vital supports in shaping a child's resilience as they can teach a child to develop a sense of optimism and a set of coping skills to help them bounce back from life's challenges.

Dates to Remember

21 April	Principal's Parade
24 April	ANZAC Day Parade
25 April	ANZAC Day Holiday
26 April	Coping Cafe
1 May	May Day Holiday
2 May	P&C Meeting
5 May	FFF

Office hours are 8am-4pm
Cash only, EFTPOS is
UNAVAILABLE in the office.

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.

P & C NEWS

Uniform Shop

The opening time for our uniform shop is Wednesday 8.15-9.00am.

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 the Friday. Uniforms can be ordered through flexischools - www.flexischools.com.au.

Contact Details

We would like to remind all parents if you are moving or changing 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.

School ANZAC Parade

Monday 24th April at 9.15am will be the school ANZAC parade. Parents and community members are most welcome to attend.



ANZAC Day Service

Calliope's ANZAC Day 2017 commemorations will be held on ANZAC Day, Tuesday 25th April 2017 commencing with a march moving off at 10.45 am from Bunting Park, Archer Street to and along Bloomfield Street and Stirrat Street, to the Cenotaph at the RSL Hall, Stirrat Street Calliope. The commemorative service will follow at 11.00 am. Members of the public are cordially invited to attend the service and also to take part in the march and or to lay a wreath during the service if they so desire. There will be temporary closure of the following roads from 10.30 am for the duration of the march. Stirrat Street between Muirhead Street and Sutherland Street, Archer Street and Bloomfield Street between Stowe Road and Stirrat Street. Stirrat Street from Bloomfield Street to Muirhead Street will continue to be closed for the duration of the service which concludes at 12.00 pm.

Calliope students are welcome to participate in the march on ANZAC Day, 25 April. Please meet Mrs Kettle and Mrs Kerr at Bunting Park at 10.15am wearing your school uniform. You will need a hat and water bottle.

Prayer Time with Chappy

When: Every Wednesday
Time: 8:00– 8:30am
Where: Chappy Sonia's office



Save the Date:
26th April – Coping Cafe

Community Notices

!!!REMINDER!!!

As it is fire season, we would like to ask parents to refrain from parking in front of the fire hydrant outside the pool.

Word of the Week

Word	Syllables Each syllable part has a vowel phoneme	Phonemes	Vowel phoneme box
peer	p/eer	/eer/as in deer	-

Free Microsoft Office 2017 for Students and school staff

All Queensland state school staff and students can now download multiple free copies of the latest Microsoft Office to their personal home computers and mobile devices. Students and staff will need to use their school email address to sign in. Students who don't have a school login, school email account and password should contact their child's class teacher. Microsoft Office 2016 is available for personal devices only, not devices owned by the department or part of a school network. Your Office subscription lasts for as long as you're a Queensland state school student or school-based member.

Download process

For PC and Mac, visit portal.office.com, login using your school email address, click through to install and follow the onscreen process.

For tablets and smartphones, download from your app store and sign in with your school address.

If you have trouble, please refer to the instructions on how to download and install Microsoft Office 2016 to your personal home computer.

- How to download and install Microsoft Office 2016 to a Windows computer
- How to download and install Microsoft Office 2016 to a Mac computer

School Banking

School banking starts this Wednesday for term 2. Please hand in your deposit book to the office on Wednesday mornings for the banking to be processed. The office has more information regarding the school banking program.

