Calliope Kids are:
Safe
Respectful
Responsible

What’s happening in …

News from 6C

We have just come home from our camp in Brisbane. The students had an unforgettable time learning a lot at Lazer Zone, Movie World, Parliament House, Qld Museum, touring Suncorp Stadium, Shopping, Top Shots Fun park and Underwater World. The students felt that Movie World was a major highlight. It was wonderful to see them feeling a great sense of achievement after braving the rides. They also slept with the fish at Underwater World where we set up our beds in the tunnel. The students represented our school very well and had great feedback from the public on many occasions. Well done Year Six!
Principal’s Piece

School Opinion Survey Results

We have received the results of our Parent and Student school opinion survey conducted earlier in the year. I’m very pleased with the results with Calliope SS performing very well against the state results. With the Parent Survey our school performed better than the state average, like schools and other schools in our geographical region in all but two of the questions. We also performed very well in the student survey with our school performing better than the state average in a majority of the questions. Keep an eye out next week as I’ll include some specific highlights of both the Parent and Student Surveys.

Solar Buddy Program

In week one we held a free-dress day to raise funds for the Solar Buddy Program. I am very pleased to announce that our fundraising effort has allowed us to purchase 31 solar lights that will be assembled by invited students and then sent to developing countries. This is a great initiative that promotes our developing STEM program while also providing opportunity for students to develop an empathetic understanding of the plight of children in our, less fortunate countries. For more information about the Solar Buddy initiative, please go to www.solarbuddy.org.

Co-ordinated Community Response to Domestic and Family Violence – Gladstone

The Coordinated Community Response to Domestic and Family Violence committee consists of community service providers, both government and non-government agencies, dealing with the combined effects of domestic and family violence. Their mission is to provide community education and a coordinated response to those affected by domestic and family violence through the development of partnerships between government and non-government agencies to promote an abuse-free community. Recently I was privileged to meet with members of this organisation and offer the support of the school, as an organisation central to the Calliope community, in raising awareness of the issues and support networks available.

We will be holding a special free-dress day on Thursday November 3 to support this great community cause. Students and families wishing to support this cause with a gold-coin donation can dress in purple for the day. Please keep an eye out for further information as we get closer to the date.

For further information about the organisation and the fantastic events and programs that they run please visit http://www.gladstoneccrdfv.com.au.

Jeremy Godden
Principal
Resilience - Helping children deal with frustration

For children, the everyday ups and downs of life include frequent and compromise. How you talk about hard things depends on the child’s age and understanding and how much they want to know. When you talk about hard things, wait for your child’s response. Children often need to take things in small bits, not big chunks of information all at once. When you see your child has had enough, wait for another time.

The toddler years especially are a time when young children experience lots of frustration, such as not being able to do what they want and adults not understanding what they are saying. As children get older they experience different frustrations, for example when they try new things such as beginning reading, or learning how to kick a ball, or play a musical instrument.

Some things adults can do to help children deal with frustration are:

- Listen to children and let them know you understand and are trying to see things from their point of view, especially if they are getting upset. It can be helpful to talk to children when things are going wrong and they are getting frustrated.

  For example: “That looks pretty tough”, or “I’m sorry I didn’t hear you right, let’s try again. Shall I guess and you tell me if I am right or wrong?”

- If children are really upset or having a tantrum, stay near until they are calmer. If the tantrum is because you have stopped children from something they wanted to do, help them find something else after the tantrum is over.

- If the child is old enough, ask them what they think they could try or what they think would help. Younger children may benefit from having some suggestions to choose from.

- Break the task down into smaller, more manageable chunks so the child can experience some success and stay motivated to keep trying. Observe and listen to how children might show or describe how they are feeling.

- Suggest the child takes a break for a while or engage them in a calming activity.

- Remind children of what they do well. Frustration is easier to manage in a context of general success.

- Acknowledge children’s efforts in managing their frustration (e.g. “You managed well when you didn’t get the right answer. “You tried another way to work it out, that is really good thinking”.

For more information about Mental Health Matters

Helping children to deal with disappointment

Children learn the skills they need to be able to cope with disappointments by experiencing and dealing with everyday setbacks. From this the child can learn that disappointments can be coped with and that there are other good things that can happen.

Children who learn to manage disappointment, calm themselves and move forward, are happier and more able to achieve their goals than those whose coping skills are not as well developed.

To support children in dealing with disappointment, parents and carers can:

- Stay with the child and hold and comfort them. Remember that small disappointments for adults can feel very big for a child.
- Listen and show you understand how the child is feeling. Encourage them to talk about what it means to them and what the worst thing about it is.
- After listening to the child you could ask what they think would help or what they want to do. Give some suggestions if needed and be available to help if they would like you to.
- Learning to lose is one of the hardest things for children. Having experience of success helps children to cope with losing. They know that they do not always lose and are happier to let someone else have a win too. Some ways in which you can help children to have experiences of success and loss include playing games of chance with them, such as Snap, and making sure tasks are not too hard.

For more information about Mental Health Matters

**Dates to Remember**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>17th Oct</td>
<td>Student Free Day</td>
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<tr>
<td>21st Oct</td>
<td>Grandparent’s Morning</td>
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<tr>
<td>24th Oct</td>
<td>Prep Open Morning</td>
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<td>27th Oct</td>
<td>Prep Open Morning</td>
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<td>28th Oct</td>
<td>World Teacher’s Day</td>
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**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**

**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.

**Prayer Time with Chappy**

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

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**Word of the Week**

**doubt**

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**Star of the Week**

<table>
<thead>
<tr>
<th>Prep A</th>
<th>Mason</th>
<th>Prep B</th>
<th>Sara</th>
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<tr>
<td>Prep C</td>
<td>Kobi</td>
<td>Prep D</td>
<td>Jaxon</td>
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<td>Prep/1E</td>
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<td>1B</td>
<td>Sadie</td>
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<td>1D</td>
<td>Ashlyn</td>
<td>2A</td>
<td>Flynn</td>
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<td>Kasey</td>
<td>2C</td>
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<td>Sonny</td>
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<tr>
<td>4B</td>
<td>Mackenzie</td>
<td>4C</td>
<td>Thiannah</td>
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<td>5C</td>
<td>Nicholas</td>
<td>6A</td>
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<td>6B</td>
<td>Nikita</td>
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<td>PE</td>
<td>Max</td>
<td>Music</td>
<td>Jack</td>
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**Grandparents Day – 21st October**

**Calliope State School’s Grandparents Morning**

**When:** Friday 21st October 2016
**Where:** Calliope State School
**Time:** 8am–11am
**Agenda:** Morning tea will be served after parade at 9:30am
Speech Choral 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
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.

Calliope P&C News

Do you love to bake? Do you have a secret family recipe 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.

Year 2 Choir

Congratulations to the Year 2 Choir for placing 3rd in the Gladstone Eisteddfod on Tuesday. The school community is very proud of your great achievement and look forward to hearing your beautiful singing in the future.
Calliope’s Wide World of Sport

Term 3 Review
Last term, students at Calliope State School worked on improving and refining their motor skills through a range of different sports. It was great to see such an improvement in skills across all year levels. Term 3 also saw Calliope SS enter the CQ Regional Shield competition again, both netball and rugby leagues were very successful. Three very strong teams in the interschool cricket, AFL and volleyball competitions. All teams played extremely well against some tough opponents and should be congratulated on their sportsmanship and determination.

Term 1 Port Curtis Trials - 2017
Swimming
Cricket
Tennis
Rugby League
AFL
Netball
Hockey
Touch
Basketball
*Students in years 5-6 are welcome to attend trials

Term 4 - Swimming
This term, all students will be participating in swimming lessons and water safety at the Calliope Pool. Students from Prep to Year 2 will be completing introductory swimming lessons to water safety from the Royal Life Saving Queensland Swim and Survive program. This program enables students to gain confidence in and around the pool. The middle school program targets water safety and an introduction to swimming strokes leading up to the Year 4-6 swimming carnival – to be held on Friday the 2nd of December. The upper school program allows students to refine their swimming strokes and looks at water survival. Please ensure that your child has their togs, sun safe shirt, towel and any extra equipment that they require.

Interschool Sport News
Calliope SS will be competing in the interschool softball and volleyball competition this term.
The Volleyball competition will be on Wednesday afternoons at TooLoa SHS.
The Softball competition dates and venue are TBA. Information will be distributed accordingly when received.
Welcome to Term 4!

**Eisteddfod 2016**
On Tuesday October 18, the Calliope State School Choir took part in the Gladstone Eisteddfod. They had been rehearsing and perfecting their skills leading up to the event. They performed well on the day, earning third place.

Congratulations to each and every member of the choir. They have all worked very hard, and their effort has shown this year.

**Mini Music Books**
The Mini Music Books will be used again next year, and all students from Year 1 to Year 6 will be expected to use them.

These will be included on the booklist, but are only available for purchase from the office. Cost is $7 per book.

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**Coming Events:**

**Calliope Community Christmas Carols**
The Calliope Carols are on again this year on the 25th of November (Friday, Week 8).

This is a fantastic community event and also a valuable performance opportunity for the students.

Each year level is learning a Christmas song during Music lessons, and they will perform these early in the night.

More information will be forthcoming, and will be sent out when available.

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**Weekly Program:**

**Mondays:**
- Drum Corps (1st Lunch - Mr. Kerr)
- Woodwind, Brass & Percussion (Mr. Duckham)

**Wednesdays:**
- Strings (Ms. Ruge)

**Thursdays:**
- Choir Years 2-3 (1st Lunch – Mr. Kerr)