



Calliope State School

21th November 2017

Calliope Kids
are:

Safe

Respectful

Responsible



What's happening in ...

News from Prep A

Well, what a crazy busy Semester 2 we have had. We have been improving in leaps and bounds in our reading, writing, counting, and have been enjoying learning all about the weather and movement of objects. Our resident fairy, Moonbud, returned this year and she has been writing us some letters and we have our own Post Office, where we buy envelopes and stamps, and we write letters to each other. We have become little scientists who use our senses to explore the world around us. We are ready for what the future brings.

In Prep A this term, we have been doing lots of fine motor activities, to build up our finger muscles for writing, and a lot of our Art has revolved around different types of movement, such as spinning, rolling, pressing and sliding.

Our excursion to "We're Going on a Bear Hunt" was one of our favourite things we have done this Semester, and we went to East Shores and followed the map to find all of the landmarks. This tied in beautifully with our HASS Geography unit.

It has been an amazing year with so much to learn and do and we cannot believe that we only have 3 weeks left in Prep A.



Principal's Piece

Thank You to Gladstone Ports Corporation

Last week, Calliope State School's Year 4 students were the first school group to tour the Gladstone Big 6 Discovery Trail at Spinnaker Park. They learnt about Gladstone's Big 6 – Shorebirds, Turtles, Cetaceans, Fish, Dugongs and Crustaceans. Students were able to have their questions answered by a marine biologist as they progressed through the trail. Students even squeezed in some shark questions when they found out the guide was a shark expert. On the same day the whole school was treated to a performance from The National Theatre for Children. Students learnt about water conservation through the dramatic play "The Aqua League and the Drought Dilemma!" Classrooms have also been provided with follow-up activities to complete in the coming weeks. This performance and these resources were provided to us from the Gladstone Ports Corporation.



Gladstone Ports Corporation

Growth, Prosperity, Community.



Chaplaincy Fundraiser

This year's Chaplaincy Fundraiser will be the BBQ at the State Election this Saturday 25 November. Come down vote; grab a snag and a raffle ticket or two! This Wednesday 22 November 9:15-10:30 will also be the final Coping Café of the year. Chappy Sonia will discuss "Is your life balanced?" We thank Chappy Sonia for the wonderful work she does supporting our school community.



Carols

This Friday is the Calliope Community Christmas Carols. The Carols open at 4pm with student performances taking place throughout the evening. Please ensure you arrive well before your child's performance so that the teachers can organise students for the performance. We look forward to seeing students and their families at this great event. Also, don't miss the opportunity to splat a staff member and raise some funds for the P&C.

Christmas Card Post Office

The Christmas card Post office will be starting next week. Students post their Christmas cards with the student name and class on the front. Our Year 6 Students collect, sort and deliver the mail. Candy canes are not to be put into any Christmas cards.



2018 Enrolments

If your family is planning on moving at the end of the year please notify the office, to assist us with planning for 2018. If you no longer require your Calliope State School uniforms please drop them at the office so that we can give them to students who may need them in the future. If you know of anybody who is moving to the area encourage them to contact us, so that we can welcome them to the school and organise a classroom for them.

Early School Arrival

We remind parents/care givers that students are discouraged from arriving at school prior to 8:30am in the mornings. Students arriving from 8:15am are to go directly to supervised play on the oval. No student should be going to their classroom before notified on the oval.



Leadership Process

Our Year 5 students have completed round 1 of their leadership applications- (submitting their criteria). On Wednesday students shortlisted for 2018 positions will be notified and will present their speeches on Monday 27 November at 9:15am in the hall. Parents are welcome to watch. Students in Years 4&5 will be eligible to vote.

**Head of Department,
Ricky Pryce**

P&C NEWS

Welcome to Week 8. Please note our updates below for this week.

Annual Christmas Raffle

As is our tradition, the school P&C will be seeking donations of non-perishable food items or festive gifts/bags for our annual Christmas hamper raffles. If families are able to make a donation to the hampers please pop them into the baskets situated in the office.

New School Shirts

As many families are aware we are super excited that our new school shirts are here and in circulation. To assist families in purchasing, our Uniform Shop will be open on Thursday from 3.15pm to 4.00pm and Friday from 8.15 to 9.00am for the next two weeks only. We also encourage families to use the Flexischools ordering system but be aware the final order date for 2017 will be Monday, 4 December with collection by 8 December. Online orders placed in 2018 can be collected on the "book drop off day" (date to be advised by school).

Senior Swimming Carnival

The Senior Swimming Carnival (Years 4 to 6) is coming up on 1 December. This year the newly formed local swim club, "Calliope Crocodiles" will be providing lunch and snacks at the event. We will publish the menu on our Facebook page later this week and in next week's newsletter.

Calliope Community Carols

We are all excited about the carols this year! Following on from our "Dunk Tank" from 2016, the P&C will be hosting a "Splat Zone" at this year's carols. This will be a little bit of fun for the kids to "splat" the wonderful staff and community members who will be volunteering at our stand.

Election Sausage Sizzle

To support the wonderful work of our Chappy Sonya, the P&C will be hosting a fundraising Sausage Sizzle outside the hall on Election Day, 25 November from 9.00am to 2.00pm. If you can assist, please contact the P&C. Otherwise, be sure to stop by a grab a snag on Saturday.

Thank you for your ongoing support of our wonderful school.



!!DATES TO REMEMBER!!

22nd Nov – Coping Café

24th Nov – Christmas Carols

27th & 28th Nov – GSHS Transition

27th & 28th Nov – Toolooa Transition

1st Dec – Fantastic Fun Friday

1st Dec – Yr 4-6 Swimming Carnival

4th Dec – Year 6 Graduation

6th Dec – Report Cards

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.

Thank you for a great year of School Banking

We would like to thank all of our students who have participated in the CommBank School Banking program this year.

Our final School Banking day for 2017 will be **22/11/2017**. If your child is eligible to order a reward item please ensure that the reward coupon is completed and returned prior to this **24/11/2017**. Any tokens that have not been redeemed this year can be used in 2018.



Stars of the Week ★

Prep A		Prep B	Jaxon
Prep C	Shahkeia	Prep D	
1A	Carter	1B	Anastasia
1C	Kane	1D	Lilly
2A	Lincon	2B	Blake
2C	Jordan	2D	
2E	Harrison	3A	Dane
3B	Taiya	3C	Aidan
3D	Tori	4A	Tekia
4B	Alexis	4C	Jasmine
5A	Mackenzie	5B	Seifer
5C	Caleb	6A	Amber
6B	Yasmine	6C	Adam
Music	Alexis	PE	Brock

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.
8	practise	prac/tise	p.r.a.c.t.i.se	pr

Ticks

With the wet and warmer weather we've had, a parent recently reported their child came home from school with a tick on them. We would like to make parents aware, to keep an eye out for them.

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

Chappy's Corner Christmas tip 3:

Presents... You either hate buying them or you love it. No matter what you think of them, we need to look at why you are buying them. Is it because you have to buy gift or they won't like you anymore or are you buying a bigger present to compete with someone else that is buying that person a present.

If we look at "The Five Love Languages" books by Dr Gary Chapman, Gifts are very important in a relationship and are a way that we can show appreciation of that person.

But I want to challenge you when you are buying gifts this Christmas. Are putting more effort into your presents than your presence? What I mean by this is, if we just give a present like the latest Xbox to your child but you don't actually spend time with them. A year or two goes by, the Xbox is either broken, old or out grown. But your relationship with your child is still there and has it improved or decreased? Make your presence count this Christmas with the people you love. Check out The 5 Love Language books at <http://www.5lovelanguages.com/>

Coping Café

Parents are welcome to come along and chat with support staff and other invited guests over a cuppa and cake. This is a great opportunity to get to know your children's support network and school community. This Wednesday 22nd of November, 9am-10am in the Conference Room located in the Administration Building.

Year 6 Graduation

Our Year 6 Graduation will be held on Monday the 4th of December from 5pm in the Hall. It is an exciting time for our graduation class whose achievements will be celebrated.

Year 6 Transition to GSHS

On the 27th and 28th of November, Gladstone State High School are holding their transition days for the Year 6 students who will be attending Year 7 at Gladstone State High School in 2018. More information will be given to students in the future.

Year 6 Transition to Toolooa SHS

On Monday 27th and Tuesday 28th of November, Toolooa SHS are holding a two day orientation program for current Year 6 students moving into Year 7 in 2018.

2018 Booklist

The booklist for 2018 is attached to this week's newsletter. A hard copy has been sent home this afternoon with students.



Prep Transition for 2018 - Getting to know our new students and their families

It is now easier for families to share their child's Kindergarten Transition statement with the school. The statements are a great way for our Prep teachers to get to know the children in their class before the first day, so they can prepare to welcome them and plan for their ongoing learning and development.

Kindergarten teachers, parents, carers and children develop transition statements together near the end of the kindy year. The Transition statement gives Prep teachers a snapshot of each child's strengths, interests and learning through kindy.

Parents and carers can now give their consent for Transition statements to be forwarded to a child's new school and outside school hours care service directly from kindergartens.

We will be in touch with local services to ensure our email address is known to the kindergarten teachers.

Calliope Christmas Carols – Fri 24th Nov

The official opening of the carols is at 4:00pm, with the Calliope State School Band and Band Choir will be performing from 5:00pm – 5:15pm.

The year levels will be performing from 5.30pm onwards, in the following order:

Prep – Santa Wear Your Shorts

Grade 1 – Sing! It's Christmas Day

Grade 2 – Frosty the Snowman

Grade 3 – Good Old Wally King

Grade 4 – Feliz Navidad

Grade 5 – Deck the Sheds With Bits of Wattle

Grade 6 – He's The Aussie Santa

Swimming Carnival

Swimming carnivals are scheduled for week 9. Years 1-3 will participate in their own combined mini swimming carnivals. Parents and carers are welcome to attend. Students must wear appropriate swimming attire with a sun shirt. Please see timetable below.

Week 9	Mon 27 th	Tues 28 th	Wed 29 th	Thurs 30 th	Fri 1 st
9:30-10:15		5C	6C	5B	
10:15-11:00		6B	6A	5A	
11:45-12:30	4A	YR1 Swimming Carnival			
12:30-1:15	4B		4C		Yr 4-6 Swimming Carnival
1:45-2:30	Yr 3 Swimming Carnival	PC – 1:45- 2:15	PD – 1:45- 2:15	Yr 2 Swimming Carnival	Yr 4-6 Swimming Carnival
2:30-3:15		PB – 2:15- 2:45	PA – 2:15- 2:45		

FAMILY RELATIONSHIPS



Children thrive on feelings of belonging and affection that come from having caring and supportive families. Research affirms that the quality of family relationships is more important for children's wellbeing than the size or composition of the family. Whether families have one parent or two, whether they include step-parents, grandparents or other carers, they can build strong, positive family relationships that promote family wellbeing and support children's mental health. The keys to developing **healthy family relationships** include making relationships a priority, communicating effectively and providing support for each other. However, **building better family relationships** with children and with all family members is not always easy. Different needs arising within the family may create tensions between family members, and pressures that come from outside (eg work or financial pressures) may also impact on families and children. Sometimes these pressures can make the development of positive family relationships more difficult. Yet, even taking these influences into account, there is much the adult or adults in the family can do to build strong family relationships. **Happy families work together** to make decisions and make sure each family member's needs are being adequately met.

Families are different

Families vary in the expectations they hold regarding children's behaviour and the roles of parents and carers. This leads to differences in family relationships and communication styles. Many beliefs about what makes for strong family relationships are influenced by the values and experiences that parents and carers were exposed to in their own families while growing up. Cultural background can also impact on the values and goals adults have for children's development. For example, it is common in Western industrialised societies like Australia for parents and carers to value children's independence, whereas parents and carers from other **cultural backgrounds** sometimes give more emphasis to family responsibilities than to children's independence. There are also many differences within cultures. Differences in the ways that families are made up lead to different relationship and support needs.

Meeting different kinds of relationship needs

Two-parent families are built on the primary couple relationship and this continues to have a major influence on relationships amongst all family members. Parents can find it a challenge to meet children's needs as well as their own needs as partners; however, ensuring that some time is set aside to attend to the couple relationship is very important. When conflict between parents is not resolved, it may impact directly on children and/or on parenting effectiveness. Maintaining effective communication and support for each other as parents enhances the couple relationship and supports positive relationships in the family as a whole. **When parents separate**, it can be a challenging time for all. Sole parents are a diverse group. They may miss the support that having another parent or carer would provide and may feel over-stretched by the responsibility of caring for children alone. For sole parent families in particular, having a support network of friends and relatives makes a big difference. Separated sole parents and children also benefit from having a positive co-parenting arrangement with the other parent. This can be achieved when parents and carers value and respect the importance of children having opportunities to develop their relationships with both parents.

Blended and step-families can have more complex relationship needs to take into account. Children may feel their prior relationships with parents or carers are displaced by the new couple relationship.

Family members, especially children, may still be **grieving the loss of their original family**. New relationships between children and parents or carers need to be **negotiated and old ones renegotiated**. Children may spend time with two families who have different expectations of them. These changes can cause significant strain and stress to children as well as to parents and new partners.

It is important to reassure children that they will still have the love and support of both parents. Taking things slowly helps by allowing time for everyone to adjust to new circumstances. Making realistic expectations and house rules clear to all step-family members is very important. For example, it is especially helpful for children and step-parents to recognise that they don't have to love one another but they are expected to treat each other with respect.

What supports strong family relationships

Two main dimensions of the parenting role have been found to have important effects on family relationships and on children's development, no matter what kind of family children are raised in. These are:

- communicating with warmth and care
- establishing clear and appropriate limits for children's behaviour

Positive styles of communication are a common element that supports both of these dimensions. All families experience ups and downs as they strive to do their best for children and deal with challenges that come along.

A recent study* asked Australian families of different kinds to nominate what they considered to be the characteristics that made their families strong in spite of any difficulties they might face. This table shows the eight characteristics that were identified. They form the **building blocks of healthy family relationships**.

Family strengths as identified by Australian families

Communication – listening to each other and communicating with openness and honesty.

Togetherness – sharing similar values and beliefs that create a sense of belonging and bonding.

Sharing activities – spending time together doing things they enjoy, for example, sports, reading, camping, playing games.

Affection – showing affection and care on a regular basis through words, hugs, kisses and thoughtfulness.

Support – offering and being able to ask for support, with family members knowing they will receive assistance, encouragement and reassurance from one another.

Acceptance – understanding, respecting and appreciating each family member's unique personal qualities.

Commitment – seeing family wellbeing as a first priority and acting accordingly with dedication and loyalty.

Resilience – being able to withstand difficulties and adapt to changing circumstances in positive ways.

Families in this research also identified that the biggest challenges in family relationships were communication breakdown, parenting issues and difficult relationship dynamics. Acknowledging existing family strengths is a good starting point for addressing challenges and building stronger family relationships.

* 1 Geggie, J., DeFrain, J., Hitchcock, S. & Silberberg, S. (2000). Family Strengths Research Project. Newcastle NSW: Family Action Centre, University of Newcastle.