



# Calliope State School

24<sup>th</sup> April 2017

Calliope Kids  
are:

Safe

Respectful

Responsible



## What's happening in ...

### News from Prep C

Prep C are extremely excited about the term ahead and have settled back into the school routine for a busy week 2. Students have already been writing fabulous recounts about their holidays and their weekend. They will be soon writing about the many busy events happening this term such as Anzac Day, Mother's Day, Sports Day and Under 8's Day.

Students are continuing to learn about numbers 1 to 20 and beyond as well as patterns, shapes and sequencing events. In science we are investigating different materials that objects are made out of and students have started examining the materials that can be found in the classroom. Students have even spent some time using different craft techniques to create art for Anzac Day and build their Easter Parade hats.



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# Principal's Piece

Welcome to week 2! Thank you to all the parents and family members who were able to join the Calliope staff and students at Principal's Parade on Friday and again this morning for our Anzac Day service. It is wonderful to have your support at school events, even watching the awards live through our Facebook page.



This morning we were privileged to have Mr Paul Howkins join us for the Anzac Day service. We enjoy having a special guest speaker each year as part of our service and welcomed Paul back again this year. Thank you to the Calliope Branch of the RSL for organising our guest speaker each year. We also thank our year 6 students who have been scrapbooking photos for the Anzac Day display.



By now you may have seen the poster for our major fundraiser in 2017. We are holding a [Calliope Country Carnival](#) on 9 September. Please keep this date free! This will be a family event and more information will be sent out during the term. Thank you to the organising committee who have already been planning this event since last year.

NAPLAN testing will be happening in week 4 of this term (9-12 May) for our year 3 and 5 students. This is a nationwide test for all students across Australia. If you have concerns about your child participating in NAPLAN this year, please talk to your child's class teacher or a member of the Admin team about completing a Parent Withdrawal form.

Class newsletters have starting going out to parents last week and will continue this week. These newsletters are specific to your child's classroom and provide lots of information about class events and the curriculum they will be learning throughout the term. A copy of each newsletter will be on display in the office.

Regards

*Raelene*

Acting Principal

## Dates to Remember

25 April	ANZAC Day Holiday
26 April	Coping Cafe
1 May	May Day Holiday
2 May	P&C Meeting
5 May	FFF
15 May	Pizza Day

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.a  
u**

We appreciate and thank-you for your cooperation.

## 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](mailto:admin@calliopess.eq.edu.au). If you would prefer a paper copy please inform the Office.

## ANZAC Day Service

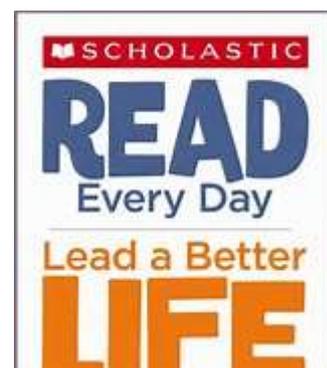
Calliope's ANZAC Day 2017 commemorations will be held on ANZAC Day, Tuesday 25<sup>th</sup> April 2017 commencing with a march moving off at 10.45 am from Bunting Park, Archer Street to and along Bloomfield Street and Stirrat Street, to the Cenotaph at the RSL Hall, Stirrat Street Calliope. The commemorative 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.



## Book Club

Welcome back to Term 2. Your child/ren would have brought home their Book Club pamphlet today with the return date clearly stamped on the form that they are able to order from. Orders can be made via the LOOP system on the Scholastic website, by cheque (made out to Scholastic) or by cash (the correct amount). If paying by cheque or cash the money and order form must be placed in the Book Club box in the office by 3:15pm on Friday 5<sup>th</sup> May. NO LATE ORDERS WILL BE ACCEPTED. If you have any questions, please do not hesitate to contact the school.



## Prayer Time with Chappy

**When:** Every Wednesday

**Time:** 8:00– 8:30am

**Where:** Chappy Sonia's office



**Save the Date:**  
**26<sup>th</sup> April – Coping Café**  
**"How to manage bothersome peers"**  
**Presented by the**  
**Guidance Officer – Karen Mooney**

### 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](http://www.flexischools.com.au)

## Chappy News

### Love Dare 18

Love is a choice, not a feeling. It is an initiated action, not a knee jerk reaction. Choose to be committed to love even if your spouse has lost most of their interest in receiving it. Say to them in words similar to these "I love you. I choose to love you even if you don't me in return."

**'The Love Dare' by Stephen & Alex Kendrick(Summarised)**

## Coping Café – 26<sup>th</sup> April



**You are invited to attend Calliope State School's cake and conversation Coping Café!**

Parents 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. We would like to meet you, and as an integral part of your child's growth and support, encourage parents and caregivers to be part of our positive school community.

**"How to manage bothersome peers"**  
**Presented by Karen Mooney- Guidance Officer**

**What do I bring?** Conversation, concerns, congratulations and children you may have at home!  
**Do I need to RSVP?** No! Coffee, tea and cake is provided we just need YOU there to share it with.

**Wednesday 26th April**  
**9.00 am in the Library Square**  
(Coping Café is held the 4th Wednesday of every month, except school holidays)  
Calliope State School  
Phone: 07 4975 6333 Fax: 4975 6437

## School Banking

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.



## Word of the Week

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

## Pizza Day



### CALLIOPE STATE SCHOOL P&C ASSOCIATION **PIZZA DAY**

This Pizza Day is to help raise funds to reduce the cost of the 2017 Year 6 Camp

- **Prep – Year 2** on Monday 15<sup>th</sup> May at First Break
- **Years 3 – 6** on Monday 15<sup>th</sup> May at Second Break
- *Gluten Free and Vegetarian pizzas* are also available please note it on the order form.

'One student, per order form'.

Please return orders to your teacher

NO LATER THAN 3.00pm THURSDAY 4 May, 2017

**We cannot accept late orders.**

Please ensure orders and money are placed in envelope or clip seal bag, with your students Name and Class clearly marked.

*We thank you for your support,  
Calliope State School P&C Association*



## Reminder

**Public Holiday –  
Monday 1<sup>st</sup> May**

## Stars of the Week – Principal Parade

<b>Prep A</b>	Zoe	<b>Prep B</b>	Leila
<b>Prep C</b>	Caitlin	<b>Prep D</b>	Indianah
<b>1A</b>	Jessica	<b>1B</b>	Phoebe
<b>1C</b>	Kane	<b>1D</b>	Hailee
<b>2A</b>	Haasni	<b>2B</b>	Mackenzie
<b>2C</b>	Amalia	<b>2D</b>	Rhyan
<b>2E</b>	Skylah	<b>3A</b>	Amy
<b>3B</b>	Annabelle	<b>3C</b>	Jenna
<b>3D</b>	Flynn	<b>4A</b>	Paige
<b>4B</b>	Bradley	<b>4C</b>	Georgia
<b>5A</b>	Skye	<b>5B</b>	Daniel
<b>5C</b>	Talen	<b>6A</b>	Tayla
<b>6B</b>	Mia	<b>6C</b>	Shari

### Hearing and Vision Assessment

The last thing a parent wants is for their child to struggle academically and there are many reasons why this might occur. Some causes are very complex and others are very simple. Two of the causes that may be easily managed are poor hearing and vision. These problems can be easily identified and may be easily managed by having your child's hearing and vision assessed. Your child's vision can be tested at any optometrist and is free. Hearing can be assessed through the hospital or at the local doctor's for the cost of a visit. Poor hearing and vision can have such a detrimental effect on your child's learning but depending on the severity and length of time that the issue has been present it may be quickly corrected.

You might not think that your child has any hearing or vision problems but often children compensate for their weakness by lip reading, appearing non complaint because they don't follow instructions or they dislike participating in particular activities. The only way to be certain is to have them assessed. Hearing and vision health can also change quickly that is why it is recommended that they be assessed every two years. If you have not had your child's hearing and vision assessed please do so. At the completion of the assessment ask the practitioner to give you a statement of findings. Bring the results to the school for it to be copied and added to your child's file. If there were any concerns please inform your child's classroom teacher.





## What is mindfulness?

Mindfulness is a whole body-mind state of awareness that involves 'tuning in' to the present moment, with openness and curiosity, instead of 'tuning out' from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future- which is often our brain's default mode.

Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

## Why practise being mindful?

The way we interact with our kids has a huge impact on the way they think about themselves and their levels of personal resilience. Ellen Langer and team, a world-renowned mindfulness researcher found that children not only prefer to interact with mindful adults, but actually devalue themselves following interactions with mindless adults (Langer, Cohen & Djikic, 2010).

## The benefits of mindfulness with children

- Research shows that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and **decision making** abilities.

- Mindfulness training involves tuning in to internal and external experiences with **curiosity** resulting in increased self-awareness, social awareness, and self-confidence.
- Mindfulness training increases children's ability to **self-regulate** their emotions, especially difficult emotions such as **fear** and **anger**, through breathing and other grounding techniques.
- Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children's awareness of others and helps them to **build positive relationships**

## Mindfulness and childhood mental health

- Mindfulness training has been shown to reduce the severity of **depression**, **anxiety** and **ADHD** in children.
- Mindfulness builds **resilience** by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

## Mindfulness for parents

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises themselves! The more present and mindful you are with your children, the more happy, mindful and resilient they will be. Mindfulness training can assist parents to remain in the present moment and engage more fully when interacting with their children. Research shows that parents and carers who practice being mindful around their children contribute to improving their child's sense of self-worth and self-esteem.

- **Mindful play:** Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that's fine – that's just what minds do! Use your child as an anchor to come back to every time your mind wanders away.
- **Mindful cooking:** Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.
- **Mindful dinnertime:** Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It's a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.

- **Mindful teeth brushing:** Getting kids to brush their teeth can be a challenge, so why not make it a challenge, by inviting them to try to do it mindfully with you? Invite them to pay attention to the feel of the brush in their mouth and the sensation and taste of the toothpaste. Ask them three things they noticed that was different about their brushing tonight than from the previous night.

## Mindful learning environments

- Teachers and early childhood educators can influence student wellbeing and learning by understanding, embodying and embedding principles of mindfulness into their learning environments.
- Teachers and early childhood educators who are encouraged to develop mindful awareness in their own life will positively influence their whole community.

## A mindful partnership

KidsMatter has joined forces with Smiling Mind, a free program that helps develop Mindfulness Meditation skills in children. Read more about [the collaboration between KidsMatter and Smiling Mind](#).