



# Calliope State School

24<sup>th</sup> October 2017

Calliope Kids  
are:

Safe

Respectful

Responsible



## What's happening in ...

### News from 1D

Wow! What a busy start to Term 4 we have had. We have been learning about Procedures in English which has been a very exciting unit, mostly because Mrs Keyworth taught us how to write recipes and we have been able to make some delicious treats like fairy bread! We have also learnt how to feed a cat and a dog, wash a pet pig and catch whiting. On Grandparents' Day we taught our special guests how to make Tic Toc Teacups following our own procedures.



We have also been so excited to share our prior knowledge and continue learning about light and sound in Science. The students have a wealth of knowledge already and can't wait until they get to make their own musical instrument in a couple of weeks.

Last Friday we also had the wonderful firefighters from Calliope Fire Station complete our Fire Education with us. After we showed Firefighter Graham what we knew, he let us climb through the truck and hold the hose!



Dawson Highway  
Calliope, Qld, 4680

Telephone  
(07) 4975 8333

Facsimile  
(07) 4975 6437

Website  
[www.calliopess.eq.edu.au](http://www.calliopess.eq.edu.au)

E-mail  
[admin@calliopess.eq.edu.au](mailto:admin@calliopess.eq.edu.au)

## Principal's Piece



### Grandparents Day

Last Friday's Grandparents Day was a wonderful success with a large number of grandparents and great grandparents and 'fill in' grandparents attending. Thank you for visiting our school and spending time with the children. I also want to acknowledge the staff led by Mrs Bishop for their organisation of this activity.

### Prep Open Day

This week we are hosting our Prep Open Days for 2018 families. Please come along with your children if they are joining our school in 2018 between 9:15am-10am on Thursday morning.

### ICAS Success

Congratulations to the 45 students who participated in the ICAS Mathematics Competition. We had a large number of students who achieved Merit (top 54%-64%) and Credit (top 64%-89%) Certificates. A special mention to Aidan D who achieved a Distinction, placing him in the top 95% of student achievement in Australia.

### Day for Daniel

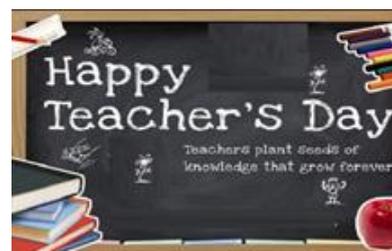
This Friday, students are encouraged to dress in a red shirt (sun safe) as we acknowledge a Day for Daniel. In class, teachers will be discussing with students some personal safety behaviours they can use.



### World Teachers Day

On Friday we celebrate and acknowledge the wonderful work done by teachers in our school as part of World Teachers Day. Each and every day, our teachers work tirelessly to provide our students with not only academic opportunities but also emotional and physical support. Please take the time to thank our teachers when you are next in the school. Special recognition to our own Mrs Marjorie Foster, on her 25 years of service to students in Queensland.

**Principal,  
Mark Wright**



## !!DATES TO REMEMBER!!

25<sup>th</sup> Oct – Coping Café

26<sup>th</sup> Oct – Prep Open Morning

27<sup>th</sup> Oct – World Teachers Day

27<sup>th</sup> Oct – Day for Daniel

3<sup>rd</sup> Nov – Reading Work Shop

7<sup>th</sup> Nov – P&C Meeting

11<sup>th</sup> Nov – Remembrance 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 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.

## Stars of the Week



<b>Prep A</b>	Brax	<b>Prep B</b>	Claire
<b>Prep C</b>	Ella	<b>Prep D</b>	Abbey
<b>1A</b>	Mason	<b>1B</b>	Zedikiah
<b>1C</b>		<b>1D</b>	Hailee
<b>2A</b>	Keira	<b>2B</b>	Holly
<b>2C</b>	Chelsea	<b>2D</b>	
<b>2E</b>	Hayley	<b>3A</b>	Amelia
<b>3B</b>	Ella	<b>3C</b>	
<b>3D</b>	Bailey	<b>4A</b>	Max
<b>4B</b>	Molly	<b>4C</b>	Ben
<b>5A</b>	Noah	<b>5B</b>	
<b>5C</b>		<b>6A</b>	Noah
<b>6B</b>	Savannah	<b>6C</b>	Isaac
<b>Music</b>		<b>PE</b>	

## Word of the Week

Week	Word	Syllables Each syllable part has a Vowel phoneme	Phonemes
4	goal	goal/	g.oa.l

## Dental Van

The School Dental Service is now offering services to students at Calliope State School. To arrange an appointment parents /guardians will need to collect a form from the office, complete and return it. For further information on this service, please visit our website: <http://www.health.qld.gov.au/oralhealth/services/school.asp>

## Parent Workshops

We are offering three parent workshops this term:

- **3<sup>rd</sup> Nov – 10am** – Reading workshop – With Kylie Kettle (*repeat from term three*)
- **10<sup>th</sup> Nov – 10am** – Prep parents DD Code
- **17<sup>th</sup> Nov – 10am** – Maths master class – With Camille Cameron (*repeat from term three*)

## Day for Daniel

Students are invited to wear red t-shirts this Friday the 27<sup>th</sup> of October to support Day for Daniel. A gold coin donation is appreciated.

## 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**

## Coping Café

**WHEN:** Wednesday 9:15am 25 Oct 2017

**WHO:** Bettina from Gladstone Regional Libraries will share the importance of Children aged 0-5 developing healthy sensory systems for learning.

## RotaKids

RotaKids are collecting laundry and toiletry products for the Dignity Hub run by Roseberry Queensland. The Dignity Hub is a place where people in our community experiencing homelessness can go to have a shower, wash their clothes and have a chat over a cup of tea. There is a donation box in the office. RotaKids are collecting toiletries and laundry items; soap, toothbrushes, toothpaste, shampoo, conditioner, hairbrushes, laundry powder and liquid.



## Remembrance Day

Calliope RSL Sub Branch will conduct a Remembrance Day service at the Calliope Cenotaph beside the RSL Hall, Stirrat Street, Calliope on Saturday 11<sup>th</sup> November 2017. Service will commence at 10.45am and conclude at 11.15am. Veterans, Returned and serving service members, community representatives and members of the public are cordially invited to attend the service and may lay a wreath if they wish. Complimentary cold drinks will be available for service attendees and following the service the annual Remembrance Day raffle will also be drawn.

For further information please contact President Robyn Marshall on 0439 756 931 or Secretary Darryl Saw on 0447 417 746



REMEMBRANCE DAY  
*Let Us Forget*

## Botanic to Bridge

This year there were 126 participants representing Calliope State School. As a result of this wonderful participation, the school will receive a donation of \$913. Thank you to everyone who ran or walked for Calliope State School.

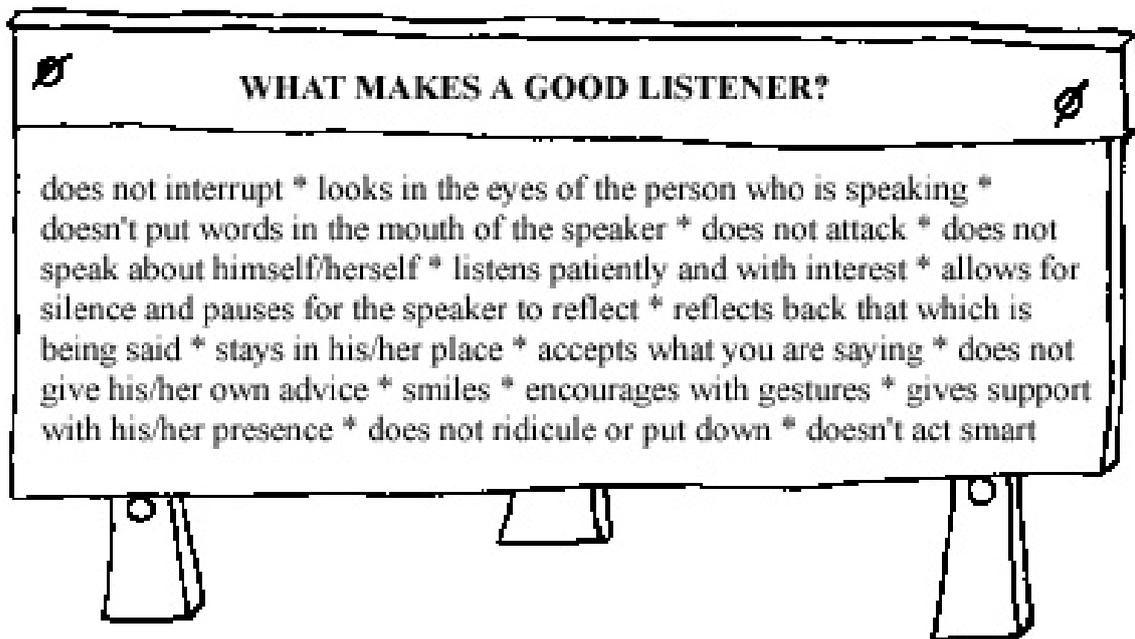
## Grandparents' Morning Photos

Be sure to check out our Facebook page for more photos from the morning.



## Positive Behaviour for Learning (PBL) lesson

This week the students are learning about ways they can show that they are listening to adults or peers. Students will brainstorm strategies that can help a good listener.



**A**ttention to the speaker

**C**hairs straight and still

**T**eacher talking

**I** look to the front

**V**oice has stopped

**E**ars are open.

## Supporting children to cope with stress



Children who cope better with life's everyday setbacks develop good mental health and wellbeing. Some ways adults can support children's developing coping skills include:

### **Optimising children's positive experiences**

- Keep stress within a manageable everyday range.
- Arrange opportunities for 'ups' that involve fun, joy, and pleasure which provide a bank of positive emotions to buffer against life's everyday 'downs' that may involve hurt, disappointment, frustration or conflict.

### **Helping children develop optimism**

- Children learn by observing others. Show them how to be optimistic by your own attitude and what you say when things go wrong for you.
- Look for solutions and avoid blaming others or yourself.
- Give children opportunities to succeed.
- Give realistic praise and encouragement.

### **Helping children to reframe their unhelpful thoughts, feelings and behaviours into helpful ones**

- Help children turn setbacks into a drive to try again
- Help children to think positively. For example, "I know that puzzle was hard today, but yesterday I saw you get a hard puzzle out. You kept trying until you found the right place to put the pieces."

### **Reconnection and repair when things go wrong**

When things go wrong between parents and carers and a child, the most important thing to do is to reconnect and repair the relationship. This is not only essential for the child's mental health and wellbeing but also enables them to learn to deal with relationship problems. It may not be possible to reconnect right at the time because of strong feelings, but as soon as you can, offer a hug and some words to show that you understand and accept how the child felt.

## Maya's story

Three-year-old Maya had a day when things went wrong and thought her father should have been able to make it alright. At bedtime she started to kick and pinch him. He asked her to stop but she continued. He said he would not let her hurt him or anyone else and held her hands to prevent her pinching. She became very upset. He was angry too because he had been doing his best to help her that day. After a little time, Maya's father put his arms around her and said it was not okay to kick and pinch, and asked if she was upset and confused. Maya nodded, cuddled in to him and stopped trying to hurt him. Maya's father said he could not always prevent things going wrong but would always keep her safe and take care of her.

When things go wrong between you and a child, whether small or more important, the chance to repair and reconnect allows the child to feel safe and secure in their relationship with you and in themselves.

## HAPPY principles

The HAPPY principles also offer some ways to help your child have an optimistic outlook and are outlined in the table below:

<b>Have a go</b>	<b>Accept both success and loss</b>	<b>Practise</b>	<b>Plan for the best outcome</b>	<b>Getting to Yes!</b>
Break tasks and games into manageable pieces so children can succeed. Try to celebrate your child's successes.	Keep an eye on your helpful and unhelpful thinking as this may influence your child.	Allow your child to watch you practise and persevere at activities you enjoy. This will teach your child to do the same.	Encourage children to think situations over and choose outcomes that are enjoyable and build confidence.	Optimism and resilience arise from succeeding even after setbacks.



AUSTRALIAN PRIMARY SCHOOLS  
MENTAL HEALTH INITIATIVE