



# Calliope State School

28<sup>th</sup> March 2017

Calliope Kids  
are:

Safe

Respectful

Responsible



## What's happening in ...

### News from 2B

Students have been participating in a lot of practical and authentic activities this term to support and extend their knowledge and understanding of concepts being learnt in class. They have worked as scientists, artists, word detectives, engineers, authors, poets, problem solvers and much more.

In Geography, they have combined their knowledge of birds eye view with their collage skills to create a 3D birds eye view of a playground. In Science, they have investigated how washing detergents act as emulsifiers when combined with oil and water and further investigated the best type of washing up liquids to clean the dishes. Yes, they discovered how to wash the dishes and can now help mum and dad with this at home!

Students have also learnt to identify warm and cool colours and have created mirror images of a town whilst applying the use of these colours to create a reflection effect. Our word detectives have been using letter blocks similar to scrabble tiles, to consolidate their knowledge of sight words and no excuse words. We have also written stories with familiar and new characters and are currently finalising our reconstruction of a familiar poem.

It has been a very busy and fun term and we look forward to what Term 2 has in store for us.



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## Principal's Piece

Wow! The end of term 1 is already upon us. It's hard to believe that our little preppies have already completed their first term of schooling and I must say how impressed I've been with the way they've settled into the life of a student at Calliope SS.

Next term will see the introduction of a number of refined processes regarding student movement and lunchbreak protocols. The year 5 and 6 students will (finally) get their own space in the undercroft of their new building. This will allow for more space to be provided to the year 3 and 4 students in the tuckshop area. Additionally, students arriving prior to 8:15am will need to sit in the undercroft area until released by the staff member on duty. Students who catch busses will also use this area to assemble in the afternoons. How wonderful it is to have problems caused by growing numbers and the introduction of new facilities!

Recently, there have been a number of incidents that have required the attention of Admin regarding Ooshies. As has been the message in previous newsletters, if a student chooses to bring these toys to school, they are the student's responsibility to use in a manner that meets the expectations set out in the Responsible Behaviour Plan for Students. The school cannot commit time and resources to recover lost toys. With that in mind, my advice would be to leave them at home.

This week has already seen a large number of teachers and parents meeting to discuss their students' progress through the first semester and discuss improvement strategies and goals for the future. Thank you to all of those parents who have made appointments with their child's teacher. It is great to see so many parents actively involved in the educational journey. Your support is always appreciated.

As mentioned in last week's newsletter, I will be on leave for the first couple of weeks of term two. Ms Norris will be Acting Principal and Mrs Bishop will step into the Acting Deputy Principal role.

I hope you all have a safe and enjoyable Easter holiday period (if the weather lets you). See you at Principal's Parade on Friday!

Jeremy Godden  
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:

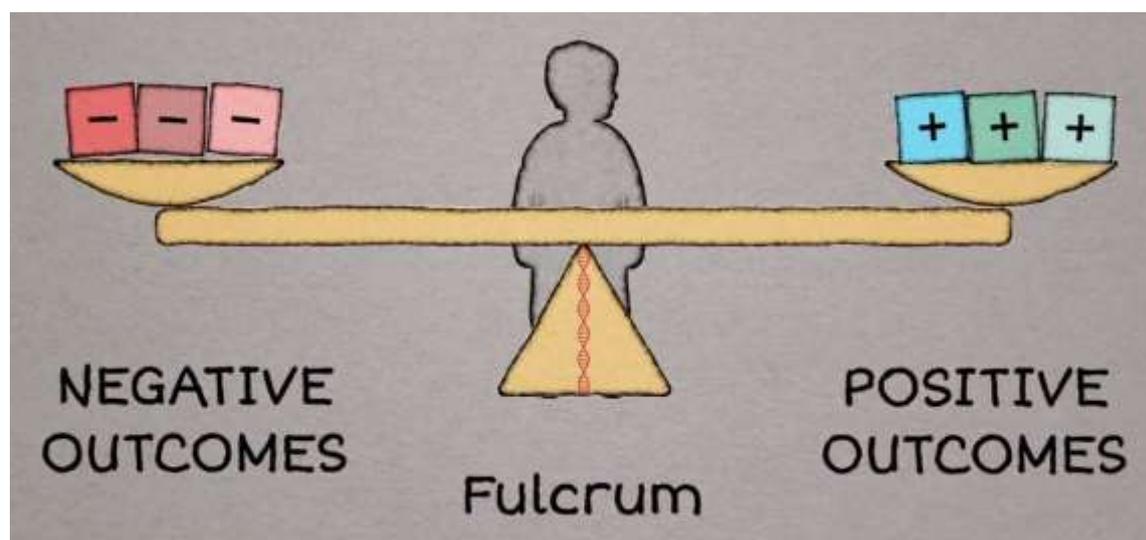
- The ability to learn from their experiences and grow
- Good relationships with others
- A capability to manage their own emotions and express empathy for others
- Good communication skills
- Good problem solving skills
- The ability to set realistic but rewarding goals and actively work towards them

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.

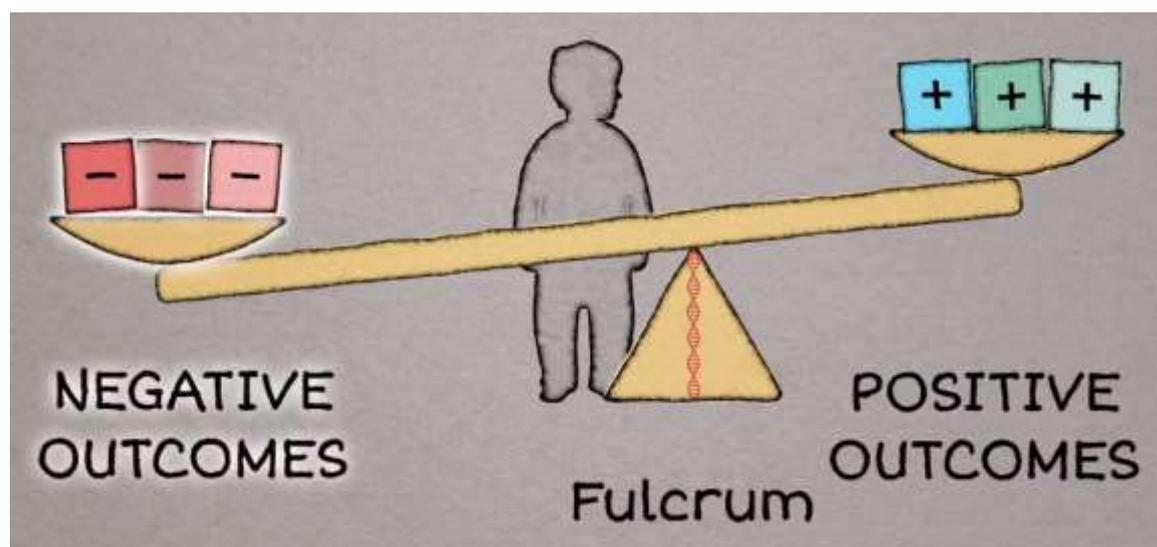
All of these resilience characteristics contribute to positive mental health and wellbeing, and reduce the risk of social or emotional problems later in childhood. There is also emerging evidence to suggest that resilient children are more likely to achieve academic success.

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.

## Dates to Remember

27-30	Mar	Parent Interviews
31 <sup>st</sup>	Mar	Principal's Parade
18 <sup>th</sup>	Apr	Term 2 starts
17 <sup>th</sup>	Apr	Easter Monday
25 <sup>th</sup>	Apr	ANZAC Day Holiday
01 <sup>st</sup>	May	May Day Holiday

Office hours are 8am-4pm

Cash only, EFTPOS is  
UNAVAILABLE in the office.

The office will not be receipting  
any money after Wednesday  
morning.

Mini Music Book - \$7  
Alphabet Scrapbook – \$14  
Thrass Chart - \$7.50

## School Banking

Reminder: school banking occurs on  
Wednesdays. 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.



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.

[Read more about optimism and developing coping skills.](#)

## Stars of the Week

<b>Prep A</b>	Colby	<b>Prep B</b>	Tahlia
<b>Prep C</b>	Brooklyn	<b>Prep D</b>	Saevon
<b>1A</b>	Tyreece	<b>1B</b>	Navaya
<b>1C</b>	Blake	<b>1D</b>	Jimmy
<b>2A</b>	Chloe	<b>2B</b>	Ryder
<b>2C</b>	Luke	<b>2D</b>	Sydney
<b>2E</b>		<b>3A</b>	Abbey
<b>3B</b>	Juan	<b>3C</b>	Ashley
<b>3D</b>	Layton	<b>4A</b>	Finn
<b>4B</b>	Bailey	<b>4C</b>	
<b>5A</b>	Ryder	<b>5B</b>	Thomas
<b>5C</b>	Ahlia	<b>6A</b>	Taryn
<b>6B</b>	Noah	<b>6C</b>	Byron
<b>PE</b>	Samuel	<b>Music</b>	
<b>Health</b>			

## 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.

## Prayer Time with Chappy

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



## 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](mailto:absences@calliopess.eq.edu.au)**

We appreciate and thank-you for your cooperation.

## Word of the Week

Word	Syllables Each syllable part has a vowel phoneme	Phonemes	Vowel phoneme box
conclude	con/clude	c/o/n/c/l/u/d/e	/o/as in frog /u/ GCA as in moon, screw, glue

## Principal's Parade

Our Term 1 Principal's Parade will be held on Friday 31 March, starting at 9.15am. This parade will go longer than a normal Friday parade. We will be starting off with the Easter Hat parade, followed by the Principal awards – one per class. These awards are for students who have been demonstrating safe, respectful and responsible behaviour all term. There will then be some class presentations to conclude the parade. All parents and family are welcome to attend.



Students have been busy creating Easter hats for the parade.

## Extended Learning Programs

The Gladstone area state schools work together each year to offer some extended learning days for students across a range of areas. This term we have had three Year 3 students attend a coding day at Gladstone West, Calliope hosted a maths challenge day for year 6 students and we have eight students in the GEM choir who start their rehearsals tomorrow. The GEM choir will perform with the Queensland Symphony orchestra in Term 2. More programs will be offered throughout the year.

Our Maths Challenge team



## 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.

**Calliope Pool Number**

**0497 815 393**

## Cross Country

The cross country competition was held on Monday 27<sup>th</sup> March. A great morning was had by all students either running the cross country or cheering or encouraging their team mates. Congratulations to Flinders on being Cross Country champions for 2017. Please see below some photos from the cross country.



**School resumes on Tuesday  
18<sup>th</sup> of April**