PRINCIPAL’S PRATTLE

P&C MEETING

Last night was our 2nd P&C meeting for the year and it was also our AGM. Unfortunately we were unable to fill the position of Secretary. If you would be able to give some of your time to this very important position (it’s not lots of work) please contact me through the office and I can let you know more about the position. It is vital that this is filled as our P&C is very active in the school and work very hard to provide a range of different experiences and resources for our school.

While I am talking about the P&C we will be having another FETE this year. The P&C desperately needs help to prepare for this event to make it a success. The more people we have available to help the better we work and the better the FETE will be for everyone concerned. Get together with a small group of other parents or friends and when you see the job list in the next newsletter get your name in quick to help with a stall or event on the day.

END OF TERM

This term is only a short one and after this week we only have 2 weeks left. Our teachers have had reading as a major focus and I am very pleased with the efforts they have been putting into their planning and work with the students. I saw some year one students last week already reading well above the level we expect students to reach by the end of year 1. WOW – what an achievement.

ATTENDANCE

Here is a graph of our most recent attendance statistics. We still have a way to go to reach our target of 95% overall. One of the most concerning stats to come out of this graph is our year 3 cohort. This year they will be doing NAPLAN and at the present time they have the lowest attendance of any year level. If they are not at school then learning will not be occurring.

BEHAVIOUR

We have been having a crackdown on swearing in class and swearing directed at others. We have unfortunately had to complete a number of suspensions over the past few weeks in relation to this behaviour and we will continue to focus on it as it is not acceptable in a school or classroom setting.

We have also been speaking to the students about wearing of hats and that we have a NO HAT NO PLAY policy. Please help us by making sure your child has a hat and that it is clearly named.

LEADERS INDUCTION

Next Monday we will be holding our Leaders induction ceremony. This is an important part of our school calendar and anyone is welcome to attend and see what a great bunch of students we have and especially those who have been selected for leadership positions for the school year.

PARENT INFORMATION

Please find below an article by Michael Grose about how you can best help your child develop effective social skills.

Social skills for children

By Michael Grose

School brings different types of learning, including social interactions and how to make friends. Parents can lay the foundations at home by teaching their kids these 7 important social skills.
Children who are able to form friendships when they start school are happier at school and also learn better.

More significantly, positive friendships have long-term implications for social and indirectly academic success.

Friendships skills are generally developmental, but they don’t develop in isolation. Kids acquire these skills when they play with their siblings and interact with children and adults outside their family.

Today’s children grow up with fewer siblings, fewer opportunities for unstructured play and less freedom to explore friendships than children of even ten years ago.

Parents can help kids develop important social competencies by teaching them sociable behaviours at home, being good role models and providing opportunities for kids to play with each other in a variety of situations.

Here are 7 important social skills to help children to develop:

1. Ask for what you want

Help children ask for what they want. It means they don’t throw tantrums, whinge, and sulk or expect parents to guess what’s on their minds. While we need to be patient with toddlers, we need also to give older children the chance and opportunity to ask for what they want. Sometimes we need to ignore shrugs and grunts and expect them to articulate their wishes. This is the basis of civil behaviour, as well as a basic human skill.

2. Good manners

Teach kids good manners, in particular the three ‘power words’. These words are very persuasive because they have a way of breaking down barriers and people’s defences. These three words are: your name; please; thanks. These terms are the basis of good manners, and, when used, will increase the likelihood of getting what you want.

3. Sharing

Sharing is a basic social skill. Developmentally, very young children like to keep their possessions themselves. As they get older and move into Pre School and beyond the notion of sharing becomes a pre-requisite for playing with and forming relationships with others. Other children like to play and be with those who share their time, possessions and space with them. Sharing is the start of empathy as it shows sensitivity to other people’s feelings.

4. Holding a conversation

Holding conversations with others is a lifetime friendship skill. Conversations require self-disclosure, which can be challenging for some children. Good conversationalists give of themselves, but also take an interest in the person they are talking to. Many children forget that good conversations are two-way events, and tend to focus solely on themselves.

Children within conversations need to learn to ask good or interesting questions; to take turns when speaking and to show you are listening by making eye contact and not interrupting.

5. Winning and losing well

Kids need to learn to win without rubbing others noses in it, and lose gracefully without throwing tantrums and making excuses. Wanting to win is natural, but they need to do so in a way that they maintain a relationship with other players so they will play again. Losing may make kids feel bad, but kids need to control their negative feelings so that others will play with them again.

6. Approaching and joining a group

The ability to approach strangers in social situations is valuable skill that opens up many doors, both friendship-wise and business-wise. These skills can be learned and practised during childhood, so that it becomes second nature in adulthood.

7. Handling fights and disagreements

Disagreements happen in families and among friends. The key is to make sure disagreements don’t lead to the breakdown of friendships. It’s important to get across to kids that having an argument or disagreement doesn’t mean that a friendship is over. Strong friendships, like strong family relationships, withstand disagreements. In fact, they only serve to strengthen friendships.

The results of a number of studies indicate that children can be taught friendships skills. The strategies are simple and revolve around teaching children a range of friendly behaviours such as: talking with others while playing, showing an interest in others, smiling, offering help and encouragement when needed, a willingness to share and learning how to enter a game or social situation.

As parents we often focus on the development of children’s academic skills and quite easily neglect the development of important social skills, which contribute so much to children’s happiness and wellbeing.

Murray Gleadhill
Principal

STUDENT RESOURCE SCHEME

Thank you to the family’s that have joined or returned the SRS Scheme Form. 2016 Student Resource Scheme (SRS) and a Participation Agreement Forms were sent home again with your child last week. This form needs to be returned to clearly show your Participation or NON Participation.

Participation in the Student Resource Scheme is voluntary, however, the school can provide the best value for money through bulk purchasing of quality products. Participation in the Resource Scheme also ensures that teachers can distribute resources to students immediately, thus improving the quality of teaching and learning time for all and to make the most of the programs we teach during 2016.

At $65.00 per child, costs are comparable to other schools adopting this scheme. To ensure this scheme works well and to enable final budget decisions, it is preferred fees be paid in full by the end of Term 1.

Payment via the internet or BPoint are the preferred payment methods. These methods allow families to make payments conveniently, without the need to come into the
school. This is a very good way to manage this, giving family’s flexibility with payment timing. Please note – Receiving days are now strictly Tuesday and Thursday between 8.15am and 10.00am.

**Should you have difficulty making this payment,** we encourage you to make an appointment with myself as soon as possible so we can work out the best solution for you and your family. We are very aware things can be challenging for families in the present economic climate, however we are very willing to work with our families to ensure a positive outcome for all concerned.

**Why do we need a Resource Scheme?**

State Education provides instruction, administration and facilities for the education of students in state schools.

This funding cannot stand alone in providing your student a complete education therefore in addition; the *Education (General Provision) Act 2006* confirms that State School students can be charged a fee for:

- Specialised educational programs
- Educational services purchased from an external provider
- Services, materials and consumables

Your contribution of $65.00 towards your child’s education will provide:

- Use of a variety of curriculum specific resources
- All printed class worksheets and handouts
- Basic materials for practical subjects
- Materials used for classroom projects
- Student reference material
- ICT – Mathletics, Ipad access/apps

The Resource Scheme provided in this package is for a set contribution. It is not available in part.

*Please note the cost of swimming, instrumental music, camps and excursions are not covered by this scheme.*

**Non Participation** - If you do not wish to join the scheme you are still responsible for providing your child with items that would otherwise have been provided by the school as detailed on the Year Level Resource List, to enable your child to engage with the curriculum. (Please request a copy upon return on the NON Participation form).

**Parents and Carers** are required to return the signed Student Resource Scheme form to indicate their Participation or NON Participation. Failure to return a completed signed form may result in your child’s eligibility to attend the Year 6 GC600 Behaviour Award. Thank you in anticipation for your contribution to this valuable scheme.

*Sharon Johnson*

*Business Services Manager*

---

**Dear parents**

Our school has registered to be an active participant in the National Bullying No Way Day on Friday 18 March.

At our school we aim to create a safe and supportive school community for everyone.

Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

**If your child talks to you about bullying:**

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they’ve told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child’s experience, try to keep calm to avoid more distress to your child.

2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, ‘That sounds really hard to deal with. No one should have to put up with that.’ or ‘I’m so glad you told me. You should be able to feel safe at school; that’s not fair at all’.

3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

4. **Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child’s teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child’s safety.

6. **Check** in regularly with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents.
As well, please contact the school if you would like to discuss any aspect of our approach to preventing bullying. Thanks for your support to make our school a great school for everyone.

**Kim Novello**  
**Behaviour Teacher**

### UNIVERSITY OF NEW SOUTH WALES ICAS TESTS

Each year, the University of New South Wales, (www.eaa.unsw.edu.au) runs the International Competitions and Assessments for Schools (ICAS). These competitions cover various areas of the curriculum. Children who take part receive certificates of Participation, Achievement, Credit, Distinction or High Distinction.

This year, the students in Years 3—6 will be offered the full range of competitions (see table below). Although the first assessment is not until May, the closing date for entries and payment is Tuesday 22nd March. No entry forms or payment will be accepted after this date as registration will be completed online on that day.

<table>
<thead>
<tr>
<th>Competition</th>
<th>Year Level</th>
<th>Cost</th>
<th>Competition date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digital Technologies</td>
<td>3 - 6</td>
<td>$8.00</td>
<td>Tuesday 17th May</td>
</tr>
<tr>
<td>Science</td>
<td>3 - 6</td>
<td>$8.00</td>
<td>Tuesday 31st May</td>
</tr>
<tr>
<td>Spelling</td>
<td>3 - 6</td>
<td>$11.00</td>
<td>Wednesday 15th June</td>
</tr>
<tr>
<td>Writing</td>
<td>3 - 6</td>
<td>$17.00</td>
<td>Thursday 16th June</td>
</tr>
<tr>
<td>English</td>
<td>3 - 6</td>
<td>$8.00</td>
<td>Tuesday 2nd August</td>
</tr>
<tr>
<td>Mathematics</td>
<td>3 - 6</td>
<td>$8.00</td>
<td>Tuesday 16th August</td>
</tr>
</tbody>
</table>

Information has gone home this week with students in Years 3 – 6 regarding these tests. If you did not receive one and you would like your child to participate, please contact the school office for details.

**Tina Flesser**  
**Head of Curriculum**

### MATHLETICS CERTIFICATES

Here at Coombabah State School students have access to the online maths program, Mathletics. Each week students who have achieved a gold or silver level certificate by completing maths exercises are presented with these certificates at their assemblies. Congratulations to the following students who have recently received certificates:

**Silver Certificates**

<table>
<thead>
<tr>
<th>Student</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Johnny Scheffler</td>
<td>2/3 E</td>
</tr>
</tbody>
</table>

**Nina Fitch**  
**Support Teacher: Literacy & Numeracy**

### LEARN TO BE SAFE WITH EMMY AND FRIENDS PROGRAM – TERM 3

**ATTENTION YEAR 1 PARENTS/CARERS: Learn to be Safe with Emmy and friends program – TERM3**

Act for Kids will be providing an in-school protective behaviours program to students in Year 1. The Learn to be Safe with Emmy and friends program has been run in close to 300 classrooms across the Gold Coast, Brisbane, Townsville, Cairns and Adelaide regions for a number of years and has received extremely positive feedback from teachers.

*Learn to be safe with Emmy and friends* teaches children the knowledge and skills to help them identify and respond to risky situations using interactive games, colourful resources and child-friendly language. The benefits of this program is having a trained Act for Kids facilitator going into the classroom and teaching safety concepts across five weeks of one hour sessions.

Researchers from Griffith University are evaluating the program and will be conducting brief 10-15 minute interviews with each child in the program prior to the program and after the program’s completion. Evaluation of the program will help us to see how effective the *Learn to be safe with Emmy program* is and to ensure children are learning how to keep themselves safe.

Children in Year 1 at Coombabah State School are being asked to participate in interviews in Term 1 and 2. *The Learn to be safe with Emmy program* will be held in Term 3, 2016.

Please RETURN the surveys and consent form ASAP so your son/daughter can receive a Dr Seuss book from Griffith University (week9).

**Jessica Kane**  
**Guidance Officer**
**LAUGHTER THE BEST MEDICINE**

**FROM THE GUIDANCE OFFICER**

**LAUGHTER THE BEST MEDICINE**

How is it that the sound of laughter is far more contagious than any cough, sniffle, or yawn?

Laughter is a natural part of life. The part of the brain that connects to and facilitates laughter is among the first parts of the nervous system to come on line after birth. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Now is the time.

While humour and laughter can cause a domino effect of joy and amusement for anyone in range, it is well researched that this activity can make us healthier.

Though it can be difficult to define what exactly makes humour funny, laughter has long been considered helpful to the healing process. Substantial research indicates that humour and laughter play a health role. Did you know that laughing:

- exercises the internal organs (great for the stomach muscles and the cardiovascular system),
- with all that mouth opening and deep breathing, laughing gets more oxygen to the brain (to enhance alertness and thinking),
- boosts endorphins (natural mood-elevating and pain-killing chemicals),
- strengthens the immune system (to help fight off disease.)

Laughter has also been shown to improve pain tolerance, reduce stress, lower blood pressure, and protect the heart.

The social effects too are many. They include:

- improving a person’s optimism and outlook on life
- connecting you to others – others will want to spend time with you
- fostering instant relaxation IT MAKES YOU FEEL GOOD
- and most importantly

Unlike more invasive therapies, laughter therapy is cheap and has no harmful side effects - not bad for such an enjoyable activity.

The great Groucho Marx who spent his movie life clowning around stated: A clown is like an aspirin, only he works twice as fast.

**But Humour must be used with care. Children should not be exposed to inappropriate adult humour. Never use humour to offend or shame another person. It’s not about laughing at another person but ensuring everyone enjoys the joke. If you feel a need to laugh at someone make sure that that someone is you.**

Try these activities. They will benefit your child and you:

- Watch comedy DVD’s and TV shows
- Visit the circus – do some clowning around yourself
- Listen to comedy while driving – the news these days is very depressing
- Read comic authors/ tell jokes.
- Seek out funny people - spend less time with overly serious people.
- Bring humour into conversations. Tell and invite funny stories
- Just practise smiling and laughing. If you have to - ‘fake it till you make it’

Let’s see more people laughing, and smiling. Our communities, including schools and workplaces, can only benefit.

Adapted from Gregory J. Boyle and Jeanne M. Joss-Reid, "Relationship of Humour to Health",


Here are some jokes to share with the Kids

Q In which battle did Napoleon die?
A … his last

Q What can you never eat for breakfast?
A …Lunch or dinner

Q What looks like half an apple?
A…. the other half

Q If you throw a red stone into the blue sea what will it become?
A…. wet

Q How can a man go 8 days without sleeping?
A… No problem, he sleeps at night

Q How can you lift an elephant with one hand?
A… You will never find an elephant that has one hand!

Q If it took 8 men ten hours to build a wall, how long would it take 4 men to build it?
A…. No time at all as the wall is already built

Q How can you drop a raw egg onto a concrete floor without cracking it?
A…. Any way you want as concrete floors are very hard to crack.

**SO LET’S LAUGH MORE**

Jessica Kane
Guidance Officer

**ACTIVE SMART TRAVEL NEWS**

Friday Fitness Frenzy: Breakfast and a Show

What fun Coombabah Active School Travellers had on Friday 26th of February! The weather was perfect for a walk, ride or bus to school. At school, a healthy breakfast of delicious fruit and yogurt gave all participating students an excellent start to the day.

Following breakfast the Preps to Year 2s were entertained by Zero the Hero with a show that promotes walking to school
safely. The message that students received was the Golden Rule, walk with a mate, cross at the crossings and stay on the footpath.

Remember that Friday Fitness Frenzy is every Friday. Travel to school in an active way and you earn stamps in your passports and prizes. Best of all you start the day in a great way!

**The Active School Travel Team**

**PREP TO YEAR 2 EASTER HAT PARADE**

**MUSIC AND MEDIA ARTS NOTES**

**JUNIOR CHOIR**

Junior choir students will perform a piece on assembly on Monday afternoon 14th March. For many students it will be their first choral performance in public and it is a great opportunity for all students involved to develop their confidence and performance skills. Parents and carers are welcome to attend assemblies and we look forward to seeing you there.

**BOOKS FOR INSTRUMENTAL MUSIC**

If you are unsure what book your child needs for Instrumental Music please see the details below. The books will come in various versions for various instruments. Please ensure you purchase the correct book for the right instrument, as String Basics for cello will not be appropriate for a violin player and Sound Innovations for trumpet will not be appropriate for a saxophone player etc. These books are easily obtainable online. If you prefer not to purchase online we suggest contacting your nearest music store and having them order and post it to you.

- **Band:** Sound Innovations book 1
- **Strings:** String Basics by Jeremy Woolstenhume

**MUSIC SHIRTS**

If you are purchasing a music shirt for your child please ensure you have returned the form to the office complete with sizing details by Monday 14th March. Late forms will not be accepted as we need to place the order as soon as possible.

**UKULELE ENSEMBLE**

Ukulele ensemble rehearsals are now under way. If your child would like to participate in this fun group rehearsals are on every Tuesday 2nd break.

**MEDIA ARTS**

Students in years 5 will need to ensure they bring their own headphones to all Media Arts lessons. They are working on their own original piece of music using Garageband and require headphones weekly for this project.

**WHAT’S ON**

- **MONDAY 2ND BREAK:** SENIOR CHOIR
- **TUESDAY 2ND BREAK:** PERFORMANCE CLUB (UKULELE CLUB)
- **WEDNESDAY:** BAND LESSONS
- **WEDNESDAY 2ND BREAK:** JUNIOR CHOIR
- **THURSDAY:** STRINGS LESSONS
- **FRIDAY 2ND BREAK:** SENIOR CHOIR

**Melinda Kidd**

Music/Media Arts Teacher

**SCHOOL FUN RUN**

We are two weeks out from our Fun Run event (Monday 21st March) and we hope that students are working hard towards their fundraising goals!

Did you know that you can WIN a Samsung Galaxy Tablet just for setting up your student profile online? Just click the link below to find out more

Fundraising_students_signup

If you’re having any trouble setting up your student profile or online fundraising, feel free to get in touch with the Adidas School Fun Run team on 1300 733 788.

Thanks for supporting us with your fundraising efforts. We are looking forward to purchasing new equipment for the P. E Department.

And, don’t forget a portion of the money raised will also go towards erecting an undercover walkway to the school hall.

The more money we raise the quicker we can build that walkway!

As an added bonus the class with the highest number of participants will receive a class party as a thank-you for their awesome effort.

A small amount of snacks will be available to purchase from the Fun Run itself. The tuckshop will be open for business. To help with catering please pre-order sandwiches etc.

**Cindy Cooper**

Fundraising Coordinator

**MOTHERS DAY STALL**

We are currently starting to organise our Mother’s Day Stall.

If you would like to donate items to the stall, these can be left at the tuckshop.

Second hand goods in excellent condition that can be presented as a nice gift are also welcomed. Now is the time to clear out your cupboards and re-gift that gift.

If you have any craft ideas for making Mother’s Day gifts then please let us know.

**Cindy Cooper**

Fundraising Coordinator.
**SCHOOL BANKING**

Coombabah State School is excited to offer the Commonwealth Bank School Banking program to all students.

The School Banking program provides children with an opportunity to deposit money into their Commonwealth Bank Youthsaver account at school each week. The program is about how often your child makes deposits, not how much they deposit.

To encourage regular savings behaviour the program offers an exciting Rewards Program. Once your child has made 10 deposits they can redeem a reward.

The rewards available during 2016 are:

- Flying Snake Tail
- Wildlife Writer Set
- Mud Splat Handball
- Outback Pat Bag Tag
- Backtrack Eraser Pen
- Jump and Skip Rope
- Bush Fly Fan
- Wriggly Glow Worm

School Banking day is Tuesday.

If you are interested in opening a Commonwealth Bank Youthsaver account for your child please bring along your current driver’s licence or another form of photographic identification.

Alternatively, you can open an account at your local branch. All you need to bring is your current identification as well as your child’s birth certificate. If you are an existing Commonwealth Bank customer and have NetBank, you can open an account online.

If you would like to know more about School Banking, please ask for a 2016 School Banking program information pack from the school office.

*Jacqui Stoker*

*School Banking Co-ordinator*

**DATES TO REMEMBER**

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 11 March</td>
<td>RI Concert – 9.15 am</td>
</tr>
<tr>
<td>Monday 14 March</td>
<td>School Leaders Induction Ceremony – 9.00am in School Hall</td>
</tr>
<tr>
<td>Friday 18 March</td>
<td>National Day of Action Against Bullying and Violence – Wear orange</td>
</tr>
<tr>
<td>Monday 21 March</td>
<td>Cross Country/Fun Run</td>
</tr>
<tr>
<td>Thursday 24 March</td>
<td>Easter Hat Parade – Prep to Year 2 – 2.00pm in School Hall</td>
</tr>
<tr>
<td></td>
<td><strong>LAST DAY OF TERM 1</strong></td>
</tr>
<tr>
<td>Friday 25 March</td>
<td><strong>GOOD FRIDAY</strong></td>
</tr>
<tr>
<td>Monday 11 April</td>
<td><strong>FIRST DAY OF TERM 2</strong></td>
</tr>
</tbody>
</table>

**PHOENIX NETBALL CLUB - LAST CHANCE TO SIGN ON FOR NETBALL THIS YEAR**

Phoenix Netball Club still has a couple of places for girls who are turning 6 to 10 this year, who would like to play NETBALL.

If anyone would like to register, please email us at: phoenixnetballclubgc@gmail.com or find us on Facebook: Phoenix Netball Club Gold Coast Inc. *by Wednesday 16th March.*

**STEPPING STONES TRIPLE P PROGRAM – FOR PARENTS/CAREGIVERS OF CHILDREN WITH A DISABILITY OR AUTISM AGED 2 TO 12 YEARS**

**BAKERS DELIGHT PROMOTION**

Don’t forget to mention Coombabah State Primary School when purchasing anything from Baker’s Delight Runaway Bay Shopping Village, 5% of the sales are passed onto the school. It’s that easy.

**2016 ASSEMBLY TIMES**

- Monday 14 March 2:30pm – Prep to Year 3
- Monday 21 March 2:30pm – Years 4 to 6