What do Parents Think?

Children with social and emotional problems are often the topic of parents' conversations, as well as the media. Help us document how today’s parents think about children with these problems, their families, and their treatments. We are looking for parents of 4-10 year old children across Australia to complete an anonymous online survey (15-20 min). Participants will go into the draw to win one of 10 $100 gift certificates to Coles/Myer or Woolworths. To participate go to: http://tinyurl.com/parentssattitudes. For more information please contact Dr. Jeneva Ohan at 08 6488 6928.

Remember when you believed in anything and everything?

Researchers from the University of Western Australia are investigating children’s ability to detect and avoid potentially harmful social interactions. We are looking to see how this develops in children, and when children outgrow this vulnerability. We are looking for parents of Kindergarten – Year 6 children across Australia to complete an online survey (15 – 20 minutes). Participants will go into a draw to win one of 10 $50 gift certificates to Coles/Myers. To participate go to: http://tinyurl.com/childsvq. Or for more information please contact Rebecca Seward at (08) 6488 4652.

FROM THE PRINCIPAL’S DESK

Newsletter Number 37 — 27th November 2013

Building Resilience

All parents want what is best for their children. Sometimes though, in our endeavour to protect our children, we take control of a situation, and make decisions, that are not always in our child’s best interest.

Michael Grose (Parenting Educator) talks of 7 resilience robbers that reduces a child’s development of resilience.

ROBBER 1 - Fight all their battles for them

This should be the last resort not the first option. We want our children to have strategies that will help them manage difficult situations.

Solution: Give kids the skills and opportunity to develop their own resourcefulness. Remember there are always 2 sides to a story. Be the consultant not the problem-solver.

ROBBER 2 - Make their problem your problem

Sometimes adults can take too much responsibility for issues that are really up to the child to work out or decide.

Solution: Know when to make their problem their problem.

ROBBER 3 - Give kids too much voice

It is easy to go overboard and allow children too much of a say in what happens to them. Remember you are the adult.

Solution: Know when to make decisions for kids and expect them to adjust and cope.

ROBBER 4 - Put unrealistic or relentless pressure on kids to perform

Expectations about success and achievement are important but they must be realistic.

Solution: Keep expectations in line with a child’s ability. Excessive pressure can create mental health issues.

ROBBER 5 – Let kids give in too easily

Solution: Encourage kids to complete what they have started and put in the best effort even if the results aren’t perfect, nor the task significant.

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Calendar of Events

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday</td>
<td>P&amp;C meeting — 6:00 pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Oakey State High School Year 7 Orientation Day</td>
</tr>
<tr>
<td>Thursday</td>
<td>Awards Ceremony &amp; Year 7 Graduation Night</td>
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<tr>
<td>Friday</td>
<td>Year 7 Wet n Wild</td>
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<tr>
<td>Saturday</td>
<td>End of 2013 School Year</td>
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Awards Album

Students of the Week—2013

Congratulations to the following students for the great job they have done at school during last week.

Bravo and keep up the good work!

Prep—Year 3: Charlotte, Matthew, 1A class rep., Ave, Zoe, Tori, Joshua.

Year 4—Year 7: Connor, Poppie, Lara, Andie, Lachlan, Acacia, (Zakiyyah, Enkena, Dinesh, Jayden not in photo)

Student Word List

Red Words: Kobe, Harrison
Blue Words: Kiri, Slade, Shnaya
Yellow Words: Harmony

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ROBBER 6 – Neglect to develop independence

By teaching kids the skills to look after themselves you are setting them up for life. Start early. Kids who have a sense of independence (but family readily available) feel good about themselves and their abilities.

Solution: As a parent if you weren’t around what skills would you like your child to have eg. for younger kids—dressing themselves, making something simple to eat, washing up, unpacking their school bag; for older – making their school lunch, cooking, cleaning, using appliances.

ROBBER 7 – Rescue kids from challenging or stretching situations

When things are outside the comfort zone we tend to want to avoid them eg. doing a presentation in front of others, school camps. When you show confidence in a child and skill them up to face challenges you will not only help them to cope but their abilities may even surprise them.

Solution: Overcoming challenges enables kids to grow and improve.

In life there are many hardships that occur at any age. By skilling up a child to deal with them effectively you will create independent children that are mentally strong and resilient, and so able to enjoy life no matter what is put in their path. Isn’t that what we want for all our children?

Adapted from Resiliency Robbers by Michael Grose

Have a great week, Scott Pacey

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2013 Awards Ceremony
Thursday 5th December

Commencing 9:30 am till approx. 11:30am

• 2014 school leaders announced.
• Achievement Awards
• Class Awards

Parents, family and community members are most welcome to witness the achievements of our students. All Welcome.

Cuddly Bears Operating Hours

Cuddly Bears are going to start with new opening times in 2014. From 6th January 2014 the operating times will be from 5.30am to 6:00pm Monday to Friday. The centre will also be operating Vacation care over the School holidays.

Creating Healthy Communities – Tell us what you think?

Let us know what you think council should do to help people eat well and be active by completing our survey (www.surveymonkey.com/s/BeActiveEatWell) by 20 December, 2013. Information from the survey will be used to develop Council’s new Be Active Eat Well Strategy! All who complete a survey will go into the draw to win a Healthy & Active pack valued at $500! For more information contact Council 131 872 or change@owoombah.qld.gov.au.

PHONE MESSAGES

Parents calling at 2:30pm onwards for student messages cannot be guaranteed these will get though to the student.

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Tuckshop is open

Operating only on Thursday & Fridays.

PLEASE REMEMBER TO PRE-ORDER FOOD BEFORE 9:00AM

Students are required to pre-order all hot food.

Late orders will not be accepted.

No credit available—NO Money NO Food

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Please LABEL all your child’s possessions so when items are lost or misplaced they can be returned to the rightful owner. Lost property is located under A Block.

HEADLICE ALERT. Please check your child’s hair regularly.

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Congratulations to the following students for the great job they have done at school during last week.

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School Arrival and Departure

In the interest of supervision and safety, children are not to arrive at school before 8.30 am and should be collected/have left the school grounds no later than 3:15pm each day. No supervision for students is offered before or after school. Our staff are extremely busy in the mornings and afternoons with curriculum preparation, meetings and administrative tasks, and therefore are not available to supervise early arrivals or late departures. Thank you for your support and understanding; it is greatly appreciated.

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WATER BOTTLES

As we are now in the warmer months of the year, it is recommended that students drink plenty of water. Students are encouraged to bring a water bottle to school.