Resilience

Building resilience — the ability to adapt well to adversity, trauma, tragedy, or even significant sources of stress — can help our children manage stress and feelings of anxiety and uncertainty. However, being resilient does not mean that children won’t experience difficulty or distress. Emotional pain and sadness are common when we have suffered major trauma or personal loss, or even when we hear of someone else’s loss or trauma. Some kids are resilient by nature — their temperament helps them to be mentally and psychologically tough. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids. Resilient kids share four basic skill sets - independence, problem-solving, optimism and social connection. You can promote a lasting sense of resilience in your kids by:

1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he/she meets some of life’s curve balls.

2. Look for teachable moments. Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

3. Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

4. Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation. Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope. Have a great week.

Tracy Nicholson, Acting Principal

Calendar of Events

- **Friday 22nd August**: Book Week Dress up for Parade
- **Monday 1st September**: P&C Meeting @ 5:30pm
- **Friday 19th September**: Last Day of Term 3
- **Monday 6th October**: Labor Day
- **Tuesday 7th October**: Start of Term 4

**A reminder to notify the school to keep all details up to date and current.**

Staff at Oakey State School are committed to supporting students’ health and wellbeing. We would appreciate parents/carers providing the school with any relevant health information that is required to support students at school. This information is collected at enrolment but needs to be updated regularly, or if new health conditions develop.

Please contact the office staff to update your child’s medical information as well as phone / mobile phone contact numbers.

PO Box 340, 24 Campbell St, Oakey, Q, 4401 | T: 07 4692 0333 | F: 07 4692 0300 | E: the.principal@oakeys.qld.edu.au | W: www.oakeyss.qld.edu.au
Congratulations to the winning sport house Mitchell. House captains with the Shield & Age champions received their trophies on Parade.

Students of the Week
Congratulations to the following students for the great job they have done at school during the week. Bravo and keep up the good work!

Prep—Year 3:

Year 4—7:

Student Word List / Reading
Students to dress up on Friday 22 August as a favourite book character. Students in character will have an opportunity to show off their costume on parade. A girl and boy will be chosen in each year level to receive a book prize for their efforts.

Blue Words: Abbey, Lockie
Red Words: Jade
Green Words: Brock

Book Week Dress Up
Next week is Book Week and we are inviting students to dress up on Friday 22 August as a favourite book character. Students in character will have an opportunity to show off their costume on parade. A girl and boy will be chosen in each year level to receive a book prize for their efforts.

COUNCIL AND COMMUNITY UPDATE
Nominations for Australia Day Awards open soon, closing on 31st October. This is a great opportunity to recognise those who have achieved in sport or community service. Nomination forms are available on Council website, or from the Service Centre.

David Totenhofer, Community Liaison Officer
Customer Service Branch, Oakey Service Centre
T: 07 4692 0148  F: 1800 448 882
E:  David.Totenhofer@toowoombaRC.qld.gov.au

Steps into Prep Playgroup
Monday, Wednesday & Friday: 9:00am—1:00pm
Steps into prep playgroup is open to children 3 years and over, that will be enrolling at Oakey State School in future years. Bring your lunch and hat to join in for some fun & learning.

Oakey & District Meals on Wheels need volunteers to deliver meals to our clients in Oakey. We Deliver Monday, Wednesday & Friday between 11:00am & 1:00pm. The meals are cooked and distributed from the Oakey Hospital kitchen. Please contact Nancy Chalmers on 4691 1309 if you can help.

WANTED
Come and Join
Steps into Prep Playgroup

YOUR CHILD NOT FEELING WELL?
This term we have noticed quite a number of students coming to school not feeling well. If your child has told you they are not feeling well or are showing symptoms of illness, please consider keeping them home to prevent other staff and students being infected.

Influenza (the flu) is caused by a virus. The flu is more than just a bad cold and can occasionally lead to serious complications, including death. Symptoms include high fever, sore throat, weakness, headache, muscle and joint pains and a cough. Treatment includes bed rest and drinking plenty of fluids. Vulnerable people are more likely to develop serious complications including pneumonia. Immunisation can offer protection from flu.

Gastroenteritis (Gastro) is common in young children and spreads easily. Gastro is a bowel infection which causes diarrhea (runny or watery poo) and sometimes vomiting.