

From the Principal

Term 1 is fast coming to an end and once again we have much to celebrate. Throughout the term our numbers have continued to climb as more families are moving into our rapidly growing area. Thanks to all that have supported our fundraising events, I am looking forward to the disco this week and to receiving some hot cross buns next week ahead of the Easter Break.

Each term our students will undertake practice drills of Fire/Evacuation and Lockdown procedures. These will be practices that our staff have discussed with our students and will participate in to increase the knowledge of how these occur. Please don't be alarmed if your child comes home telling of a Fire Drill or Lockdown Drill. In the occurrence of a real life safety event communication would be provided to you by the Principal to provide factual details of the event.

Attendance Matters

One of our focus improvement items this year is around student attendance. Our goal is to have 98% attendance across the school. There have been a few illnesses that have struck our students this term and we understand that you will always keep your children home if they are sick. Absences that can be avoided include family holidays; visits to local theme parks and absences due to financial/food/petrol concerns. If you find yourself in a situation whereby you need some support from the school to get your children to school please let us know. Following are attendance records for all classes for Term 1:

Class	% of attendance	Class	% of attendance
Prep B	95	2BM	91
Prep W	95	2/3R	92
Prep SC	97	3/4O	94
1L	89	4R	96
1R	93	5W	92
		6O	95

Prep SC is our closest class to the target of 98% achievement. Let's hope there are less illnesses in Term 2 and we can have additional classes reaching the target.

Car Park Friday morning

This Friday we may experience some interruptions to through traffic in the carpark whilst a concrete pour is complete. This has come as trucks are unable to drive on the oval about due to the large amount of water after the recent rains. Please follow direction given as required.

School Watch

As the term draws to a close I would like to ask that you keep your eye on our school over the holiday period. Staff from Delta FM, our maintenance and cleaning team will be on site carrying out scheduled maintenance activities. If you see people on site who you don't believe should be there please call the School Watch number: 131788

Happy Easter, see you for Term 2

Donna

Dates to Remember:

Friday weekly 9am – Assembly

Monday 14th – Thurs 24th March – Parent Teacher interviews

Thursday 17th - Badge Presentation to Leaders 9.15am Library

Thursday 17th Disco – P-2 4.30-6pm and Year 3-6 6.30-8.00pm

Kind regards

Donna Gosling

Principal

From the Guidance Officer: Kirsty Thiesfield

Grandfather sat contemplating.

'What's wrong?' asked the grandson

'Grandson I have 2 wolves fighting inside me.

One is anger. One is peace.'

The grandson asked 'Grandfather, which one will win?'

In his wisdom, the old man replied,

'The one I feed?'

American Indian Proverb

We all have anger. It's a normal human emotion. At times it is useful to express strong feelings as it helps us deal with situations that trigger those strong feelings. However management is the key. If anger is expressed in harmful ways then it can lead to problems in relationships and affect the overall quality of one's life.

Recognizing Anger

Our bodies are great indicators of anger. When you get angry, your heart rate and blood pressure rise and stress hormones are released. This can cause you to shake, become hot and sweaty and feel out of control. You may then yell, throw things, criticise, ignore, storm out, and sometimes withdraw and do nothing. Take note of your body as it can help you control the extent of your anger.

Anger is a problem when:

- It involves verbal, emotional, physical or psychological abuse.
- You feel angry a lot of the time.
- People close to you are worried about your anger.
- Anger is leading to problems with personal relationships and work.
- You think you have to get angry to get what you want.
- Anger seems to get bigger than the event that set it off.
- Anger lasts for a long time, and well after the triggering event has passed.
- Anger affects other situations not related to the original event.
- You are becoming anxious or depressed about your anger.
- You are using alcohol or other drugs to try to manage your anger.
- You are getting angry with the people who are closest to you, or with people who are less powerful than you, rather than dealing with the situation that sparked off your anger in the first place.

Anger can often lead to violence if not properly controlled and some people use anger as an excuse for being abusive towards others. Violence and abusive behaviour gives someone power and control over another person, usually through creating fear.

Tips to Manage Anger

Make a list of the things that often set off your anger eg running late, your children not cleaning up after themselves, or a co-worker blaming you for something you didn't do. If you know ahead of time what makes you angry, you may be able to avoid these things or do something different when they happen eg. for lateness set your clocks ahead of schedule.

Use strategies to calm yourself – deep breath, count to ten, punch a pillow, walk away, put your anger into getting a job completed, talk to a friend (but when calm).

What you think affects how you feel so CONTROL YOUR THINKING - self-talk yourself into rational thinking. Know you are in charge of you. Choose to act and think calmly. It will win more friends and achieve better outcomes.

Be assertive - Being assertive means being clear with others about what your needs and wants are, feeling okay about asking for them, but respecting the other person's needs and concerns as well and being prepared to negotiate. Avoid using words like 'never' or 'always' or 'should'(for example, 'You're always late!', 'you should do this'), as these statements are usually inaccurate, make you feel as though your anger is justified, and don't leave much possibility for the problem to be solved.

Seek professional help if your strategies aren't working

We all have choices. When dealing with anger *which wolf do you want to feed?????*

Adapted from Anger Management : http://www.psychology.org.au/publications/tip_sheets/anger/#s5

Warm regards,

Kirsty Thiesfield

Guidance Officer

From the Business Services Manager – Sharon Laverty

Student Resource Scheme 2016

Recently you would have received the SRS Participation Agreement Form and Invoice for \$125.00. Thank you to all parents/caregivers who have returned their form, paid in full or arranged a payment plan with the Office.

A reminder that the cost of providing instruction, administration and facilities for the education of a student at a state school is met by the State. However, a parent is directly responsible for providing their child with other resources for use at school. Participation in the Scheme is voluntary, and no obligation is placed on a parent to participate. However, all forms must be returned indicating their choice.

Full or instalment payments are to be paid no later than **Friday 18 March 2016**.

Payment Options – Centrepay Deduction, Bank Transfer, EFTPOS Credit/Debit Card, Cheque or Cash

Payments can be made at the Office on Wednesday and Friday ONLY 8am to 10.30am

From the Student Council:

On Thursday 10 March the 2016 Student Council held their first event – Crazy Hair Day. Students and teacher were encouraged to come to school with the wackiest and most creative hair designs that they could imagine – and they did. We saw much colour, gel, toys and unique styles. We raised \$305! All of this money was donated to the Leukemia Foundation to help raise money for Cancer research. A huge thank you to all the families who supported our first charity event.



Be Safe

Be Kind

Be an Active Learner

From the PE News Department

Last Friday PSPC held our annual Cross Country carnival at Pimpama State Secondary College. We are extremely grateful to have the support of the Secondary College this year and would like to thank their staff and students who were exceptional on the day. Another huge success was the behaviour, attitude and effort of all our students who attended and participated. This was definitely a highlight of the carnival. At PSPC we are fortunate to have staff that will drop their own commitments to lend a hand. I would like to thank all of our teachers and teaching assistants who did an amazing job looking out for our student's welfare, helping run the carnival and setting up and packing away all the equipment. The winners will be announced at Assembly this week.

Yours in sport,

Mitch Campbell

PE Specialist

From the Professional Learning Leader: Nicky Holmes

On Monday the 14th of March, students leaders Aisha, Ryan and I attended a Commonwealth Day celebration at the Gold Coast Arts Centre. We were invited as part of the Gold Coast 2018 Commonwealth Games (CG2018) School Connect Program. We were fortunate to hear a message from Her Majesty, The Queen via the Governor for Queensland, His Excellency the Honourable Paul de Jersey AC. We also heard about the increase in sports for the para-sport program making the 2018 Commonwealth Games host of the biggest para-sport program in event's history.

Another special guest, Rowan Crothers, a Para-Olympian, spoke about his successes and goals. He encouraged the students in the room to find something that they enjoy and are passionate about and to practice it 1-2 hours a day, not because their parents or teachers want them to but for themselves. He said that it takes 10 000 hours to master something and this is what he owes in success.



Maths Apps:



Math Splat

Cost: \$1.99

Compatibility: iPad, iPhone

Target Age: All

This app is a simple number based app. It encourages students to splat the answers to mathematical questions, helping students to improve their mental maths abilities. There are 3 levels easy, medium and hard and includes all operations with gradual increase in difficulty.



Lets Do Mental Maths

Cost: \$4.49 each or as a bundle for \$13.99

Compatibility: iPad, iPhone

Target Age: There are versions for ages 5-6, 6-7, 7-8, 8-9, 9-10, 10-11



This app helps students to practice their maths mental skills. They have to beat the clock while answering questions on concepts such as place value, addition subtraction, multiplication, division, fractions, time, measurement and shape.

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From the P&C

Congratulations to the newly elected Executive team following our AGM last week.

President – Robert Bloss

Vice President – Cassie Stirling

Treasurer – Jasmine Davis

Secretary – Kristy West

Congratulations also to Emma Krmic who has taken on the new subcommittee position of Fundraising Convenor in 2016.

Thanks to all for your patronage of our first two fundraisers. If any parents are able to help out at the disco on Thursday this week please email pandc@pimpamaspc.eq.edu.au

Canteen News

Please be advised that the canteen will not provide all menu items on the final Friday of term (Friday 18th March) only pre-ordered Meal Deals. Students can still purchase ice block, chips and drinks over the counter.



Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Sylvia Constantin your local Saver Plus Worker:
(07) 5644 9182 / 0431 076 011
or sylvia.constantin@benevolent.org.au

*Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered across Gold Coast North by The Smith Family.
The program is funded by ANZ and the Australian Government.*



SCHOOL HOLIDAY TENNIS PROGRAMS

4TH APRIL TO 8TH APRIL 2016

- * LEARN TENNIS *
- * STAY FIT & HEALTHY *
- * QUALIFIED TENNIS AUSTRALIA COACHES *
- * FULL WEEK OR DAILY OPTIONS *
- * AGES 4 - 16 YEARS *
- * FAMILY DISCOUNTS *

COST

\$99.00/FULL WEEK OR \$30.00/DAY

TIME

9AM - 12PM

ALL CHAMPS TENNIS ACADEMY

1042 Stapylton-Jacobs Well Road WOONGOOLBA QLD 4207

Ph 5546 2190 Fax 3807 0298 Mob 0421 795 608

Email info@allchampstennis.com.au

www.allchampstennis.com.au | [facebook/allchamps](https://www.facebook.com/allchamps)



Queensland
Government

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Be Kind

Be an Active Learner