**Term 4 Week 5**

**Thursday 5 November, 2015**

**HELIDON STATE SCHOOL**

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### Term 4

<table>
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<th>Date</th>
<th>Activity</th>
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<tr>
<td>Fri 6 Nov</td>
<td>2016 Prep Visit</td>
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| Tues 10 Nov| 4th Swimming Lesson  
Fun Day for the students in the 'little' pool                                           |
| Tues 10 Nov| Cluster Meeting (Mrs Eilers attending after swimming)                                       |
| Wed 11 Nov | Breakfast Club                                                                              |
| Wed 11 Nov | Early Years Group (Playgroup)                                                                |
| Fri 13 Nov | 2016 Prep Visit                                                                            |
| Tues 17 Nov| Swimming Carnival                                                                          |
| Wed 18 Nov | Breakfast Club                                                                              |
| Wed 18 Nov | Early Years Group (Playgroup)                                                                |
| Thurs 19 Nov| Library Van Visit                                                                          |
| Fri 20 Nov | 2016 Prep Visit                                                                            |
| Wed 25 Nov | Breakfast Club                                                                              |
| Wed 25 Nov | Early Years Group (Playgroup)                                                                |
| Fri 27 Nov | 2016 Prep Visit                                                                            |
| Wed 2 Dec | Breakfast Club                                                                              |
| Wed 2 Dec | Early Years Group (Playgroup)                                                                |
| Thurs 3 Dec| Library Van Visit                                                                          |
| Fri 4 Dec | 2016 Prep Visit                                                                            |
| Fri 4 Dec | Carol Night                                                                                 |
| Tues 8 Dec | TSHS Stars’ Day (Year 6 students attending TSHS)                                             |
| Wed 9 Dec  | Breakfast Club                                                                              |
| Wed 9 Dec  | Early Years Group (Playgroup)                                                                |
| Fri 11 Dec | Final Day Term 4                                                                            |

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### To Be Returned

Bookclub 8 – Monday 10 November

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### P & C

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<tr>
<td>Tues 10 Nov</td>
<td>P &amp; C Meeting</td>
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**FROM THE PRINCIPAL**

Please note the new start date for 2016.

The Queensland Government has announced a new start date to the 2016 school year which will now see students return to the classroom on **Wednesday 27 January 2016** — the day after the national Australia Day public holiday. The previous Term 1 start date of Monday, 25 January, 2016, will now become an additional staff professional development day.

**PREP 2016**

Looking forward to having our 2016 Prep students at school tomorrow afternoon.

**STUDENT ATTENTIVE AWARD**

Congratulations to Max (Prep); Casi (Yr 1); Jimmy (Yr 2); Lily (Yr 3); Jed (Yr 4); Jude (Yr 5) and Aaron (Yr 6). They will be on stage for next week’s parade.

**PBAs (POSITIVE BEHAVIOUR AWARD)**

Our winners this week were Jorja (Jacaranda) and Trixie (Wattle). Congratulations!

**SCHOOL CAPTAINS’ AWARD**

Congratulations to Aaron.

**SWIMMING LESSONS**

Next week is Lesson 4. The students in the ‘little’ pool will be participating in a ‘Fun Session’ of activities. Parents are welcome to come along and join in the activities. For the students in the ‘big’ pool, swimming lessons will be as usual.

**STUDENTS OF THE WEEK**

Prep – Myles for always working hard in class and making positive choices in the playground.

Year 1 – Kurt for doing his best and being a thoughtful class member.

Year 2 – Riley for his improved attitude and effort in classroom activities.

Year 2/3 – Felicity for focusing on her work and always co-operating.

Year 4 – Brody for always being an active member of the class.

Year 5 – Sam for a great contribution to our writing activity.

Year 6 – Lucas for his excellent work in Mathematics (Volume and Capacity)  
Music – Dante for excellent participation in singing.

**EARLY LEARNERS’ GROUP (PLAYGROUP)**

The group had a great session this morning. Next week they will be making boats.

**SPORTING SCHOOLS**

It was a great afternoon for the first Sporting Schools Session. Mr Collingwood and Mr Clair indicated that Basketball Skills and Table Tennis went well. The only ‘hiccup’ with golf, was when everyone got attacked by the plovers. But that was easily fixed. The golfers moved to another spot on the oval!

Thanks to our volunteers for helping Mr Collingwood and Mrs McLoughlan – Mrs Faulkner (Kye), Ms Rogers (Jasmine) and Mr Forsyth (Anthony).

Our afternoon sport is such a fantastic program. Thankyou for supporting it by allowing your children to participate.

**eKINDY 2016**

Information about eKindy can be found at [https://brisbanesde.eq.edu.au/Curriculum/ekindy/Pages/ekindy.aspx](https://brisbanesde.eq.edu.au/Curriculum/ekindy/Pages/ekindy.aspx)  
Please pass this information on to friends and/or families who may meet the criteria and be interested in registering for eKindy in 2016.

**CAROL NIGHT**

With the concert now over, our next whole school event is Carol Night. This is a great night for our students, with everyone joining in singing Christmas Carols and songs in the hope that Santa will hear us. We have been lucky, because every year he has heard us and spent time saying hello to all the girls and boys. Keep...
Friday 4 December free. This is a community event, so bring along friends, neighbours etc.

**POSITIVE BEHAVIOUR FOR LEARNING**
This week’s expectation is:

**BE A LEARNER**
Our Focus is on ‘Working Toward Goals’

What do we want?

- Everyone focusing on their school work
- Everyone working towards a goal

Expected school routine: What does this behaviour look like?

- Listening to teachers/teacher aids
- Looking at the board or work in front of you (not the person beside you)
- Setting a learning goal eg. I will read at level 20 by the end of term 4.

**Swimming Carnival**
**Tuesday 17 November**
**11:00 am**

**PARENTING TIPS BY MICHAEL GROSE**


**ANGRY BOYS**
By Michael Grose

Managing anger is the biggest emotional issue that most children face. Boys, in particular, seem so angry at the moment, and I’m not sure why. Currently, our community is undecided how to handle anger. In fact, anger is discouraged as we see no place for it in our homes, schools or the community. ‘People in a civil society don’t get angry’ seems to be the conventional wisdom so we bottle it up rather than express it healthily. The trouble is that anger handled in this way simmers away making a person unhappy and depressed, and it bursts forth in awful, uncontrolled ways.

Here are five ways to help boys (and girls) manage anger in healthy ways:

**Recognise it.** The first step is to help kids recognise they are angry. What are the signs? What are they thinking? We are all different but tension in the shoulders, restricted breathing and clenched teeth are common sign of anger.

**Name it.** Developing a vocabulary around anger is important. The more nuanced kids’ language is, the better. Annoyed, angry and enraged are very different emotions but are often described as the same.

**Choose it.** Help children recognise that they have a choice to stay in control or lose control when they get angry.

**Say it.** Encouraging children to express how they feel unless no-one gets hurt. The use of ‘I Statements’ is one way of letting others know how they feel. “I felt really mad when you say nasty things about me…” is one way of being heard.

**Shift it.** Help children shift their anger to a more pleasant and less energised place. Kids can shift their moods by modifying their anger or altering their physiology. They may go for a run, play a physical game or pour their anger into a protest letter to let their frustrations out.

The maxim of managing anger in healthy ways is: “There’s nothing so bad we can’t talk about it. However, there are behaviours we don’t engage in when we are angry.”