FROM THE PRINCIPAL’S DESK

Welcome back
Our Preps to Year two’s have had a fantastic start to swimming. Thank you for ensuring that your children are organised for this event. Payment for this needs to be received by Friday 28th October.

Congratulations to Jack A who qualified to compete at South Coast Regional Athletics trials last term at the Gold Coast. Jack attended the trials and placed 14th in Discus. Well done Jack!

As we come to the end of the school year, some students have depleted their stationery. Please ensure your child has all the necessary equipment to be a successful learner at school including pencils, erasers, scissors, glue and a pencil sharpener.

PUPIL FREE DAY AND PROFESSIONAL DEVELOPMENT
Monday, October 17 is a Pupil Free Day. Please do not send your children to school.
All of the staff will be involved in CPR training for the entire day.
- Mrs Wilson and I attended a four year ICT/finance planning day in preparation for the online NAPLAN assessing scheme.
- A number of our teachers will also be attending a planning day on Reading and moving our students into the Upper 2 bands in literacy and numeracy.
- Mrs Wilson and Mrs Briggs will host a District finance training day next Thursday.
- Mrs Down, Ms. Kim and Mrs Briggs will attend a higher order thinking training session on Oct 26.
SCHOOL OPINION SURVEY
The results of this have been returned with an overall significant satisfaction of how our school and staff operate.
Thank you to those parents and carers who took the time to complete the survey. It is through your efforts that we can see the direction that you would like us to go.

SCHOOL DISCO
Our annual school disco will be held on Friday the 28th October over two sessions. The first session will run from 5-6:30pm for the prep – 2’s and 7-8:30pm for the yr3’s-6. Tickets are $3 each and pizza is available to pre-order. If you haven’t received a note about this you can find one on the school website or request a copy from the office. Please note: Due to the recent issues with clowns in the wider community, we are requesting that students do not come to the disco dressed as a clown.

LIFE EDUCATION
The Life Education Van will be visiting Woodhill students next week. Each year level will have an informative talk specifically aimed at their year level. Every student is expected to attend as there will be follow up activities for them to complete. The cost for this is $7 per student and is due by this Friday, 14th October.

CHOCOLATES
Thank you to all of our families who have volunteered to sell chocolates. Unfortunately we don’t have any spare boxes available for those students who brought their notes in late, or those families who want extra - however if you have any boxes of chocolates that you have been unable to sell, please return them to the school as soon as possible so they can be distributed to others. Please return all your money to the school by Monday 24th October.

PRIVACY
Please ensure you have the consent of the parents before posting photos of other people’s children on social media.

ATTENDANCE
Safety and wellbeing of students are the highest priorities for the Department of Education. All schools are moving towards a ‘same day’ absence policy where schools will be contacting parents on the same day their child is absent, if the absence is not explained. Woodhill will be implementing an SMS system which will contact you requesting an explanation for your child’s absence. Please assist us by ensuring you contact the office as soon as possible if your child is going to be away from school.

ENROLMENT 2017
If you have a child commencing prep with us in 2017, please collect an enrolment form from the office if you haven’t already done so. As we head to the end of the year, plans are beginning to be formulated for our 2017 classes. To enable us to plan effectively, could you please let the office know if your child will not be returning to Woodhill next year.

GRADUATION
As our year 6’s enter their last term at Woodhill State School, it is time to start thinking about graduation. This year’s function will be at the Veresdale Hotel on Wednesday 30th November at 6:00pm. If you haven’t received a note with all of the details, please either visit the school website or contact the office.

SENIOR SHIRTS
A reminder to complete and return your senior shirt orders for next year.

ABSENCES
There are a number of students who have had more than 20 days off this year – this equates to four weeks which is a great deal of time off school. It is quite difficult for your children to catch up the amount of learning that will have occurred in this lost time and in some cases your child may end up with “gaps” in their learning. It is a legal requirement for your child to attend school unless there is a legitimate reason such as illness – shopping expeditions, visits to Dreamworld and birthdays are not considered legitimate reasons.

MAGIC 1,2,3 AN EMOTION COACHING AND PARENT COURSE
Mrs Maggie Butler, our Guidance Officer, will be facilitating a parenting course commencing on the 14th November (refer to the attached flyer) This course includes topics such as
- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the three choices
- Using emotion coaching to encourage good behaviour
- 7 tactics for encouraging good behavior

If you wish to participate, please register your interest by filling in the attached registration form. Forms are also available in the office.

YEAR 5 AND 6 GALA DAY

In Term 3 many year five and six students were invited to participate in a gala day at Hills College in Jimboomba. Students were able to complete various rotations including cricket, baseball, AFL, soccer, basketball, tennis and many more fun activities. We had a feast at lunch time with a BBQ and were lucky enough that the rain held off for most of the day. A great day was had by all with lots of laughs, some exercise and even seeing some familiar faces.

2D MRS DRUMMOND

(2D MRS DRUMMOND, artwork by Lacee F, Rya W and Skye S)

During art lessons students in 2D have been exploring the significance of colour and the concept of dot painting. Students completed an art piece that reminded them of autumn time and were required to incorporate the use of warm colours. This activity also linked well with our math lessons as we have been discussing the months and seasons.

YEAR 3 CAMP

Last term the year 3 students went to camp. We all had a FANTASTIC time and learnt a lot about ourselves and each other. The activities were designed to get us working as a team, as well as overcoming some of our fears. Over the 3 days, there were 8 activities to complete and there are many favourites when you talk to the students about the wonderful experience they had. Every student put in 100% and their behaviour and conduct was fabulous. Below are a few recounts from our students.

My Camp – Emily J

It was 6:30 in the morning, I was so excited. When we got to school the man put our luggage on the bus. It was a long bus ride but eventually we got to YMCA camp. On the first day we did water activities. Our first activity was canoeing. I wasn’t too good at it. After that we had lunch. We had chicken wraps. Then after lunch we did raft building. That was a bit complicated because you had to be in teams and make a raft, choose someone to sit on it and then push it in the water. After that we had afternoon tea. We had dinner in the dining hall. After dinner it was so fun! We went spotlighting and saw 2 owls and one really big snake. The next day we did games, archery and indoor rock climbing plus we did the flying fox. The next day we did the crate climb, we packed, did the giant swing and left.
Camp – Jacob G
I loved camp. It was fun. My favourite bit was the giant swing, flying fox and canoeing. The food was awesome. I loved the burgers and wraps and desert was the best. Dinner was all right. It was so much fun I wish we never left. It was amazing and the best time of my life.

YEAR 3 CAMP

STOP, DROP AND GO/PARKING
If you will be using Stop, Drop and Go, please let the school know if you need a new name sign for your car.
If you are using Stop, drop and go please remember:
• Do not get out of your car. If your child needs assistance to put on a seatbelt, you may wish to consider parking and collecting your child.
• Children must exit and enter the car from the passenger’s side only.
• Do not overtake unless directed to do so.
• Please collect your child/ren by 3.20pm. Stop Drop and Go was initially established as a service, provided by the school, to alleviate the congestion in the carpark during afternoon pick up. It was never meant to be a child minding service.

The guidelines for using stop drop and go can be found on the school website www.woodhillss.eq.edu.au
Remember after 3:30pm this lane becomes the bus lane and cannot be S.D. & G. Please park and collect your students if you are arriving this late.

BUS LANE
Please ensure that you also use this facility correctly in the mornings. Pull up past the pedestrian crossing. Let your children out on the curbed side. Do not linger. This is a designated bus lane.

MICROSOFT OFFICE
Did you know your child can get Microsoft Office 2016 free of charge, just for being a student at Woodhill State School? All you need is your child’s school email address to sign in.
To help prepare your child for success this academic year, the Department of Education and Training has teamed up with Microsoft to provide free Office 2016 to every Queensland state school student. With Office 2016, your child will have access to the latest version of Word for writing, Excel for spreadsheets,
PowerPoint for presentations, OneNote for organisation and notetaking, and much more. You can install a complete version of the latest Microsoft Office on up to five compatible PCs and Macs, five tablets and five smartphones. Your Office subscription lasts for as long as your child is a state school student. Ask your child to follow these simple steps to get Office:
For PC and Mac, visit portal.office.com, login using your school email address, click through to install and follow the onscreen process. For tablets and smartphones, download from your app store and sign in with your school email address. Visit www.education.qld.gov.au/office2016 for instructions on how to download and install Office 2016 to your personal home computers.

QPARENTS
QPARENTS website allows parents of Queensland state school students to access information about their child and communicate directly with the school. You will have access to your child’s reports, their absence details, any outstanding invoices you may have and positive behaviour records. Registration details have been emailed to our families already. If you have not received this email please contact the office to update your email details and your access codes will be emailed to you. QParents also enables you to advise the school of upcoming absences and to provide ‘explanations’ for any unexplained absences. Further information can be found at https://www.qld.gov.au/education/schools/information/pages/qpARENTS.html.

CHILDREN ARRIVING BEFORE 8:15
Duty commences at 8:15 a.m. If you are unable to provide adequate supervision for your child till this time each day, please contact P.C.Y.C. They run an excellent before and after school care program.

MAKING AN APPOINTMENT TO SEE YOUR CHILD’S TEACHER.
We, as parents are always anxious about our children. If you have some concerns please see your child’s teacher outside school hours. Please don’t set your child’s and their class up for failure by “chatting” to a teacher as they are attempting to take the students to the classroom. Teachers, by their nature are a polite bunch and feel obligated to respond to you when you say “just a quick one”. However whilst you have the teacher’s attention the class is not being adequately supervised, often leading to small niggly behaviour with the potential to turn into a major incident-something that could be avoided if correct protocol and procedures are followed.

COMPLAINTS PROCESS
If you have an issue regarding your child, your first point of contact is always with your child’s teacher. Please contact the office to organize a scheduled appointment. If you are not satisfied with the outcome of this appointment then an appointment can be made to see the principal. If you have discussed your complaint with the principal and still feel that you have not reached a resolution, you have the right to contact your local Department of Education and Training office. More information can be found on our website: support and resources/documents/making a complaint.

HOMEWORK
We are a homework school. As well as homework going home with your child you can also find it on the webpage. This alleviates the problem of homework going missing.

SCHOOL WEBSITE
Woodhill School has a website full of great information. If you go to www.woodhillss.eq.edu.au you will find your child’s homework, upcoming events, current and previous newsletters, school policies and a variety of other helpful information. The P and C also operate a Woodhill School facebook page which is well used and also a great source of information.

QSCHOOLS APP
A new app has become available that allows parents to receive notifications from the school as soon as they have been uploaded to the school website. Search for the app ‘Qschools’ and download to your mobile device. To receive automatic updates you will need to ensure that Qschools push notifications are enabled on your
device. Search for Woodhill State School and select it as a favourite.

NEWSLETTERS
Our newsletter is produced fortnightly and will be available on the school website. Newsletters will also be emailed to families this year so please ensure your email details are up to date. If you don’t have access to a computer, you can request that a paper copy be provided.

LATEARRIVALS/EARLY DEPARTURES
School schedule
8.40am  First bell to line up
8.45am  Bell to go to class
10.45am Eating break starts
10.55am Eating finishes and play break starts
11.15am Play break ends
1:15pm  Eating break starts
1.30pm  Eating break ends, play break starts
2.00pm  Play break ends.
3.00pm  School finishes

Students are expected to be at school before the first bell and remain at school until 3pm. Please try and schedule appointments outside of these hours. If this is not possible, please send a note to your child’s teacher advising what time the student will need to be collected. If you are late for school or need to leave early you must come to the office to sign your child in/out and receive an arrival slip or a departure note. Please contact the school BEFORE 2PM if you need to change your child’s transport arrangements in the afternoon.

PAYMENT DAYS FOR INCURSIONS/EXCURSIONS
You can pay for your child’s excursions and incursions online or at the office on Thursdays and Fridays. As these are the only days that we can get to the bank any moneys sent on other days will be sent home. The school bank account details are
WOODHILL STATE SCHOOL BSB 064 400 ACC 00090138. This account can be used for incursion and excursion payments. To pay for uniforms and any other P and C related costs including fundraising please use the P and C account BSB 064 400 ACC 00900276.

SCHOOL BANKING
School banking is run through the Commonwealth bank and an account for your child can be set up on line through the Commonwealth website. Banking is collected every Thursday and we would like to thank Saskia for continuing to give up her time to coordinate this service.

UNIFORM SHOP
Uniform shop is run by the P and C and is open on Tuesday and Friday mornings. You may place an order at anytime during the week and our wonderful volunteers will fill the order and send it home on Friday. Thank you to Kylie who volunteers her time to run this facility.

LOGAN LIBRARIES
The Logan Libraries website is an excellent educational place to visit. Not only can you utilize their online tutor program but you can also access online educational sites such as Literacy Planet. All you need is a current Logan Library card and go to www.loganlibraries.org.

MEDICAL INFORMATION
Woodhill State School is 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 the student at school. This information is also collected at enrolment but needs to be updated regularly, or if a new health condition develops.

Information about medically diagnosed conditions such as allergies, asthma, diabetes and epilepsy and other health conditions that may require school staff to provide support to students, including administering medication and performing health procedures, should be provided to the school along with a Medical Action Plan from your doctor.

Information should be provided in writing, and any specific health plans (only to be completed and signed by the medical practitioner) should be included. Please contact the school to discuss any specific requirements.

Please inform the school office staff of any changes to contact details or the contact details of the people nominated as emergency contacts. Thank you for your assistance in this regard. All information is kept confidential and only
disclosed to the relevant staff required to support your child. More information regarding medical conditions and administering medication is attached.

BEHAVIOUR POLICY
Woodhill State School participates in the School Wide Positive Behaviour programme which, in simple terms, means that we ensure that our consequences as well as our positive behaviour rewards are consistent throughout the school. Our behaviour consequences grid is available on the school website https://woodhillss.eq.edu.au/Supportandresources/Formsanddocuments/Documents/Consequence%20Grid.%202015.pdf This demonstrates to parents and carers, the consequences attached to a particular behaviour.

FOCUS FORTY
“Focus Forty” is a program which aims to actively and directly teach the skills necessary for children to be accepted into and participate effectively in the variety of group situations they will encounter in school. Each week a new topic is introduced and taught to the students. We will advise you of the Focus Forty focus for the week so you can re-iterate those values at home.

OCTOBER BIRTHDAYS
We hope you all had a great day!!!

| Jack A    | Skye B   |
| Ashton B  | Nicholas B |
| Amity B   | Jaya C-R  |
| Veronica C| Ella-Marie C|
| Jacob G   | Maddison G |
| Ryder H   | Emily J   |
| Koda J    | Alexis P  |
| Zach P    | Jessy S   |
| Liam S    | Kate W    |

STUDENTS OF THE WEEK - WEEK NINE TERM 3

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Student</th>
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</thead>
<tbody>
<tr>
<td>Year 1 D</td>
<td>Annameeka T</td>
</tr>
<tr>
<td></td>
<td>Tyrone K</td>
</tr>
<tr>
<td>Year 1/2 R</td>
<td>Ashton B</td>
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<tr>
<td></td>
<td>Madeleine G</td>
</tr>
<tr>
<td>Year 2 D</td>
<td>Khyla D</td>
</tr>
<tr>
<td></td>
<td>Sheridan K</td>
</tr>
<tr>
<td>Year 3/4W</td>
<td>Gabriella H</td>
</tr>
<tr>
<td></td>
<td>Haydn C</td>
</tr>
<tr>
<td>Year 4/5 F</td>
<td>Arami C</td>
</tr>
<tr>
<td></td>
<td>Cooper G</td>
</tr>
<tr>
<td>Year 5/6 K</td>
<td>Skye B</td>
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<td>Cassandra N</td>
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STUDENTS OF THE WEEK - WEEK TEN TERM 3

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Student</th>
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</thead>
<tbody>
<tr>
<td>Prep D</td>
<td>Kiara B</td>
</tr>
<tr>
<td></td>
<td>Tate P</td>
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<tr>
<td>Prep/1 L</td>
<td>Koda J</td>
</tr>
<tr>
<td></td>
<td>Ryan S</td>
</tr>
<tr>
<td>Year 1 D</td>
<td>Mackenzie F</td>
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<tr>
<td></td>
<td>Madison S</td>
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<tr>
<td>Year 1/2 R</td>
<td>Cooper H</td>
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<tr>
<td></td>
<td>Cohnen H</td>
</tr>
<tr>
<td>Year 2 D</td>
<td>Chelsea H</td>
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<td></td>
<td>Cooper M</td>
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<tr>
<td>Year 4/5 F</td>
<td>Wyatt K</td>
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<td></td>
<td>Bryden W</td>
</tr>
<tr>
<td>Year 4/5/6 D</td>
<td>Ellie F</td>
</tr>
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<td></td>
<td>Wylie S</td>
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</tbody>
</table>

Week 1 and 2 Rights and responsibilities: We all have rights, to keep these rights we have responsibilities, being fair is looking after other people’s rights.

Week 3 and 4 Personal space: Be aware of how much personal space you need, respect other people’s personal space, understand that others may need a larger amount of personal space than you.
STUDENTS OF THE WEEK - WEEK ONE TERM 4

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep D</td>
<td>Hayden G</td>
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<td></td>
<td>Raudi W</td>
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<td>Prep/1 L</td>
<td>Fletcher B</td>
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<tr>
<td></td>
<td>Shana-Rae M</td>
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<tr>
<td>Year 1/ D</td>
<td>Tyrone K</td>
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<td>Tyson K</td>
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<tr>
<td>Year 1/2R</td>
<td>Leah D</td>
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<td></td>
<td>Zach P</td>
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<td>Year 2 D</td>
<td>Ethan H</td>
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<td>Rhyda W</td>
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<td>Year 3D</td>
<td>Anita J</td>
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<td>Noah S</td>
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<tr>
<td>Year 3/4W</td>
<td>Gabriella H</td>
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<td></td>
<td>Seth R</td>
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<tr>
<td>Year 4/5/6 D</td>
<td>Indiana J</td>
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<tr>
<td></td>
<td>Lane R</td>
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<td>Year 5/6K</td>
<td>Skye B</td>
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<td></td>
<td>Haylee M</td>
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</table>

ORAL HEALTH SERVICES
If your child requires a dental check up, please contact Metro Oral Health Services on 1300 300 850 to make an appointment. This service is free for
• 2-17 year olds who are eligible for the Child Dental Health Benefits
• All children aged 4 to grade 10
• Children whose parent’s hold a current Health Care Card, Pension Concession Card or a Centrelink Card
Appointments are also available in the school holidays.

PARENT TRAPS

It’s tough being a parent but it’s easy to fall into one of the common parenting traps.

The criticism trap is when there are frequent power struggles with your child. The situations escalate from criticising to threatening and yelling. This type of discipline often backfires. The parent’s anger makes the child and parent resentful and hostile. If these kinds of battles take place frequently, it’s time to try a new way of handling the situation.

The “leave them alone” trap involves the parent simply not acknowledging their child when they are behaving well. If good behaviour is taken for granted it may be replaced with the misbehaviour that receives more attention. A basic principle of positive parenting is to praise behaviours you would like to see more often.

The “for the sake of the children” trap occurs when parents in unhappy marriages stick doggedly to the same marriage routines, for the sake of the children, rather than addressing the problems constructively.

The perfect parent trap. There is no such thing as a perfect parent and trying to be one will only lead to disappointment, resentment, guilt, and feelings of inadequacy.

The martyr trap is one where parents become so over-involved in the task of parenting they neglect their own needs. The parents’ relationship suffers and may end in feelings of dissatisfaction and resentment. Quality parenting can only happen when adults have their own lives in balance.

Professor Matt Sanders is founder of the Triple P – Positive Parenting Program®. To find out more about Triple P in Queensland go to www.triplep-parenting.net.

For more information or to talk about anything you may need help with, please don’t hesitate to contact me on 0418768393.

Regards, Jamie Sharp

CHAPPY CHAT – JAMIE SHARP

Welcome to term 4 parents and carers, I hope you managed to enjoy your time while the kids were on holidays. Following on from last term I’ll be including some parenting information By Professor Matt Sanders, the founder of the Positive Parenting Program.
Mental Health is a positive state of wellbeing used to describe emotional and social wellness. It involves feeling positive about ourselves, the people and events in our lives, and being able to live life to our fullest capacity.

The World Health Organization defines mental health as “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

Our mental health influences everything we do:

- How we think, feel and behave
- The way we relate to other people
- The way we respond to the challenges of everyday life; and
- How we cope with events such as changing jobs, having a baby, raising a child, relationship difficulties, retirement, loss and physical illness,

Things to do to improve your mental health

- Exercise daily – at least for 30 minutes
- Eat healthy foods – avoid drinking too much coffee, eating too much fat, and sugars
- Visit your doctor regularly to ensure good health
- Build a community around yourself – having people to talk to makes life happier and more enjoyable
- Keep busy and involved – in family, school, work, leisure
- Drink plenty of water
- Have adequate sleep – restful sleep. If you snore or have sleep apnea see your doctor
- Seek help if you are feeling down, don’t let the blues take over you
- Be kind to yourself – do things that you enjoy eg. a relaxing bath, take a movie, go to dinner
- Do things for other people – not only will they benefit but it is a boost for you as well
- Practise thinking good thoughts, avoid bad thoughts
- Watch comedy shows, seek out humour, laugh loudly

Mental health is an essential part of our overall health and affects our physical health; as our physical health also affects our mental health. It is also strongly related to our behaviour, particularly our social behaviour and relationships with others. So put the effort in and work to be mentally healthy.

Adapted from: Austn Network for Promotion, Prevention and Early Intervention for Mental Health

If you would like further information or to find out what services are available see your Guidance Officer at the school.

A list of available services is attached
ARTWORK FROM PREP D