



WOODHILL WHISPERS

Upcoming Events

P and C AGM
Wednesday 16th
February

School Photos
Wednesday 22nd
February

Last day for
Gymnastics payment
Friday 24th February

Cross Country/Fun
Run Thursday March
16th

Cash payment days
are Thursday and
Friday only

FROM THE PRINCIPAL'S DESK



To say that it's been a tumultuous few weeks for our staff would certainly be an understatement. Due to a substantial drop in our numbers with families moving out of the area, it became necessary for two of our staff members to move to other schools. We wish Mrs Borkiet and Mrs Richter the best in the next exciting part of their lifelong learning journey. We have been able to keep all of our classes thereby minimizing disruption to our children.

Thank you to Mr. Clem, Ms. Goldsworthy and Mrs Watson for assisting with this.

SCHOOL LEADERS

Congratulations to Aiden, Thomas, Shakayla-Jai and Morgan who have been voted by their peers as our school captains for 2017. Our candidates for sport captains will deliver their speeches this afternoon and all of the captains will attend an induction ceremony and enjoy a morning tea with their parents in a few weeks.

YEAR 3 CAMP

Thank you Mrs Wallace for all of your behind the scenes organizing of this event. Mr. Clem will accompany Mrs. Wallace on this camp. A detailed note will be going home shortly regarding this camp.

YEAR 6 CAMP

Unfortunately, due to lack of numbers this event has been cancelled. A note regarding refunds will be sent home to the families involved.

INSTRUMENTAL MUSIC

Our wonderful instrumental teacher-Mr. Simon Francis will once more conduct instrumental lessons on a Monday.



CROSS COUNTRY

The Woodhill school cross country is fast approaching. It is always a great day, showcasing many of our students' wonderful athletic ability and determination. It is scheduled to be held on the morning of Thursday March 16 from 9:00am. I would encourage all parents and carers who can make it that day to come along and cheer on our Stinson and O'Reilly teams as they once again go head to head in a battle of long distance supremacy.

This year will see a few changes to the courses and also the format of the event. The junior course has been moved down to the lower oval which will allow for a better view of the entire course from up on the hill for spectators. Another innovation will be the addition of the senior fun run to the program. This will be a multi-age race encouraging participation and team-spirit by allowing those students who are less competitive to run a shorter scaled down course to earn points for their team. Last year's overall result was so close that this final race of the day will likely decide which team takes out the event.

We hope to see as many of you there as possible, dressed in your best orange or blue attire and cheering the teams on.

Regards,
Tim Mason
PE, LOTE, ICT and SWD Teacher

MORNING DROP OFF/AFTERNOON COLLECTION

To ensure an efficient and safe beginning and end to the school day, please do not accompany your child to their classroom in the morning or collect them from their classroom in the afternoon. Please wish your child a good day in the undercover area and resume your normal daily activities. We have a designated Parent

Plaza where parents can wait for their child in the afternoon which minimizes any student distractions or disruptions. Thank you for your cooperation.

ICEBLOCKS

As part of the student council's fundraising activities this year, they will be selling lemonade ice-blocks every Tuesday, commencing Tuesday 31st January. Ice-blocks will be \$1 each. Students will not be permitted to purchase ice-blocks for other students (unless they are siblings).

JAPANESE SCHOOL VISIT – WEEK 10

This term we have been offered the opportunity to host a Japanese visit. This is a wonderful opportunity for our entire school community to interact with students from another culture as well as an excellent opportunity for our Years 5's and 6's to test out their Japanese speaking skills. They are looking for host families to provide accommodation while they are here. If you are able to host a student please complete the attached information leaflet or collect a form from the office. All forms need to be returned to the office by Friday 17th February.

GYMNASTICS

Gymnastic lessons commenced last week and all of the students are enjoying the activities. This event has been subsidised by the P and C which has reduced the cost to only \$10 per student. Please ensure you make payment by Friday 24th February.

P AND C MEETING

The P & C AGM will be held on Wednesday 16th February 6.30pm in the staffroom. Please come along as it is a fantastic way to find out, and have a say about what happens at the school.

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.

STOP, DROP AND GO

Thank you to all of our parents who are using our stop drop and go facility safely. Please be aware of the new installment of a give way sign in the carpark. Traffic in the carpark must give way to stop drop and go traffic.

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 3.15pm. 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.

TENNIS LESSONS

Tennis lessons are available for any interested students (prep-year6) and will begin on Wednesday 1st February. Lessons commence at 8am every Wednesday at the school tennis court and will continue through until the end of the term. If you are interested in this offer please collect a form from the office.

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 out to our families. If you did not receive 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>.

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: www.qld.gov.au/education/schools/information/pages/making-a-complaint support and resources/documents/making a complaint.

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. If you have a query regarding

school processes please contact the school directly.

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 emailed to families and available on the website. If you require a paper copy of the newsletter, please let the office know or email sbrig67@eq.edu.au. Once the newsletter has been uploaded to the website a notification will be sent to those who subscribe to the Qschools App.



LATE ARRIVALS/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. If you need to change your child's pick up arrangements please contact the school before 2pm. We cannot guarantee that messages will be delivered in time after 2pm.

ATTENDANCE/SMS ABSENCES

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 has implemented an SMS system which will contact you requesting an explanation for your child's absence if you have not already done so by 9:30am. Please assist us by ensuring you contact the office as soon as possible if your child is going to be away from school. Thank you all for your patience as we implement this new system.

BOOKCLUB

Please note that all orders need to be completed using the online LOOP system. No cash will be accepted for book club orders. Thank you to Renae, for once again coordinating this.

PAYMENT DAYS FOR INCURSIONS/EXCURSIONS

You can pay for your child's excursions and incursions online at any time 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. Some activities will also provide you with the option of paying by Bpoint – an invoice will be sent home for these particular activities with payment instructions. 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 633 000 ACC 146 031 984 **PLEASE NOTE THAT THE P AND C ACCOUNT DETAILS HAVE CHANGED FROM LAST YEAR.**

TUCKSHOP

Tuckshop is open one day a week, Thursday. Pre-ordered meals/items need to be in to the office on Wednesday morning, written on a brown paper bag with your child's name, class and which break the order is for (1st or 2nd break). Ice blocks, chips and drinks are available to purchase over the counter along with a small number of pies and sausage rolls. A tuckshop menu has already been sent home however if you have misplaced it, it can be found on the school website.

UNIFORM SHOP

Uniform shop is run by the P and C and is open on Tuesday mornings and Friday mornings after

parade. If you can't make it into the school on those days you may place an order using the order form anytime during the week and our wonderful volunteers will fill the order and send it home on Friday.

LOGAN LIBRARIES

The Logan Libraries website is an excellent educational place to visit. Not only can you utilize their free 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.

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

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.

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. Each term we reward those students who have demonstrated consistently good behaviour (less than 3 detentions for a term) with a fun activity. Awards are also given daily (gotchas) and weekly (student of the week and merit awards). Student of the Week awards are worth 5 points and Merit certificates are worth 3 points. Once a student reaches 10 points they are awarded a bronze certificate, 20 points a silver certificate and 30 points a gold certificate.

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.

Have a great week

FEBRUARY BIRTHDAYS



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.



FOCUS FORTY

Week 3 Hands Up: Wait until the speaker finishes talking, put your hand up high, wait until you are asked to speak

Week 4 Appropriate Noise: Silent voices – no talking, heads down, doing your own work
Whispering voices – Sit close, Heads together, only your group can hear you
Normal voices – One speaker, hands up, speak clearly.

We hope you all had a great day!!!

Kiara A
Emily A
Fletcher B
Kody C-R
Oscar C
Leith M
Denika S
Miller S
Ryley W

Caitlyn F
Kyl G
Dakota H
Hayden K
Brock M

GUIDANCE OFFICER

Welcome to the guidance and counselling page. My name is Maggie Butler and I hope that this page will be a useful point of contact for parents and students who are looking for some additional support.

My email address is mbutl57@eq.edu.au if you would like to contact me.

Firstly – What does a guidance officer do?

The job of a guidance officer (sometimes called school counsellor) is varied. Guidance officers work closely with students and their families and teachers. They do this in order to provide a wide range of support to students.

A guidance officer's responsibilities include:

- working directly with students and teachers, support personnel, family and other specialists/professionals
- providing guidance and counselling services to students and their families
- performing case management and referral services to optimise students' access and engagement in education

- preparing and implementing professional and personal skill development programs for administrators, teachers and parents
- working collaboratively with other school-based support personnel to assess and address the needs of students
- planning or assisting in planning support programs that can help students achieve positive outcomes
- identifying factors that can be barriers to the learning and development of students
- supporting the personal and social development of students providing advice about education and career pathways

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