

# WOODHILL WHISPERS

## Upcoming Events

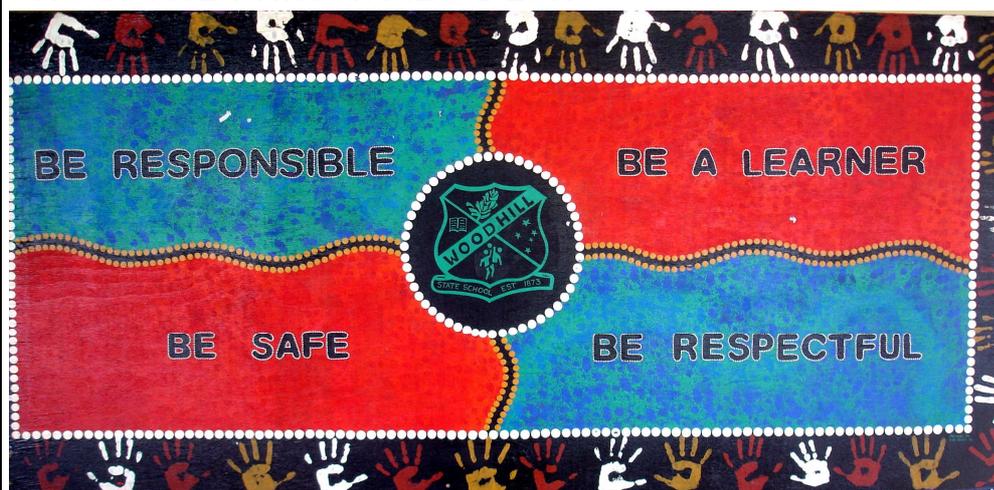
10<sup>th</sup>, 11<sup>th</sup> and 14<sup>th</sup>  
November Book Fair  
– Buy one, get one  
free

28<sup>TH</sup> November Year  
6 High School  
orientation Flagstone  
SCC and Beaudesert  
SHS

Year 6 Graduation  
Wed 30<sup>th</sup> November

Please note date  
change for end of  
year concert: 2<sup>nd</sup>  
December

## FROM THE PRINCIPAL'S DESK



### Newsletter Week 6 Term 4

Well we've made it to halfway through the term with no major hiccups.

#### **BRIGANCE SCREENING**

Next week we will commence screening for our 2017 preps. If you have a prep aged child starting with us next year and have not yet made an appointment time to complete the Brigance, please contact the office.

#### **REMEMBERANCE DAY**

Mrs Higgins will be accompanying our school leaders to lay a wreath at the cenotaph in Beaudesert on Friday. All staff and students will observe a minutes silence in honour of those who have previously and are currently serving in our defence forces.

#### **CANBERRA TRIP**

Invoices requesting the deposit for the trip have been sent out to those students who returned their expression of interest. If you have not received an invoice but wish your child to participate in this wonderful experience please contact the office as soon as possible. The deposit will need to be received by 25<sup>th</sup> November.

#### **2017 BOOKLIST**

Booklists for next year have been sent home with the students. If your copy has been mislaid, you can find another copy on the school website under forms and documents.

## **VOLUNTEER MORNING TEA**

The staff of Woodhill would like to thank all of our wonderful parents and grandparents who have volunteered their time throughout the year, supporting our students. To show our appreciation, we would like to invite our volunteers to a morning tea on Thursday Dec 8<sup>th</sup>, 9:30 – 10:30am. (refer to attached invitation)  
We look forward to seeing you all there.

## **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 this term 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.

Attendance for this year by class.

**Congratulations to all-we are all over 90%**

<b>Class</b>	<b>%</b>
<b>Prep D</b>	90.77
<b>Pre/1L</b>	90.77
<b>1D</b>	94.03
<b>1/2 R</b>	94.27
<b>2 D</b>	90.88
<b>3D</b>	95.43
<b>3/4 W</b>	90.13
<b>4/5F</b>	94.77
<b>4/5/6D</b>	92.11
<b>5/6 K</b>	95.84
<b>School</b>	92.88

## **ENROLMENT 2017**

If you have a child commencing 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.

## **GRADUATE TO GREATNESS**

Our year 5 and 6 students attended a motivational talk given by Eric Bailey, a pro basketball player, last Tuesday. Students were completely engaged as Eric addressed issues such as bullying, self esteem and coping with change.

## **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 30<sup>th</sup> 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. Payment is due by 18<sup>th</sup> November.

## **SENIOR SHIRTS**

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

## **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 14<sup>th</sup> 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 contacting the office.

## **BOOK FAIR – BUY ONE GET ONE FREE**

Book fair is returning to Woodhill this term with a special offer for our community – buy one get one free. This means that if you spend, for example, \$25 on books you are then eligible to get the same value (\$25) free. This is an excellent opportunity to get some Christmas shopping done!

Students will be compiling their "wish lists" on Wednesday 9<sup>th</sup> November and books will be available for purchase:

Thursday 10<sup>th</sup> Nov: 8-8:30am 3-3:30pm

Friday 11<sup>th</sup> Nov : 8-8:30am 3-3:30pm

Monday 14<sup>th</sup> Nov: 8-8:30am only

Please note: you are not obliged to purchase your child's wishlist.

### **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](http://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](http://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](http://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](http://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.



## **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.

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](http://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.

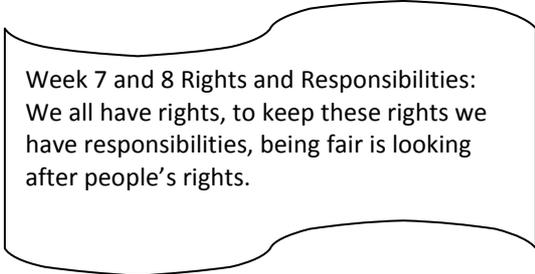
More information regarding medical conditions and administering medication is attached.

### **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/Consequences%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.



Week 7 and 8 Rights and Responsibilities:  
We all have rights, to keep these rights we have responsibilities, being fair is looking after people's rights.

### **NEWS FROM 4/5F**

This term is going so fast! It's really getting busy for 4/5F and we are looking towards the end of the year with expectation. We have been studying poetry and looking at Stop Motion animation. After dissecting and analysing poems, 4/5F has begun to develop and create

their own Stop Motion animations showing a stanza of a poem they chose. Just like the creators of Wallace and Gromit there is a lot of plasticine being used and lots of photographs. Who knows maybe we will discover a future animator or director!

Continuing on with our Arts theme we have been looking at types of Drama. We started by exploring Improvisation (drama without scripts) playing many games such as "Space Jump" and "Liar". Cooper discovered he has a flair for the dramatic by winning "Liar". We are currently rehearsing a script in small groups and learning about scripted acting methods. It will be interesting to see just what each group's performance will look like.

**Mrs Fanning and 4/5F**

#### STUDENTS OF THE WEEK - WEEK FIVE TERM 4

Year Level	Student
Prep D	Nash M Kate W
Prep 1/L	Amity B Charlie M
Year 1 D	Mitchell D Jack J
Year 1/2 R	Madison G Stephanie T
Year 2 D	Sheridan K Kaya W
Year 3 D	Archer F Sophie H
Year 3/4W	Haydn C Talitha-Jai T
Year 5/6 K	Nicholas B Rylee B
Year 4/ 5/6 D	Ashleigh S Bailey U



#### NOVEMBER BIRTHDAYS

We hope you all had a great day!!!

Maddison B	Jackson B
Joshua D	Leah D
Oliver D	Isabella D
Krystal D	Lacey F
Mackenzie F	Chloe G
Savannah H	Aiesha I
Zygmint I	Tyrone K
Wyatt K	Charlotte K
Aiden L	Lillee L
Gevana M	Indigo M
Darby R	Cyndel S
Elliana S	Jai T

#### 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.



# An Awesome Grandparent's Day At Woodhill.

Today was Grandparent's Day and I was happy. My grandparents came to school. Grandparent's Day was awesome. I was excited. I played hop-sotch with Nanny.  
*Written by Miah. Prep 1L*

On Friday it was Grandparent's Day. I played Cross the River and it was awesome!  
*Written by Ryder. Prep 1L*

On Grandparent's Day I played with the hula-hoops and I played with marbles. It was awesome. On the next game I

played the Hokey-Pokey.  
*Written by Alyssa. Prep 1L*

On Grandparent's Day I played while Grandad watched me. I played marbles and I played hula-hoops. It was awesome. I loved today.  
*Written by Bella. Prep 1L*

On Grandparent's Day I was the best jumper. I liked Grandparent's Day. It was awesome.  
*Written by Xanthe. Prep 1L*





## UNDERSTANDING ANXIETY

Definition :

`a feeling of worry, nervousness, or unease about something with an uncertain outcome' .  
With a definition like this who doesn't get anxious.

Did you know....

Sometimes it can be helpful to have some level of anxiety. It helps us get ready for exams, and motivates us to perform. It helps us avoid dangerous situations or reminds us to prepare for new situations. It helps us to be prepared and often to do our best.

If you are feeling anxiety you might feel uncomfortable, physically unwell (butterflies in your stomach, heart racing, wanting to vomit or go to the toilet). You might feel overwhelmed, frightened or even a sense of panic (this can be very useful if that assignment is due tomorrow).



All these feelings are normal and most of us experience them at some time in our lives. Don't panic if your child is demonstrating these symptoms especially at the end of term, while having to speak in public or when awaiting his report card.

When does anxiety go beyond the norm??

If you are seeing anxiety that is `excessive or unreasonable, marked and persistent' and interfering significantly with one's normal routine', then it is time to consider whether the anxiety has reached the level of a disorder.

When feelings and thoughts become: more intense and overwhelming; thoughts are unhelpful or irrational and unable to be controlled; and the person is unable to do what they need to do; and these thoughts and feelings are interfering with relationships, then anxiety becomes a disorder, and it is time to seek help.

Anxiety is a part of life but it should not become your life. There are many causes to anxiety of which familial history of anxiety is often a common element, but anxiety can occur for lots of reasons. One in six people experience anxiety so it is a common issue.

There are 5 types of anxiety disorders:

- Generalised Anxiety Disorder (GAD) – excessive worrying about many aspects of one's life
- Obsessive Compulsive Disorder (OCD)– Thoughts and fears are obsessive and rituals are performed in order to cope eg. continually checking if the iron is off; excessive hand washing
- Panic Disorder – panic attacks are periods of intense fear or anxiety even when there is no good reason. Symptoms may include sweating, breathing difficulties, loss of control
- PTSD – Post traumatic stress disorder – A disturbing event may trigger this and the person may have flash backs, disturbed dreams and mood changes. Many soldiers or refugees experience this, but a single incident can trigger this for anyone
- Social Phobia – fear of being humiliated, embarrassed or criticized and may affect one's ability to speak or eat in public, being assertive and sticking up for oneself
- Specific Phobias eg intense fear of spiders, the dark, injections. One or more can occur at the same time

If you believe that the feelings of anxiety are ongoing, and affecting day to day living, and are unable to be controlled, then you or your loved one needs to seek help.

Tips to help along the way

- Talk to someone eg the Guidance Officer, the doctor, a friend or family member



- Stay physically healthy – eat healthy food, drink water, exercise daily
- Work out ways to minimize the stresses in your life without having to avoid them
- Have a massage, yoga, facial or other treats

Who better to look after you than yourself but be open to help if you need it. Often others see our needs before we do!

Contacts:

- beyondblue 1300 22 4636 Beyondblue.com
- • Lifeline 13 11 14
- • Kids Helpline 1800 55 1800.
- <https://www.youthbeyondblue.com/understand-what's-going-on/anxiety/types-of-anxiety>

Adapted from Beyondblue