

Wilston State School Ever onward

Term 2. Issue 4. 5 May 2016.

DATE CLAIMERS

5 May	Mother's Day Stall (before school) Assembly Prep to Year 2 Year 3 and 4 Skate Night
6 May	City District Rugby
10/12 May	Naplan
11 May	Yr 1 Incursion My Place, Your Place,
12 May	Yr 1 Incursion My Place, Your Place, Prep, Year 1 and 2 Skate Night
13 May	Yr 1 Incursion My Place, Your Place,
16 May	Brisbane Urban 6C Power Up Power
17 May	Brisbane Urban 6A Power Up Power
18 May	Brisbane Urban 6B Power Up Power APSMO Olympiad 1
19 May	Assembly Year 3 to 6 P&C Meeting. Staff Room
20 May	Gala Day
23 May	Save Our Soil 4A+4B Incursion
24 May	Met North Cross Country
25 May	Save Our Soil 4C+4D Incursion
26 May	Fanfare – Vivace Strings Assembly Prep to Year 2
27 May	Gala Day Under 8's Day
31 May	ICAS Science Ski Trip Parent Information Night Assembly Year 3 to 6
2 June	Gala Day
3 June	Trivia Night
4 June	Choir Northey St Market Perform
5 June	City Cluster Band Blitz Day
7 June	Junior Strings Music Camp
7/9 June	Life Ed. Harold the Giraffe Prep-Yr 6
8 June	APSMO Olympiad 2 Year 5 to Planetarium Year 6 Camp
8/10 June	Assembly Prep to Year 2
9 June	Gala Day (wet weather)
10 June	Ruben Meerman. Surfing Scientist Yr 3-6
14 June	Sticks and Stones Artslink Prep to Year 6
15 June	Readers Cup Assembly Whole School P&C Meeting. Staff Room
20 June	Pre Track & Field Carnival Events
21 June	Pre Track & Field Carnival Events
22 June	9-12 years Track & Field Carnival
23 June	Prep to 8 years Track & Field Carn Assembly Whole School
24 June	Last day Term 2

FROM THE PRINCIPAL

Cross Country

On Tuesday a strong Wilston State School cross country team competed at the district trials at the Brisbane Grammar ovals at Banyo. I congratulate the team on their win and thank coaches Mr Rod Bell, our PE Specialist, and parent Mr Tim Class-Auliff for their continued support of our athletes. A more comprehensive report can be read in the article written by Mr Bell within this newsletter.



Contributing to Children's Anxiety

Twenty-first century living is taking its toll, and many children are finding it hard to cope. Some parenting practices can make things worse. As in all parts of our lives, finding the right balance is always the best, if sometimes the most difficult, goal.

Sharing too much. When your child comes home from school with tales of mean girls, aggressive boys and insensitive teachers, remember that children feed off our emotions and can get more distressed when we're distressed. We need to try to keep our own anxiety in check while sympathising with theirs. We have to be the emotional rock: the person who understands and supports.

Advocating too hard. We all want to stand up for our children, but our eagerness to advocate can sometimes actually raise anxiety levels. If your child shares a school problem with you, your first instinct is often to march into the school and try to resolve it. This tells your children that you don't have faith in them to fix their own problems. Your first priority should be to help them find a solution they can implement without your help, every time.

Compensating for weaknesses. Most of us get our confidence not from compensating for weaknesses, but on playing to our strengths. Children can't always avoid their weak areas, but by focusing on strengths we build self-efficacy and confidence.

Overplaying strengths. Positive affirmation can easily turn to pressure. Compliment children when they excel, but don't make their excellence a reason to expect even more from them.

Having great values. Sometimes children make poor choices, and the thought of family finding out can seem like a fate worse than death. Let your children know that while values are important, you understand the realities and temptations they face. Don't create a culture where your children are too anxious to come to you and admit they messed up.

Hiding your troubles. If we're struggling financially or fighting with our spouse, we think our children are better off not knowing. But they suspect and if they don't know the whole story, they can blow it out of all proportion. Should we pile our own troubles on our child's shoulders? No, but it doesn't hurt to be honest about what our concerns are and, more importantly, what we're doing about it. By sharing what makes us anxious and how we deal with it, we're modelling practical ways to resolve anxiety. Acknowledgement: Karen Banes.

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Guy Hendriks
Guy Hendriks
Principal



FROM THE DEPUTY PRINCIPALS

Prep 2017

Prep enrolment packs will be available from the office for families of in catchment students or siblings of existing students from 10 May 2016.

NAPLAN 2016

The National Assessment Program—Literacy and Numeracy (NAPLAN) testing time is fast approaching.

We just wanted to remind parents of the dates so you can ensure your child is at school ready to participate.

These tests are usually conducted in the first session.

Tuesday 10 May (2 tests)	Language Conventions and Writing
Wednesday 11 May	Reading
Thursday 12 May	Numeracy.

The tests go for 40 to 50 minutes, however teachers must read instructions, children do practice and then have to fill out the front of the booklets before beginning.

To reduce any stress please ensure your child is here by 8.40am.

Year 6 Graduation

Save the date

Year 6 parents please note the formal Graduation Ceremony will be held on Friday 2 December 9.00 - 11.00am where students achievements are recognised and awards are presented.

The breakup day, pool party and disco evening will be held Thursday 8 December 2016.

ROAD SAFETY WEEK

Yellow Ribbon – Road Safety Week

Every day thousands of emergency first responders risk their lives protecting motorists. Whether it's the police, ambulance, fire and rescue personnel or RACQ's patrol and tow truck operators, they all depend upon the awareness of passing motorists to keep them safe.

Yellow Ribbon Day was launched nationally by Safer Australian Roads and Highways (SARAH) Inc in May 2012 to promote road safety, especially for those who work on the roads, and support those affected by road tragedy. The campaign is an initiative of Peter Frazer, whose daughter, Sarah, was killed in a tragic accident that occurred on the Hume Highway earlier that year.

On May 3 – 10 slow down and give others space. Drive so others survive.

Message from Stuart Gardner Manager Road Safety SEQN

School crossing supervisors contribute to Transport and Main Roads' positive profile in the community. They have an extremely important role - to promote road safety among young children and educate them on how to use a supervised crossing. This Yellow Ribbon Road Safety Week we say thank you to our School Crossing Supervisors!

School Crossing Supervisors play a vital role in keeping our children safe. They improve the safety of travel to and from school for students in the city as well as regional and remote areas, whether they walk, cycle or travel by bus or car. In hot, cold or wet weather, the supervisors are there, ensuring children are kept out of harm's way.

Supervised crossings are an important part of Transport and Main Roads' road safety program. I cannot stress enough the importance of a school crossing supervisor's role.

School crossing supervisors are the unsung heroes of school road safety. They play a vital role in helping thousands of students get to and from school safely each day.

This week is Yellow Ribbon Road Safety Week when we say thank you to those who assist us on the roads and help us stay safe.

STUDENT COUNCIL

Skate Nights

Year 3 and 4 Thursday 5 May 2016

Prep to Year 2 Thursday 12 May 2016.

CANBERRA SKI TRIP

Just a reminder that payment of the Canberra Ski Trip is now due.

The Parent Information evening will be held on 31 May 2016 in the Staff Room.

NEWS FROM HPE

Cross Country

Congratulations to the Wilston SS Cross Country team who regained the district trophy at Tuesday's cross country championships. We had a comfortable win over Ascot SS who took the trophy off us last year. All team members contributed towards the win and we had some outstanding performances on the day. We had nine students gain selection into the City District team to compete at the regional championships on the 31 May. We also had two of our nine year olds manage to get on the podium so we are in good shape for the years to come.

1st 9 years boys: Ben V

3rd 9 years girls: Annabelle B

City District Reps:

Arabella A, Clementine S, Jack T, Lachie K, Hayden H, Josh A, James M, George B and Josh T.

Gala Days

Permission forms have been sent home in regards to the upcoming Gala Day interschool sport. These notes need to be returned to your child's class room teacher. The Gala Day levy will also need to be paid ASAP otherwise students will be unable to attend.

Congratulations to Cassidy B, Lucy B and Lucy L who were a part of the City District Hockey team that was undefeated at the recent regional carnival. Well done to Lucy L who has gained selection into the Met North team to compete at the state championships at the Sunshine Coast in June.

Rodney Bell. PE Specialist

CHOIR NEWS

Wilston Wonders Choir

Open Rehearsal

Calling all family members of the Wilston Wonders choristers!! Please come along next Friday May 13 for our Open Rehearsal at 8.00am in the Music Block. The kids would love to see you there!!

Gala Days

Mr Bell has confirmed that no sporting groups will be leaving earlier than 9.00am on Gala Days so choir rehearsals will run as normal for those weeks. We will finish a little earlier to make sure children get to their meeting points on time.

Miranda Charters

TUCKSHOP NEWS

The weather is changing and getting cooler in the mornings, we have yummy spaghetti bolognaise and toasted sandwiches to warm the kids at lunch time. Hot Chocolate is also sold in the mornings before school at the Coffee Shop.

With the Tuckshop become busier and some of our lovely volunteers going back to work we need help. We totally understand how busy everyone is so if you can go on the Emergency Roster only to help out when needed, it would be a great help.

With the lack of help things may change on our menu. Pizzas will be DELETED so will pasta salads and among others things as we simply don't have time or help to make it happen.

Rosters for the week beginning 9 May 2016

Monday 9 Closed
Tuesday 10 Tracey Woolaston, Jan MacGillivray, Angela
Wednesday 11 Maria Lodhi, CAN YOU HELP
Thursday 12 Natalie McMaster, Harriet Carter, Angel Patel
Friday 13 Nat Scott, Chris Beehler, Geraldine Mercer, Jessica Draper

Bec Macdonald 0448 804 279 60huet@gmail.com
Dot Milne 0408 729 021

FROM THE UNIFORM/BOOKSHOP

If you bought something from the uniform shop that didn't fit and it still has its tags on, we are more than happy to exchange or refund the item. Pop in and talk to our friendly team.

Here's a few more things you need to know this week:

Opening times: In Terms 2 and 3 the Uniform Shop opens on Wednesday and Friday: 8.15am-9.45am (next to Tuckshop).

MunchMonitor: Order all your uniform and stationery items online at www.munchmonitor.com. Username: wilstonss and Password: munch4051. Please place orders by 9.15am on Wednesday and Friday. This will ensure orders are delivered to teachers' pigeonholes for class delivery on those days.

Bank Pads: Great for jotting down ideas, doodling, or as the working out sheet for maths homework, the Bank Pad is part of the Year 6 book pack but is handy for all ages. The 100-page pad comes in A4 size and is glued at the top so you can easily tear off a sheet once finished. Bank pads sell at the uniform shop for \$2.

Tip of the week: Sunday is a big day for families and the weather bureau is predicting a late shower, so try to wash school uniforms early this weekend to keep the big day clear for more important things, and make use of the sunshine on Friday and Saturday.

Line-drying clothes is not only better for the environment, it uses the Sun's ultraviolet rays as an antiseptic to kill bacteria. It also makes your clothes smell great.

Did you know: Primary school children can grow an average of 5cm a year, with a slightly increased growth rate between the ages of six and eight. It might be a good idea to try on last season's **Cargo Pants** to make sure they still fit. If they don't, you know what to do - drop them off at the uniform shop where we are accepting all pre-loved winter uniform items now, and pick up a new or pre-loved item in the size you need. New cargo pants sell for \$30 and pre-loved pants are \$10.

Ever Onward Wilston!

Janice Nykiel and Debra Bela – Convenors
Ph: 3552 8490/0403 153 096 (Janice)
bookshop@wilstonpandc.org.au

NEWS FROM THE P&C

2016 Trivia Night - Kids Trivia Challenge

As we get ready for the big night on June 4 we are excited to start the Kids Trivia Challenge. Each week we will have a trivia question to answer. Return your answer, with your name, via the class blue bag by next Wednesday for your chance to win!!!

Prep - Year 2

What is the name of Peppa Pig's brother?

Year 3 - Year 6

What is the name of the boy that visits the chocolate factory owned by Willy Wonka?
(First name and surname).

2016 ANNUAL TRIVIA NIGHT

Saturday 4 June 2016

Theme - Film and Television

Tickets on sale NOW.

You can pay via Munch Monitor or the P&C Website
www.wilstonpandc.org.au/
\$250 a table or \$25 a ticket and we will find you a table.

Numbers are limited so don't miss out.

Contact Kath O'Hara (k-ohara@bigpond.net.au) or
Michelle Tribe (michmatt@bigpond.net.au)
to let us know your chosen table theme.

Note that this is an adults only event.

NEWS FROM WILSTON KIDS CARE

Run for Your Kids by You.

WKC – We are being assessed !

This week is an important one for WKC: the centre will be assessed by the Queensland Department of Education and Training. The three day assessor's visit will be an opportunity for WKC to demonstrate how the service is implementing the National Quality Standard (NQS), which can be found on the Australian Children's Education and Care Quality authority website (<http://www.acecqa.gov.au/>). The assessor will review procedures and documentation but also the educational environment in which the children evolve. Finally, space and safety will also be critical in the review. Following this visit, the service will be rated. This is the first time that the service will be assessed; we look forward to the outcome of the review to assist our parent run centre to develop further.

Body Art

Have you ever come across a little panda, a butterfly or a tiger on the school grounds? One of the regular activities put on by the WKC staff is body painting and it is always popular with the children. The younger ones will go for animals while the older ones will go for more intricate and discrete designs worn as jewellery or tattoos. One of our WKC artist who works hard on our face and body painting is Infanta; you will see her sitting at the little table with all these pots of colours. Don't hesitate to say hi next time you come by.

WKC Parents- Come and join the Committee!

WKC is run by you, the parents, not by an external organisation. The Committee needs your input and your help. Our meetings run from 6.00 to 7.30pm to allow for an early night. Free kid-sitting and dinner is provided on site for the children, nibbles for the adults. The next Committee Meeting will be Wednesday, 18 May at 6.00pm in the WKC office.

NEWS FROM WILSTON SWIM CLUB

LTS & Squad Training Windsor State School

Squad training has got off to a great start at Windsor SS, the water is warm and the plans for transport and everything else have gone like clockwork. Reminder - you can only use the chaperoned maxi taxi if you have returned your permission form.

Learn to Swim has also commenced at Windsor SS on Tuesday and Wednesday afternoons, and Saturday mornings. If there is enough interest to swim on other afternoons further lessons can be scheduled. Please have a chat to Kirsten if this is of interest as it would be a shame for our future swimmers to miss out this term when we have the room and the instructors to teach them. Transport between Wilston and Windsor Schools cannot be provided for learn to swim children due to the age of the children and short length of the lessons.

Squad time reminder:

Morning Squads will run Monday to Thursday at the follow times-

Training Development and Skills Squad 6:30am- 8:00am
Stroke Development Squad 7:15- 8:00am

Squads will also run on Saturday morning from 7:00am.

Afternoon Squads will run Monday to Friday at the following times-

Training Development and Skills Squad 4:00- 5:30pm
Stroke Development Squad 4:00- 4:45pm

The next **Committee Meeting will be Thursday 5th May at 7.00pm, B Block.** The position of Chairperson remains vacant so if you are interested in taking on this role or would like to discuss the role further please contact Matthew Crook for further information.

Yeronga Park Swimming Club is holding a Short Course Development Meet on Sunday 29 May 2016. This is a great meet for all levels and as there are not many meets in the winter season it is a great opportunity to do some racing or to commence racing if new to the idea. Nominations are via ClubLANE Online Meet Entry (OME), **closing date is Saturday 21st May 2016. Entries will be the responsibility of the parents.**

The Wilston Crocs have a Facebook page. Please 'like us' and keep up to date on all swimming news.

Teen Trials and Tribulations

How close are you to your teen? How much do you know about them?
How do you lay down the law?

Help us understand how parenting and family relationships affect teen behaviour and emotions



Participate to go into a draw to WIN TWO MOVIE TICKETS

If you have a teenager between the ages of 11 and 18 years old visit:

EXP.PSY.UQ.EDU.AU/PARENTINGTEENS/PROJECT/TRIBULATIONS

Complete a brief and anonymous 30 minute survey about your parenting, your relationship with your teen and their wellbeing. Your teenager can take part in a similar anonymous survey about their behaviour and emotional wellbeing.

For more information contact the research team at parentingteens@uq.edu.au.



WILSTON STATE SCHOOL P&C ANNUAL

TRIVIA NIGHT

Theme - Film and television

SATURDAY 4 JUNE 2016 @ 7PM

Prizes, raffles,
games and lots of fun!
BYO food.

\$250 table of 10 or \$25 per ticket and we will find you a table.
Places are limited so get in quick!

Reserve your table via
www.wilstonpandc.org.au/index.php/events
Register your theme with k-ohara@bigpond.net.au or
Michelle Tribe michmatt@bigpond.net.au

belle
PROPERTY
WILSTON

PRIZES FOR
WINNER
Dinner and
Best Dressed Table

This is an adults-only licensed event (no children please).