Dear Parents and Caregivers,

Wow, the end of the term is almost upon us. What a term it has been! The students and teachers have worked hard towards our continuous cycle of improvement with our increased focus of reading under the great Results Guarantee. This term, in no particular order: the students have also completed two lots of assessment in each subject area, we have had some staff changes, P&C fund raising, Rotary speaking, 3 way conferences and students participating in district sports. It has been busy. Thank you to all the parents and carers who support their child/ren and the school by participating in the learning and activities that take place throughout the term.

Next term we will be entering the last phase of the year. Students will complete further assessment tasks in each of the Key Learning Areas while teachers will be supporting all students to achieve their maximum potential. Formalised testing will take place to collect data on student achievement, report cards will be written, there will be a disco, an end of year celebration, some new families will join us, and swimming will commence. I am sure that the term will fly by.

In the meantime I hope you all enjoy a well-deserved holiday and look forward to another great Balaclava term in 2 weeks’ time.

Ms Jane Termaat
Principal

SCHOOL WATCH – THESE HOLIDAYS
At all times and especially during these upcoming holidays, we need you to look out for after-hours crime in our school. If you see anything suspicious, please remember to call the School Watch number 13 17 88. The School Watch Program is a partnership between Department of Education and Training, the Queensland Police Service and the State Government Protective Security Service. It aims to reduce vandalism, theft and arson in Queensland schools. If you do see something suspicious, please don’t attempt to intervene. Call the School Watch number and let the local police or State Government Protective Security Service deal with the matter. Keep the number handy – 13 17 88 – and let’s work together to help create a safer school community. Alternatively you can contact Police Link on 13 14 44.

PUPIL FREE DAY
The first day back next term is Tuesday the 6th as Monday is a public holiday. The next Pupil Free day will take place on Monday 19th of October; this is the third Monday back. On this day the teachers will participate in professional development with a specific focus on explicit teaching.
**DEPUTY’S DESK**

**TERM 3 HIGHLIGHTS**
As term 3 draws to a close I just wanted reflect on a fantastic term. A big thank you goes out to all of the teachers, teacher aides, parents and students for making this term one of the greatest at Balaclava. Some of the highlights have included:
- Balaclava’s best ever Naplan results
- Senior Mungalli camp
- Book Fair
- Sports Day
- Outstanding student attendance
- Trinity Bay science excursions
- Under 8’s Day

Please have a safe and enjoyable holiday and we look forward to seeing you back on **October 6th** for the beginning of term 4.

_Mr. Michael Patane_

_Deputy Principal_

**SWIMMING – TERM 4**
Swimming starts on Friday 23rd October (Week 3, Term 4) and will run every Friday for 6 weeks. Permission notes have been handed to students, however, if you need a replacement please see the office. Term 3 is almost over so please have your swimming notes and money back as soon as possible!!

**Remember, you must travel on the bus even if you are not swimming so you must have your permission to travel on the bus signed and returned.**

**PREP ENROLEMENTS FOR 2016**
Do you have a younger sibling due to enrol into Prep for 2016? Children born between 1st July 2010 and 30th June 2011 are eligible to enrol now for Prep here at Balaclava State School.

Birth certificates and immunisation records must be produced.

_Mrs Roome will be contacting those who have already submitted their enrolment form after the school holidays._

**SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORT**
This year we are pleased to be continuing our journey with School Wide Positive Behaviour Support.

**This fortnight our FOCUS SKILL is:**

_I SHOW RESPECT TO OTHERS_

✓ Listen attentively to ALL,
✓ Use appropriate volume & tone with my voice,
✓ Use kind words and positive body language,
✓ Keep hands, feet & objects to self.

**SCHOOL HATS**
School hats are now available to purchase through the office. They are $8 each and are required for your child to participate in lunch break activities. If students do not have a hat, they must sit under cover on the _Orange Seat_ as part of our sun safety strategy.

**ABSENCE HOTLINE**
We have a phone number dedicated to student absences. You will now be able to send us a text telling us why your child is away. Please make sure that you give your child’s full name in the text message and year level/class.

_The number to contact is: 0475 977 608_

**REDOPTION – YEAR 6**
Students in Year 6 please return your form indicating which High School you are enrolling in in 2016. If you have lost your form visit Mrs Roome in the office and ask for another. Remember that you require a birth certificate and evidence of where you currently live. Entry into High School is not an automatic process with High Schools in our area all enrolment managed. This means that that the street where you live determines where you are able to attend in 2016.

**RENOVATIONS TO DENTAL CLINIC**
Balaclava Dental Clinic is currently undergoing renovations. The clinic will be closed from 07/09/2015 and is due to re-open mid October 2015. If you require an appointment please contact staff at either of these clinics:

- Edge Hill - 4053 4231
- Cairns West - 4053 4820

**GOOD START PROGRAM**
The Good Start Program has been developed in response to the health needs identified by the Maori and Pacific Islander communities in Queensland. The focus is on helping children and families to build their skills set, knowledge and confidence about healthy eating, physical activity and healthy lifestyles. Debra Modra and Jodeci Hodge are our Multicultural Health Workers with the Good Start Program and they will facilitate these sessions every Monday, starting week 2 (12 October – 30 November 2015) from 2:30pm-3:30pm. Consent forms are available at the school office. It would be great if you could give them some feedback this term on how you think the program has worked in our school over the year. Feedback is encouraged so that the program can be improved.
EXPLORING THE NEW FRONTIER IN PARENTING – EMOTIONS; By Michael Grose
It’s official! Emotions are now part of the parenting and educational mainstream!
For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.
Not now.
The recently released movie Inside Out gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.
Current day muse Dr Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”
This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.
So where do we start? Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:
1. **Listen first** When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.
2. **Contain rather than manage (let your kids do the managing)** Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.
3. **Know that emotions can be pleasant and unpleasant** We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.
4. **Build a vocabulary around emotions** Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.
5. **Help your kids recognise, then regulate emotions.** Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you.
*Adapted from GenerationNext.com.au*
Date Claimers

**September**
- 15th: P&C Meeting
- 18th: Last day of term 3

**October**
- 5th: Labor Day Public Holiday (Pupil Free Day)
- 6th: First day of term 4
- 9th: Big Breakfast
- 19th: Pupil Free Day
- 20th: P&C Meeting
- 30th: World Teachers Day

**November**
- 11th: Wonder of Life Program
- 17th: P&C Meeting

**December**
- 7th: Presentation Night
- 11th: Last day of 2015

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