Dear Parents and Caregivers,

The Government has decided that for 2016, Monday 25 January will be a Pupil Free Day. **Students will resume school on Wednesday 27 January 2016**, after the Australia Day holiday. More information will come out about this in future newsletters.

**CYBER SAFETY**
The school is often asked about cyber safety issues. Education Queensland has invested in strict screening so students and staff cannot access many sites from school if not related to teaching programs. I can say that students have limited access from school computers.

Australian Communication and Media Authority ask if we would open our doors to strangers and welcome them in? Of course we all said no. We were then informed that when we open the internet, we welcome strangers into our house. There are things that we can do to keep our children safe in the cyber world, to protect them from strangers and to protect them from themselves:

- Ensure that your computer is in a public space so you can view what they are doing.
- Monitor the sites they are visiting.

But this does become harder when students access the internet through their mobile phones. Does your child need internet on their phone? I often review advice from Australian Communication and Media Authority.

Here are some really useful tips to help your child to be cyber smart when using social networking sites like Moshie Monsters, Club Penguin, World of Warcraft or Facebook:

- **Keep your personal details private.** Ask your parents before giving anyone on the internet your name, address, phone number or any other personal details.
- **Don’t share** your username or password with any one, except your parents.
- **Think** before you hit send or post. Once posted, it can be difficult to remove content.
- **Don’t post** anything you don’t want others to know or find out about—or that you wouldn’t say to them face to face.
- **Be respectful** of other people’s content that you post or share. For example, a photo that your friend took is their property, not yours. You should post it online only if you have their permission.
- **Be careful** when talking to people online. It can be fun but remember they may not be who they say they are.
- **Don’t stay.** If someone is rude in a chat room, or posts offensive or scary pictures, don’t respond. Leave the chat room straight away.
- **Tell** your parents or an adult you trust if you see or hear something that upsets you online.
- **Limit your time** on the internet. Remember to catch up with your friends offline.

Ms Jane Termaat
Principal
DEPUTY’S DESK
The Home Run
2015 is quickly flying by and before we know it the school holidays will be upon us. In the final five weeks of the year we have many important things for students to do and I have listed them below:

- Final assessment pieces for all subject areas.
- Presentation Night.
- Rugby Union Attendance Award for students attending over 90% in the final term.
- Christmas Concert.
- Swimming Program.
- Golfing Academy Program.
- 2016 NAPLAN Practice.
- Year 6 transition to High School.

As you can see we have a busy 5 weeks ahead of us so it is very important that all students are attending everyday so they do no miss out.

Mr Michael Patane
Deputy Principal

END OF YEAR
As we head towards the end of another great year at Balaclava State School, I’d like to remind parents of the need for students to maintain their attendance until the last day of school. A number of activities are being planned that require student attendance and participation, along with our normal school routines including assessment and reporting. Student reports will be sent home on Thursday, 11th December.

SWIMMING
THIS FRIDAY! Students must be at school on time, wearing uniform and need to bring the following:
- A bag to store dry clothes
- Towel & sunscreen
- Bathers and a shirt (all students MUST wear a shirt over their bathers for sun safety or they cannot swim)
- Dry underwear (if wearing bathers to school)

HATS & SHOES
All students have until the 1st of November to make sure they are wearing hats and shoes. Shoes must NOT be thongs, but enclosed joggers or similar. Hats should be broad brimmed rather than caps. Thank you for your support.

PREP 2016
We are currently finalising our prep enrolments. All current families who will have a student coming to Prep next year must complete an enrolment form. Enrolment forms can be obtained from the school office. When they are completed they need to be brought back to the office along with the original birth certificate of the child and up to date immunisation records.

CLASSES FOR 2016
We are about to start planning our classes for next year. If you are not intending to be with us next year, please let us know. Alternatively, if you know of a family who would like to enrol, please invite them to contact the office for an enrolment package and an appointment. We are growing rapidly and would like to be as prepared as possible for next year with the right number of teachers and the right number of classes.

TRANSITION DAY 3
2016 Year 7 students — You are invited to attend Transition Day 3 ‘A day in the life of’. Date: Wednesday 9th Dec 2015
Time: 8.45am - 3.00pm
Venue: Woree State High School (Meet: Q03)
You MUST be enrolled to attend this day and reply through your teachers/school by Mon 30th Nov.
Students are required to wear their current school uniform and covered in shoes, bring a book and pen to write with, bring lunch and/or money for lunch from the tuckshop. Please be in time!
For further information please contact:
Mrs Linda Jones - HOD Junior Secondary (Acting)
Phone: 4081 5216
Email: ljone132@eq.edu.au

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:

EVERYONE WALKS
✔️ W – Walk quietly
✔️ A – Allow for personal space
✔️ L – Look forward
✔️ K – Keep hands by my side
✔️ S – Straight line
1/2/3A INVESTIGATION

In Science this term, 1/2/3A has been investigating sound. Students used their knowledge of sound and how it is created to design and make their own instrument. Well done 1/2/3A!

JANE’S JOTTINGS

Building Resilience

From resilience perspective, parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all problems for them. You can promote a lasting sense of resilience in your kids by:

1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.

2. Look for teachable moments. Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

3. Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

4. Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for a while and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself and your child’s ability to cope.

Michael Grose

ENCOURAGEMENT

Encouragement is praise for effort – for example, ‘You worked hard on that maths homework’. Praising effort can encourage your child to try hard in the future. But you can also use encouragement before and during an activity to help your child do the activity or behaviour. For example, ‘Show me how well you can put your toys away’ or ‘I know you’re nervous about the test, but you’ve studied hard. No matter how it turns out, you’ve done your best’. Some children, especially those who are less confident, need more encouragement than others. Encouragement is particularly important for older children.

WONDER OF LIVING

Natural Fertility Services Cairns will visit our school this term to present a Personal Development Program to our students based on the “Wonder of Living” series, as well as puberty talks to our year 5 & 6 students. An information letter was sent home earlier in the week providing more information.

Parents are encouraged to attend the parent only sessions below:

Wonder of Living – 1hr Parent Session on Tuesday 17 November from 2.45pm (in the school hall) that provides parents an opportunity to assess the suitability of the program for their child.

How to Have ‘The Talk’ – 2hr Parent Session on Wednesday 25 November from 2.45pm (in the school hall) that offers helpful information and insights into normal sexual development. It is designed to help parents feel comfortable talking to their child.

STUDENT AWARDS

GENERAL NOTICE
Date Claimers

**November**

17th  P&C Meeting
17th  Wonder of Living Parent Info Session
18th  Wonder of Living Program for Students
25th  Wonder of Living Puberty Program (Yr. 5 & 6)
25th  Wonder of Living Parent Session ‘The Talk’

**December**

7th  Presentation Night
9th  High School Orientation Day
10th  School Concert
11th  Last day of 2015

---

These advertisers support us, please support them:

1. **Balaclava Veterinary Surgery**
   - Website: www.balaclavavet.com.au

2. **AAB Office Equipment**
   - Exclusive Authorised Dealer for RICOH
   - Digital Copiers - Colour Copiers - Laser Printers - Rentals
   - Contact: 4081 7444
   - Website: sales@aabequipment.com.au
   - Address: 216 Severn St Cairns

3. **Calanna Pharmacy**
   - Locations: Atherton, Edmonton, McLeod, North Cairns, Woorim
   - Products: Vitamins & Health, Medication, Naturopath

4. **Wuchopperen Health Service**
   - Services: Counselling & Support, Children & Family Care, General Clinic, Women’s Child & Maternal Health
   - Address: 6 Moingard Street, Manoora, Cairns QLD 4870
   - Contact: 4080 1000

5. **Caffe Suprimo**
   - Offer: 40% off on second meal
   - Contact: (07) 4041 5181
   - Website: www.caffesuprimo.com.au

---

*These advertisers support us, please support them.*

---

*Australian Newsletter Services P/L, Authorised Supplier of Free Newsletter Covers For Schools & Churches*

PO Box 1878, Springwood B.C., Q. 4127  Ph: (07) 3290 1966, Freecall: 1800 245 077, Fax: (07) 3290 1988, Email: info@ausnews.com.au

*Printed January 2015*