SWPBS - School Wide Positive Behaviour Support

Build Good Relationships

Often it is difficult to join an established group because of fear of rejection. Most children have friends. Children who have friends are more likely to be self-confident and perform better academically at school than those without friends. When children have difficulty in making friends or in keeping them, it often leads to feeling lonely and unhappy with themselves. Feeling rejected by others may lead to significant distress. Learning positive friendship skills can help children socially so they feel happier and more confident.

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Be Respectful

If someone if left sitting by themselves it shows great respect to invite them to join you. It can take a lot of courage to ask if you can join in. Often it is much easier for a member of a group to make the effort to include this person. If you have a friend who seems to be feeling lonely, you can invite them to share your activities. It may be helpful to introduce them to your other friends. Be kind to others. Help your friends in need. Say positive things to others. Make new friends.

Carer Support Service

Do you look after someone who has a: Possibility - Mental Illness - Chronic Condition - Terminal Illness – Is Frail Aged

Are you: Tired, Stressed and Need someone to talk to?

Come in and talk to us or make an appointment.

Available hours of support are: Monday 9:30am to 10:30am Saturday 8:30am to 9:30am Tuesday 9:30am to 10:30am

PHONE: 40801000
Wuchopperen Health Service Rainforest Centre 6 Moigard Street Manunda Cairns

“Keeping Our Generations GrowingStrong”

Principal’s Pen

Hello All,

CONGRATULATIONS AND THANKYOU
I’d like to welcome our new committee; I know our families will support them. Thank you to the team from 2013 for their generous time and effort over the past year.

Introducing our 2014 P&C Committee:
President – Michelle Appo
Vice President – Julie Jose
Secretary – Chiutta Toombs
Treasurer – Shiree Eddleston

P&C Meetings are held on the third Tuesday of every month. We welcome all parents and caregivers, and invite you to join us at 5:30pm in the hall.

READING
Reading is the most important skill that children learn so it is most important that as parents, we assist our children to learn to read. There are many things you can do at home; Read to your child every day, even big kids enjoy stories read to them Access books – buy them or borrow them; the town library is a wonderful resource Listen to your child read Talk with your child as children need a broad oral language to be able to know words Read signs and notices around your house and the community.

BALACLAVEREADINGSKETTING PROGRAM

We will soon be starting up a breakfast reading program at school. If you would like to volunteer to listen to a child read please let us know as we will be more than happy to have you with us on this exciting new journey.

Why: Because kids need to eat and kids need to read.

When: Monday and Thursday morning 8:00–8:20 am

Who: One morning PGO, one Admin person, one teacher, upper school students who would like to be reading buddies for the younger students, and parent volunteers.

Where: The Activity Room

What: Readers or Library books, or even books from home.

How: Students get a stamp on a book-mark when they have read. The stamp is signed and dated. They take this to the food area and get a free breakfast. The students will be given the responsibility of washing up their own bowls and spoons. After they have read 5 times they get a McDonald’s voucher.

POLICE BEAT

The school has recently acquired a new Adopt-a-Cop. Mr Dan McIntee is based at the Mooroodoo Police Beat with another constable. These two policemen are working closely within the “Cairns Safer Streets” taskforce project. One area that the taskforce is focusing on is ensuring that people have their vehicles locked while parked at, or near, their home. People who have locked cars are rewarded with a positive notice while those who don’t are provided with a reminder to lock their vehicles. There is a particular focus on cars in the Mooroodoo area. To help build community connections with students and families the police will be working

Date Claimers

Fri 21 Mar
Harmony Day Celebration

Wed 26 Mar
Bravehearts Performance

Fri 28 Mar
New BSS website goes “live”

Fri 4 Apr
Cross Country Fun Run
Thank you for your support and participation. Please return your form and monies to the school office by Friday 28th March. Money will receive a 2GB MP3 Player. The best fundraising class will share a Pizza Party.

If every student raises $10 we will make more than $3,000 for the Physical Education Program providing new sports equipment for all to use.

Remember by raising just $10 you can choose a great prize. The student who raises the most money will receive a 2GB MP3 Player. The best fundraising class will share a Pizza Party.

Please return your form and monies to the school office by Friday 28th March. Thank you for your support and participation.

Kate Movety, PE Teacher

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**FIRE & EMERGENCY EVACUATIONS & LOCKDOWNS.**

Throughout the year the school practices our emergency evacuations so that we can all safely leave the buildings as well as lockdowns so that we can all safely be secured inside. Evacuations are signalled by long continuous ringing of the bell. Everyone assembles on the ovals. Evacuations occur for many reasons but generally are due to fire or smoke. Lockdowns are signalled by short sharp ringing of the bell. Lockdowns result from danger outside. Both procedures need to be practised to ensure all students and staff are safe if either situation occurs. Please be reassured that I would contact you if either situation occurred in reality (as opposed to our usual practising of these activities).

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**ONLINE SAFETY & CYBERBULLYING**

Delivered by an international keynote speaker on the topic of digital compliance and internet safety. Parents/carers will be presented with engaging and powerful information in a way that will bring to life possible online dangers and responsibilities which are a part of our children’s digital world. Strategies of protection and prevention will empower them to reduce online risks within the home. Be amazed how simple this can be.

**Where:** Redlynch College Auditorium, Snr Campus

**When:** April 30th from 6:30pm

**RSVP to School Based Youth Health Nurse psche38@en.edu.au**

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**FUN RUN, Friday 4th April**

The Fun Run will be here before we know it. It’s on the last day of this term! If every student raises $10 we will make more than $3,000 for the Physical Education Program providing new sports equipment for all to use.

Remember by raising just $10 you can choose a great prize. The student who raises the most money will receive a 2GB MP3 Player. The best fundraising class will share a Pizza Party.

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**Student’s of the Week**

**Week 7**

At Balaclava Every Day Counts!!

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**Week 8**

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**COLES WALL**

In the coming weeks, if you visit Coles at DFO you will see a wall dedicated to Balaclava State School. The wall will consist of pictures, information, and other things “showing off” our school.

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**Principal’s Pen continued...**

with a group of students from our school to do this. This activity will occur after school for about ¼ of an hour once a week for a few weeks. Students will be provided with safety vests and safety guidelines, and be supervised at all times by Mr Dan. So if you see Mr Dan around, give him a wave, say hello and be a friend to him.

**BEHAVIOUR**

At Balaclava we have three main rules. These are: Respect, Responsibility and Relationships. The rules are linked to all out behaviours each and every day. They apply to everyone who works here, learns here or enters the school grounds. Students are reminded daily of appropriate behaviours, language and how they should treat each other. Each day I visit classrooms and remind the students to be kind to each other and to try their best as this is an easy way for children to understand what is expected of them. Our Focus behaviours each week also help students learn the values of what is expected, not only at school, but also what is expected of them in the broader world. Parents can support their children and the school by referring to these rules as well. Together we can grow confident and wonderful people for the future.

**3 WAY CONFERENCES**

On Tuesday 25th of March teachers will be holding 3 way conferences in the hall. These conferences consist of the teacher, the parent and the student discussing; learning goals, current achievements, where support is required and behaviour. Parents are all invited to the conferences. Letters with more information will be going home soon. I hope you will be able to join us in this event.

**REMINDERS**

**HARMONY DAY**

On March 21st, the P&C committee in conjunction with CARMA will be hosting a Harmony Day celebration with the theme, “Multicultural Friendship Celebration” at Balaclava State School. The celebration will start at 4:00pm and go through until about 5pm. Families, friends and community members are all invited to attend. There will be music, displays and food for all to see, experience and enjoy. I hope to see you all there.

**WEBSITE**

Our new website will be launched on the 28th of March. The site will contain up-to-date forms, information, copies of the newsletter, dates to remember and current news items. Please take a moment to have a look at it when the site goes “live”.

**COLES WALL** – in the coming weeks, if you visit Coles at DFO you will see a wall dedicated to Balaclava State School. The wall will consist of pictures, information, and other things “showing off” our school.

**PARADE**

In the last week of this term will be holding parade on THURSDAY 3rd April not Friday as the Fun Run will be held on that day instead.

**JANE’S JOTTINGS**

Try these tips to encourage the behaviour you want in your child. Children do as you do. Your child watches you to get clues on how to behave in the world. You’re her role model, so use your own behaviour to guide her. What you do is often much more important than what you say. If you want your child to say ‘please’, say it yourself. If you don’t want your child to raise her voice, speak quietly and gently yourself. Show your child how you feel. Tell him honestly how his behaviour affects you. This will help him see his/her own feelings in yours, like a mirror. This is called empathy. By the age of three, children can show real empathy. So you might say, ‘I’m getting upset because there is so much noise I can’t talk on the phone’. When you start the sentence with ‘I’, it gives your child the chance to see things from your perspective.

Catch her being ‘good’. This simply means that when your child is behaving in a way you like, you can give her some positive feedback. For example, ‘Wow, you are playing so nicely. I really like the way you are keeping all the blocks on the table’. This works better than waiting for the blocks to come crashing to the floor before you take notice and bark, ‘Hey, stop that’. This positive feedback is sometimes called ‘descriptive praise’. Try to say six positive comments [praise and encouragement] for every negative comment [criticisms and reprimands]. The 6:1 ratio keeps things in balance. Remember that if children have a choice only between no attention and negative attention, they will seek out negative attention.

Get down to your child’s level. Kneeling or squatting down next to your child makes him look at you. It helps him positively with them. Getting close allows you to tune in to out negative attention.

*Remember when you believed in anything and everything? Remember when you believed in anything and everything? Remember when you believed in anything and everything? Remember when you believed in anything and everything? Remember when you believed in anything and everything? Remember when you believed in anything and everything?*

**Jane Termaat**

**Principal**

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**In the last week of this term will be holding parade on**

**Thursday 3rd April not Friday as the Fun Run will be held on**

**that day instead.**

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**Participants will go into a draw to win one of 10 $50 gift certificates to Coles/Myers.**

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**Parents are all invited to the conferences. Letters with more information will be going home soon. I hope you will be able to join us in this event.**

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**More to follow...**