Building Resilience
All parents want what is best for their children. Sometimes though, in our endeavour to protect our children, we take control of a situation and make decisions that are not always in our child’s best interest. Michael Grose (Parenting Educator) talks of 7 resilience robbers that reduce a child’s development of resilience.

ROBBER 1 – Neglect or abuse
When children feel unsafe or unloved, their resilience is threatened. Children can learn to cope with these experiences, but the damage can take years to overcome.

ROBBER 2 – Rescue kids from challenging or stretching situations
When things are outside the comfort zone of children, they feel out of control. Children need opportunities to develop knowledge, skills and strategies for coping with life.

ROBBER 3 – Rescue kids from solving problems
When children are provided with a ready solution, they don’t learn to think for themselves. Children need to experience problem-solving and the feeling of achievement that comes with solving problems.

ROBBER 4 –ARCH
When children are being watched or micromanaged, the sense of independence and the ability to self-regulate is threatened. Children need opportunities to become independent and learn to self-regulate.

ROBBER 5 – Create an artificial environment
When children are being shielded from the ‘real’ world, they miss out on the opportunity to adapt. Children need to help them cope with the ‘real’ world.

ROBBER 6 – An environment in which children are not trusted
When children are given responsibilities, they are more likely to feel trusted and confident. Children need opportunities to make decisions and feel confident.

ROBBER 7 – Rescue kids from stress, responsibility
When children are being rescued from stress or responsibility, they miss out on the ability to develop their own coping strategies. Children need to be given responsibilities and the opportunity to develop their own coping strategies.

SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORT
Next week our focus will be “Using Appropriate Language at School” This includes using another word instead of a swear word. There will be an increased focus on students communicating appropriately to each other in all contexts.

TRAMPOLINE SAFETY
Hundreds of Australian children are taken to hospital every year for trampoline-related injuries such as cuts, sprains and fractures. Don’t let your trampoline spring a nasty surprise. To make sure it’s safe, visit www.productsafety.gov.au/trampolinesafety

Follow these simple steps to see if your trampoline is safe
One at a time
Make sure there is only one child on the trampoline.
Supervise
Watch children at all times, and take extra care with younger children as they are more prone to serious injury.
Safety padding
Always use safety padding on the frame.
Regularly check that the:
· Mat & net don’t have holes
· Springs are intact & securely attached at both ends
· Frame is not bent
· Leg braces are locked
· Hazard-free surrounds

Make sure:
The area around the tramp is free from hazards like fences or garden furniture
There is an overhead clearance to avoid objects like trees & wires

SWIMMING TERM 4
As part of the school’s Physical Education Program, your child will commence SWIMMING & WATER SAFETY lessons next term. These lessons are conducted at the WOREE POOL and will run each Friday from October 24th for 6 weeks (Week 3 to Week 8).

Students will travel to the pool by bus. Bus fare, cost of a Learn to Swim Coach and pool entrance fee for the 6 weeks will be $36.00. The cost of the Learn to Swim Program has been subsidised with the Fun Run Cross Country fundraised money to provide the lesson at an affordable price for all students.

The office will be collecting money now, so if you can start bringing your child’s money to the office that would be great. Payments are due by the end of Term 3, Friday 19th September. The Permission and Medical Form needs to be completed and returned to your child’s class teacher.

All students will be travelling to the pool even if they are not swimming. If they are not swimming they will be given work to do. Students are required to return the permission note prior to the first swimming session. Students must attend the swimming lessons as it is part of the PE Curriculum. Non-attendees must have a note explaining why they will not be attending. Each Friday, students will require:-

1. A bag to store dry clothes / Bathers’ shirt / Towel / Sunscreen / (Don’t forget underwear if you wear your togs to school)

Students are encouraged to wear sunscreen while in the pool and students with long hair are encouraged to wear a swimming cap. All students must wear a T-shirt over their bathers.

As the Swimming & Water Safety program is an important part of the curriculum, it is expected ALL students, regardless of ability, will attend all lessons. The program attempts to cater for all ability levels. From the beginning swimmer developing basic skills in the water, to the more advanced swimmer whose skills can be extended through life saving and survival activities.

All students need exposure to swimming, survival and rescue activities if they are to become competent in different situations in the water. If your child is unable to attend swimming for some reason please provide a note telling us why they will be unable to attend the 6 week swimming program.

Thank you
Kate Moxley (PE Teacher)

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School Lunches… Children need food in their tummies in order to concentrate in class and have energy to play at recess. Please do not let your child go hungry! Balaclava SS has two lunch breaks - 10.20 am and 12.35 pm - so they require fruit, sandwiches, salad or last nights leftovers; as long as you have packed 2 meals each day or organised tuckshop for your child. Please be aware that peanut butter is not permitted due to allergies of classmates; we do not want to risk an allergic reaction.

I HAVE READ MY NEWSLETTER!

Would you like the chance to win a free tuckshop for your child? Simply complete the form below, and hand it into the office no later than next Friday morning. The winner will be announced on parade next term.

The family (name) _____________________________________________from year ________ has read the newsletter this week!

Parent signature: ____________________________________________

Principal’s Pen continued....

So... Thank you, all our teacher aides for all you do each and every day to support our Balaclava students and teachers.

INVITATION TO MPI WALK 4 LIFE - Saturday, 27th of September
The Good Start Program is inviting you and your school and their families to participate in the Maori and Pacific Islander (MPI) Walk for life (during Cultural Diversity Week). This is a FREE event. MPI Walk for Life is an event created to encourage healthy living with children and families and recognition of those who have or know someone who has suffered from a chronic disease. This event is a family event and to encourage Community to come together and be advocates for healthy living. It would be great if you could promote this event to those communities. FYI the first 150 to register will receive a t-shirt on the day. If you have any queries regarding this please do not hesitate to contact me.

Kind regards, Debra Modra
Multicultural Health Worker, Good Start Program - Cairns Child and Youth Community Health Service

PARENT INFORMATION
Parent Information - During the week, I received information How To Help Children. This website program is free for Qld schools and parents. Education is a partnership between schools, children and families. Many parents desperately want to help their children with schoolwork and homework, but they have no idea how to... ‘How To Help Children’ gives all families the support they desperately need. Sometimes it was as simple as showing them how to do a “sum”, teaching them how to read with their children so they comprehend what they read; how to improve a child’s writing or spelling skills; friendship problems; bullying issues; poor self-confidence and anxiety problems and the list goes on. There are over 300 simple and straightforward videos teaching parents and children. And it is full of “how to” and practical demonstrations, covering everything that children really need to know in Primary School - all the basic essentials are there for help in English and Mathematics. http://www.howtohelpchildren.com

STAFFROOM MAKEOVER
Help us win a $20,000 staffroom makeover! Thanks to QT Mutual Bank we have the chance to win a $20,000 staffroom makeover as part of their “Staffroom for Improvement” competition. The prize is a complete makeover of our school’s main staffroom. The winning school will be the one with the most votes weighted against the number of students, so any school, small or large has an equal chance to win. We need as much support from our local school community as possible. Even if we don’t take out top prize we have the chance to win a $10,000 as part of the People’s Choice award. Simply visit www.staffroomforimprovement.com.au to read the terms and conditions and register your interest today. The competition kicks off on 18th August so spread the word and get as many people as possible to vote for our school.

LAST WEEK - 2014 PREMIER’S READING CHALLENGE
The reading period for the Premier’s Reading Challenge closes next Friday 5 September. Please ensure you read with your child every night so your child can complete this challenge. Only a week to go!

PREP ENROLMENTS FOR 2015
We have a number of prep students enrolled for next year already. This is fantastic for this time of year. Of course we have room for plenty more. Do you have a younger sibling due to enrol into Prep for 2015? Children born between 1st July 2009 and 30th June 2010 are eligible to enrol for Prep here at Balaclava State School. Birth certificates must be presented upon enrolment. Enquiries are most welcome on (07) 40815333.

BREAKFAST READING
The breakfast reading program will continue this term with reading and breakfast available from 8 am until 8:30 each Monday and Thursday morning. Students who read 5 times will receive a McDonald’s voucher. We have approximately 15 – 20 students who turn up each day for this program.

Jane Termaat
Principal

Head Lice… A notice to all parents and carers that headlice are on the radar again. Please be aware they may have made their way to your house. Nits love clean hair so no-one is immune! We ask all families to be proactive in this matter and take prompt action to keep the spread of lice to a minimum.

School Lunches… Children need food in their tummies in order to concentrate in class and have energy to play at recess. Please do not let your child go hungry! Balaclava SS has two lunch breaks - 10.20 am and 12.35 pm - so they require fruit, sandwiches, salad or last nights leftovers; as long as you have packed 2 meals each day or organised tuckshop for your child. Please be aware that peanut butter is not permitted due to allergies of classmates; we do not want to risk an allergic reaction.

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