UPCOMING EVENTS

Week 7 November 2016
- Mon 14: Parade (Held in Hall), Prep – Grade 6 @ 9:00am – All welcome, Swimming (Years 1, 2 & 3) from Mon 14 November to Fri 18 November
- Thur 18: Volunteers Morning Tea

Week 8 November 2016
- Mon 21: Parade (Held in Hall), Prep – Grade 6 @ 9:00am – All welcome, Swimming (Years 1, 2 & 3) from Mon 21 November to Fri 25 November
- Thu 24: Camp Quality Puppets (Prep—Grade 5)
- Fri 25: Festive Season Carols Evening

Week 9 November/December 2016
- Mon 28: Parade (Held in Hall), Prep – Grade 6 @ 9:00am – All welcome, Graduation Rehearsal Grade 6 @ 9:30am-10:30am
- Tue 29: Book Exchange, Day of Challenge Grades 5 & 6
- Wed 30: Graduation Rehearsal Grade 6 @ 9:00am-10:00am, Book Exchange
- Thu 1: Drama Performance Day
- Fri 2: Graduation Rehearsal Grade 6 @ 9:00am-10:00am

Week 10 December 2016
- Mon 5: Graduation Rehearsal Grade 6 @ 9:00am-10:00am, Grade 6 Graduation
- Tue 6: End of Term Celebration Assembly (Held in Hall), Prep – Grade 5 @ 9:00am – All welcome
- Wed 7: Prep-Grade 2 Christmas Concert, Year 6 Wet N Wild Break Up
- Thur 8: Classroom break up luncheons, Prep—Grade 6

CHAPLAINCY
Breakfast Club is run every Tuesday and Wednesday morning outside the Arts Room from 8:00am-8:30am

FREE FRUIT MORNINGS
On Mondays, Thursdays and Fridays from 8:00-8:30am in the undercover area, Waterford State School P&C will be providing free fresh fruit for all students. Please encourage your child to come and receive a healthy snack.

P & C MEETING
Our next P&C Meeting will be held on Tuesday, 15 November, 2016 at 3:30pm in the Library. Please like and share us on Facebook.

FROM THE PRINCIPAL...

Here we are in week 7 with only 4 weeks until the holidays. It is important that we continue our focus on learning right up to the last day as we celebrate the festivities that the end of year brings.

Gala Sport 2017
Over the past 2 years numbers attending Gala Sports Days have diminished with this year only about one third of students attending. As this is a big part of the school year, we thought that we would survey the Year 5 and 6 students and determine why students were not supporting this program. Some identified cost as a factor, with a large number identifying that they were not interested, either due to a lack of interest in sport or the wait times at the venues as they waited for their games. When asked if they would prefer to continue with the Gala Days or have an options program every Friday afternoon (which we have trialled this year), two thirds of the students voted for the Friday options program.

I spoke to the Year 4 and 5 students after assembly and explained this to them and made a commitment to discuss other options with the local schools in our cluster who also don’t participate in Gala Days to determine what programs they offer to ensure that children have a weekly opportunity to participate in a sport of choice either competitive or recreational. If you have any queries or suggestions please don’t hesitate to contact me.

Classes for 2017
We have developed a draft schedule for classes for 2017 and teachers have been told what classes they may be on so that they can start planning. I have asked that they do not share this information with anyone as this is only our first draft, as we continue to try to finalise our numbers which won’t be final until Day 8, 2017 (February 2). I know that children and parents like to know what classes that they will go into before the holidays but as this is very likely to change, we will do the same thing as this year and release this information on the first day back to minimise disappointment. I also know that you all realise that this can always change but experience tells me that once children and parents are told their class for the following year, any changes after that are very stressful so, our goal is to get it as close to perfect from the first day and hopefully not have to make any changes after Day 8. Again, this can not be guaranteed due to the nature of how we are resourced but we are working on it. For this reason, if you know of anyone who is leaving or planning to join us at Waterford SS, please ask them to contact us urgently so that they can be considered in our numbers.

Waterford State School P&C Christmas Carol Evening
Just a reminder that our annual Christmas Carol evening will be held on Friday, November 25. I encourage you all to come along and join in the fun.

Volunteer’s Morning Tea
Our annual Volunteer’s Morning Tea will be held on Friday, 18 November from 9:30am. It is our opportunity to say thank you to all of our parents who support us here at school as well as in the home. This year we asked for volunteers who could not get to school due to outside commitments and now have a group of parents who make resources etc at home and bring them in when they collect children etc. This has been a great support to our classroom teachers and our Literacy and Numeracy programs here at school.

Kind Regards,
Linda Knight
FROM THE DEPUTY PRINCIPAL (Years Prep-Year 2)....

**LIONS Program:** Learning in our new school
Throughout the term we have been welcoming next year’s Prep students to our school with our LIONs group. If you know of anyone intending on enrolling their child in Prep at our school in 2017 please encourage them to let us know as soon as possible.

**Open Day:** LIONS Prep 2017 students
On Saturday 26th November we will be having an open day morning for our 2017 prep students and their families. Please RSVP by Tuesday 22nd November by calling 3451 8222 or emailing prep2017@waterforss.eq.edu.au

**P to 2 Concert**
On Wednesday 7th December our Prep to Year 2 Students will be performing in their Annual Christmas Concert. Parents, friends and family are welcome to attend the concert from 9am – 10:30am in our school hall. As many of our parents would like to take photos or film elements of the concert your child will be bringing home a photo consent permission form for the concert. Please return the form to your child’s teacher as soon as possible to indicate whether or not you consent to your child being photographed during the concert.

**Instrumental Music 2017:** Program changes
Next year will see a change in instrumental music offerings at our school. To provide a more consistent program and to provide more time for rehearsal and bands etc. the decision has been made to collapse the multi program and have one full day per week support from a strings teacher. Another school in our cluster has made the same decision and they will now have full day of support from the multi instrumental teacher. As schools we have agreed to swap instruments so that we can both continue supporting our students as they learn an instrument. We understand that this may cause some upset but we all felt that in the long run, this decision is the best one as we move forward and the intent is to provide a more substantial instrumental program at our school.

**Instrumental Music 2017:** Join the Strings program in 2017
This week a 2017 strings program expression of interest form will be sent home with our current year 2 students. If you have a child currently in year 2 and would like for them to be considered for our strings program in year 3 2017 please request an information pack from your child’s teacher or the office and return the expression of interest form by Wednesday 23rd November. Information packs will be available from Wednesday 16th of November.

Sally Elsby

FROM THE DEPUTY PRINCIPAL (Years 3 –6)....

**Student Leadership 2017**
Last week Mrs Knight and I had the pleasure of speaking with each of the candidates for Student Leadership positions in 2017. We were very impressed with the way the students conducted themselves. From here students were shortlisted for the positions of School Captain and Vice Captain. These students will present a 1 minute speech on Wednesday 16 November in the hall starting at 2pm. The process for House Captains will continue after this.

**Graduation**
Year 6 Graduation is fast approaching. Invitations have been sent home with students with an attached RSVP. Please return the RSVP to the office as soon as possible. There is a maximum of 4 guests over the age of 11 for each graduating student. Graduating students are not counted in this number as they will be seated with their class.

**2017 Return to School forms**
Thank you to all families for their response to our green form indicating if you are returning to Waterford SS in 2017. This makes our planning for next year much easier. If your circumstances change and your children will no longer be returning to Waterford please notify us as soon as possible.

**Camp Quality**
On Thursday 24 November, the Camp Quality puppets will be visiting our school. Camp Quality is a well known children’s charity supporting children living with cancer. The puppets tell an interactive and engaging story about cancer and being supportive and positive. This is a free puppet show which addresses cancer in an age appropriate manner. You can find more information on the website www.campquality.org.au or if you have any questions about the puppet show you can contact the co-ordinator directly on 3804 4103 or james.trigg@campquality.org.au. Please complete the permission form and return to the class teacher as soon as possible. The puppet show will be presented to Prep to Year 5 as Year 6 will be on excursion to Griffith University on this day.

Kelly Uittenbosch
UNDERSTANDING ANXIETY

Definition: “a feeling of worry, nervousness, or unease about something with an uncertain outcome”

With a definition like this who doesn’t get anxious.

Did you know... Sometimes is can be helpful to have some level of anxiety. It helps us get ready for exams, and motivates us to perform. It helps us avoid dangerous situations or reminds us to prepare for new situations. It helps us to be prepared and often to do our best.

If you are feeling anxiety you might feel uncomfortable, physically unwell (butterflies in your stomach, heart racing, wanting to vomit or go to the toilet). You might feel overwhelmed, frightened or even a sense of panic (this can be very useful if that assignment is due tomorrow).

All these feelings are normal and most of us experience them at some time in our lives. Don’t panic if your child is demonstrating these symptoms especially at the end of term, while having to speak in public or when awaiting his report card.

When does anxiety go beyond the norm?

If you are seeing anxiety that is “excessive or unreasonable, marked and persistent” and interfering significantly with one’s normal routine’, then it is time to consider whether the anxiety has reached the level of a disorder.

When feelings and thoughts become more intense and overwhelming; thoughts are unhelpful or irrational and unable to be controlled; and the person is unable to do what they need to do; and these thoughts and feelings are interfering with relationships, then anxiety becomes a disorder, and it is time to seek help.

Anxiety is a part of life but it should not become your life. There are many causes to anxiety of which familial history of anxiety is often a common element, but anxiety can occur for lots of reasons. One in six people experience anxiety so it is a common issue.

There are 5 types of anxiety disorders:

- Generalised Anxiety Disorder (GAD) – excessive worrying about many aspects of one’s life
- Obsessive Compulsive Disorder (OCD)– Thoughts and fears are obsessive and rituals are performed in order to cope eg. continually checking if the iron is off; excessive hand washing
- Panic Disorder – panic attacks are periods of intense fear or anxiety even when there is no good reason. Symptoms may include sweating, breathing difficulties, loss of control
- PTSD – Post traumatic stress disorder – A disturbing event may trigger this and the person may have flash backs, disturbed dreams and mood changes. Many soldiers or refugees experience this, but a single incident can trigger this for anyone
- Social Phobia – fear of being humiliated, embarrassed or criticized and may affect one’s ability to speak or eat in public, being assertive and sticking up for oneself
- Specific Phobias eg; intense fear of spiders, the dark, injections. One or more can occur at the same time.

If you believe that the feelings of anxiety are ongoing, and affecting day to day living, and are unable to be controlled, then you or your love one needs to seek help.

Tips to help along the way

- Talk to someone eg; Guidance Officer, a doctor, a friend or family member
- Stay physically healthy – eat healthy food, drink water, exercise daily
- Work out ways to minimize the stresses in your life without having to avoid them
- Have a massage, yoga, facial or other treats

Who better to look after you than yourself but be open to help if you need it. Often others see our needs before we do!

Contacts:

- Beyondblue 1300 22 4636 Beyondblue.com
- Lifeline 13 11 14
- Kids Helpline 1800 55 1800.

Adapted from Beyondblue

Traci McNicol & Julie Robinson
LIBRARY NEWS...

Book Club
The final Book Club pamphlets for the year have been distributed and Book Club cash orders are due back at the Library, or online orders through the LOOP system, by Tuesday 22 November.

Book Exchange
The Book Exchange will be held outside the Library on Tuesday 29 November and Wednesday 30 November.

Many students have already brought in books for the Exchange, keep them coming so that we have an excellent range and selection for students to choose from!
Books should be given to students’ classroom teacher so that numbers can be recorded for each student. Those students bringing in multiple books have an opportunity to visit the Exchange before anybody else. While we understand that the books have been pre-loved, we do ask that they are in reasonably good condition with no scribble or missing pages.

Reading over the long Christmas holidays is very important and a couple of books from the Exchange might provide the opportunity for practising reading skills as well as enjoying a good read!

Book Fair Reward Books
The marvellous support of the school community made our Book Fair (held during August) the most successful Book Fair ever at Waterford SS! All the items have now been processed and will be on the shelves of the Library and the First Read Club next week. We thought you might like to see the collection of these resources.

First Read Club
The First Read Club continues to meet on Wednesdays and Thursdays at second break in Term 4. We have two Year 5s already in training for running the First Read Club next year. Our present Year 6 leaders are doing a mighty job of organising the club, reading with students and training the Year 5 students.

Library Borrowing
Next week is the last week for student borrowing and reminders have been issued to students if they have overdue books. We would appreciate it if everybody could check at home for any library books that might be hiding out!

Thank you!
Alison Johnson

Poetry by Student—Grade 3 Rykah W
Butterflies fluttering beautifully,
Water shining and gleaming.
I can see crooked rocks rolling,
Sand blowing crystally and sparkling.

The wind blowing wildly,
Birds cheeping cheerfully.
The waves swishing and swaying,
The fishing rope that fell carefully.

Wind blowing roughly
Happy and cool,
Rocks rolling on my feet,
I feel like I am in a pool.
FROM ENGAGEMENT TEAM...

Rule of the Week—Term 4 - Week 5

Analysing...... Monthly One School Data

School Rule: Be Responsible — Do the Right Thing, In the Right Place and the Right Time

Rule of the Week—Term 4 - Week 6

School Rule: Be Responsible — Be Honest and Accept Consequences

Michael Skelton and Mary Edwards

INDIGENOUS NEWS...

Bush Tucker
Is any food native to Australia and used as sustenance by the original inhabitants. Examples of Australian native animal foods (meats) include kangaroo, emu, crocodile, goanna, witchetty grubs, fish and shellfish.

Examples of Australian native plant foods include the fruits: quandong, kutjera, muntries, riberry, Davidson's plum, and Finger Lime. Native spices include lemon myrtle, mountain pepper, and aniseed myrtle. A popular leafy vegetable is warrigal greens. Nuts include bunya nut, and the most identifiable bush tucker plant harvested and sold in large scale commercial quantities is the macadamia nut. Knowledge of Aboriginal uses of fungi is meagre but beefsteak fungus and native "bread" (a fungus also), were certainly eaten.

ELECTRONIC NEWSLETTER...

To sign up for our electronic Newsletter please type the link below into the address bar of your browser. Australian Newsletter Services has made the signup process automated and only takes a few minutes when prompts are followed. Your email address will only be used to send out school electronic Newsletter and nothing else.


If you experience any difficulties please feel free to contact AustNews IT department on 1800 245 077 or email help@austnews.com.au.

SPORT...

Gala Days
Last Friday saw the completion of our Gala Sports days. In total, Waterford had 10 teams competing in 4 different sports over 5 weeks. I think it is safe to say that all involved had a great time with some excellent results being achieved by all of the Waterford teams.

Mr Gray

SCHOOL BANKING...

Our school banking ladies are in dire need of volunteers to assist them with banking every Thursday morning. If you can spare an hour or so, please let Student Administration know of your interest.

TUCKSHOP...

A big Thank You to all for your kind words and appreciation on Tuckshop Day and throughout the year.

During Breast Cancer month we sold 22 special meals and was able to donate to ............... $11

As the year is ramping down, please be aware that meal choices will be limited on Munch Monitors so please choice carefully.

Uniforms
If you order uniforms via Munch Monitors, please be aware that it may take upto 2 days for the uniform to be delivered via tuckshop basket.
AWARD WINNERS....

STUDENT OF THE WEEK – Term 4, Week 4

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STUDENT OF THE WEEK – Term 4, Week 5

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P & C...

Volunteers Needed
Do you have a spare hour or two to help with various events at our school like setting up/cleaning up at school discos, helping with Mothers’ Day/Fathers’ Day stalls, or helping our tuckshop ladies?
If so, please leave your name and contact details at the Administration Office and we will have a P & C representative contact you.

Expression of Interest
Next year the Treasurer position on the P&C Committee is open for nominations. If you are interested, please leave your details with Administration. Training for this position will be available with our current Treasurer.

Fund Raiser
Challenge.......The first class to fill a 1.25L plastic bottle with 5 cent pieces only will receive a Pizza Party!!!! We are now adding second place which will receive Slushies and third place winners will receive a Super Dooper. All monies collected go to the P&C for future projects for our school.

Christmas Raffle
The P&C would appreciate if families could donate non perishable items towards the prizes which will be made into hampers. Could all donations please be left at the Tuckshop.
Tickets have been sent home and together with money, please return to the Tuckshop by Monday 5th December.
The winners will be drawn at the P-2 Christmas Concert on Wednesday 7th December, 2016.
P & C (con’t)...

Festive Season Carols Evening
This year the P&C along with the WSS Community will be holding a Festive Season Carols Evening on the 25 November, 2016. There will be carol singing, student performances, face painting, food and drinks for sale and much more. The evening will commence at approximately 5:00pm and will conclude at 7:30pm. Closer to the event a flyer will be sent home with more information.

STUDENT ADMINISTRATION...

Health Tip
Hot weather is upon us and it is extremely important to keep hydrated. Please ensure that students come to school with a full water bottle and are reminded to drink throughout the day.

Warm Weather
During playtime, instead of running around and overheating why not sit under a tree with a book, sit in the shade with some friends and chat, play a memory game, write a story together, play charades, play a clapping game.

Sickbay
When coming to Sickbay with an injury or feeling unwell, please ensure you have a completed Sickbay Slip from your teacher, a Teacher Aide or a Teacher on duty.

There are quite a few students who present to Sickbay with extremely minor ailments (eg; tiny, non bleeding scratches, itchy bites, bruise from injury that occurred days ago) which do not need any form of Sickbay care. Parents/carers could you please talk with your children about appropriate reasons for attending Sickbay.

Please note that ice is used in the sickbay for injuries and treatment of some ailments. It is NOT for consumption nor to be used just because you feeling hot.

Hand Washing
Please encourage your child/children to wash their hands throughout the day to remove germs.

Late to school
Please ensure that you come to Student Administration to collect your late slip if you are late to school. Failure to do so will result in an absence text to parent/carer.

Absenteeism
If your child is expected to be absent from school, please ensure that you advise Student Administration at your earliest convenience via a phone call/message.

- Text Messages:
  If your child is absent from school without an explanation, a text message will be sent. Please ensure that a reply to this text is returned stating brief explanation.