Working Bee
On Sunday August 3 at 8:00am we will be having a Grounds Working Bee at our school followed by a BBQ lunch. As you can see from the table below we have lots of jobs that need doing, therefore we need lots of people, at least 60. If you are able to attend please let the ladies in the office know for catering purposes. We advise everyone to bring gloves, Please if you have any of the other equipment we will need which includes: trailers, wheel barrows, trimmer saws, chainsaws, buckets, secateurs, buckets, brush cutters, garden forks, shovels and mattocks.
This is a fantastic opportunity to meet more of the parents whose children go to this great school. Hope to see you there.

<table>
<thead>
<tr>
<th>Area</th>
<th>Work to be completed</th>
<th>People required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under F Block Walkway</td>
<td>Fence Rail</td>
<td>3</td>
</tr>
<tr>
<td>Mini Rainforest</td>
<td>Planting &amp; Mulching</td>
<td>10</td>
</tr>
<tr>
<td>Boundary fence</td>
<td>Brushcutting &amp; Pruning</td>
<td>6</td>
</tr>
<tr>
<td>Bush Tucker Garden</td>
<td>Weeding/Mulching</td>
<td>10</td>
</tr>
<tr>
<td>Bush Tucker Garden</td>
<td>Signs &amp; cementing, complete fencing</td>
<td>4</td>
</tr>
<tr>
<td>Bet. Walkways D &amp; F</td>
<td>New fencing</td>
<td>8</td>
</tr>
<tr>
<td>Seating end of D Block (x3)</td>
<td>New boards, replace rotten timber</td>
<td>2</td>
</tr>
<tr>
<td>Seating front driveway(x1)</td>
<td>New boards, replace rotten timber</td>
<td>2</td>
</tr>
<tr>
<td>Mult Purpose Court</td>
<td>Fencing -clip fence to bottom wire.</td>
<td>6</td>
</tr>
<tr>
<td>Garden outside of 5S</td>
<td>Planting &amp; Mulching</td>
<td>6</td>
</tr>
<tr>
<td>Prep entrance gardens</td>
<td>Trimming, Culling &amp; Mulching</td>
<td>6</td>
</tr>
</tbody>
</table>

School Opinion Survey
The School Opinion Survey is undertaken every year to obtain the opinions of parents/caregivers, students and school staff about important aspects of schooling. The survey has been designed to help schools identify what they do well and what they can improve. All surveys this year will be done online with Student surveys completed in school time. For the Parent/Caregiver Surveys the eldest child in each family will take home an invitation letter today that provides instructions to allow you to complete the survey online. If parents don’t have access to a computer you are welcome to contact the school so we can arrange for you to come in and use a computer for the survey.

Good Luck
We would like to acknowledge the contribution Todd English has made to our school and the broader Palmwoods Community, in his role as Manager of Palmwoods Community Branch of the Heritage Bank. We also wish him well in his new career as well as taking a place on the Heritage Board.

Peter Wilson
Principal

Parent Workshop on Emotional Resilience
Wednesday 13 August 1:40 - 2:40pm
Emotional Resilience

Resilience is not a commodity you are born with, waiting silently on tap. It is self-manufactured painstakingly over time by working through your problems and never giving up, even in the face of difficulty or failure.

Lorii Myers’ quote above is very true – Resilience is something than is learned, nurtured and developed. By teaching our students about what Emotional Resilience is, and how they can get better with it, and why it is important to develop skills in resilience, we are better preparing our students to cope with life and school. For the first 5 weeks of this term you may hear your child talking about Emotional Resilience. You may hear them talk about Rosie Resilience, Cathy Crumble and Worried William. They might even rate your emotional thermometer. So what is Emotional Resilience?

Emotional Resilience

According to renowned author and expert on parenting ideas Michael Grose, resilient kids share four basic skill sets - independence; problem-solving; optimism; and social connection.

The Emotional Resilience component of the You Can Do It Program covers all the skill sets mentioned above. For our students to display emotional resilience, we would expect to see them doing the following:

“Knowing how to stay calm and being able to stop themselves from getting extremely angry, down or worried when something “bad” happens. It means being able to calm down and feel better when they get very upset. It also means being able to control their behaviour when they are very upset so that they can “bounce back” from difficulty and return to work or play.” (Program Achieve Page 18)

The six lessons students will engage in Emotional Resilience are directed towards developing the following elements of resilience in children:

1. Staying calm in the face of difficult or challenging situations, people or events
2. Controlling one’s behaviour when one does get extremely upset by not fighting or withdrawing for too long
3. Calming down within a developmentally appropriate time
4. Bouncing Back to work and play

Students will be taught different positive styles of thinking that can help improve resilience, and will be made aware of the negative thoughts that can affect a student’s resilience. Examples of this are getting each student to Take Risks as opposed to Needing to be Perfect; Accept Myself rather than Self-Downing; Being Independent rather than Needing Approval; thinking I Can Do It rather than I Can’t Do It; Working Tough as opposed to thinking I Can’t be Bothered; and Being Tolerant of Others rather than Being Intolerant of Others.

The overview of the program is shown below.

<table>
<thead>
<tr>
<th>Lower Primary (1-3)</th>
<th>Middle Primary (4-5)</th>
<th>Upper Primary (6-7)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Feelings</td>
<td>1. Emotions</td>
<td>1. Emotions Count</td>
</tr>
<tr>
<td>2. Two Degrees of Emotions</td>
<td>2. Thinking, Feeling, Action</td>
<td>2. Taking Your Emotional Temperature</td>
</tr>
<tr>
<td>5. Resilient Thinking</td>
<td>5. Using Your Head</td>
<td>5. Thinking Your Way to Resilience</td>
</tr>
<tr>
<td>6. Pulling It All Together</td>
<td>6. Where to From Here</td>
<td>6. Where to From Here</td>
</tr>
</tbody>
</table>

If you have any queries or questions, then please talk to your child’s teacher. I will be conducting a Parent Workshop on Emotional Resilience for parents on Wednesday 13 August from 1.40-2.40pm. It will either be in the Staffroom or the School Hall, depending on final numbers attending. If you would like to find out more about the Emotional Resilience program taught here at school and some helpful ideas for you at home, please book your place by phoning the school office on 5453 2444 or calling in at the office during school hours. I look forward to seeing many of you there.

Also, there are a number of websites with useful information on developing emotional resilience in children:

easypeasykids.com.au
parentingideas.com.au
growyourresilience.com
yain.net.au

Allan Petts
Deputy Principal
The school is currently taking enrolments for 2015 Prep Year.

Enrolment Forms are available NOW from the school office.
Your child is eligible for Prep 2015 if they were born between July 1 2009 and June 30 2010.

Parent Information Sessions
Tuesday 19 August 2014 9:30am and 5:30pm in the School Hall
School Viewing Sessions
are available on the same day at 9am, 10:30am and 5:00pm
Open Days for 2015 Preps
Tuesday 14 and Thursday 16 October 2014 9am - 11am
Prep Scan for 2015 Prep students
Tuesday 18 November 2014 9am - 11am

Please contact our school office on 5453 2444 to book into the above sessions.

A huge thank you to the forty volunteers who spent today cutting out costumes in the hall. We are looking forward to more helpers tomorrow to finish off most of the cutting. Next Friday 1st August costumes and instructions will come home with children for sewing. If you have any questions regarding the sewing please come to the teacher aide room where there will be a completed costume available for viewing.
An alternative arrangement has been made for those of you who indicated you could not sew your child’s costume. Some classes are reusing costumes from previous musicals. These will be sent home on Wednesday 13th August for ironing. Once your costume is complete, please return it to your child’s classroom.
All costumes must be returned by Monday 18th August to prepare for Dress Rehearsals. Please ensure your child’s white/black, shirt/singlet/leggings is named and sent to school with their costume.

Thanks for your participation in this wonderful whole of school performance. (Prep and Year 1 classroom teachers will advise parents of their simple costume requirements before the end of August.)
Regards
Alison and the sewing team.
Sunshine Coast Regional Touch Football Trials

Recently some of Touch Football players from Palmwoods SS represented Nambour District Sports at the Sunshine Coast Regional Touch Football Trials. Both Boys and Girls teams played extremely well and did themselves and their team proud.

The Boys team had a great carnival, mixing it with the best side on the coast and ended up finishing in 2nd place. The Boys also won the inaugural “Shoot Out Challenge” trophy.

The Girls team fought hard in every game and ended up finishing in 5th place.

This was a great result to have so many Palmwoods Students representing the Nambour District and really reflects the skill and ability of our students.

The major prize at the carnival that all players were fighting for was selection into the Sunshine Coast Regional side. This side will then travel to Mackay to contest the Queensland State Championships in August.

Wil C, Sam R (Shadow) & Brianna M were successful in gaining selection into the squad and will represent the Sunshine Coast at the upcoming State Titles. Congratulations to these students and to all the other students for a job well done !!!!

Kris Kearney
PE Teacher

Coffee Mornings Continue

Every Friday morning we have a ‘Mum’s Support’ coffee at drop off time on the deck of the hall. We would love to see more of you if you’re able to come, even if it’s just for a short time when you drop off the children. These give you an opportunity to meet and make new friends and generally get support in your parenting role. We try to have a relevant topic for discussion each week.

Homelessness Awareness Sleepover

This year we have 40 year 6 & 7 students doing the sleepover to raise awareness of the difficulty people face when homeless. This is happening on Friday night 25 July and forms part of the St Vincent’s Winter Appeal. We encourage the Young People to collect tinned food, blanket, sheets, and warm clothes for donation to St Vinnies. If you would like to support this cause you can drop of your donations to the school hall on Friday 25 July during the day. This is open to anybody who wishes to help, not just the senior students. All donations of quality food and warmth are welcomed.

Walking Group

I have been approached by a number of mums to commence a walking group so this is the next cab off the rank. If you would like to participate or if you’re prepared to be the “committed faithful lead walker” for a second group on a different day please let me know.

The walkers group will commence on Wednesday 30 July. You will meet with Amy Setch outside the hall doors @ 8:45 for a 9am start. This is going to be a regular Wednesday morning group and is open to all who wish to get fit. You can bring kids in strollers as this will help your fitness level. If you need more info or wish to nominate as a lead walker please contact me at the school office.

Jenny Schleusener
School Chaplain
<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>1C</td>
<td>Daisy Y</td>
<td>Working so hard to improve her reading. Well Done!</td>
</tr>
<tr>
<td></td>
<td>Jack B</td>
<td>Knowing all about coins and working so well with money.</td>
</tr>
<tr>
<td>1E</td>
<td>Hayden</td>
<td>Doing his homework very well and being a polite, hardworking student.</td>
</tr>
<tr>
<td></td>
<td>FKeisha G</td>
<td>Being an excellent class member, always polite and well organised.</td>
</tr>
<tr>
<td>1G</td>
<td>Tamika M</td>
<td>Keeping up her reading practice.</td>
</tr>
<tr>
<td></td>
<td>Brandon G</td>
<td>Making good choices in the classroom.</td>
</tr>
<tr>
<td>2D</td>
<td>Tyler D</td>
<td>Being a great classroom helper.</td>
</tr>
<tr>
<td></td>
<td>Jessica K</td>
<td>Having a positive attitude and contributing to class discussions.</td>
</tr>
<tr>
<td>2G</td>
<td>Sara S</td>
<td>Being polite and showing manners to all adults and class mates.</td>
</tr>
<tr>
<td></td>
<td>Deon T</td>
<td>Always showing beautiful carpet manners and having a positive attitude</td>
</tr>
<tr>
<td>2S</td>
<td>Baden J</td>
<td>Leadership - acting as a role model in the classroom.</td>
</tr>
<tr>
<td></td>
<td>Sterling H</td>
<td>A much-improved start to Term 3.</td>
</tr>
<tr>
<td>2/3P</td>
<td>Amber P</td>
<td>Improved effort at using feedback to improve her writing.</td>
</tr>
<tr>
<td></td>
<td>Zara B</td>
<td>Working co-operatively with her classmates.</td>
</tr>
<tr>
<td>3B</td>
<td>Joshua E</td>
<td>For trying hard in Maths.</td>
</tr>
<tr>
<td></td>
<td>Lily E</td>
<td>Being happy and helpful in class.</td>
</tr>
<tr>
<td>3M</td>
<td>Tobyas Y</td>
<td>Being an engaged learner and having a great start to Term 3.</td>
</tr>
<tr>
<td></td>
<td>Hayden L</td>
<td>Making good choices in class and enthusiastic participation during drama activities.</td>
</tr>
<tr>
<td>4B</td>
<td>Matthew K</td>
<td>Assisting others with EdStudio tasks.</td>
</tr>
<tr>
<td></td>
<td>Madison J</td>
<td>Assisting peers with EdStudio tasks.</td>
</tr>
<tr>
<td>4K</td>
<td>Lexi VH</td>
<td>Assisting others in working on the EdStudio.</td>
</tr>
<tr>
<td></td>
<td>Chrisite D</td>
<td>Having confidence when presenting her Student Council speech with no notes.</td>
</tr>
<tr>
<td>4/5P</td>
<td>Jasmine S</td>
<td>Making a great effort with her weekly homework tasks.</td>
</tr>
<tr>
<td></td>
<td>Ryan B</td>
<td>Actively contributing to discussions based on our new science unit of work.</td>
</tr>
<tr>
<td>5/6K</td>
<td>Aleisha G</td>
<td>Being a helpful team member in our class.</td>
</tr>
<tr>
<td>6A</td>
<td>Logan B</td>
<td>Being helpful to classmates, always trying to listen to instructions straight away.</td>
</tr>
<tr>
<td></td>
<td>Jess N</td>
<td>Making a great effort to be more organised, seeing when jobs need doing and using his initiative.</td>
</tr>
<tr>
<td>6/7R</td>
<td>Koby S</td>
<td>Transforming an informative text into an interesting narrative.</td>
</tr>
<tr>
<td></td>
<td>Dylan M</td>
<td>Using higher order skills in Maths Problem Solving.</td>
</tr>
<tr>
<td>7N</td>
<td>Jack D</td>
<td>Maintaining a high standard of effort &amp; behaviour with all teachers.</td>
</tr>
<tr>
<td></td>
<td>Tarynne B</td>
<td>Reaching and staying in the top group for Maths Mentals.</td>
</tr>
</tbody>
</table>
This term look out for the produce cart located by the herb garden on a Tuesday afternoon. It will be full of wonderful yummy produce, seeds and plants for you to come and buy and proceeds going back into the garden. The Preps and Yr 4 worker bees have been buzzing in the garden on a Tuesday and now their fruitful bounty is ready to harvest! Come and have a look or maybe you have time to come and volunteer!

Sam Berglind
Garden Team

GARDEN NEWS

P&C MAJOR FUNDRAISER – CHOCOLATE DRIVE

Once again the P&C will be raising money for our school by selling chocolates. Please support this great cause by assisting your child’s participation and encouraging your neighbours, family, friends and work mates to indulge!

Each school family will receive a box containing either:
Fun Pack – Freddo Frogs in various flavours including 100’ & 1000’s, Dairy Milk, Strawberry, Peppermint, Caremello and White Chocolate
OR
Variety Pack – Toblerone, Cherry Ripe, Boost, Timeout, Crunchies and Crispello’s.

These will be sent home on the Monday 28th July, giving families 3 weeks to sell the items. All monies and unsold chocolates are to be returned to the school office by Monday 18th August.

There is a major prize that will go to the family that sells the most boxes of chocolates and an incentive prize for the highest money earner in each class. Please ask at the office if you require more boxes once your current box has been sold and monies returned.

If you do not wish to receive a box of chocolates to sell please contact the school office no later than Friday 25th July 2014. Let’s hope for a fantastic fundraising success!

P&C FEEDBACK

Some positive parenting feedback from our last P&C Meeting included:

* Widespread support for the way our Athletics Carnivals were run particularly the structure and access parents had to support their children for our Junior Carnival and how well tuckshop worked and was used throughout that week.
* The improvements to student safety with the concrete wheel stops to prevent cars coming over the footpath at the front of the school.

Regards
Brenda Herrmann
Palmwoods State School P&C Association

FROM THE CLASSES

2014 QCWA Competition – Congratulations to our Year 1 winner!
‘Vietnam’ – a country of history, culture and tradition! This year children had the opportunity to participate in the Queensland Country Women’s Association annual Country of Study competition. P-2 children could enter by dazzling us with their colouring in skills. Years 3 -7 researched the country of Vietnam to create information charts or booklets.

Congratulations to Chloe from 1E for placing 3rd in the colouring competition. She was presented with her prize last week by May Hampton.
SAVE TIME, ORDER ONLINE!
Through Flexischools you can ORDER and PAY for lunches, uniforms and for this terms Chocolate Drive!

Order at a time convenient to you
in the morning, night before, or weeks in advance!

No searching for cash required
It’s already paid online!

Teach students healthy eating in a fun way
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Go to www.flexischools.com.au
Click “Register Now” to create account
Top-up your balance
Start ordering immediately

To view a demonstration
go to the www.flexischools.com.au
website and in the “Find Your School” box, enter a few letters from our school name and click the name when it appears below.

What Does it Cost?
The online menu is the same price as the usual menu.
However, there is a small fee for the online orders to help pay for the labels and the website system. So why not order your next lunch online!

What payment methods can I use?
FlexiSchools accepts payment via Visa, Mastercard, and Bank Transfer. To perform a bank transfer to your FlexiSchools account, click ‘Topup Account’ when logged into the FlexiSchools website and select ‘Bank Transfer’; you will be given your unique EFT code. You can then make a transfer via your bank’s internet facility or at your branch.

How Does It Work?
Go to www.flexischools.com.au and click “Register Now” in the Login Box.
Then enter your student’s name, school and class, and add funds (say $50) into a pre-paid account.

You can log into the website at any time to place orders, typically up until just before school starts.
As purchases are made, the funds are taken from your pre-paid account. The account can be topped up again in the same way, or set to automatically top-up via credit card when the balance falls below a pre-set minimum. Each order is sent automatically to the kitchen, where an easy-to-read label is produced with the student’s name, class and order details.
At lunch time, students can simply pick up their order without the need for cash.

Sam Berglind
Tuckshop Convenor

Come Play Softball!!
Suncoast Hinterland Softball Association invites interested players to sign-on for the upcoming Summer season.

Sign On & Come Try Day: Saturday 23rd August & Saturday 13th September

Where: Mooloolah Multi Sports Complex - 129 Mooloolah Connection Rd, Mooloolah (Brand new facilities)

Who: Males & Females of all ages & abilities - 5yrs to masters

Contact: Karen 0422204661 or suncoasthinterlandsoftball@gmail.com

Your child may be eligible for the State Govt’s Get Started voucher - valued up to $150. Register ASAP to avoid missing out on this opportunity!!

COMMUNITY NOTICEBOARD

Visit your local Heritage
Palmwoods Community Branch
Palmwoods Plaza
Margaret Street
Phone 5457 3344

EYE 4 BOOKKEEPING
SUZANNE CAIRNS
“Keeping it all in order”
Ph/Fax: 07 5478 9218 Mob: 0419 740 951
email: swcairns@bigpond.com

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The information herein has been obtained from sources we deem to be reliable, however we cannot guarantee its accuracy and interested persons should rely on their own enquiries.