Upcoming Events

SCHOOL MUSICAL REHEARSAL
9 & 10 September

SCHOOL MUSICAL
13 September
2pm & 6:30pm

P&C MEETING
Tuesday
16 September

TERM 3 ENDS
Friday
19 September

BUSH DANCE
Saturday
21 September

TERM 4 BEGINS TUESDAY
7 October

SCHOOL CONTACTS

SCHOOL
54532444

ABSENTEE HOT LINE
54532460

KIDS CLUB
54789499

TUCKSHOP
54532408

WEBSITE: www.palmwoodss.eq.edu.au
EMAIL: admin@palmwoodss.eq.edu.au

3 September 2014

SCHOOL ADMIN NEWS

Excitement is mounting and nerves are starting to be a factor, especially for the Staff Dance. We are just over a week away from our whole school musical *Snow White and All the King’s Horses and all the King’s Men*. Thank you to all who have helped in any way, it will be a wonderful performance, and I am pleased to say that we have had a great response from parents and staff and have people organised for all the jobs that need doing on the day.

Based on the experience of our last Musical, a word of warning, traffic getting to the Suncoast Auditorium will be heavy. So please make sure you leave enough time to get yourself and your children there, probably about 30 minutes to get from Brady’s Fruit Shop to the Suncoast Auditorium.

There is more information attached to this Newsletter.

1 - 2 - 3 Magic

Our Inclusion Teacher Allen Eade, and Guidance Officer Bill Runham will be running *1 – 2 – 3 Magic*, a parenting course that will help all parents of children aged 2 – 12. Typically this course would cost $10 per person but Palmwoods State School will be subsidising it so it will be free for all our parents or prospective parents (eg Prep 2015).

You will learn:

- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the three choices
- Using emotion coaching to encourage good behaviour
- 7 tactics for encouraging good behaviour

The workshops will be held at Palmwoods School in the Conference Room on Wednesday 15th, 22nd and 29th October. Each session will run 9:00am-10:30am.

Please note that the sessions are for parents only and parents will need to make suitable arrangements for the care of any non-school age children. Should you wish to attend or would like more information please contact the school office.

Peter Wilson
Principal

Have you got your tickets!

MUSICAL

“Snow White & All the King’s Horses & All the King’s Men”

Tickets are available now from the School Office.
Matinee Performance 2pm
Evening Performance 6:30pm

Adults $10
Non Palmwoods School Students $5

Sponsored by Heritage Palmwoods Community Bank

NO Sausage Sizzle Tuesday 9th September
NO Tuckshop Wednesday 10th September - due to Musical Practices
Confidence
In previous Palmwoods Pages I have outlined You Can Do It – Program Achieve which is taught across the whole school and looked at one of the 5 Keys of Success called Emotional Resilience. During the last 5 weeks of this term all classes have been looking at one of the other Keys of Success called Confidence.

Confidence means knowing that you will likely be successful and that people will like you. It means not being afraid to make mistakes or to try something new. It means looking and sounding confident. (You Can Do It p17)

By developing skills in confidence, we are better preparing our students to cope with life and school.

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

♦ Thinking of success rather than failure
♦ Thinking that it is good to try something new even though I might not be able to do it
♦ Thinking that it is important to try new activities and to speak up even if my classmates think I’m silly or stupid
♦ Not thinking badly about myself when I make a mistake
♦ Attempting to answer hard questions or doing hard work without asking for help

Students will be taught different positive styles of thinking that can help improve confidence, and will be made aware of the negative thoughts that can affect a student’s confidence. 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; and thinking I Can Do It rather than I Can’t Do It.

The overview of the program is shown below.

<table>
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<tr>
<th>Lower Primary (1-3)</th>
<th>Middle Primary (4-5)</th>
<th>Upper Primary (6-7)</th>
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<tbody>
<tr>
<td>1. I Have Confidence in Me</td>
<td>1. The Practice of Confidence</td>
<td>1. Confident Conclusions</td>
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<tr>
<td>2. Just Relax</td>
<td>2. Confident Relaxation</td>
<td>2. Relax, Be Brave</td>
</tr>
<tr>
<td>6. Be Like Charlie Confidence</td>
<td>6. Confidence is Our Game</td>
<td>6. My Confidence Plan</td>
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</table>

If you have any queries or questions, then please talk to your child’s teacher. 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

PREP 2015 ENROLMENT

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.
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.
School Musical = Learning Opportunity

5, 6, 7, 8 and step left, kick, spin! The students of Palmwoods State School will no doubt be chanting similar words during practise, in their lunch breaks and maybe even in their sleep as they prepare for our Magnificent Musical, “Snow White & All The King’s Horses & All The King’s Men” on the 13th September.

The focus of Music lessons this term have been dance practice, in preparation for the Musical. Students are being taught choreographed dance moves, to match a song, which fits into the story that the Musical tells. Other students have acting roles, choir students are singing and our Palmwoods Excellence Program students will be performing dances they have learnt during PEP sessions.

Through participation in our Musical students develop and learn skills from the 5 Keys to Success that we teach through Program Achieve:

- Confidence - An interesting quote states, “Music performance teaches young people to conquer fear and to take risks. A little anxiety is a good thing, and something that will occur often in life. Dealing with it early and often makes it less of a problem later. Risk-taking is essential if a child is to fully develop his or her potential. Music contributes to mental health and can help prevent risky behaviour such as teenage drug abuse.” Carolyn Phillips;
- Persistence – the benefits that can be enjoyed by sustained effort and the rewards achieved from participating in a team endeavour;
- Resilience – working tough and practising “Green light” thinking to get them through the rehearsals and the double performance on the day.
- Organisation – of their costumes, scripts and props needed
- Getting along – with other students in “tight” quarters on the stage, and handling the need to “touch” other students while dancing.
- Other 21st Century Skills necessary to lead happy and successful lives developed through the Musical are:
  * Self discipline – the ability to follow directions and show self control over behaviour
  * Participation and team work skills – benefits to be gained from doing rather than just observing;
  * Rhythm and beat skills;
  * Co-ordination skills;
  * Co-operative and subtle communication skills;
  * Problem solving skills;
  * And above all else - Musical enjoyment!


How can I help at home?

- Play music often in the car and house - all sorts of styles from pop, to classical, country, jazz, children’s and anything else that comes your way!
- Dance for the joy of it, with and in front of your children (kids get a kick out of parents being silly and having fun!)
- Ask your child/children to show you their dance moves for the Musical and show a genuine interest in their part;
- Set up opportunities for your children to take calculated risks in their everyday activities to increase their confidence – eg swinging high on the swing, dancing or singing loud in front of family visitors, rolling down a hill on a bike or skateboard!
- Encourage your child to participate in family games, dancing, fun and join in yourself!

As you can see, our school Musical is more than just a show, it’s a tremendous lesson in life.

Happy Musical lead up and enjoyment – of the show on the night and all the benefits it provides for our students both now and in the future.

Yours musically,
Kellie Martin
Head of Curriculum
A good sitting posture is important when doing writing and fine motor tasks such as cutting, gluing, drawing, or eating. When the rest of their body is well supported your child has better control of their arms and hands. If your child’s feet don’t reach the floor, try putting an old phone book or other large book under their feet while sitting at the desk or table.

Janine Moore
Occupational Therapist

** RESOURCE CENTRE NEWS **

**New Arrivals:**

‘Percy Jackson & the Last Olympia’ by Rick Riordan and the complete series of ‘Eragon’.

The Eragon Series is about fifteen year old Eragon, who believes that he is merely a poor farm boy - until his destiny as a Dragon Rider is revealed. Gifted with only an ancient sword, a loyal dragon and sage advice from an old storyteller, Eragon is soon swept into a dangerous tapestry of magic, glory, and power. Now his choices could save - or destroy - the Empire.

**Surprise Read Book Reviews**

As part of Book Week in the Palmwoods School Library we ran a very special promotion to encourage children to ‘Connect to Reading’ and possibly pick up some books they haven’t or wouldn’t normally choose. We covered 100s of library books in plain brown paper and then asked children to come into the library and borrow a ‘surprise’ book. Children were then asked to write a review of that book. We had a huge response to the ‘Surprise Reads’ and the Book Review Competition, and the book reviews are now on display in the library. Winning reviews have been marked with a ribbon and winners received a congratulatory book pack as a prize. Congratulations to all children who read their Surprise Read, completed their review and joined in and came to school dressed up as a Book Character.

**Donated Plants**

Special thanks to the Coolum Community Native Nursery who recently donated two trays of native ground cover plants to add to our thriving school grounds. The plants will be used to fill holes left after our fantastic School Working Bee.

**The Premier’s Reading Challenge**, an initiative of the Queensland Government aimed at improving literacy, cultivating a passion for literature and encouraging children to read widely for pleasure and learning, has ended. Children from Prep to Year 3 were encouraged to read or experience 20 books through listening to stories, share reading or reading picture books in their classrooms. Year Four to Year Seven students were encouraged to read 15 books and record this on a record sheet. These sheets can now be handed into the library for submission. Last minute record sheets can still be handed into the library.

Victor Mijnarends
Teacher Librarian
Last Friday our students dressed up for Book Week as their favourite Character from a Book. It was wonderful to see how excited and enthusiastic the students were getting into their character. Mr Mijnarends visited the classes and students proudly displayed their costumes. Photos of many of the classes and children will be on display in the Library.
**Upcoming Holiday Camps**

There is a number of School camps run by Scripture Union happening during the holidays. One of the local camps is called “King of the Mountain”. It is held at the Scout Camp at Dunethin Rock during the first week of the holidays. This is for boys only and they do some great boy stuff. If you’re keen to see what’s available email me at jschl53@eq.edu.au and I’ll send you some info.

**GEMS Coffee and Wednesday Walkers**

Gems still meet every Friday on the hall deck at drop off time in the morning. Last week we had pancakes for and many mums enjoyed the friendship and encouragement. It’s open to anybody that wants to come.

Wednesday Walkers meet in the morning outside the hall for a 45 min walk to help keep fit. Fitness helps the brain think and keeps the stress levels low. Amy would love to have you join her.

**ATTENTION DADs**

**Daddy Daughter Dance**

We are beginning preparations for this dance to be held Friday night 24th October, the 3rd week in Term 4. While I know it’s still 8 weeks away I would encourage you to book early as I have something special I would like to do and it will help with organisation if I know which girls are attending, especially with the holidays in the middle. Please email me at jschl53@eq.edu.au to be added to the list: I look forward to seeing you all at the school musical.

*Jenny Schleusener*
*School Chaplain*

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**Students of the Week: Week 6 & 7 Term 3, 2014**

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
<th>Reason</th>
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<tbody>
<tr>
<td>1E</td>
<td>Tyson G</td>
<td>A huge improvement in his writing.</td>
</tr>
<tr>
<td></td>
<td>Bailey R</td>
<td>Fantasitic editing skills.</td>
</tr>
<tr>
<td>2D</td>
<td>Sasha M</td>
<td>For being focussed and ready for work all the time.</td>
</tr>
<tr>
<td>2S</td>
<td>Tahlia R</td>
<td>Displaying confidence when presenting her procedure in front of the class.</td>
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<tr>
<td></td>
<td>Zaine F</td>
<td>Being confident enough to read a difficult text in front of the class.</td>
</tr>
<tr>
<td>2G</td>
<td>Jacob D</td>
<td>Putting in a 5 Tuft effort when working on his procedural text.</td>
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<tr>
<td></td>
<td>Joe B</td>
<td>Showing great resilience in the playground during an intense soccer game.</td>
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<tr>
<td>2/3P</td>
<td>Rylan B</td>
<td>Great improvement with comprehension.</td>
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<tr>
<td></td>
<td>Zahl G</td>
<td>Thoughtful contributions to group discussions during Literacy Lift.</td>
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<tr>
<td>3B</td>
<td>Marissa S</td>
<td>Making a conscientious effort in all aspects of her learning.</td>
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<tr>
<td></td>
<td>Zachary C</td>
<td>Trying your hardest in dance.</td>
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<tr>
<td>3M</td>
<td>Daniel P</td>
<td>Improving his listening and focus in class.</td>
</tr>
<tr>
<td></td>
<td>Dallas K</td>
<td>Excellent effort and work on the English Assessment task.</td>
</tr>
<tr>
<td>4B</td>
<td>Zion C</td>
<td>Being a more active listener in class. Keep up the good work Zion!</td>
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<tr>
<td></td>
<td>Tehlea G</td>
<td>Seeking feedback on what she needs to do to reach Gold / Silver behaviour.</td>
</tr>
<tr>
<td>4K</td>
<td>Emily J</td>
<td>Showing confidence when sharing a journey she has been on in art.</td>
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<td></td>
<td>Alex F</td>
<td>Helping others and teaching them to send an email.</td>
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<tr>
<td>4/5P</td>
<td>Tiana R</td>
<td>Displaying improved confidence and a willingness to share her ideas with the class.</td>
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<td></td>
<td>Paige F</td>
<td>Showing persistence and a positive attitude to improving her understanding of Maths concepts.</td>
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<tr>
<td>5S</td>
<td>Zoe F</td>
<td>Working hard to improve her writing.</td>
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<td></td>
<td>Jacob L</td>
<td>Being persistent in writing and using interesting sentence starters.</td>
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<tr>
<td>5/6K</td>
<td>Jarren V</td>
<td>His dedication whilst planning, writing and editing a piece of writing.</td>
</tr>
<tr>
<td></td>
<td>Zane M</td>
<td>His tenacity whilst planning, writing and editing a piece of writing.</td>
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<tr>
<td>6/7R</td>
<td>Erin F</td>
<td>Showing an outstanding effort in completing an English draft.</td>
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<td></td>
<td>Taryn H</td>
<td>Showing confidence during Musical rehearsals.</td>
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<tr>
<td>7N</td>
<td>Ben T</td>
<td>A positive attitude towards all class activities.</td>
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<tr>
<td></td>
<td>Sophie I</td>
<td>Improved effort in learning new concepts during Maths groups.</td>
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</tbody>
</table>
Tuckshop News

New Spring/Summer Menu is out next Term, If you have any suggestions please don’t hesitate to drop in and see Sam.

Volunteers are needed for Thursdays and Fridays. Some of our regular volunteers are going away on holidays. If you have a spare hour or two please come down and say ‘hi’ to Sam.

N.B. There will be NO Tuckshop on Wednesday 10th September due to Musical Rehearsal at Suncoast Christian College.

Community News

Big Bush Dance Palmwoods

Palmwoods State School Hall
1pm, Sunday 21st September
$5 per person, $10 per family

Phone 5453 7274 for more information

Growing Early Childhood

10 session workshops on the Sunshine Coast

Building Resiliency Workshops

Children 4-7 years
And Children 8-11 years (2 Parent Sessions Included)

Term 4 Workshops

4-7 year olds: Saturday Mornings – 9.00-10.30am
www.growingearlychildhood.com.au

7-12 year olds: Saturday Mornings – 11.00am – 12.30pm
Start – 11th Oct and finish 13th Dec

Christmas Holidays Intensive program available...

NEW ADULT RESILIENCY W'SHOPS   ENQUIRE NOW

For further details or to book your child in go to: www.growingearlychildhood.com.au

Go into the workshop tab and click on the age appropriate program

Groups are run by a Registered Facilitator and Co-Facilitator of resiliency programs which are recognised by the World Health Organisation. Ring as soon as possible to secure your child’s place as there are only up to 10 positions per workshops available. High Staff/Child Ratio: 1 adult:5 children

2 Parent Information sessions included in program

For more information or to check to see if position available, please call

MUDJIMBA (NORTH SHORE COMMUNITY CENTRE)
Donna Farman    Mobile: 0414 674 674

Nambour Fun Run

The Nambour Fun Run is the most exciting Fun Run on the Sunshine Coast. This event will be held at Nambour High School, Nambour on Sunday 7th September 2014 from 8:00 am and will take you on a cross country inspired adventure of up to 10km.

There are many Sunshine Coast running festivals but we are sure you have never done a fun run like this. This year is especially special as it’s a Father’s Day event, come along and do the parent and kids crazy race, here fun will be had, memories will be made and prizes will be given.

We have categories for the under 14’s and up to 100 years of age, and a variety of races including, a kids’ 1km race and a 5km and 10km run. But even if you can’t run, you will have just as much fun if you walk with your friends. For more info or to register, go to www.fatburners.com.au or contact 5441 7771 or drop into Fatburners at 120 Currie St, Nambour.

N.B. There will be NO Tuckshop on Wednesday 10th September due to Musical Rehearsal at Suncoast Christian College.
COMMUNITY NOTICEBOARD

Natalie Massa
Property & Marketing Consultant
Mob. 0402 807 260
nataliemassa@elderspalmwoods.com.au
Elders Real Estate Palmwoods
5 Margaret Street, Palmwoods Qld 4555
elderspalmwoods.com.au

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
e-mail: swcairns@bigpond.com

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Clayton Taylor
0411171301
Free Quotes OBSA 1152525
cattiling100@hotmail.com

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Accountant
Registered Tax Agent
IPA INSTITUTE OF PUBLIC ACCOUNTANTS
Ph: (07) 5441 2477
Fax: (07) 5441 2577
rtunstall@ozemail.com.au

1-2-3 FIT
for LADIES
Session Times
Book on: 0404 073 619

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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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.