Isn’t it wonderful to see what people working together can achieve? Our Working Bee last Sunday is a sensational example of this. Thank you to the over 45 adults (Parents, School Staff, Kids Club Staff and even a Grandfather) as well as a determined group of students, including an older brother. As you will have seen we got a lot of work done and our school looks and feels better for it, another example of our School Motto Learning and Growing Together in action. It was also great to be a part of a group of different people interacting while working together, once again thank you to all involved. See photos on page 7.

Last week I was at the Queensland Association of State Schools’ Principals Conference in Brisbane where I was able to learn from international experts and colleagues. One of the presentations that resonated with me was about the real purposes of education and how important the development of Resilience is for all of us. This was drawn from the work of Carol Dweck, which we have been using for some time at Palmwoods State School. She talks about the importance of developing a Growth Mindset over a Fixed Mindset. This also is related to the understanding that the brain is like a muscle and the more we use it in particular ways the stronger and more capable it becomes.

The table below summarises the differences in the two mindsets.

<table>
<thead>
<tr>
<th>Fixed</th>
<th>Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intelligence is set</td>
<td>Open to possibility</td>
</tr>
<tr>
<td>Cannot be improved</td>
<td>Effort produces rewards</td>
</tr>
<tr>
<td>Linked with performance goals</td>
<td>Linked with learning goals</td>
</tr>
</tbody>
</table>

How then can we as teachers and parents create growth mindsets in ourselves and others? The answer can be as simple as the way we provide praise. Praising a person’s intelligence leads to a fixed mindset, whereas praising their effort leads to a growth mindset. When we tie this into focussing on how to improve we empower them to control and improve their learning and their independence.

Last week there was also the first in a series of programs called Life at 9 on the ABC which reinforced this message amongst others. (Tuesdays at 8.30pm) Below is the text they used to promote this episode.

In an increasingly risk-averse society, what are the dangers of overprotection? What is the impact of a loss of freedom and a fear-driven society? And what does building independence at nine mean for later life?

If you would like to look at it follow the link http://iview.abc.net.au/programs/life-at-9/

Whilst we all know there is no magic solution to immediately solve all problems, hopefully this show and this article go a little way in enabling us to ask questions about the way in which we do things that may benefit ourselves and those around us.

Peter Wilson
Principal
**Parent Workshop on Emotional Resilience**  
*Wednesday 13 August 1:40 - 2:40pm*

**You Can Do It - Program Achieve**

Palmwoods State School delivers the “You Can Do It- Program Achieve” curriculum so as to optimise the social, emotional and academic development of each of our students. The purpose of the program is to develop each and every child’s social and emotional capabilities that they all need to acquire in order to be successful at school and in life, to have emotional well-being, and to be able to have positive relationships that include making contributions to others and the community.

There are five main themes covered. In Semester 1 all students covered the three areas of **Organisation, Persistence** and **Getting Along**. This Term, as part of the Health curriculum, all students will cover the remaining areas of **Resilience** (Term 3, Weeks 1-5) and **Confidence** (Term 3, Weeks 6-10). Students will be assessed in these areas of study for reporting purposes in Semester 2. We want all our students to be able to finish school life and become a productive member of society. The better we can prepare them for the journey of life and work, the more likely they will experience success.

The University of Melbourne have set up a department of the “Assessment and Teaching of 21st Century Skills”. Students who are likely to be successful coping with living, surviving and thriving in the 21st Century (now) will be those who display the following skills:

- **Ways of thinking** - Creativity, critical thinking, problem-solving, decision-making and learning
- **Ways of working** - Communication and collaboration
- **Tools for working** - Information and communications technology (ICT) and information literacy
- **Skills for living in the world** - Citizenship, life and career, and personal and social responsibility

The You Can Do It – Program Achieve elements that our students study complement these necessary skills very well, in particular the skills in the Ways of Thinking (creativity, problem-solving and decision-making), Ways of Working (Collaboration), and Skills for Living in the World (Citizenship, personal and social responsibility).

In the last Newsletter I wrote specifically about the Emotional Resilience component of the You Can Do It Program which is being taught to students this term. 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 you might find useful with information on developing emotional resilience in children:

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

Allan Petts  
Deputy Principal

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**Occupational Therapy Tip**

I have many fine motor toys in my kit when I work with children. The favourite toy by far would have to be ‘Pac Man’. (A tennis ball that has a single cut in it to make a mouth.)

I use this with children to build up strength in their hand muscles. The children squeeze open Pac Man’s mouth and put small game markers inside. However, it is also a great toy for practicing:

- **Manipulation**: Children have to pick up 3 markers in their hand and place them one at a time into Pac Man’s mouth.
- **Counting**: place a certain number of markers into Pac Man’s mouth.
- **Letters/sight words**: write letters on small pieces of paper. The children say the letter as they put it into Pac Man’s mouth.

Janine Moore - Occupational Therapist
The Premier’s Reading Challenge 2014

The Premier's Reading Challenge has four weeks left to run. It recognises the range of student abilities in Queensland classrooms. All students are encouraged to participate because the Challenge is not a competition, but a way to provide greater involvement and develop a love of reading for life. Teachers from Prep to Year 3 will record class reading and shared books on a class record to be submitted as a class list. Children from these classes may also get individual record sheets from the library if they would like to record books they have read or shared at home. The library will be offering incentives to children as they complete these individual sheets and return them to the library. Years 4 to 7 may participate in the reading challenge by collecting individual record sheets from the library. The goals of the challenge are to improve literacy, cultivate a passion for literature, and encourage children to read widely for pleasure and learning.

Book Week – Read Across the Universe

To celebrate The Children’s Book Council of Australia Book Week, we will once again be running a very special promotion to encourage children to read across the Universe and possibly pick up a book they haven’t or wouldn’t normally choose. We have been covering many of the library books in plain brown paper and for 2 weeks, from the 18th August, we are asking children to come into the library and borrow a ‘surprise’ book. Children are asked to write a review of that book. Parents are encouraged to support their children in the reading and writing of their book reviews if needed. There will be a draw to choose the best review from each year for Prep –2 and from Years 3 – 7 and the writer will receive a book gift.

Come and pick from our lucky dip and see what you get to read!!!!

See Mr Mijnarends, for more details.

Maths Masters Club

Has something come up in your child’s maths homework that has you scratching your head?

Are you looking for some help to help your child understand Maths concepts?

Then come along to Maths Masters club every Wednesday morning 8am-8:30am in the LOTE room (opposite the library).

Teachers will be on hand to explain processes or answer questions you may have about your child’s maths learning.

Starts next week

Wednesday 13 August.
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

PREP 2015 ENROLMENT

Nambour District Athletics Carnival 2014

Last Wednesday the Palmwoods SS Athletics Team competed at the District Athletics Trials. All students did their best on the day and represented the school in a commendable manner. The following are our best results from the day;

<table>
<thead>
<tr>
<th>Student</th>
<th>Event</th>
<th>Position</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ben T</td>
<td>Age Champion</td>
<td>1st</td>
<td></td>
</tr>
<tr>
<td></td>
<td>High Jump</td>
<td>1st</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Discus</td>
<td>1st</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Long Jump</td>
<td>3rd</td>
<td></td>
</tr>
<tr>
<td></td>
<td>100m Final</td>
<td>4th</td>
<td></td>
</tr>
<tr>
<td></td>
<td>200m Final</td>
<td>4th</td>
<td></td>
</tr>
<tr>
<td>Kaitlyn B</td>
<td>Long Jump</td>
<td>1st</td>
<td>100m Final</td>
</tr>
<tr>
<td></td>
<td>5th</td>
<td>100m Final</td>
<td></td>
</tr>
<tr>
<td>Madison J</td>
<td>High Jump</td>
<td>1st</td>
<td></td>
</tr>
<tr>
<td>Wil C</td>
<td>Long Jump</td>
<td>4th</td>
<td>200m Final</td>
</tr>
<tr>
<td></td>
<td>100m Final</td>
<td>3rd</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5th</td>
<td>100m Final</td>
<td></td>
</tr>
<tr>
<td>Dyllan C</td>
<td>Long Jump</td>
<td>3rd</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5th</td>
<td>100m Final</td>
<td></td>
</tr>
<tr>
<td>Brianna M</td>
<td>Long Jump</td>
<td>4th</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5th</td>
<td>200m Final</td>
<td></td>
</tr>
<tr>
<td>Jayden S</td>
<td>High Jump</td>
<td>4th</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5th</td>
<td>800m Final</td>
<td></td>
</tr>
<tr>
<td>Zali A</td>
<td>High Jump</td>
<td>5th</td>
<td></td>
</tr>
<tr>
<td>Jess N</td>
<td>Discus</td>
<td>6th</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6th</td>
<td>800m</td>
<td></td>
</tr>
</tbody>
</table>

Congratulations to Ben, Kaitlyn and Madison who have been selected to represent Nambour District Athletics Team at the upcoming Sunshine Coast Regional Carnival in September.

Kris Kearney
PE Teacher
Homelessness Awareness Sleepover

Homelessness is a problem in our society for both the young and the old and it takes many forms from substandard housing through transient housing, to living on the streets.

Last Friday, 30 of our senior students participated in the St Vinnies Homeless sleepout for a night. They learnt about the realities of life on the streets and met a young man who’s been there and done that. They were given a budget sheet and asked to work out the priorities for their small amount of money.

Together they raised $516.00 and collected a large amount of clothing, food and blankets that have been sent to St Vinnies in Nambour.

Personally I find the feedback from the Young People to be the most inspiring for me. If this educational evening helps even a few to appreciate what they have and be aware of how quickly homelessness happens, then it has been successful.

I must thank the leaders from the Nambour Baptist Church and Life Church in Maroochydore and my husband for assisting with leadership supervision which enables this event to occur. Thanks so much to all those who participated. I hope you had as much fun as I did.

Walking Group

The Walkers Group will start on Wednesday morning. Meet with Amy Setch outside the hall doors at 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 information or wish to nominate as a lead walker, please contact me through the school office on 5453 2444.

Breakfast Club

I recently had the pleasure of meeting with Sally Hopper from Maleny Dairies to thank them personally for their regular supply of milk for the Breaky Club that runs on Tuesday mornings. Personal thanks are always appreciated. We have also received a donation from PFD Food Service who will supply us regularly with items as well. Palmwoods Bakery supplies us with bread and some of the parents donate milo. I cannot thank people enough for their generosity for this cause. Together we all make a difference in someone’s life. If you give generously you will receive generosity. Thanks everyone.

Away at Conference

I’ll be away most of this week at our Annual State Chaplains’ Conference. If you have an emergency you need help with contact the office and I call you back ASAP.

Jenny Schleusener
Chaplain
<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>1C</td>
<td>Lenny F</td>
<td>For polite manners and his hard work in class.</td>
</tr>
<tr>
<td></td>
<td>Caitlin M</td>
<td>For being a great helper in class.</td>
</tr>
<tr>
<td>1E</td>
<td>Jonah V</td>
<td>Getting started on tasks straight away and trying hard.</td>
</tr>
<tr>
<td></td>
<td>Caitlyn R</td>
<td>Working hard to improve her writing.</td>
</tr>
<tr>
<td>1G</td>
<td>Sienna D</td>
<td>Always being an excellent listener and being good support for her shoulder partner.</td>
</tr>
<tr>
<td></td>
<td>Ivan B</td>
<td>Putting in a 5 tuft effort during Maths warm-ups. Well done!</td>
</tr>
<tr>
<td>2D</td>
<td>Liam H</td>
<td>Consistently showing wonderful manners and kindness to others.</td>
</tr>
<tr>
<td></td>
<td>Samara M</td>
<td>For putting in a great effort to be organised! Keep it up!</td>
</tr>
<tr>
<td>2G</td>
<td>Crispin J</td>
<td>Greater resilience when writing in English.</td>
</tr>
<tr>
<td></td>
<td>Tyler S</td>
<td>Showing greater resilience in the classroom in Term 3.</td>
</tr>
<tr>
<td>2S</td>
<td>Meeka F</td>
<td>Improved effort at staying on task to complete work.</td>
</tr>
<tr>
<td></td>
<td>River D</td>
<td>Being a thoughtful and caring friend.</td>
</tr>
<tr>
<td>3B</td>
<td>Breeya S</td>
<td>Showing resilience in the classroom.</td>
</tr>
<tr>
<td></td>
<td>Riley S</td>
<td>An outstanding improvement in spelling.</td>
</tr>
<tr>
<td>3M</td>
<td>Rhys M</td>
<td>Consistent “Whole Body Listening” and restraining impulsivity in class.</td>
</tr>
<tr>
<td></td>
<td>Jemaya L</td>
<td>Consistently behaving well and staying on task.</td>
</tr>
<tr>
<td>4B</td>
<td>Bonnie R</td>
<td>Being an “Edstudio Expert” and assisting others with their Vokis.</td>
</tr>
<tr>
<td></td>
<td>Skye T</td>
<td>Being a great role model for active listening.</td>
</tr>
<tr>
<td>4K</td>
<td>Gypsy V</td>
<td>Seeking feedback and using this feedback to improve her work.</td>
</tr>
<tr>
<td></td>
<td>Ellaren N</td>
<td>Working hard on her “Edstudio” page and helping others.</td>
</tr>
<tr>
<td>4/5P</td>
<td>Mendozza H</td>
<td>Being a polite, helpful class member who tackles all tasks with enthusiasm.</td>
</tr>
<tr>
<td></td>
<td>Shailee M</td>
<td>Being an attentive listener who accepts feedback and asks relevant questions to improve her work.</td>
</tr>
<tr>
<td>5S</td>
<td>Hayley F</td>
<td>Always following our rules of Safety, Learning and Respect.</td>
</tr>
<tr>
<td></td>
<td>Finn S</td>
<td>Being organised and ready for learning.</td>
</tr>
<tr>
<td></td>
<td>Megan T</td>
<td>Great improvement in her writing.</td>
</tr>
<tr>
<td></td>
<td>Sarah Y</td>
<td>Being a caring and thoughtful friend.</td>
</tr>
<tr>
<td>5/6K</td>
<td>Jarren V</td>
<td>His thoughtful and well written letter in English.</td>
</tr>
<tr>
<td></td>
<td>Chloe P</td>
<td>Her commitment to team work, particularly supporting others.</td>
</tr>
<tr>
<td>6A</td>
<td>Kennedy V</td>
<td>Settling to tasks and completing his work.</td>
</tr>
<tr>
<td>6/7R</td>
<td>Jacinta M</td>
<td>For her always completed and very neat homework. Excellent effort!</td>
</tr>
<tr>
<td>7N</td>
<td>Merekai F</td>
<td>Using her homework checklist to improve the content of her written work.</td>
</tr>
<tr>
<td></td>
<td>Charlotte B</td>
<td>Improving the neatness and quality of weekly homework tasks.</td>
</tr>
</tbody>
</table>
Palmwoods Heritage Bank Musical
‘Snow White & All The King's Horses & All The King's Men'

Our School Musical, ‘Snow White & All The King's Horses & All The King's Men' is under 8 weeks away!

Please make sure you have noted the date:

**Saturday September 13 at the Suncoast Auditorium (Week 9 of Term 3).**

If you know you will be away, **please notify the school**. All classes have started their routines and costumes have been cut out. **We still have children telling us they are not sure. Please discuss this with your child and ring or send a note this week if your child is unable to attend.**

Year 2-7 students will be performing twice:  
- **Matinee** 2pm - 4pm  
- **Night** 6.30pm - 8.30pm

Year One and Prep students will be performing their class item before the musical at the **matinee only.**

Please write the date on your calendars and consider - time off work?  
- baby sitting?  
- changes to Saturday sport?  
- inviting relatives?

**PROPS**

We are hunting the following items for use during the musical:  
- light weight folding camp bed  
- plastic flowers  
- wooden swords  
- large plastic magnifying glasses  
- fairy wings  
- lab coats  
- giant inflatable hammer  
- black cloak  
- white or pale coloured cloak  
- any reasonable quality **character/dress-up costumes** that would be suitable to bolster our musical wardrobe.

Please ring the school office if you are able to donate or loan any of these items.

**COSTUMES**

Thank you once again to the wonderful parents and grandparents who happily volunteered at our three Costume Working Bees! We had a fantastic result with over 40 willing helpers busily working in the hall. We even had one fantastic dad who stayed all day - you know who you are! Thanks to your dedication and hard work 425 costumes were cut and handed out last Friday.
MUSICAL COSTUMES

Students, from the following classes, who returned their costume forms with the sewing box ticked should have received their costume pack: 2D, 2S, 2G, 2/3P, 3M, 3B, 4B (boys), 4K (boys), 4/5P (girls), 5S, 5/6K, 6A, 6/7R & 7N.

Please read the enclosed instructions and have the costumes completed by August 18. All class costumes to be handed in to class teachers and others (e.g. PEP) to the Teacher Aide Room.

Please remember to name costumes (white tag for writing name is enclosed with instructions) and return on a named hanger.

If you didn’t return a costume note and have been given a costume that you can’t sew, please consider all options e.g. friends, relatives. If you need someone to sew your costume and you have exhausted all options please return your costume to the Teacher Aide room no later than Friday 8 August so we can find someone to sew it for you. Please remember we have a few volunteers for sewing but not enough for the sheer volume of costumes. Think outside the square when considering your options. During the previous musical preparations, we got quite a surprise when a grandmother rang from Sydney to clarify sewing instructions so she could post the costume back in time!

Another reminder about shirts needed to go with costumes:

YEAR 2    Girls and boys - white short sleeve T-shirt.
YEAR 3 & 2/3 Girls and boys - white shirt or singlet to wear under jacket (white underwear!)
YEAR 4 K & 4B Girls - black short sleeve T-shirt and black leggings.
         Boys - white short sleeve T-shirt.
YEAR 4/5P Boys & girls - black short sleeve T-shirt; Girls – black leggings
YEAR 5S Girls and boys – a white short sleeve T-shirt (needs to be handed in this week!)
YEAR 6 Boys – a black short sleeve T-shirt
YEAR 7 Boys and girls - a black short sleeve T-shirt.
PEP BATS Black long sleeve shirt, black leggings (please hurry winter season is nearly over!)
PEP JNR Colour fitted singlet top to go with fairy skirt (yellow, pink, orange, green)
PEP RABBITS White short sleeve T-shirt
CHOIR All girls (fairies) will need a colour fitted singlet/T-shirt top. See choir note.

If you have any of these shirts at home that are too small for your child, please consider donating them to the school for other children to use.

Our school dress rehearsal will be during the first week of September and on Wednesday September 10, all students will be bused to Suncoast Auditorium at Woombye for a whole school rehearsal in order to practise on the stage. More information concerning this will be sent home soon.

In the meantime, the students are preparing for the event: Classes are all learning their dances. Choirs are learning their songs. Actors are busily rehearsing during their lunch hours, after school and on the weekends. We can’t wait to show you all our hard work!

Sally Kohler  
Music Teacher
On the weekend, the P&C held a very successful Working Bee. It was well attended by many parents, grandparents, students, school staff and Kid's Club staff. Hopefully you can notice some changes as you walk through the school. Many hands really did make light work as all the volunteers tackled jobs such as fencing, repairing bench seats, mulching, planting and pruning, to name just a few.

It was an awesome sight to see a train of more than 10 wheelbarrows carting mulch to all corners of the school! The threatening showers of rain thankfully stayed away, allowing us to get the jobs done and enjoy a sausage sizzle and cold drink at the end.

Thank you to all those who helped make our Working Bee a success. We appreciate all your support.
CHOCOLATE DRIVE

Our Chocolate Drive is doing wonderfully and still have more boxes to sell.

All monies and unsold chocolates are to be returned to the school office by 
Monday 18th August.

TRIVIA NIGHT

Don't forget to get your team together for the Trivia Night coming up on 
Friday, August 22nd. In the school hall.
Hot food & drinks available (No BYO) & Prizes
Tickets ($10 each) can be purchased at the office.

P&C Meeting

The next P&C meeting will be held on Tuesday, August 19th at 7pm in the staff room.

Palmwoods Playgroup

At Palmwoods School - Kids Club
Thursday Mornings 9am till 11am
Parents with Children up to 4 years - All Welcome
Contact Jo Weir Ph: 5457 3150

C&K Kindergarten

Please join us for our Bike-a-thon at Federation Park, Palmwoods,
on Sunday 17th Aug, 9am - 12noon.
Sponsor our kids for every lap they ride! There will be a sausage sizzle, face 
painting, crazy hair, lucky dip, homemade cakes & biscuits, hot & cold drinks,
not to mention a HUGE Fathers Day raffle. All funds raised go towards 
resources for our fabulous Kindy!
All welcome

BIG BUSH DANCE PALMWOODS

Palmwoods State School Hall
1pm, Sunday 17th August
$5 per person, $10 per family
Phone 5453 7274 for more information

A very being thank you to Andrews Tree Felling Services ph: 0413 257 936 or 5445 9512 
for donating Mulch for our P&C Working Bee.

Thank you also to Leigh Barrett from Living Style Landscapes ph: 5478 8786 or 0412 742 666 for bringing his Dingo machine which made light work of the mulching.
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”
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e-mail: 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.