Principal's Message

Welcome back to school. It is with great pleasure I also welcome two new families to Abergowrie!

Our term has had a very successful start, with 100% attendance from all students. Our end-of-term attendance party is well on track with this attendance rate from all students. A target has been set for all children to achieve 95% attendance this term to earn an invitation to this daytime celebration.

A reminder that all forms for camp need to be returned tomorrow to ensure your child’s place at camp. This event is coming up very quickly so start organising your gear and any last-minute purchases now! See you there.

Kind regards

Dallas Schmidt
Principal

P&C

The next P&C meeting will be held on November 12 at 7pm. All parents and carers are encouraged to attend, contribute and be involved in all areas of education involving parents, the school and the community.

Date Claimers

Upcoming events to plan for:

- Oct 20: Pupil Free Day
- Oct 27-29: School Camp
- Oct 30: School Audits
- Nov 4: School Photos & Prep Transition
- Nov 7: Netball Carnival
- Nov 10: Swimming Carnival
- Nov 12: P&C Meeting

Behaviour

Our school rules are:
- Be Safe
- Be Respectful
- Be Responsible
- Be A Learner

Students have been practicing in class transitions and ensuring they are ready for a learning task as quickly as possible.

High School Transition

The next High School Transition day will be held at Ingham SHS on November 24.

Bounce Back!

This term we have been exploring the concept of ‘bouncing back’ after life events and distress. We have used children’s books and songs to open discussions about the ups and downs of life and how everyone experiences these feelings of success and failure.

Bandanna Day

Every year, another 23,000 young people have to deal with the challenge of cancer – whether it’s their own diagnosis or that of their parent, brother or sister. At CanTeen, we believe that no young person should face cancer alone.

That’s why we need you to get involved with National Bandanna Day this October.

Young people at CanTeen wear bandannas to show they’re fighting cancer together.

Join the fight this National Bandanna Day by purchasing a bandanna ($4) or pen ($3) from our school office.

Sport

We have a swimming and netball carnival coming up next month. No details have been issued at this stage. As soon as the school receives information regarding these events, notes will be sent home.

Prep Transition

Do you know anyone with a child starting in Prep in 2015? Our school is holding 5 transition sessions for potential Prep students. See the attached flyer for additional information.

Snapshot

Grade 1 exploring a ‘cave’ at school, noticing the different sources of light and sound.
The Rotary Club of Ingham presents

FULL STEAM AHEAD

10th - 25th October 2014

SPONSORED BY HANSENS MOTOR & ENGINEERING WORKS

Prizes for ages: Under 5, Ages 6-10, Ages 10 and Over
Bring your finished masterpiece into Herbert River Newsagency
Shop 2 Hinchinbrook Central for your chance to win.
DRAW CLOSES 16th October 2014,
WINNERS ANNOUNCED AT MARDI GRAS 25th October 2014

Name: ..................................................
Age: ........................................... Phone: .............................................
Say GDAY to Jay

Kindy Roadshow — where the fun begins!

Thursday Island   Anzac Park – 29 October – 10am & 4pm
Cairns            Cairns Convention Centre – 1 November – 10am & 1pm
Tully             Tully State High School – 3 November – 11am
Townsville        Melvilles Farm – 4 November – 10am & 6pm
Mount Isa         Mount Isa Civic Centre – 6 November – 10am

Kindy counts! is proud to present free community music performances by early childhood entertainer and kindy ambassador Jay Laga‘ala. Although tickets are free, patrons will need to book in order to reserve a seat.

For more information or to book tickets visit www.qld.gov.au/kindyroadshow or call 1800 454 639.

Find ‘Kindy counts’ on Facebook

Queensland Government
Kinderarten Approved Program

Proud Supporters

Playgroup
Mount Isa
ABC Local Radio

Jay Laga‘ala – Actor/Musician/Dad
Photography: Luke Simbecktah

Australian Government
Queensland Government
If you are resilient you are able to cope reasonably well with difficult situations and things that go wrong and then ‘bounce back’. Throughout life children will need skills and attitudes to help them to bounce back. They will encounter everyday challenges such as making mistakes, falling out with a friend, moving house or school and losing in a sports competition. Many will also face challenges such as adapting to family break ups, a step-family, the illness or death of a family member, or being bullied. People Bouncing Back is the curriculum unit that teaches children the ten BOUNCE BACK! statements.

BOUNCE BACK! stands for:

- **B**ad times don’t last. Things always get better. Stay optimistic.
- **O**ther people can help if you talk to them. Get a reality check.
- **U**nhelpful thinking makes you feel more upset. Think again.
- **N**obody is perfect—not you and not others.
- **C**oncentrate on the positives (no matter how small) and use laughter.
- **E**verybody experiences sadness, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

- **B**lame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?
- **A**ccept what can’t be changed (but try to change what you can change first).
- **C**atastrophising exaggerates your worries. Don’t believe the worst possible picture.
- **K**eep things in perspective. It’s only part of your life.

**Key messages to communicate to your child about ‘bouncing back’**

- Life is mainly good but now and then everyone has a difficult or unhappy time. Things always get better even though sometimes they may take a bit longer to improve than you would like. It is important to stay hopeful and expect things to get better.
- You will feel better and have more ideas about what to do if you talk to someone you trust about what’s worrying or upsetting you.
- Unhelpful thinking isn’t necessarily true and makes you feel worse. Helpful thinking makes you feel better because it is more accurate and helps you work out what to do.

<table>
<thead>
<tr>
<th>Unhelpful thinking</th>
<th>Helpful thinking</th>
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<tbody>
<tr>
<td>I made a mistake, I’m really dumb.</td>
<td>I made a mistake but everyone makes mistakes sometimes.</td>
</tr>
<tr>
<td>Jake doesn’t like me. I must be a jerk.</td>
<td>Jake doesn’t like me but other kids like me.</td>
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</tbody>
</table>

- No one is perfect. We all make mistakes and find out there are some things we can’t do well.
- If you can find something positive or funny in a difficult situation, no matter how small, it can help you to cope better.
We all need to take fair responsibility for the things we did or didn’t do that contribute to a difficult or unhappy situation. However we should not over-blame ourselves because circumstances, bad luck or what others did may have contributed to the difficult situation too.

If a situation can’t be changed you just have to accept it and live with it.

Don’t make yourself miserable by exaggerating how bad something is or by assuming that the worst possible picture is the one that will happen.

When something goes wrong it usually only affects one part of your life. Concentrate on the things in your life that are still going well.

**What can you do to help your child?**

Use the appropriate BOUNCE BACK! statement whenever you see the opportunity.

Consider displaying the statements on the fridge or somewhere prominent so they serve as a useful prompt for your child (and the rest of the family!).

Don’t over-protect your child from the normal challenges that all children have at different ages (e.g. walking to school, looking after their own things, packing their own lunch). Start by giving your child small age-appropriate challenges that require small responsibilities. Using small steps moves them towards becoming more independent and competent. Don’t do things for them without checking that they are capable of doing it for themselves.

Encourage your child to talk about what’s troubling them and help them to find solutions. Encourage them to talk about how they are feeling and what they are thinking about the problem. Then help them to think about different solutions.

Gently challenge self-defeating talk (e.g. I can’t do this, I’m hopeless, dumb, useless) and helpless behaviour (giving up easily, expecting others to do things for them). Suggest they use helpful thinking instead (e.g. I made a mistake but everyone makes mistakes).

Don’t fight all your child’s battles. Children need to experience some difficult times so they learn how to bounce back.

Model effective solving of problems that are age appropriate for your child by talking ‘out loud’. Review different solutions to a problem and the possible good or bad consequences of the different solutions.

Avoid offering ‘quick fixes’ or ‘feel good’ options when things get tough. Rather than distracting them with a movie or treats, let them sit with the bad feelings, knowing that you care that they are hurting, but that it is something they have to deal with, not escape from.

Help your child to take responsibility for what happens. When something doesn’t work out for them, draw up a pie chart with them of:

- How much was due to me?
- How much was due to others?
- How much was bad luck and circumstances (i.e. being in the wrong place at the wrong time)? Also encourage them to consider the situation from the other person’s viewpoint.

When something bad happens for your child, help them to keep things in perspective by asking them:

- Does this really matter? Are you getting upset over very little?
- On a scale from 1 to 10, how important is this to you?
- What’s the worst thing that can happen? Do you think you can handle that?

Encourage them to think about the parts of your life that are still exactly the same and still really good (e.g. they lost a friend but they still have other friends in their team, in the street to play with, their school work is going well, nothing has changed at home).

These questions help your child to stop catastrophising and stop getting too upset over things that will get better or improve in time.
Get Set for PREP!

Abergowrie State School is now offering 5 transition mornings for your child to explore and learn in a school setting.

<table>
<thead>
<tr>
<th>November 4</th>
<th>November 11</th>
<th>November 25</th>
<th>December 2</th>
<th>December 9</th>
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<tbody>
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<td><img src="image1.png" alt="Image" /></td>
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All sessions run from 9:00 - 10:30am and will include tea/coffee for parents and opportunities to meet with current school families.

For additional information or enrolment enquiries, please contact us on (07) 4777 4672 or visit our website abergowrss.eq.edu.au
Dear Parents/Caregivers.

Starting school marks an important milestone in your child's life. At Abergowrie, we want to make the transition to school as seamless as possible, for children and their families.

We extend a warm welcome to anyone interested in providing their child with an opportunity to visit the school, meet our friendly staff and develop friendships with current students and other future students.

All sessions will run in the Early Learning Centre from 9am until 10:30am, where you are then invited to stay and join a regular morning break will all our students and staff. Some activities may be held outdoors, so please bring a hat and wear covered shoes.

Session details are as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Tuesday November 4</td>
<td>Welcome! Meet new friends and join in with songs, dance and art activities. Read a story and learn about the characters.</td>
</tr>
<tr>
<td>Tuesday November 11</td>
<td>1, 2, 3, 4, 5 Once I caught a fish alive! Play and learn about numbers through song and hands-on activities. Take home a piece of your learning.</td>
</tr>
<tr>
<td>Tuesday November 25</td>
<td>Up, down, over and around. Discover our outdoor playground with some games and free play time.</td>
</tr>
<tr>
<td>Tuesday December 2</td>
<td>All about art. Paint, glue, glitter. Plenty of fun things to make and do with our hands. Art aprons will be used but please consider what clothes will be worn.</td>
</tr>
<tr>
<td>Tuesday December 9</td>
<td>Christmas Celebrations Join our class Christmas party and meet all your classmates for 2015. This session is for children who have been enrolled for 2015.</td>
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Feel free to attend any sessions that you are able to. We look forward to meeting with you and your child!

The Staff at Abergowrie State School