Hello Everyone,

We have 52 school days left in 2016 to make a difference to your child’s learning – and you know something? We can! Each day at school is a day planned full of learning opportunities, and each moment that is lost can never be regained. Let’s protect that teaching and learning time, and make sure Swayneville students are here each and every day.

Learning time is so important that on Thursday, September 1 2016, State Parliament passed legislation that all Queensland children will benefit from a full-time Prep year before starting Year 1. Compulsory Prep was among a range of education reforms passed in the Education and Other Legislation Amendment Bill 2016. Participation in Prep improves a child’s educational outcomes and is a critical foundation year for schooling. Importantly, this will not lower the compulsory school age. Parents will continue to have flexibility in terms of the age at which they may enrol their child in Prep, provided the child is enrolled and attending school from the age of compulsory schooling of 6 years and 6 months.

Learning does not always happen within the classroom either. Check out the 5/6 students (pictured above) on their way out to camp. After many hours on the bus, it was great when they arrived safely around 6:30pm. Their first day of activities proved a little eventful, with one teacher now with a broken toe, and a student with a sprained thumb! They’re off to Longreach tomorrow to see the Hall Of Fame … etc. This camp will help History come alive.

The 3/4 excursion to the Rural Skills Day is reported on the next page. This time, it was Health learning outcomes.

Have a great break, and trust that everyone will return refreshed and energised for a new term.

-- Roslyn Waldron (Principal)

Term Three: A Focus On Thinking

What an amazing last few weeks we have had! We have planted Radishes and Bok Choy into our vegetable garden. Unfortunately the Bok Choy didn’t survive but our Radishes have made an appearance. They are the most amazing things the students have seen and we can’t wait to taste them.

We have been working incredibly hard to complete all the assessment items. We have enjoyed looking at the Olympics Games and the sports that are included in them. We have even looked at modifying the sports and seeing how they would work. We have also looked at the push/pull/twist actions of sport and how they affect the body.

We have worked so hard this term and are looking forward to Rewards Day this Friday.
**Rural Safety Working Group 2016 Children's Safety Field Day**

Children in Year 3/4 attended the Rural Safety Working Group 2016 Children’s Safety Field Day yesterday held at the Sarina Showgrounds. They were treated to a number of stalls all communicating safety messages. Stall holders included local emergency services, council departments and companies invested in the district.

Safety messages included…

- how to be safe with water in weirs, irrigation channels and dams,
- how to identify when they feel unsafe with people
- avoiding hazards around rural properties
- some first aid pointers
- identifying heavy vehicle’s blind spots and
- awareness of cane trains and bins.

All children were encouraged to participate in discussions and demonstrations. They also delighted in a number of ‘gifts’ as they progressed through the displays. Children particularly enjoyed sharing their stories of using quad bikes and motorbikes at their place.

The class conducted themselves with a high standard of behaviour and were complemented for it along the way.

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**Food For Thought**

Juggling work and family – it can be easier!

Trying to juggle the demands of work and family can be very tough. But when you get the balance right, life will feel a lot easier.

Too much pressure from either work or family can seriously affect our lives and the lives of those around us. When work stress spills over into home life, we might argue more, have problems with our relationships and suffer health problems too. Stress from home can impact your work in the same way. You might even struggle to do your job properly.

So how can you get the balance right?

A good rule to start with is that when you are at home your family is your focus. And when you are at work your job is your focus.

At home, try to make your mornings run as smoothly as possible. If you start your day calmly then you won’t be bringing any stress from home to work.

Set some ground rules and put a leaving home routine in place. You can even teach your kids to do things for themselves, like getting dressed.

At work, you should try to do hard tasks early in the day. By doing this you will be taking less stress home with you at the end of the day.

Think of some ways to unwind and relax after work that aren’t going to affect your family’s evening routine. Regular exercise and healthy eating can really help.

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**Chappie Di**
6 Bully Proof Secrets Every Parent and Teacher Must Know
- by Tom Thelen, author of Victimproof

1. Teach Your Kids the Difference Between Bullying and Teasing
Bullying is all about power. Two kids teasing each other might be bad behavior, but it’s not necessarily bullying unless one tries to take power over the other. This could be physical power, but it could also be verbal or social power, even social media power. So teach your kids the national definition of bullying from StopBullying.gov: Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

2. Model How to Stay Calm Under Pressure
As a parent or teacher, how do you initially react to stress and anxiety? Do you fly off the handle and yell at your kids? My wife and I have four children, so we know what it’s like to be stressed out (what can I say – we’re real people). The biggest bullyproof secret I’ve ever learned is to find healthy ways of dealing with stress and anxiety. I’ll go for a walk, listen to some music, or give myself a five-minute break, so I can literally calm down and talk it out rationally. When we model self-control to our kids, it teaches them how to stay calm under control. Even when other people go out of control (i.e., bullying). When kids refuse to give the bully a negative reaction (which is exactly what they’re looking for), then the bully will simply move on, but it makes a huge difference.

3. Empower Them to Speak Up to Bullying
If bullying is all about taking power, then the solution needs to be about keeping your power. As adults, we need to empower kids to speak up or stand up in a way that fits with their personality. The reality is: if a kids only solution is to “run and tell on the bullies” every single time, then it’s not a very empowering solution. And if we’re not careful, we can accidentally communicate that they’re not powerful enough to speak up (when many times they are). Work with your child to roleplay some bullying situations and responses. Take turns playing the part of the bully, the victim, and the bystander. Then step back and ask questions like: How did that make you feel? How do you think the other person felt?

4. Teach Them How and When to Get Help
When your child tells you they were bullied, you need to investigate it, and in most cases you need to report it to the school. If the bullying is physical, sexual, or repeated in any way, you definitely need to report it. Contact the school and ask if they have a Bullying Incident Form you can fill out. Ask the teacher, principal, and school counselor to contact you if your child is ever bullied, so you can talk through it at home. Remind your child that telling is not tattling. When they talk with a trusted adult, the power of bullying is broken.

5. Stay Connected to Your Kids’ Hearts - Be Their Trusted Adult
Kids can be hard to read, especially if they’re going through bullying. As adults we have to dig deeper into their hearts and minds, and we have to learn to listen. I have to remind them that they don’t always need more advice – sometimes they just need to be heard. Sometimes they need to be played with or laughed at. So join your kids in their interests. Don’t make them join you on your turf. Go find them and participate in what they’re already doing. It means the world to them. Spending quality time (and quantity time) with our kids creates a foundation of trust that bullying cannot destroy.

6. Use Technology to Prevent Social Media Addiction & Cyberbullying
My favorite home internet safety product is called Circle with Disney. (Don’t get distracted by the Disney part – they were recently purchased by Disney because they have such an awesome product.) Circle is a little white box that connects to your home internet connection. Once activated it allows parents to manage the entire with network with a very simple and intuitive app (right now only for phone or iPad) but they’re promising a chord version soon. The box costs $99 and covers your wifi with no subscription required. So what about when your kids use their data plan or someone else’s wifi? You can then subscribe to Circle–Go for $10 per month to have Circle control up to 10 of your devices no matter what network they use. Very, very cool. (And no, I’m not affiliated with them)

Year 5/6
Homework rewards for awesome workers.

Year 3/4
Bailey Perna: Star of the week-consistent hard work all week.
Dallas Robertson: Super listener.

Year 1/2
Claudia Burley: never give up attitude.
Tyler Roberts: amazing map work in geography.

Prep/1
Jasmine Roberts, Chad Babington & Karli Dunbar: amazing recount writing.

Music
Dakota Makings: good focus in ukulele class.

Katie-May Jones: good effort in ukulele.

Amen Mooney: good concentration & effort.

PE Awards
Senior: Tarrell Mooney.
Junior: Kalahni Breen.

50 Bee Stamps.
Brent Dale, Blake Dale, Aurellia Mack, Linkin Dale, Lleyton Dale
Kalahni Breen, Jamine Roberts.

100 Bee Stamps.
Remaining students in Prep/1.

Queen Bee: 5/6.

Our Learning Objectives: 1. Reading and writing must make sense! 2. Student know what they know, and know what they need to know next!