



KIN KORA STATE SCHOOL NEWSLETTER



Ph (07) 4971 5111 Fax (07) 4971 5100

Principal: Justin Harrison

Deputy Principals: Leanne Burke, Majeed Zadeh

HOSES: Paulette Flint, HOC: Lezah Semple

BSM: Kylie Brennan

www.kinkorass.eq.edu.au principal@kinkorass.eq.edu.au

Term 1 - Week 7 Tuesday 10 March 2015

OUR FOCUS: Attitude, Attendance, Achievement



From the Principal

Dear Parents/Guardians,

Although many parents strive to become involved in school-based activities (or feel guilty because they cannot), the research suggests that it is what parents do at *home* that really counts.

Parents have the most influence on their children's educational outcomes when they:

- have high expectations for their children
- show interest in their children's learning and development
- talk to them about things that interest them
- discuss their children's educational and career aspirations
- value learning and model the behaviours of successful learners
- give specific, rather than general praise
- establish routines that promote health, well-being and regular study

Even though parents may not be actively involved with their child's school, they may well be supportive of what teachers are doing, taking an active interest in what their children are learning in school and helping them relate this to the world beyond school. In families where at least one parent or a significant adult is engaged in this way, children are more likely to be motivated to learn, to see the school in a positive light and to enjoy productive relationships with their teachers (Kraft & Dougherty, 2013).

I am looking forward to seeing as many parents as possible attending the parent/teacher meetings in the last 2 weeks of the term. Please contact your child's teacher if you have any questions regarding the meetings.

Whole School Attendance (term 1 to date): 94.9%.

Class	Term 1 to date	Class	Term 1 to date
P	94.7%	4	96%
1	93.3%	5	94.4%
2	95.7%	6	95.4%
3	94.8%		

****Every day is a learning day at Kin Kora.***

- Missing one day a week for a Term = 2 learning weeks
- Missing one day a week for a Year = 8 learning weeks
- Missing one day a week for 10 Years = 400 days = 2 years of school!

We aim to have students attend over 95% of the time. Even if attending 95% of the time, students would still miss 10 school days or 2 learning weeks per year. Please reinforce with your children that every day is a learning day at Kin Kora.

Congratulations goes to 2A, 2C, 2F, 3C, 4C and 5C whose attendance is greater than 97% for week 6. Keep up the great effort.

Facebook Page

Kin Kora now has a Facebook Page that we will endeavour to keep you up to date with news and events happening at Kin Kora. Please feel free to like and share the page by going to www.facebook.com/kinkorass

Parade

As the production Swag of Tales is being held on Friday 13 March in the parade area, there will be **no** Year 3-6 parade held on this day.

Sports News

Rugby League - St Francis forfeited the game last week so the boys didn't get to play.

Boys Soccer - Kin Kora boys played Trinity College and drew 2 all. It was a fantastic game!

Girls Soccer - The girls played Calliope State School and drew their game 1 all. Well done girls!

Congratulations to Riley Philips-Powell, Diesel Costigan and Khodi Docherty who were selected in the Port Curtis Rugby League team and Peyton Craig who was selected for CQ Swimming.

Parking

Please do not park across the driveways of our neighbours. When parking in a residential street, there are general rules that you need to remember. These rules ensure all roads and footpaths can be used safely by other motorists and pedestrians.

Make sure that you don't park:

- On footpaths or footpath ramps; or
- Across or partly blocking driveways or footpaths; or
- In any area or space designated as emergency, essential services or disability parking (unless your vehicle is permitted).

Unless otherwise signed, the following rules apply at intersections and bus stops:

- Park at least 10 metres from an intersection without traffic lights; and
- If there are traffic lights, park at least 20 metres away from the intersection; and
- Park at least 20 metres behind a bus stop, or at least 10 metres in front.

It is also important that you don't stop or park at any time in zones marked with a solid yellow line on the road. This is a 'No Stopping' zone. Other than the yellow line, these zones are usually not signed.

Observer PREP Feature

Don't forget that the Prep photo's will be published in the Gladstone Observer on Wednesday 25 March.

Year 6 Camp

Invoices for Year 6 Camp have now been calculated and payments can be made at your convenience. The cost of the Camp is \$450.00 and the deposit of \$50.00 needs to be paid by 26 June 2015 and is non-refundable. Camp is a privilege, not a right and is by invitation from the Principal dependent upon behaviour.

Gladstone Youth Group

There is a youth group being held at Toolooa State High School every Friday afternoon in the school term 3.30pm - 5.30pm.

Being Cybersmart Tip

Cyberbullying

Talk to your child about cyberbullying before it happens. Work out strategies to address any potential issues and reassure your child that you will be there to support them.

National Day of Action against Bullying and Violence Cybersafety Workshops

As part of the National Day of Action against Bullying and Violence on 20 March 2015, the Department of Education and Training is offering a series of interactive online cybersafety workshops for parents, teachers and students entitled "Mind your step".

Brett Lee, creator of Internet Education and Safety Services (INESS) and the department's Cybersafety team will facilitate six interactive online safety workshops from 10 - 20 March 2015.

Register now for the online workshops.

www.bullyingnoway.gov.au/national-day/

www.behaviour.education.qld.gov.au/bullying-and-violence/Pages/Mind-your-step.aspx

Yours in Education

Justin Harrison

Principal

Deputy Principal Message

Dear Parents and Caregivers,

In 2015, Kin Kora's Leadership team decided to review the processes and organisation of the school in order to get the best outcomes for our students academically, socially and emotionally. As a result, I will be responsible for overseeing Years 3, 4, 5 and 6 and Leanne Burke will be overseeing Prep, 1 and 2. Both Deputy Principals will be overseeing behaviour management, pedagogy and curriculum delivery for their respective year levels. Please do not hesitate to contact either Deputy Principal if you have any concerns or questions regarding your child.

Yours truly

Majeed Zadeh

Payments Due

Event	Amount	Due	Event	Amount	Due
Swag of Tales	\$4	11 Mar	Old MacDonald Farm (PREPS)	\$7.50	16 Mar
ICAS Competitions	\$8 each	27 Mar			

Medical Issues

If your child has an Epipen, Asthma, or any other medical condition Action Plan, please ensure school has an updated version for the beginning of 2015. All children taking any medication also need to renew medication forms annually. Forms are to be filled in and handed in to the office prior to starting school.

Change of details

For parents who have changed their address or contact details recently, there is a new form available on our website for you to complete and return. It is important that the school has up to date information for each of our students.

P & C News

Volunteers needed!! Kin Kora State School needs volunteers to assist with supporting our fundraising activities and working with teachers and school administration. No skills required, just a bit of your time. The next P & C meeting will be held on Wednesday 18 March.

Dave Orgill, P & C

Tuckshop

Please go to www.flexischools.com.au to order your child's tuckshop requirements. Please drop in and see Sam or phone her on 0417 101605 if you need assistance with this process. All volunteers are MOST welcome to join our team of tuckshop ladies.

SCHOOL CALENDAR			
Fri 13 Mar	Swag of Tales Production NO PARADE	Thu 2 Apr	LAST DAY TERM 1
Wed 18 Mar	Old Macdonald's Farm (PREP) P & C AGM	Fri 3 Apr	GOOD FRIDAY
Mon 23 Mar	School photos	Mon 20 Apr	FIRST DAY TERM 2
Tue 24 Mar	No parade today School photos		

From the Guidance Officer

Worries and Anxieties: Helping Children to Cope

Children, like adults, have all sorts of strong feelings about what is happening to them. At times, the world can seem frightening or uncertain, which may create fearfulness, worry or anxiety.

Different Types of Anxiety

Fears and Phobias Very young children often develop fears and phobias. These can be triggered by changes (going to childcare, separating from a parent), or particular things (spiders, snakes, monsters etc). Fears like these are common but with encouragement and support most children learn to overcome their anxiety.

General Anxiety Some youngsters feel anxious most of the time for no apparent reason – it may be their temperament or may be a pattern of behaviour that is shared by other members of the family.

School-Related Anxiety School refusal can be caused by anxiety – separating from parents, fear of bullying, problems with friendships, trouble with school work or teachers are worth investigating

Home Related Anxiety Family problems (money issues, squabbling, separation/divorce), death of a family member or friend, harsh discipline or a traumatic experience eg burglary can be causes of anxiety (as well as depression).

What are the Signs

- Feeling sick – stomach aches, headaches. Not being able to stomach food.
- Feeling tense, fidgety, needing to go to the toilet often
- Feeling fearful or panicky, breathless, sweaty
- Being irritable, tearful, clingy or having sleeping difficulties

Anxiety can limit a person's experiences in life. It can contribute to lack of confidence, loneliness, health problems and learning difficulties. The emotional effects if not remedied can be long lasting.

What to do

- Talk to your child – show your child that you care and want to understand the reason for their anxiety
- Give comfort, reassurance and practical help with how to cope eg. change thinking to be more positive
- There are children's books to help with upsetting things like divorce, death (ask your school librarian/guidance officer)
- Prepare your child for changes – talk to them about what might happen and why
- For children with school/ separation anxiety, regular routines and consistency around sleep, and getting ready for school, having breakfast etc will generally improve the outcome
- Be aware of school or family situations that may be creating worries for your child
- Be aware of your own anxiety and protect your child from taking on your woes

If your child is so anxious that they can't cope more **specialist help** may be needed.

NB: At these times a talk to your school's guidance officer, or your doctor will be useful, or you could seek help through child mental health services. Through the medicare benefits scheme access to a psychologist is available.

Adapted from Mental Health and Growing Up, 3rd Edition – Factsheets <http://www.rcpsych.ac.uk/info/mhgu/index.htm>

Rosemary Jensen
Kin Kora State School Guidance Officer

Bazza Awards



Nude Food

