



KIN KORA STATE SCHOOL NEWSLETTER



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Term 3 - Week 8 Tuesday 1 September 2015

OUR FOCUS: Attitude, Attendance, Achievement

From the Principal

Dear Parents/Guardians,



Botanic to Bridge

Congratulations to all students who registered for this years Botanic to Bridge. Kin Kora came in at number 8, with \$1340 raised for our school.

Mathletics

Congratulations this week to 6B, 5C and 3B for achieving the highest class points for this week. To date, Kin Kora students have signed in 6 391 times and spent 2 161 hours and 57 mins online. Keep up the great work! Students earn a Bronze Certificate when they complete 1 000 points in a week. A Silver Certificate is awarded to students after they have achieved 5 Bronze Certificates.

The following students have achieved Silver Certificates this year so far:

Sahara Arroyo Serrano 3E, Jack Barnsley 2B, Chloe Jensen 3D, Brady Blake 4F, Faisal Saadon 1C, Nate Croisca 4B, Cohen Christie 2E, Uili Lemalu 2E, Raegan Renz 2E, Aidyn Cannon 2A, Sophie Slack 2A, Sarah Smith 2A, Riley Thomas 2A, Benjamin Ward 2A. Please contact Mr Shonhan if you have any questions regarding Mathletics.

Official Teacher Aide/Support Staff Day this Friday

We are fortunate to have a fantastic support team at Kin Kora and through this newsletter, I'd like to acknowledge the tremendous work they do each and every day and the genuine care and concern they show for colleagues and children alike. They are truly amazing.

Fathers' Day Stall

A reminder to all that we will be running our annual fabulous Fathers' Day Stall this Friday. A huge thank you to the P&C for once again organising this event and to all who have offered to assist on the day or with wrapping prior to the day.

Whole School Attendance

Term 3 to date: **92.4%**

Yr	Sem. 1	Yr	Sem. 1
P	92.4%	4	94.2%
1	91.1%	5	91.5%
2	91.8%	6	95.3%
3	91.8%		

Congratulations to 4B for having 99.2% attendance for Week 7. Kin Kora's attendance goal is 95% for every year level.



Term 3 - Week 8:
Bazza says:

**BE RESPECTFUL
EATING AREAS**

Encourage your child to:

- Eat only their food.
- Look after theirs and others belongings.
- Close lunchbox.

Cybersmart Tips

Report any abuse or inappropriate content to the social networking site and show children how to do this too.

Use coping self-talk

Using coping self-talk involves saying things to yourself to calm down. Children can be encouraged to say things to themselves like; take it easy, take some deep breaths, stay cool, it's okay I'm not good at this, chill out, don't let him bug me, try not to give up.

To teach children to use coping self-talk, it is helpful to model it yourself. For example, you could make a point of saying out loud, "I need to relax," "I'm going to cool down," or "I won't let this get to me." You can also use coping statements to coach children through stressful moments.

Asking older children what they could say to themselves when they need to cool down their anger helps them learn to use coping self-talk for themselves. This is best practised before children get angry.

Resilient children and how to develop them

Teach your child/ren to problem-solve - Let's say your child wants to go to Yr 6 camp, but they're nervous about being away from home. An anxious parent might say, "Well, then there's no reason for you to go." A better approach is to normalize your child's nervousness, and help them figure out how to navigate being homesick. So you might ask your child how they can practice getting used to being away from home, perhaps a sleepover at Grandma's etc. When my daughter was highly anxious about her final exam, we brainstormed strategies, including how she'd manage her time and schedule in order to study for the exam. She made a study plan. In other words, engage your child in figuring out how they can handle challenges. Give them the opportunity, over and over, "to figure out what works and what doesn't."

Ask HOW questions rather than Why? - Lyons uses "how" questions to teach her clients different skills. "How do you get yourself out of bed to go to school when you don't want to go? How do you handle the noisy boys on the bus that bug you?" "How do you greet someone when you are really shy?" Brainstorm possibilities and make a plan of action together. Practice the skills/steps, so your child can enact them for themselves in the real situation.

Resiliency helps kids navigate the inevitable trials, triumphs and tribulations of childhood and adolescence. Resilient kids also become resilient adults, able to survive and thrive in the face of life's unavoidable stressors.

Rail and Road Safety

We continually remind students on parade and in class time about the importance of road, rail and bus safety. Please remind your children about the safety aspects they need to consider on their individual routes to and from school.

We ask parents to ensure that students do not alight on the traffic side of the road when arriving by car. We also ask that the children be reminded not to run in front of the bus when alighting.

Students crossing Sun Valley Road must use the underpass and students exiting and entering via Hibiscus Avenue and Kin Kora Drive must use the designated crossings.

Year 7 at Toolooa SHS 2016 School Tour/Information Session

Date: Thursday 10 September

Times: Tour (4:30-6pm) Information Session (6-7pm)

Who Should Attend: Parents and students enrolled or intending to enrol in year 7, 2016

In closing, I'd like to wish all our dads and Grandads a very happy and relaxing Fathers' Day this Sunday.

Yours in Education

Justin Harrison

Principal

Get your family active and eating well

Families in Gladstone can now sign up the free healthy lifestyle program called PEACH™ - Parenting, Eating and Activity for Child Health. Registrations are open for a new group to commence in term 4, 2015.

The program is fun for kids and helps parents and carers make healthy eating and activity a part of every-day life. It is available to families with a child aged between 5-11 years who is above a healthy weight their age and consists of 10 group sessions that run for 90 minutes each after-school hours.

Topics covered include nutrition skills, reducing screen time and being more active as a family. While the parent sessions are taking place, children enjoy active play with a trained child physical activity facilitator.

The program is funded by the Queensland government and being delivered state-wide by the Queensland University of Technology.

If you would like more information about the PEACH™ program or to register please contact free call 1800 263 519 or visit www.peachqld.com.au

Payments Due

Event	Amount	Due	Event	Amount	Due
Yr 6 Camp	\$450	16 Oct			

Music

Eisteddfod dates for this year are:

Event	Date	Event	Date
Concert Band	Thu 3 Sept, morning	Yr 3 & 4 Choir	Tue 8 Sept, morning
Kin Kora Winds group	Thu 3 Sept, morning	Yr 5 & 6 Choir	Tue 8 Sept, morning
String Orchestra	Thu 3 Sept, afternoon	Yr 4 Verse Speaking group 4E	Tue 15 Sept, morning
Yr 1,2 & Prep Choir	Tue 8 Sept, morning		

Please mark these dates on your calendar. All notes will be handed out this week.

P&C News

On Friday 4 September, our Kin Kora Father's Day Stall will be open to purchase gifts for Dad's, Step-Dad's or Grandads. Gifts range in price from \$1 to \$10. Notes will be going out soon asking for your help to make our Father's Day Stall a success. Please return your notes as soon as possible or leave your name at the office and we can contact you. Donations of 'ready to sell' items, home cooking and wrapped lollies/chocolates for the stall are most welcome. We are still seeking a raffle prize for the day so please contact the office if you can help. Now is the time to encourage your child to do those extra little jobs around home to earn pocket money to purchase Dad a really nice present.

PREP 2016 Parent Information Evening

The Parent Information evening will be held in the Resource Centre at 6pm on Thursday 10 September. If you know of any families that may be enrolling their child in Prep for 2016, please let them know of this event.

Tuckshop

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

Enrolments for 2016

2016 planning is already in progress and we ask that you contact the office as soon as possible if you intend leaving Gladstone at the end of the year OR if you wish to enrol a student for next year. We need this information to determine class structures and staffing requirements. Families that live within and outside our catchment area are invited to enrol for 2016. Our Enrolment Management Plan is still in place so those families outside of our catchment area will be placed on a waiting list and advised if they have been accepted in Term 4. Please contact the office if you require additional information.

SCHOOL CALENDAR			
Fri 4 Sep	Fathers Day Stall	Fri 6 Nov	Year 6 Camp returns
Thu 10 Sep	Prep Information Evening	Tue 17 Nov	Prep Orientation 9.30am-10.30am
Fri 18 Sep	LAST DAY TERM 3	Thu 19 Nov	Prep Orientation 9.30am-10.30am
Mon 5 Oct	Labor Day	Wed 2 Dec	Volunteers Afternoon Tea
Thu 8 Oct	Parent info night for Yr 6 Camp	Wed 9 Dec	Yr 6 Graduation
Tues 6 Oct	FIRST DAY TERM 4	Fri 11 Dec	LAST DAY TERM 4
Mon 19 Oct	Student Free Day	Mon 25 Jan 2016	FIRST DAY TERM 1 2016
Mon 2 Nov	Year 6 Camp begins		

Bazza Awards



Nude Food



Attendance

