Dear Parents & Carers,

Here at North Arm State School, we take a proactive and preventive approach to bullying. This means that we enact strategies each and every day, to prevent bullying where possible, and make it easier for our students to report bullying if it does occur. These strategies include:

- taking an instructional approach (through the You Can Do It program) and teaching the children how to get along with each other, how to be confident, resilient, persistent and organised. We also teach the children what is and isn’t bullying. Bullying is when someone (or a group of people) with more power than you repeatedly and intentionally uses negative words and/or actions against you, which causes you distress and risks your wellbeing. (National Centre Against Bullying definition, adopted by North Arm State School 2013); Bullying is not one-off incidents of name calling or physical abuse, it is only bullying when it is repeated, deliberate and there is an imbalance of power involved.
- Establishing a bullybuster@ntharmss.eq.edu.au email address to make it easier for children to report bullying;
- All of our staff wearing high visibility vests whilst on playground duty, to ensure children can find them when they need to;
- Conducting ‘bullying surveys’ with every student in Years 3-7, at the end of every term and following these up with mediation/restorative sessions; and
- Maintaining strong home-school partnerships through open and honest communication when issues arise.

Reactive disciplinary consequences are applied as necessary to assist students to develop more appropriate social skills.

Some of the most useful resources on our website for parents, regarding this topic, are the following, from Dr Michael Carr-Gregg, renown expert in the field:

- Dr Michael Carr-Gregg quick tips for parents - What is bullying? http://www.youtube.com/watch?v=b597hE4k_ic
- Dr Michael Carr-Gregg quick tips for parents - What are the signs your child may be bullied? http://www.youtube.com/watch?v=PFFK2awComI
- Dr Michael Carr-Gregg quick tips for parents - How do you support your child? http://www.youtube.com/watch?v=BDfjMHIS_9A
- Dr Michael Carr-Gregg quick tips for parents - How can you work with the school? http://www.youtube.com/watch?v=6hbwDQmyj8A
- Dr Michael Carr-Gregg quick tips for parents - What if your child is the bully? http://www.youtube.com/watch?v=iSZBLOBrehU
- Dr Michael Carr-Gregg quick tips for parents - What is cyber bullying? http://www.youtube.com/watch?v=rccY7A2JS1s

For more information about bullying, please go to our website at:
STUDENTS OF THE WEEK

Congratulations to the following students who were awarded the Student of the Week Award for their classes today on Parade:

PREP: Eiisha, Brent, Murk, Hamish, Tahlia, Mitch
YEAR 1: Bridgett, Josie, Dean, Harry
YEAR 2: Stella, Charlotte, Nakita, Poppy, Jayme
YEAR 3: Nyssa, Zoe, Cole, Samantha, Indigo
YEAR 4: Tehya, Oliver, Phoebe, Lee
YEAR 5: William, Jackson, Chas
YEAR 6: Justin, Ben
YEAR 7: Noah, Grace

ROAD SAFETY REMINDERS TO KEEP YOUR CHILDREN SAFE

Drop-off and pick-up areas

Drop-off and pick-up areas, where you can quickly set down and pick up your children, are common outside schools (always on the school side of the road). They create a safe environment for children and keep traffic moving. Drop-off and pick-up areas are signed with passenger loading zone signs or 2 minute parking signs. These signs mean you have a maximum of 2 minutes to drop off or collect your children.

How they work

There can often be queues at drop-off and pick-up areas outside schools.

When using a drop-off and pick-up area you:
- must use the area like a quick moving taxi rank
- need to move forward in the queue of vehicles to the signed area
- can get out of your vehicle to quickly help your children get in and out safely (once in the signed area)—however you must not walk away from your vehicle
- are only allowed 2 minutes in the signed area (if you take any longer you can be fined)—if your children are not ready to get straight into your vehicle at pick-up time, you will need to drive round the block and queue to enter the area again
- should only let your children out once you have pulled into the signed area (it is dangerous to let them out while waiting in a queue)
- should teach your children to look out for your vehicle and to get in quickly when you pull up must enter front in (never reverse).

Advantages of drop-off and pick-up areas

Drop-off and pick-up areas help to make school zones safe because:
- children are dropped off and picked up close to the school’s entrance (so they do not need to cross any roads)
- they reduce traffic jams around the school (as parents and carers come and go faster than if they were to park and walk into the school grounds)
- younger (non-school aged) children can stay in vehicles while their older siblings are dropped off and picked up—they do not need to walk, or be pushed or carried, to the school’s entrance.

School zone speed limits

When you are entering a school zone, you will see a school zone sign. The following speed limit applies to our school zones: 40 km/hr between the hours of 7-9am and 2-4pm.

Kind Regards, Kelly

STEPHANIE ALEXANDER KITCHEN PROGRAM

News- In the Kitchen

The garden is bearing lots of Asian greens, salad greens, green beans and herbs at the moment. We are creating some delicious meals from these. Recipes are available on the school website under the Resources tab. Next weeks classes (17 June) 9am-3F Miss Suellen, 11.40-4B Ms Beasley, 1.40-6L Mr Lamont. Thank you parent helpers and I look forward to meeting more of you.

Regards, Lis Anderson-McColl (SAKG Kitchen teacher).

WORLD ENVIRONMENT DAY A WINNER

Last Sunday’s World Environment Day celebration at University of Sunshine Coast was among the most diverse events I have attended. With lectures, displays, bands, hands-on learning opportunities for young and old, there was plenty to keep the very large crowd amused.

In the children’s festival area, North Arm Marimbas drew a big audience from the outset. Our Grade 3 and Junior band members made their teacher very proud with a solid first-up performance. Most of these students had never performed in front of a crowd before!!

Our Senior/Extension band followed with their usual polished presentation.

In all, about 60 students performed on the day. North Arm Marimbas had the stage for nearly an hour, and kept their audience enthralled for the duration. Well done band members and thanks to their parents. It was great to see so many North Arm families out for the day.

Steve Pead, Music Teacher

UNIFORM SHOP

Parents, get ready for the Athletics Carnival on the 26th of June! You can purchase a house t-shirt for yourself and support your child’s house! Are they in Dunethin (red), Ninderry (yellow) or Eerwah (green)? Right now, we have Size 14 and 16 on special for only $10 (save $15)!

Did you know your children can wear their house coloured sports shirts to school on Fridays? The Uniform Shop will now be open every Wednesday morning, from 8.00am until 10.00am, except for the first week back after school holidays—July 16.
UNDER 8’s DAY REMINDER

Please remember to bring boxes, lids and rolls to Class 3R from next Monday, June 16. They are required for box construction on Under 8’s Day. Regards, Ruth Robinson, Teacher 3R

Also for Under 8’s Day, Class 3F need plastic shopping bags for kite constructions. Please deliver them to the classroom.

P&C News

♦ School Disco Friday June 20 - Volunteers who are able to help can put their name on the volunteer roster outside After School Care. P&C will be running a sausage sizzle (no dietary requirements catered for)
♦ P&C will be holding a Father’s Day Stall and are looking for coordinators to head the day and volunteers to lend a hand anyone who is interested please contact Sue Pele (suepele@gmail.com)
♦ 26th June School Sports Day sausage sizzle volunteers can put their name on the roster in the canteen or contact Bec Aragona.

What bullying isn't, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is a word that's wrapped in emotion. For many people bullying is associated with bad childhood memories. It’s been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children’s natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can’t escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

If you think your child is being bullied then handle with care as children often don't want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for warning signs such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:

1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn’t constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to ‘think’ language) and feel. It’s normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools' anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child’s support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It’s worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.