Dear Parents & Carers,

SCHOOL FEES
Every family has been issued with a Statement of fees for their child/ren for 2014 and we request that these costs be paid as soon as possible. If you wish to pay via an instalment plan, please see our office staff. Alternatively, you are able to pay online by BPay or direct deposit, and at the office by cheque, cash or Eftpos.

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: Owen, Lily, Hayley, Jessica, Teale, Maddie
YEAR 1: Thomas, Sheena, Charlie, Tarj
YEAR 2: Max, Poppy, Grayson, Gemma
YEAR 3: Beau, Billie, Phoebe, Fergus
YEAR 4: Oliver, Jessika, Jazz, Ty
YEAR 5: Jaidyn, Greta
YEAR 6: Alana, Haley, Meg, Ray
YEAR 7: Declan, Honor

P & C NEWS
DATE CLAIMER: Keeping Cool with Cadburys
As of next week the eldest child in each family will be coming home with a box of Cadbury chocolates to sell, to raise funds for the P & C to hopefully get an air conditioning unit put in the library. There will be 50 chocolates in each box which are to be sold for $1 per chocolate. Please note that if you do not wish to be part of this fundraising venture, you are to contact the school by Monday so we don’t send the box home with your child.

DATE CLAIMER: Welcome back BBQ and Disco
Please remember to put the 28th March on your calendar as the evening for our welcome back BBQ and disco. It will be a great night of fun, laughter and catching up with new and old friends.
STUDENT RESILIENCE PROGRAM
This year Fiona (our Student Wellbeing Officer) will once again be running the Resilience Program for year 4 to 7 called ‘Healthy Mindsets for Super Kids’. This is a preventative program which teaches core resilience skills. This course will start on Wednesday 30th April from 3pm to 4:30pm and run for 9 weeks. Some of the strategies that Fiona will focus on will include:

- Anti-bullying strategies
- Communications skills
- Assertiveness training and social skills
- Stress and anxiety management
- Anger management
- Self-esteem
- Positive thinking
- Grief and loss
- Protective behaviours
- Healthy relationships

Application forms can be collected from the office and need to be returned asap if you wish for your child to attend.

PARENT/TEACHER INTERVIEWS
Parent teacher interviews will be occurring in weeks 9 and 10. This will be done the same as last year through an online booking system. I will send the details of how you can go online to make an interview booking time that suits you on Monday. Thanks.

KELLY RETURNS
Kelly returns to North Arm on Monday 24th March, so Richard Barrie’s last day will be Friday 21st March. I would like to take this opportunity to thank Richard for the input that he has given to North Arm and wish him all the best in his future endeavours. We all look forward to Kelly’s return.

No HAT No PLAY
As of this week we have made the decision to send students who are not wearing a hat, up to sit on the chair outside the office. Together we are endeavouring to instil in each child that “No hat, means No play”. Thank you for your cooperation in this matter. Already we have seen an improvement in students being more vigilant in wearing their hats – whether they are in the sun or in the shade.

Carmel Harland
Deputy Principal

STATE STUDENT CONSENT FORMS
The 6 page (double-sided A4 form) was sent out to all parents last year seeking your permission to use your children’s first name, image, schoolwork in a range of public sites including our school newsletter, school website, class newsletters, newspapers, radio, television, school marketing documents, school photos (full name), and/or end of year CD’s and Yearbooks. New parents to our school would have been asked to complete them as a condition of their enrolment. It is important that we have your current consents in relation to the above. If you are unable to come to the office, you may access this form via the News tab: https://ntharmss.eq.edu.au/Calendarandnews/News/Pages/News.aspx

NAMBOUR DISTRICT PRIMARY HOCKEY TRIALS
Boys and Girls born 2002 & 2003
When: Wed March 19, 2014
Where: Nambour Blue Demons Hockey Club, Petrie Park Rd, Nambour
Time: 3:45—5:00 approx.
Contact: Marc d’Unienville at Bli Bli State School on 5458 2111 or email mduni1@eq.edu.au for more details about what to bring and selection criteria.

MLC HOT SHOTS TENNIS PROGRAM
If you have any queries about the free Hotshots backpack and other goodies which were on offer from Tennis Australia, please contact Tom Farrell for updated information. His phone contact: 0421449257.

EUMUNDI TENNIS CLUB – Join now for 2014
Social Tennis, Fixtures, Coaching after school with Andrew Taylor 0424 177 216 Mon to Thursdays from 4pm to 7.30pm. Private Lessons, Group Coach and Play, School Groups, Special Olympics, Junior Squad Training as well as school holiday and ACTIVE after school programs. Monthly Social BBQ’s last Friday of the month. For more details call club President James Wilson-Smith 0408 371 867 or email jwshome@icloud.com or go to our website http://www.tennis.com.au/eumundi/ or join face book group www.facebook.com/groups/233766720123885.
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. Get the facts: 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 network: 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.