Dear Parents & Carers,

**VOLUNTEER HIGH TEA (FRI 5 DEC)**
Earlier this week, 140 volunteers from our school community received invitations to our Volunteer High Tea on Friday, 5 December. As we have such large numbers of volunteers at our school, who contribute in so many and varied ways throughout the year, it is possible that we may have unintentionally missed inviting someone. If you know of anyone who has missed out on receiving their invitation, can you please email the school on admin@ntharmss.eq.edu.au or phone the school, as soon as possible, to let us know? We really do want all of our volunteers to have the opportunity to come along to our special celebration, so we thank you for your assistance in making sure we haven’t missed anyone who deserves to be thanked. RSVPs are due to be returned by 28 November!

**HEART OF NORTH ARM VOLUNTEER AWARDS**
Nominations for the 2014 awards closed today. Many thanks to all of you who took the time to nominate one of our unsung heroes to be considered for an award this year. We are absolutely delighted to have such a large pool of selfless and dedicated volunteers who give of their time and support so generously, to draw from, for these awards. The judging panel will have some tough decisions to make, but we look forward to presenting our 2014 Heart of North Arm Awards at the Volunteer High Tea on 5 December.

**STUDENT BEHAVIOUR**
Term 4 is traditionally the time when patience runs low and tempers flare in some students. It is timely for us to remind our students of our 3 school rules:
1. Be Safe (e.g. Keep my hands and feet to myself; Don’t run on the concrete; and Always follow the teachers’ instructions)
2. Be Respectful (e.g. Treat others as I want them to treat me)
3. Be a Learner (e.g. Make the most of every learning opportunity by actively listening and participating).
NASS 130th BIRTHDAY
Our next 130th Birthday Meeting will be on Tuesday 18 Nov (3:30-5:00pm.) This meeting is open to all interested parents and friends and we need more people to attend these meetings and assist with the planning. Please consider coming along to see how you can help your school to celebrate this milestone birthday next year.
If your family would like to sponsor a page in the 130th NASS Birthday book, it will cost $20 per page and can be secured by sending in your money attached with the below form.

STUDENT OF THE WEEK AWARDS
Congratulations to the following students who were awarded the Student of the Week Award for their classes today on Parade:

PREP: Isla, Hayley, Joel, Maddie, Ryan, May
YEAR 1: Maya, Will, Arama, Jacie
YEAR 2: Jayme, Poppy, Alyssa, Benjamin, Zadok
YEAR 3: Flynn, Ariellah, Connor, Kyla, Riley, Sunnie, Sophie, Cajin
YEAR 4: Marley, Kasey, Hamish, Molly
YEAR 5: Esra, Jackson
YEAR 6: Jake, Cheyanne, Ray, Amberley
YEAR 7: Mayah, Hayden

Kind Regards,
Kelly

STEPHANIE ALEXANDER KITCHEN NEWS
Next week’s (18 Nov) classes are: 9am - 3F, 11.40am - 4F, 1.40pm - 6L.
Regards
Lis Anderson-McColl (SAKG Teacher)

P &C NEWS
RAFFLE TICKETS
Thank you to everyone who has returned their raffle tickets and money. We still have some books left if you need more. All tickets sold or unsold and money need to be returned by Nov 21.

TUCKSHOP NEWS
Due to oven issues again this week the weekly special will be Hamburgers (homemade beef rissoles with salad and BBQ sauce) $4.50 or meal deal $6 - weekly special plus popper, plus ice-cream or Apple Slinky.

HELP NEEDED: I am in need of 1-2 helpers on Thursday and Friday between 9-11 am and 11-1pm. Any amount of time you can volunteer is very much appreciated and goes a long way in ensuring the smooth running of the tuckshop.
Kind regards
Sarah, tuckshop convenor

UNIFORMS
The Uniform Shop is open every Wednesday from 8am-10am from now until the end of the school year. On the last Wednesday of the school year, the 10th of December, the shop will be open both from 8am-10am and then again in the afternoon from 2pm-4pm. Opening times in 2015 are 20th January from 2pm – 4pm, and the 21st of January from 8am-10am. In 2015 the shop will continue to open every Wednesday from 8-10am. Also remember to use Flexischools as uniforms can be delivered to your child’s classroom.

SCHOOL GRADUATION FOR YEARS 6 & 7
Please return your forms to indicate if you are attending the Graduation Dinner at Nambour RSL. We require final numbers and payment no later than Friday, November 21 to assist with planning and catering. Payments may be made by Eftpos, cash, cheque or credit card. Contact the office if you wish to pay over the phone using your credit card.

NORTH ARM STATE SCHOOL 130th BIRTHDAY CELEBRATION BOOK

NAME:

(what name would you like on your sponsored page—e.g. The Murray Family or Linda and Neale Murray or Linda, Neale and Jack Murray?)

Number of pages to sponsor: ...........................................

Money returned with this form: $......................... ($20 per page)

Child’s Roll Class: ........................................................ or Past Student: ☐ (please tick)
I have just returned from a research trip to the Yale Centre for Emotional Intelligence near New York. The Yale Centre is home of the RULER Program, the world’s best emotional intelligence program for children and families.

The thing that I love about the RULER Program is that it’s totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that’s all I can tell you about the program now – you’ll just have to wait. In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters
Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2. Positive peers matter
Your child’s friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

3. Parent mental health matters
If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter
Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships that have broken down. Start this with siblings first. With only children, make sure you build these skills through plenty of interactions with peers.

5. Developmental matching matters
A number of studies have shown that much of what is considered ‘poor parenting’ has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters
Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point. If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children’s happiness and wellbeing are well drawn.

7. Family dinners matter
Yes, you’ve got to eat. But you need to eat together. Significant research links family strength and children’s wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8. Fun matters
Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids’ cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9. Helping others matters
The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual’s wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don’t let their grumpiness put you off when you expect them to help.

10. Emotional intelligence matters
Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn’t set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.

Michael Grose
Director Parentingideas 2014