Dear Parents & Carers,

**LUNCHTIME ACTIVITY PROGRAM**

We are delighted to announce our new structured lunchtime activity program, which offers our students a range of fun and supervised activities at break times. It might be worth cutting it out and keeping it on the fridge so you can discuss options with them, but of course our regular unstructured lunchtime play areas will continue to be supervised also:

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<tr>
<th>Time</th>
<th>Area</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>11:15-11:40</td>
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<td>YEARS (Prep/1)</td>
<td>YEARS (2/3)</td>
<td>YEARS (4/5)</td>
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<td>P-2 Activity</td>
<td>DANCE CLUB/AEROBICS/ZUMBA (HALL)</td>
<td>BOARDGAMES (LIBRARY)</td>
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<td>3-7 Activity</td>
<td>BOARDGAMES (LIBRARY)</td>
<td>DANCE CLUB/AEROBICS/ZUMBA (HALL)</td>
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<td>P-2 Activity</td>
<td>SKIPPING &amp; ELASTICS (JNR COVERED AREA)</td>
<td>BALLGAMES (JNR COVERED AREA)</td>
<td>DRAWING CLUB (BESIDE 2W)</td>
<td>HANDBALL &amp; HOPSCOTCH (JNR COVERED AREA)</td>
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<td>DRAWING CLUB (HALL)</td>
<td>GARDENING (SAKG)</td>
<td>SKIPPING &amp; ELASTICS (HALL)</td>
<td>BADMINTON/OTHER GAME (HALL)</td>
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**TERM 3 PARENT/TEACHER INTERVIEWS**

Bookings are now open for the Years 1-7 Term 3 Parent/Teacher Interviews, which will be held 8-19 September. Please follow the instructions on the attached flyer to secure your preferred time/s. Bookings will close Friday 5 September.
INSTRUMENTAL MUSIC PROGRAM FOR 2015 (FOR PARENTS OF YRS 3/4/5 STUDENTS)

Your child is invited to participate in the Instrumental Music Program at our school next year. Education Queensland schools provide free class instruction to all interested years 4, 5 & 6 students on flute, clarinet, saxophone, trumpet, trombone, euphonium, bass guitar and percussion. Instrumental Music lessons are held once a week for 30 minutes during regular school time and are open to students at all levels of proficiency, including the beginning level. These lessons are carried out in a group with other Instrumental Music students. Participating in the Instrumental Music Program is fun and rewarding for students. As part of the Instrumental Music Program, students have the opportunity to participate in ensemble activities and performances. Students can continue their study of instrumental music at intermediate and high school levels and there may also be opportunities to participate in exciting area and state band camps and performances during the year. Please collect an application form from the office (either in person or email admin@nthsms.eq.edu.au) if you would like your child to participate in 2015.

2015 PREP ENROLMENTS
All 2015 Prep Enrolment Forms are now due. Only children living with our catchment area and siblings of students currently enrolled from outside of our catchment area are certain of a position for next year. Limited additional positions exist for students residing outside the North Arm catchment. For enrolments residing outside the catchment, positions will be offered in order of receipt of completed Enrolment Forms, so please get them in as soon as possible. This is also important for those residing within our catchment, so we know how many positions we have available for ‘out-of-catchment’ students. If your child is hoping to attend our Prep for 2015, they are welcome to attend any or all of the ‘Transition to 2015 Prep’ afternoons:

- Mon 25 Aug: 1:40-3:00pm
- Tue 9 Sept: 1:40-3:00pm
- Wed 29 Oct: 1:40-3:00pm
- Thu 13 Nov: 1:40-3:00pm
- Fri 28 Nov: 1:40-3:00pm

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: Elisha, Hunter, Lachlan, Ryan, Helen, Samuel
YEAR 1: Bridgett, Riley, Maya, Jaime
YEAR 2: Kayla, Benjamin, Ciara, Jack, Gabrielle
YEAR 3: Natalee, Harriet, Joel, Ali, Liam
YEAR 4: Colby, Taara-Lee, Molly, Connor
YEAR 5: Hannah, Max, Griffin
YEAR 6: Dom, Kaia, Pippa
YEAR 7: No awards this week

Kind Regards,
Kelty

YANDINA STREET FAIR 17 AUGUST
Come along and join the fun as we celebrate all that is good about Yandina, at the Street Fair this Sunday. North Arm students will again feature on the Community Stage (western end of Stevens Street) with a full program of entertainment from 11:00-4.30pm.

Don’t miss former North Arm student, vocalist Imalia Stirling, and her band. Please see the below program of events:

11:30  Rhee Tae Kwon Do Yandina
12:00  Ausfunk
12:30  MBK Dance Studios
12:50  North Arm String Ensemble
1:00  North Arm School Marimba Band
2:10  The Final Seven (NASS Rock Band)
2:40  Imalia Stirling
3:10  Betsy Grace
3:45  Thicker Than Water
4:30  Close

Regards, Steve Pead (Music Teacher)

STEPHANIE ALEXANDER KITCHEN GARDEN NEWS - In the Kitchen

Next week’s (19 August) kitchen lessons: 9:00-3C, 11:40-4F, 1:40-5/6 (5’s away on camp).

The menu at the moment is Warm Lentil and Feta Salad with Indian Flatbread and Poached Strawberries with Coconut Pancakes. When cooking for others it is really important to have good hygiene. Please ensure your child has their hair tied back for cooking lessons. Thank you volunteers for your help yesterday.

Regards, Lis Anderson-McColl (SAKG Teacher)

FATHER’S DAY STALL—5 SEPTEMBER

Many thanks to Natalie and Emma for volunteering to coordinate the stall this year. Please start sending in your gift donations to the office. (Remember food items must have ingredients labelled thanks!)

TUCKSHOP NEWS: SPECIAL THIS WEEK—Vegie Arancini (Italian rice ball) filled with mozzarella. We still need help in Tuckshop (Thurs or Fri), even for a short time will help. Busiest times are 9:00-11:00am.

FLEXISCHOOLS ORDERING - Please follow the steps outlined below:
- Click on the child for whom you wish to place an order.
- Select the day and break that you are placing your order.
- Select the tuckshop items from the menu.
- Check your order including the DAY/DAY and ensure the order is CONFIRMED.
- Your order will be printed on a label and attached to a paper bag at the tuckshop.
- The completed orders will be sent to the class.

Please note FRIDAY is Flexischools ONLY!

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PARENTING STRATEGIES: PREVENTING DEPRESSION & ANXIETY
A new resource from beyondblue and researchers from Monash University and The University of Melbourne will help parents reduce the risk of their children developing depression or anxiety.
The free eBooklets offer parents advice on how to distinguish 'normal' child behaviour from behaviour that could indicate more serious mental health conditions. There are also practical strategies for parents to support their kids. Go to: http://www.parentingstrategies.net/depression/ to access these resources, or find them on our school website in the SUPPORT & RESOURCES / PARENT RESOURCES section.

Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. ParentingIdeas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ants in his pants. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 23 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well:

TIPS FOR QUIET TIME

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.
2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.
4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.
5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.
6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.
7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.