Dear Parents & Carers,

A GENEROUS COMMUNITY

As a result of the amazing generosity of our school community, we recently raised $5100 from the Fact-a-thon! This money will go towards the purchase of new class readers to encourage our students with their literacy goals.

Thank you to everyone who attended the recent Halloween Disco. It was a great night and $1078.65 was raised.

We have also had many families return their Hamilton Island Raffle books….some families have sold up to six books! Please remember to have all books, sold and unsold and money back to school by this Friday, November 21 to be in the draw to win the holiday. Just a reminder that 20% of all funds raised (as a result of all fundraising activities) are going towards the much-needed air-conditioning of our Library, so we thank you for your help in achieving this goal which will benefit all of our students, from Prep to Year 6!

USE THE QSCHOOLS APP TO HEAR OUR NEWS

With the free QSchools app you can find out the latest news from our school instantly. No more missing newsletters or hearing about school events at the last minute. We also use the app to issue notifications such as emergency announcements to you.

You can ‘favourite’ more than one school on the app if your family has children attending another state school. QSchools is available for Android, Apple and Windows devices. www.deta.qld.gov.au/about/app/qschools-app.html

DATE CLAIMER

Please book Friday, 5 December into your diaries for the 2014 North Arm State School Christmas Concert. Food will be available for purchase from 5:30pm onwards and the concert will start at 6:00pm, with performances by all of our students, from Prep to Year 7. We will draw the lucky winner of the Hamilton Island Holiday Raffle at the end of the concert, which should be around 8:00-8:15pm. As this is a children’s concert, no alcohol will be sold or permitted and we thank you for your assistance with this. We hope you can all make it!
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:** Mitch, Tahlia, Breanna, Cody, Jade, Lachlan  
**YEAR 1:** Maggie, Sakarah, Jasper, Ethan, Harry  
**YEAR 2:** Bridie, Matilda, Breana, Jett, Brooke  
**YEAR 3:** Sarah, Joel, Jessica  
**YEAR 4:** Phoebe, Jazz, Jessika, Sam  
**YEAR 5:** Anton, Liam, Fionn  
**YEAR 6:** Pippa, Dom, Meg  
**YEAR 7:** Kurtis, Sophie

Kind Regards,  
Kelly

STEPHANIE ALEXANDER KITCHEN NEWS
Next week’s classes (25 Nov): 9am-3C, 11.40-4F, 1.40-6L.  
This week we made Vietnamese Rice Paper Rolls and Lemon Myrtle Cordial with strawberry and banana ice-blocks. We also made some herb mayonnaise which is for sale on Tuesdays from the kitchen. We used Asian greens, mint, basil, lemon myrtle, bananas and eggs from our garden.  
Regards,  
Lis Anderson-McColl SAKG Teacher

TUCKSHOP NEWS
This week’s special is spaghetti Bolognese $4.50 or meal deal $6.00 which includes a fruit juice plus ice cream or apple slinky.  
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 this 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.

Host families needed for Japanese student visit 27th December 2014- 5th January 2015.  
15 Japanese students are visiting the local area over New Year. Students, both boys and girls 10-15 years will be involved in English classes and activities at the Yandina RSL Hall. If you are able to share our Australian way of life with a student and learn about Japanese culture please contact Lyn Bartel 07 5446 7141, 0488114016 or lyn.bartel@bigpond.com.

N. B. You do not need to speak Japanese or cook special meals. A $30 per day stipend will be paid to host families.

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)

"DON’T SAY YOU DON’T HAVE ENOUGH TIME. YOU HAVE EXACTLY THE SAME NUMBER OF HOURS PER DAY THAT WERE GIVEN TO HELEN KELLER, PASTEUR MICHAELANGELO, MOTHER TERESA, LEONARDO DA VINCI, THOMAS JEFFERSON, AND ALBERT EINSTEIN."

[Signature]
7 ways to help you be on top of your parenting game

Effective parents equip their children with the skills, know-how and values they need to stay safe and be successful. These seven ideas will help make sure your parenting reflects the times in which we live.

1. **Give the gift of restraint**
   At a time when kids receive so much it’s easy to forget that restraint is a virtue. Just because you can afford to give children and young people what they want, doesn’t mean you should. Differentiate between a want and a need, and encourage restraint, goal setting and saving.

2. **Build your developmental knowledge**
   Lucky you have two eyes, as you need to keep one parenting eye on meeting kids’ current needs and the other on preparing them for the next stage of development. If starting or leaving secondary school is a year away then start thinking now about how you can make sure your child or young person is ready for the next phase of their life.

3. **Reinforce self-regulation**
   “You waited your turn! Great stuff!”
   “Thanks for putting away the toys without being told.” “Good on you for staying in bed when you woke up rather than coming to our bedroom and waking us up.”

   A child’s ability to self-regulate behaviour (like the ability to self-soothe and self-occupy) is highly underrated, and doesn’t come naturally to all kids. That’s where consistent parenting using visual management and behavioural consequences comes in.

4. **Practise digital parenting**
   The most tech-savvy generation ever raised needs digitally-aware parents. The internet is fun and it’s here to stay, but it can pose risks for some kids. Digital parenting means providing guidelines for safety without limiting children’s opportunity to learn and communicate in the online world. It also requires you to understand the digital world that your kids inhabit.

5. **Develop character strengths in kids**
   Recent studies (most notably the work of US-based Angela Duckworth) have found that character, not cognitive ability, is the single most reliable determinant of how a person’s life will turn out. The traits associated with success include the inclination to persist at boring or difficult tasks (grit), the ability to delay gratification (self-control) and the ability to follow through with a plan (conscientiousness).

6. **Practise reciprocity**
   The best families, like the most meaningful communities, are built around the principle of reciprocity. “We help each other out and we treat each other fairly” builds belonging and forges greater kinship between siblings. Start by getting kids of all ages to help out at home without being paid.

7. **Encourage social risktaking**
   One in three children are risk-averse when it comes to meeting new people and entering new social situations. Social media removes a risk for these kids, yet it’s not the answer. Use a variety of strategies ranging from scaffolding (baby steps), practicing meeting and speaking to new friends and modelling social risk taking yourself to encourage kids to continually refresh their social networks.

Pick one or two of these ideas, or your own parenting idea, to focus on over a month. Once you’ve mastered one idea then move on to another, so that you are constantly improving and being up-to-date as a parent.