Dear Parents & Carers,

STUDENT BEHAVIOUR AT SCHOOL

At our school, we are strongly committed to providing a safe, respectful, disciplined and productive learning environment for students and staff, where students have opportunities to engage in quality learning experiences and acquire values supportive of their lifelong wellbeing. Our school community has identified the following school rules to teach and promote our high standards of responsible behaviour:

(1) BE SAFE;  
(2) BE RESPECTFUL;  
(3) BE A LEARNER.

This term, we are focusing on BEING SAFE and what that means. In particular, being safe means that we need ALL of our students to KEEP THEIR HANDS AND FEET TO THEMSELVES and this includes NO ROUGH PLAY.

Therefore, we expect all students to act safely at school and will implement consequences if they make poor choices. Of course this will be far more successful if the same messages are reinforced at home, so I thank you in anticipation, for your support.

Also, just a reminder that whilst children are on the school grounds, they are expected to follow all of our school rules at all times. This includes those children who remain on the grounds after school, under the supervision of their parents. Thank you to those parents, for supervising your own children and ensuring they follow our school BE SAFE rule.

NB: They are not allowed to climb trees at school.

2015 PREP ENROLMENTS

All 2015 Prep Enrolment Forms are now due. Only children living within 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:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mon 25 Aug</td>
<td>1:40-3:00pm</td>
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<tr>
<td>Tue 9 Sept</td>
<td>1:40-3:00pm</td>
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<tr>
<td>Wed 29 Oct</td>
<td>1:40-3:00pm</td>
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<tr>
<td>Thu 13 Nov</td>
<td>1:40-3:00pm</td>
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<tr>
<td>Fri 28 Nov</td>
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Aug 20, 2014 Term 3, Week 6
Dear Parents,

Parent/Teacher interviews will be held between Monday 8th and Friday 19th September for our Years 1-7 classes. For Prep, interviews will be in Term 4.

You can now book interviews at times that suit YOUR FAMILY BEST
Go to www.schoolinterviews.com.au and follow these simple instructions.

BOOKINGS CLOSE FRIDAY 5TH SEPTEMBER at 9am.

Enter THIS school event code. Then follow the 3 simple steps.

28ZA2  Go

When you click finish, your interview timetable will be emailed to you automatically. Check your junk mail folder if you do not receive your email immediately.
You can return to www.schoolinterviews.com.au at any time, and change your interviews — until bookings close on Sept 5.

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: Isla, Lily, Aerien, Jade, Tahlia, Brodie
YEAR 1: Will, Daniel, Charlie, Harry
YEAR 2: Indika, Gemma, Charli, Luke, Thomas
YEAR 3: Flynn, Charlotte, Izack, Sunnie, Zoe
YEAR 4: Jack, Christian, Liam, Lillian
YEAR 5: Away at camp
YEAR 6: Tom
YEAR 7: Away at camp

Kind Regards,
Kelly

INTERSCHOOL SPORT
Please note time changes ... Friday 22/8 - Bus leaves school at 9:30am for a 10am start, and returns at 2pm. It will be Year 6s only as Yr 5s and 7s at camp. Friday 29/8, 5/9 and 12/9 - Bus leaves school at 11:00am for an 11:30am start, and returns at 2pm. Basketball will be at school on 29/8, 5/9 and 12/9 between 11:40 and 1pm. For all of these Fridays there will be no tuckshop for Years 5-7. Thank you to those parents who have volunteered. I could still do with a few more to commit to one or more sessions.
Regards, Claire Hope (PE Teacher) chope34@eq.edu.au

FACT-A-THON
We hope the children have been busily learning their number facts and collecting sponsor signatures. Don’t forget there is an iPod for the child who raises the most money! Forms need to be returned to their class teach next week.

FATHER’S DAY STALL—5 SEPTEMBER
Please start sending in your gift donations to the office. (Remember food items must have ingredients labelled thanks!)

TUCKSHOP NEWS: SPECIAL THIS WEEK—Homemade fish and chips. We still need help in Tuckshop (Thurs or Fri), even for a short time will help. Busiest times are 9:00-11:00am. Due to Interschool Sports Day tuckshop will NOT be available on FRIDAY for Year 6 students.

STEPHANIE ALEXANDER KITCHEN/GARDEN NEWS

In the Kitchen
Next week’s lessons (Aug 26) 9am—3R; 11:40—5B; 1:40pm—7m.

Thank you to the Chilman and Heslop families who have donated salad greens this week while we wait for our lettuces to grow.

Lis Anderson-McColl (SAKG Kitchen/Teacher)

YANDINA STREET FAIR
The rain stopped, the sun came out, and this year's Street Fair went off with a bang! Congratulations to all North Arm students who performed on the day. I estimated half of our students were involved - many in 2 or 3 presentations.

Sixty-four of those children performed with the MARIMBA BAND, and once again, did themselves proud.

I am very pleased to announce the promotion of seven students from Grade 3 to the Extension program as a result of their efforts. They are Charlotte P, Ali H, Jasmin B, Luke B, Samantha T, Victoria J and Leah C. Well done, those students.

Steve Pead, Music Teacher
Helping kids manage anger

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves.

Managing anger is one of the biggest emotional issues that children face. Children who can learn to manage their anger have a head start on handling fears and other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or community. ‘Civilised people don’t get angry’ seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

Anger needs to be managed, rather than simply avoided. Bury anger deep-down and it will go away is the attitude! This doesn’t work for many children as bottled up emotions don’t always dissipate. They simmer away, eventually spilling over into physical violence or hurtful verbal abuse, which so often backfires on the angry person.

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves. Here are six steps that parents can use to help kids of all ages keep their emotions under check, and respond safely when emotions run high:

1. **Understand it:** Help kids understand the events and situations that trigger angry responses. These situations will vary, but may include, playing rough games, not getting their own way and being teased by others. Help kids to reflect on the events that trigger a ‘wobbly’, so they can take preventative measures. This type of self-knowledge is really helpful for older primary school children and teenagers.

2. **Name it:** Help them recognise the physical signs of anger, such as clenched fists and teeth, tension around their shoulders and heavy breathing. Then assist them to develop a vocabulary around anger. “Mad as a snake”, “about to lose it”, “throwing a tantr” are some possibilities. Children can probably generate more! Naming emotions promotes good emotional literacy in kids.

3. **Diffuse it:** You need some strategies to diffuse anger and bring down emotional levels in kids. Distraction and time out can be effective for toddlers with short fuses, and even shorter attention spans. For older children, parents should use diplomacy rather than discipline. You may need to give some kids some space on their own before attempting to talk. Listening to their story, validating their right to be mad and focusing on feelings are some ways to diffuse anger. Sometimes knowing that someone else knows how you feel is enough to make anger go away.

4. **Choose it:** Help children understand that they do have a choice about how they respond to their anger. They may feel like lashing out, but they don’t have to get physical or verbally aggressive when they get angry. Let kids know in clear terms that slamming doors, throwing things and refusing to cooperate are the wrong ways to display anger. Help them understand that while you are on their side, as they mature they need to choose socially acceptable ways of handling anger.

5. **Say it:** Encourage children to express how they feel verbally, rather than bottle things up or become aggressive. The use of “I” statements is one way of letting others know how they feel. “I feel really mad when you say nasty things to me, I really don’t like it!” is one way of being heard and letting the anger out.

6. **Let it out safely:** Boys, in particular, need physical outlets for pent up anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. Some kids may even pour their anger into a letter, some work on a productive activity. Help children find legitimate outlets for their anger.

Parents need to role model healthy anger management so children see firsthand how adults handle anger in mature ways. That means parents take time to listen to each other, talk things through and find healthy physical ways to let off steam when you feel yourself getting to boiling point.

The maxim for families who want to learn to manage anger in healthy ways should be: “There is nothing so bad that we can’t talk about it. However there are behaviours that are not acceptable.”

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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au

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