DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Uniform Shop Open</td>
<td>Wed 8-10</td>
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<tr>
<td>NOMADS Playgroup</td>
<td>Mon 9:00-10:30am</td>
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<tr>
<td>Tuckshop Open Weekly</td>
<td>Thu &amp; Fri</td>
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<tr>
<td>SAKG KITCHEN: 4C, 3B, 5/6</td>
<td>Tue 24 Feb</td>
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<tr>
<td>GARDEN: 4F, 3W</td>
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<tr>
<td>District Swimming Carnival</td>
<td>Thu 26 Feb</td>
</tr>
<tr>
<td>Yr 6 Camp</td>
<td>23-27 Feb</td>
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<tr>
<td>SAKG KITCHEN: 4F, 3B, 5/6</td>
<td>Tue 3</td>
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<tr>
<td>GARDEN: 4C, 3B, 5L</td>
<td></td>
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<tr>
<td>Parade (Performance by 5/6)</td>
<td>Wed 4</td>
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<tr>
<td>Arts Council Performance (P-6) 'The Spirit of Polynesia'</td>
<td>Fri 6 March 11:40am &amp; 1:40pm</td>
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<tr>
<td>SAKG KITCHEN: 4C, 3B, 6B</td>
<td>Tue 10</td>
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<tr>
<td>GARDEN: 4F, 3W, 5L</td>
<td></td>
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<tr>
<td>YR 3 BILAI EXCURSION</td>
<td>Fri 13</td>
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<tr>
<td>130th Birthday Meeting</td>
<td>Tue 17</td>
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<tr>
<td>P &amp; C DISCO</td>
<td>Fri Mar 27 5:30-8:00</td>
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<tr>
<td>SCHOOL PHOTOS</td>
<td>Mon 30 &amp;</td>
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<td>Tue 31 Mar</td>
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Have you lost your watch? See Office staff.

February 25, Term 1, Week 5

Dear Parents,

Parent/Teacher interviews will be held between Monday 23 March and Thursday 2 April for all of our Prep to Year 6 classes.

You can now book interviews at times that suit YOUR FAMILY BEST.

Go to www.schoolinterviews.com.au and follow these simple instructions.

BOOKINGS OPEN ON MONDAY 2 MARCH AT 9AM AND CLOSE ON FRIDAY 20TH MARCH AT 3PM.

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

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.

For parents who don’t have access to the internet at home, at work, at a friend’s house or on their phones, you may phone the school on 54729888 to make an appointment. Interviews are strictly 15mins and spaces are limited. If you require more time or can’t attend one of the available times due to work obligations, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date (3pm, Friday 20 March), by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school on: 5472 9888.

We would love to hear what you think about online booking. If you get time, click on the “contact us” button on the www.schoolinterviews.com.au website, and leave some feedback - anonymously if you wish, but please include the school’s name and suburb.
2015 CLASSES & TEACHER EMAIL ADDRESSES

Prep B:  Fiona Bell (fbell3@eq.edu.au)
Prep S:  Angela Spence (aspen39@eq.edu.au)
Prep J:  Shelley Jackson (mjack166@eq.edu.au)
1S:      Leesa Vacher & Shugi Shaneman (lvach1@eq.edu.au; sshan20@eq.edu.au)
1B:      Danni Brooke & Alanna Dowey (dbroo66@eq.edu.au; adowe6@eq.edu.au)
1R:      Ruth Robinson (robi44@eq.edu.au)
2R:      Trudy Russell & Michelle Bradshaw (mbrad66@eq.edu.au; truss55@eq.edu.au)
2W:      Gemma Wellman (gwell30@eq.edu.au)
3B:      Mim Beasley (mbeas10@eq.edu.au)
3W:      Yvonne Wright (ywrig3@eq.edu.au)
4F:      Mirth Fabbro (mfabb2@eq.edu.au)
4C:      Sarah Chancellor & Lesley Cividin (schan86@eq.edu.au; lcivi2@eq.edu.au)
5L:      Tony Lamont (tlamo3@eq.edu.au)
5/6:     David McIntosh (dmcin33@eq.edu.au)
6B:      Ann Birch (abic13@eq.edu.au)
Music:  Steve Pead (spead4@eq.edu.au)
Physical Education:  John McKie (jfmk1@eq.edu.au)
Students with Disabilities:  Gillian Bradley & Michelle Bradshaw (gbrad30@eq.edu.au; mbrad66@eq.edu.au)
Learning Support:  Vickie Jaenke (vjaen1@eq.edu.au)
Teacher Librarian:  Sue Shields (sshie13@eq.edu.au)

SCHOOL NEWSLETTER
Our most important means of communication between school and home is our weekly newsletter. We rely on it getting home. We rely on it being read, once it gets home. For the past two years, we have supplied a paper copy of the newsletter to the eldest sibling of each family at our school, every Wednesday afternoon AND we have emailed a copy of the newsletter home each Wednesday. It is time to renew our newsletter advertising arrangements and therefore, a good time to review what we do to see if it is still meeting the needs of the majority of our families. Could you please take 2 minutes to complete the slip below and return it to the office by Friday, 6 March?

Thanks,

Kelly

PARENT NAME: ________________________________

ELDEST CHILD IN FAMILY ROLL CLASS: ________________

I WOULD PREFER (Please tick one):

( ) PAPER NEWSLETTER ONLY
( ) EMAILED NEWSLETTER ONLY
( ) PAPER & EMAIL NEWSLETTER

HARDWOOD NEEDED AT SCHOOL
Do you have any raw lengths of hardwood at home that you don’t need? 100ml and 130ml thickness would be ideal and nails okay….Kev can take them out here. Please see Kev or Steve (our groundsmen).

Thank you.

TUCKSHOP NEWS with Lisa Mitchell
Our home-made pizzas turned out well last week – they were really, really yummy and we had so much fun making them. We’ll make them again soon for those who missed out!

This week’s special is ‘Butter Chicken and Rice’.
A delicious creamy Indian style curry made with free range chicken breasts and flavoured with real herbs and spices…sooo good! This week (all things going well) we plan to have a choice of banana cupcakes, carrot & caramel cupcakes and gluten free chocolate cupcakes; along with Anzacs and berry/white choc cookies. This week we are offering both smoothie options…banana or mango!

Next Wednesday the 3rd March is going to be our very first ‘Coffee & Cake’ Day
Please come along in the morning for a cuppa and help bake some cupcakes or mix up a batch of cookie dough. Parents, why not bring your mum or dad in for a coffee with you? Grandparents are brilliant in the kitchen!

YEAR 2 TILE PROJECT
THANK YOU to everyone who donated tiles, particularly Coolum Tile and Stone Studio. We have lots of black & white, but need some colours now if you have some spare at home. Trudy in 2R
10 golden rules for parenting success in 2015

As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey.

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim: lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1. Talk more
   With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2. Lean on others
   A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don’t parent well in isolation. He’s right. It’s incredibly important to build your support networks and get ‘sparents’ into your child’s life. Start by working closely with your child’s teacher; a natural ally!

3. Build confidence
   With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instill a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiety and fear.

4. Aim for redundancy
   The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it’s simply easier to do a job ourselves, and the new expectation that ‘good’ parents do everything for their kids. The new ‘strict parent’ is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here’s a six-word slogan to help you remember: “When kids can, let them do!”

more on page 2
