Note from the Principal, Mrs Kowitz ...
Welcome back to the start of Term 4. This term is 10 weeks long and every week we have extra activities happening. So it will be important to keep up to date by reading the newsletter to see what is on.

Morning Reading Buddies Club
You may have noticed on our school sign, that our school has initiated a before school ‘Reading Buddies’ program. The goal is to provide students with more reading opportunities to improve their reading fluency and ability. All students chose a reading buddy (older student with a younger student) and read to each other for 15 minutes each morning. You can see from the photo, (above) that the students are really enjoying this time. Thanks to Miss Forbes and Mrs Peach for this great initiative.

Student NAPLAN reports
Individual student reports for Yrs 3, 5 & 7 have now been received by the school and are being sent home today. Please take the time to read these with your child. Remember NAPLAN is a point in time test and a student’s overall progress will also be informed by other aspects of assessment such as class assessments and report cards. Feel free to contact the school if you have any questions in relation to your child’s NAPLAN report.

Staff news...
Just a reminder that Mrs Lund is on Long Service leave for the first three weeks of term. Mrs Natalier is also currently on sick leave. Unfortunately, this has left us short staffed, particularly with school administration. Teachers are endeavouring to do their best with answering the phone and general enquiries. It would be appreciated if you could try to make phone calls to the school in our break times, or simply leave a message on the answering machine. Thank you for your help with this.

Around the Classrooms ..
Prep—Yr 2 (Mrs Forbes) This term we will be exploring narratives in the form of fairytales and folktales.
Yrs 3/4 (Mrs Peach) In Maths, we are working on mastering number facts. This Friday is x 2 challenge and next week will be x 5. In English, we are learning about verbs and verb groups and how to improve our writing by using more interesting language.
Yrs 5/6/7 (Mrs Kowitz/Mrs Martin) This week, our new unit of work in English is looking at ‘Persuasive speeches’ This is important for the Yrs 5&6 in preparation for delivering a School Captain/Leadership speech for our elections later in the term.
travel to Helidon S.S. by bus and then join in a range of activities with other schools. Lunch will also be provided for the students. There is no cost to parents as this is a school funded activity.

FROM OUR CHAPPIE…

Mrs Thorpe is currently on leave and will return to school shortly.

Tallebudgera Camp
This year is the last time our Lockyer Small Schools cluster will be participating in Tallebudgera Camp School program. Some of the reasons include, rising costs and changing camp booking protocols. While many of our Yr 6&7 student have already confirmed they are going, we are re-offering the camp to any other students in those two year levels who would also now like to go, in light of this being the last one. Camp dates are Monday 2nd December to Friday 6th December, 2013 and the cost is $282.00. Please let me know by tomorrow (Friday) if your child would like to go.

Yr 7 Transition to LDHS
The first transition day is on Tuesday 15th October from 1.30—3.10. Transport is the responsibility of parents and you may need to arrange car pooling if you are unavailable at those times.

PARENTING CORNER…
(extract from Michael Gross :Parenting expert)

How much sleep do kids need?
Sleep varies from child to child but the University of South Australia Centre for Sleep Research recommends the following:

- 2-5 year olds: 11-12 hours per night
- 6-12 year olds: 9-11 hours per night
- 8-10 year olds: 8-10 hours per night

Here are five ideas to make sure your kids’ bed-time stays regular and routine-like:

1. Don’t let kids stay up more than an hour or two later than normal on weekends.
2. Have a regular unwind time before the light goes out, and don’t let them fall asleep in front of the TV.
3. No exercise, big meals or hot baths directly before bedtime.
4. Establish rituals such as reading a book in bed that triggers the sleep habits.
5. Make their bedrooms cave-like. Melatonin, the chemical the brain releases to bring on sleepiness loves darkness, and hates lights of any kind.

Most parents know the importance of sleep, but now we need to appreciate how important structure, namely a routine, really is.
Some parents in years gone by wore the label of ‘strict’ parent like a badge of honour! It signified parents who were willing to stand their ground with kids. Strictness was reserved for parents who put boundaries in place and made sure they were adhered to, such as being home on time, or not watching too much TV.

There’s a now a NEW definition for a ‘strict’ parent. A ‘strict’ parent is now someone who makes children do things for themselves and also insists they help at home. They insist their children put their dirty clothes in the laundry. They insist kids make their own lunches in secondary school, and maybe even wash their own clothes. A ‘strict’ parent is one who insists kids set the meal-table without giving them a cent in return.

‘Strict’ now refers to getting kids to help rather than placing restrictions on them. There is nothing revolutionary about this idea. It’s been the aim of parents since the dawn of time. That means we spend a lot of time teaching kids self-help skills (now known as life skills), which are the ordinary gist of life.

These include teaching young children to tie their shoelaces; helping primary-aged to ask for what they want from adults; and coaching teenagers to negotiate their way safely on public transport as well as problem-solve relational issues they may have with peers at school.

These are not the activities of ‘strict’ parents. Rather they are the activities of parents who understand one of their key roles is to equip kids to stand on their own two feet in the world outside the family home.

BUT the best place to do this is within the family. And the best time to start developing independence is from a young age...........when developmentally kids are up for it!

Don’t wait until your children are 18 to develop help-skills. If you introduce self-help then, my bet is they won’t think you are strict...........they’ll think you’ve been a soft touch all along and they’ll now battle you all the way!

*Michael Grose Parenting Expert*