Dear Parents, Students and Community Members,

**PRINCIPAL’S MESSAGE**

On Monday of this week we held the Induction Ceremony for our Student Leaders for 2015. Our two captains and two vice captains are joined by ten councillors to form our student council of fourteen students. In addition to this group we also presented badges to the captains of our four sport houses.

Once again congratulations to our new leaders.

Recently I shared an article from a parenting ideas site which provides regular tips for parents. This week’s topic is **building resilience** in children. Promoting resilience in kids is not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.

Some strategies for you to try which can promote a lasting sense of resilience in your kids:

- **Having a positive attitude yourself.** Your attitude as a parent impacts on your child’s ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he/she meets some of life’s curve balls.
- **Look for teachable moments.** Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.
- **Make kids active participants in the family.** Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

Good luck with these!

Next Monday, March 9 we will hold the **Annual General Meeting** of our P&C Association. This will commence at 3.30 pm in the staffroom in the administration block. All parents are very welcome to attend. The meeting will include the tabling of the Auditors Report on the finances of the association and a report on the P&C activities from 2014.

We would love to see you on Monday.

**Before school supervision** and care is a grey area in most of our schools. Some children arrive at school very early some even as early as 7:00am even before I arrive at the school. Students arriving very early know they have to sit outside the admin building before moving over to the large undercover area when school staff arrive. Students are not allowed on ovals or playground equipment before school begins.

Parents of early arrivers might also like to consider the Outside of School Care program which operates out of our hall every morning and afternoon. This is a high quality program. Staff at the program – **Helping Hands**, will also provide advice on any funding you may qualify to assist with payments.
Your child may have arrived home and spoke of the procedures we have for offering religious instruction. Our providers of religious instruction all use a set interdenominational program agreed to by our religious groups meeting the guidelines of our education department. If you do not want your child to participate in the RE Program please advise the office ladies. Often when children are excused from RE they are placed in a room with a teacher away from the classroom where the instruction is being presented.

On Wednesday we continued with our meetings for parents of students in the junior school. We commenced with a session on handwriting and then moved into a longer session on the phonogram program. More sessions are planned – watch for advice of these.

Have a nice weekend,
Mike Kelly

**SENIOR SCHOOL PARADE – YEAR 3 TO 6**
*Monday, 9 March 2015 - 2:10pm*

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<th>Presenters</th>
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**NEWS FROM THE P&C**

Come along and be inspired by a dynamic group of parents doing great things for your school. The Arundel P&C will be holding their Annual General Meeting on Monday 9th March at 3:30pm in the staff room. These meetings are informative and interactive - everyone is welcome to attend and contribute. The committee positions will be up for election so if you are interested in nominating yourself or someone else for a position, please complete the form below and return to the school office in an envelope labelled P&C. Positions include President, Vice President, Treasurer, Secretary, Grants Officer, Database Manager. We will also be introducing a Social Media Secretary position.

You may not want to be on the committee but you can come along anyway and contribute as much or as little as you are able. Refreshments will be served.

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**P&C Election Nomination Form:**

I, ____________________________________________ wish to
nominate _________________________________________

for the position of _________________________________
on the Arundel State School P&C Committee.

Signed: ____________________________________________

Dated: ____________________________________________

Mobile contact no: ________________________________

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**LIBRARY NEWS**

**Book Club**

The library offers students the opportunity to purchase books through Scholastic Book Club. Brochures will go home via student’s classroom teacher. Issue 2 has been handed out. Completed order forms are to come to the library by the due date. This date will be placed on the school’s website. A notice will also be placed in/near the student’s classroom and at the library. Payment can only be via credit card online or by phone (option 2), or a cheque or money order made out to Scholastic Australia (option 4). **We are unable to accept cash** (option 3). We have not opted-in to LOOP as yet, so option 1 is not available. Issue 2 is due to the library by **Tuesday 10 March**.
FROM THE GUIDANCE OFFICER

The transcript below presents some guidance about how to manage our children’s exposure to some of the news items that are readily available in the media. An illustrated version of this article effectively highlights the key messages. I encourage you to take a moment to view the following link. http://mobile.abc.net.au/news/2014-12-23/illustrated-guide-coping-traumatic-news/5985104

The era of 24-hour news brings traumatic events directly into everyone’s lives. Here’s how that can affect people, especially children, and some strategies for coping. By Lucy Fahey

It’s hard not to be upset by rolling media coverage of an unfolding tragedy. People exposed to more than six hours of daily coverage of a disaster are more likely to feel vulnerable, despairing, alienated and irritable. They are also more likely to suffer from feelings of a loss of identity or a sense of failure, as well as sleeplessness. They can also experience intrusive thoughts and images of the event. And small, daily events can have a bigger impact than usual.

Apart from limiting exposure to media, there are things people can do to look after themselves: make sure they get enough sleep; exercise regularly; eat well; avoid using drugs and alcohol to cope; spend time with loved ones; do things they enjoy; get back into their usual routine.

Children are especially sensitive to media coverage of disasters. They might worry the same sort of thing will happen to them and their family, and fail to understand it’s a one-off, discrete event.

Parents shouldn’t necessarily try to shield their children. Keeping secrets is not possible in this day and age, and trying to hide events can make things more terrifying. Instead parents should try to limit the amount of media the child is exposed to, while explaining what has happened and answering their questions. It is also important to speak to the child about their feelings and do something with them, like playing a game or heading outside. Providing comfort and affection will help the child to feel safe. Parents can also remind their child there are plenty of good things that happen that don’t make the news.

NEWS FROM PREP F

What a fantastic start to their first school year. They’ve settled in well and no longer shed a tear. ‘Do your best’ is our number one rule. They’re trying really hard to follow this at school. They’re beginning to write initial sounds they hear. It’s exciting to think how far they’ll come over the year. Sorting objects into groups is such a fun game. As well as looking at families that are different or the same. Using our senses to explore living things. Fun and laughter each new school day brings.

COMPLETION OF ORAL HEALTH (DENTAL) SERVICES

Gold Coast Oral Health Services have completed dental check-ups and treatment for eligible children at this school.

If you have not arranged for your child to receive a free dental check-up please telephone the Oral Health Client Service Centre -

01300 300 850

Monday – Friday 8.00 am – 4.30 pm

Don’t wait to treat a problem, arrange a check-up for your child at least once a year.

* Eligibility – All Queensland resident children aged four years or older who have not completed year 10 of secondary school. Further information on public funded oral health services can be accessed via URL: http://www.health.qld.gov.au/goldcoasthealth/html/services/oralhealth.asp

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**BENOWA STATE HIGH SCHOOL – FRENCH IMMERSION PROGRAM**

The Benowa State High School French Immersion Program is an academic excellence course which runs from Year 7 to Year 10. Past and present students consider it “motivating” and “rewarding”. They say that the close-knit group of staff and students, fluency in another language and the exchange programs are highlights of their secondary education.

Benowa State High School will host an Expo Evening for parents and students interested in this program on **Wednesday 11 March** commencing at **5pm** in the Sports Hall with subject displays occurring in W Block. Please come along and find out more about this unique course.

The Entrance Test [Maths & English] for students wishing to apply for the 2016 Immersion Program will be held at Benowa State High School on **Wednesday 20 May from 12:15pm to 2:45pm**. For more information, contact the French Immersion Department at Benowa SHS on 5582 7362.

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**Benowa State High School**

**Year 7 2016 Scholarships**

Scholarships for 2016 open on **Monday, 2 March** and close **Thursday, 2 April 2015**.

Scholarship Applications will be available on our website from **Monday, 2 March** – [www.benowashs.eq.edu.au](http://www.benowashs.eq.edu.au)

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**AFS INTERCULTURAL PROGRAMS AUSTRALIA**

**Welcome the world to your home**

Why not host an overseas exchange student with AFS Intercultural Programs? We have participants due to arrive in July and they require volunteer host families for their stay in QLD.

Participants come for 8 weeks to 5 months and attend high schools or volunteer for organisations in the community. They come from countries including Switzerland, France, Italy, Germany and many more.

Make a friendship that can last a lifetime. For more information please call your local AFS volunteer Kelly Mudford on **0448 065 990** or contact the AFS Hosting team on 1300 131 736 or visit [www.afs.org.au/host](http://www.afs.org.au/host) to make an inquiry!