Dear Parents, Students and Community Members,

PRINCIPAL’S MESSAGE

Last Friday I had a visit from an officer from the Gold Coast Public Health Unit who arrived unannounced to do a scan on our compliance with the new legislation relating to tobacco and smoking in the vicinity of school grounds. This legislation changed from the commencement of 2015 and it now means that smoking is not only banned from the school grounds but has now been extended to five metres from the school boundary.

I must admit I have not seen anyone smoking around the school so we have been abiding by the new regulations whether we knew it or not. Thanks for your cooperation in this regard.

The officer who conducted the assessment reported that he didn’t observe any smoking at all which confirms my observations.


Our first P&C meeting for the year was held on Monday. A strong program of fund raising for the year was presented. This includes school discos, spelling bee, walkathon, mother’s day stall and father’s day stall. If you could help please don’t hesitate to step forward. You could speak with me and I’ll direct you to one of our executive members.

Today as a separate insert, there is some information on the trade / business index designed by our P&C. This is an excellent initiative. I invite you to consider signing up to this initiative.

The next meeting of the P&C will be the Annual General Meeting. The date for you to note is Monday 9 March.

Our P&C Executive held a meet and greet outside the prep classes during the week. This was another opportunity for our new parents to say hello to our executive and ask questions as to how they can be involved.

On Monday we had the first of our school parades for 2015 for the senior school. I was very impressed with the presentations of the year 4C and 6C students. The focus was goal setting. Students presented their individual goals for the term and shared the strategies for reaching the outcome. Goal setting is a very successful strategy in high performing schools. In time I would like to see it as part of every classroom at Arundel.

This year we will have a departure from previous years in the selection of our student councillors. I have asked that we have a more traditional structure of two school captains (boy and girl), two vice captains (boy and girl) and a total of ten councillors to join these four to make a student council.

I also asked that students in year six be involved in the selection process and this was completed during the week. I am now pleased to announce the four leaders for 2015:

Captains – Jye Gray, Bianca Vidler
Vice Captains: Bruce Dufty, Rebecca Liciardi
I would like to congratulate these students for being identified by teachers and students as worthy recipients of holding these very important leadership positions.

The official badge presentation ceremony will be held a little later in the term. Tomorrow we will have the election of our sport’s captains for 2015.

I’ve spoken to the students about being prepared for class each morning so that our teachers can begin right on 9am with little time wastage. One way that parents can assist is to ensure students are here on time and not walking into class five or ten minutes late. This missed time adds up and over the period of twelve years of schooling it is a significant amount.

Parent teacher information sessions were held this week. The attendance from parents was really good. Many thanks to those who were able to attend. Thanks also to our teaching team for preparing for the sessions and answering any questions from the attendees.

Regards,
Mike Kelly

Class Awards (Senior Parade)
Lochlan and Ava - 3A, Kristy and Yuka - 3B, Henry and Zane - 3C, Lilly and Kamryn - 3D,
Luke and Jack - 4B, Joshua and Thomas - 4D, Sara and Mandy - 4E, Liam, Chloe and Annie - 4F
Malakai and Cole - 5C, Lilliarna and Jye - 5/6A
Mujgan and Corey - 6A, Nicholas and Jasmine - 6B
Jasmyne and Jesselin - 6C

Gotcha’s (Last Week)
Ella - 3C, Jorga - 3E, Shaheed - 4A and Tahlia - 5B.

JUNIOR PARADE – Prep to Year 2
Monday, 16 February 2015 - 2:10pm

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<tr>
<th>Presenters</th>
<th>Sharing Items</th>
<th>Social Skill</th>
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<td>2B</td>
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UP AND COMING EVENTS -
Monday, 23 February Year 4 Swimming starts
Tuesday, 24 February Year 6 and 5/6A Swimming starts 4E and 4B Bicycle Safety
Wednesday, 25 February Year 2 Swimming starts 4D and 4A Bicycle Safety
Thursday, 26 February 4C and 4F Bicycle Safety

SWIMMING – YEAR 2, 4 AND 6
Swimming classes will commence in week 5 as follows –

Year 2 Wednesday, 25 February
Year 4 Monday, 23 February
Year 6 and 5/6A Tuesday, 24 February

$42.00 is outstanding value for 6 half hour lessons that includes bus travel to the Guardian Angels School Pool by qualified PE and swimming instructors. Payments need to be made by the due date, **Friday 20 February**.

Please note it is compulsory for students to wear a sun shirt (rashie) and a swimming cap. Swimming caps are available from the uniform shop for $10.00 and also from the pool.
BICYCLE SAFETY
Year 4 will be participating in the Bike Safety Program to be held at Ashmore Bicycle Safety Centre as follows:

Tuesday, 24 February 9:00am to 11:45am 4E
12:00pm to 2:45pm 4B

Wednesday, 25 February 9:00am to 11:45am 4D
12:00pm to 2:45pm 4A

Thursday, 26 February 9:00am to 11:45am 4C
12:00pm to 2:45pm 4F

The children attending the morning session will need to bring their lunch and the children attending the afternoon session will need to bring their afternoon snack, in their backpacks. All children will need to bring their hats and sunscreen. Helmets and bicycles are provided.

There will be a minor cost of $5.00 per student to be paid via the payment window on or before Friday, 20 February 2015. The payment window is open Mondays, Wednesdays and Fridays only from 8.15am to 9.15am.

PERFORMING ARTS NEWS
Please remind your children to come to the following groups if they are interested -

Senior Choir - Monday 2nd Break Mrs Thornton's room
Junior Choir - Tuesday 1st Break Mrs Thornton's room
Drama and Dance Excellence - Thursdays 11.15am - Drama at Mrs Thornton's room and Dance at the hall. The children would have received confirmation letters last year. The first term this year is a trial. The children will receive final levy letters at the end of first term if they have been successful.
Junior Band (Year 4 and Year 5) - starts Wednesday wk 6
Senior Band (Year 6) - starts Monday wk 4.
Strings will be notified by their teacher when they will begin rehearsals.
Year 1 and Year 2 Speech Choir Thursday 2nd break with Mrs McLaren.

Please encourage your children to come along.

NRL ALL STARS & INDIGENOUS ALL STARS VISIT
On Tuesday afternoon NRL All Stars, Nathan Friend and Indigenous All Stars, Joseph Paulo & Caitlin Moran visited Arundel State School to the excitement of many students. Arundel was very fortunate to have the opportunity to meet these outstanding players as not many schools were so fortunate. Jye and Phillip introduced the stars to each class and encouraged students to ask questions on football, fitness and health. The games kick off at C Bus stadium at 6pm and should prove a fantastic spectacle of Australian and Indigenous athletes.

FROM THE GUIDANCE OFFICER –
With settling into school being an ongoing process throughout the term, that may present challenges at any given time, I have provided an extract from an article from Tanya Curtis, Director of FABIC, which provides a behaviour specialist support service on the Gold Coast. It is a good reminder of the many ways parents and carers prepare children for school.

Saying Goodbye at School... Harder for Child or Parents? by Tanya Curtis
Starting the school year and school day can bring about a degree of anxiety for children - and frequently parents too.

It’s not uncommon for there to be tears and/or feelings of anxiety from the parents as they gather around the school car park or local café after they have said goodbye to their dear little child for the first time (or sometimes many times thereafter).

So through this transition time, how can we support our child along with our own feelings of fragility as the adult?
For the child:
Practically - Provide your child with as much preparation as possible. Where possible, take your child to the school before hand, show them the classrooms, the playgrounds, meet teachers, practice wearing the school uniform, packing their school bag and have as many discussions as possible about the practical aspects of a school day. The key here is that we are supporting our child to develop a clear picture of what may happen to help prepare for their school day.
Emotionally - Parents can prepare their child by really preparing themselves. Children feed off our emotions and thus if we are feeling anxious, they too will feed of this anxiety. If we are feeling calm and well equipped to respond to this next phase of life, equally so our child will be offered a platform that allows them to feel confident in this next phase of their life.

For the parents:
Practically - When preparing to say goodbye, discuss with your child and have a very clear sequence of behaviour to say goodbye. For example when it is time to say goodbye we will:
Put our school bag away; Have a cuddle; Say goodbye; Child goes to activity, friend or designated person;
Parent, with confidence and purpose, walks away. If there is hesitation the child will feed off this hesitation and thus it will create an opening for the child to feel your anxiousness.
Emotionally - Remember our key role as a parent is never to keep our children small; rather to know that in the very near future they are going to be an adult. The role of any parent is to always support their short person to become the most independent, responsible and connected being they are capable of becoming. In doing this, a parent will need to be honest about any rules, beliefs, emotions etc. they may have that facilitates keeping their child small in any way. If the goodbye is hard for the adult, it will likely be hard for the child as well!
If the parent is at ease in knowing their child has support to respond to whatever is presented and they feel at ease leading up to and during their goodbye, then their child has the foundation for themselves to say their goodbye and embrace their day, week, year ahead with confidence and joy! This article was originally published in the February 2015 Edition of Haven Magazine.

NEWS FROM THE P&C
We have started the year with a successful election day sausage sizzle. This has kick started fundraising in 2015. We had our first P&C meeting on Monday night and were able to confirm donations of over $60 000 to the school for IT infrastructure, English resource material, Mathletics for all Arundel students and more. We thank our new Principal for his support and we look forward to welcoming new parents into the P&C this year. It is a great way to meet other parents, hear what's going on in your school and be involved in decisions affecting your children. Our next meeting will be our Annual General Meeting which will be held on Monday 9th March 3:30-4:30pm. An election will be held for the committee positions. We invite any parents, teachers or carers to come along. Refreshments will be served.

The P&C are looking to put a sun shade over the new playground. If any parent works for a company and would like to submit a quote for this work, please contact Karen Bell via the school office.