Dear Parents, Students and Community Members,

Friday is National NO BULLYING Day. Our school is participating in this day to raise awareness of bullying, how it happens and approaches to deal with it when it does occur.

What is bullying?
Bullying is when one student (or a group) keeps picking on another student again and again to upset or hurt them. They might hurt them physically, try to socially isolate them or say and do many mean or humiliating things to them.

Although it’s neither respectful nor acceptable if someone behaves in a mean or aggressive way on one occasion, it isn’t bullying. An incident between students of equal power or status is not bullying.

Bullying usually includes actions that are continuous, hurtful and involve power of one person over another.

Specifically, bullying is when someone:
• keeps picking on you again and again and tries to make you feel bad
• says or does lots of mean things that upset you
• makes fun of you a lot
• tries to stop you from joining in or make others not like you
• keeps hurting you such as hitting or punching you.

Bullying can also happen through a mobile phone or on the internet. This is called cyberbullying.

Bullying is not fair. It feels awful. You have a right to feel safe. If you don’t feel safe, get help right now from your mum, dad, teacher, or an adult who will listen to you!

Why does it happen?
It's never OK to be mean. It's never OK to hurt others.
When people bully, it might be because:
• they think it's cool
• they get angry about something and they take it out on someone else
• they don't know how to get along with others
• they think it's funny to hurt people
• they think other people will laugh too.

Regardless of the reason, there's no excuse for bullying.

Students have been discussing this concept during the week. On Friday, students are invited to show their support by wearing something orange. Students are to wear their school uniform as per usual but to add something orange – wristband, headband, ribbon, streamers etc depending how imaginative they wish to be.
**LANGUAGE DEVELOPMENT**

Younger students arrive at school with language and language patterns reasonably well developed. This early language development has a considerable impact on success at school, particularly with reading and writing. Students of all year levels, but particularly younger students can develop their language further through some simple practices. Each week, we will provide some tips for parents to assist with fostering language development. They will be strategies to improve oral language and patterns which we anticipate will flow over into students’ reading and writing.

**Language Tip 1: Building students word bank.** Words are the building blocks of language. When students encounter new things, ideas or actions, they will use their current bank of words to express themselves. Explaining the correct names for objects, places, actions and feelings builds students’ word bank. Encourage students to use new or alternative words. Some examples are:
- rather than use “stop” encourage other words to better suit the situation use words like “halt”, “pause” or “hesitate”.
- rather than use “dog” encourage more specific use of “puppy”, “pooch”, “hound”, “mutt”.
- rather than use “upset” use words like “disappointed”, “troubled”, “sad”, “unhappy”.

These types of activities can be done in the car and “on the run”. The language and patterns of parents impacts greatly in students’ language development.

**CHOCOLATE DRIVE**
The P&C wishes to thank the many parents who have supported the successful chocolate drive. It is pleasing that most families have returned all money collected thus far. Those families who still have money to return are asked to do so as soon as possible. Please return it to the tuckshop.

It is important that this activity is tidied up and the supplier paid for the products used.

**DISCO – 28 MARCH**
The first Disco for the year will be held on **Friday 28 March** in the hall. The theme of the Disco will be an “Easter” theme. Students may choose to wear bunny ears or costumes or anything relating to Easter.

**4:30pm – 6:00pm – Prep to Year 3 students**

**6:00pm – 8:00pm – Years 4 to 7 students**

The P&C will be organising activities and prizes in conjunction with the DJ, guaranteeing another successful Disco. The same exciting DJ has been arranged, so an evening of fun is assured.

There will be a sausage sizzle and tuckshop operating on the night. Water and cordial will be available at no cost. Glowsticks and other “glow products” will be on sale.

Costs: $5 per student OR $7 package which includes entry, free cordial and water and a sausage in bread. **This $7 package is available as presale only – ie purchased on the Friday morning.**

Payment is to be made at the door or tickets may be purchased on the morning of Friday 28 March, from 8:00am to 8:45am, outside the admin building. Parents are asked to note the following:

- **Prep students are invited to attend, providing their parents are in attendance.**
- Parents who nominate to help out through official processes, may bring along a younger child, providing the child is thoroughly supervised and cared for individually.
- Students should be escorted to the hall by parents.
- **All students must be collected within the hall after their disco is completed.** No student will be allowed to walk out to a car alone. Pick up must be prompt after the advertised closing time.
- Only students who are attending Arundel SS are allowed to attend.
- Older brothers and sisters are not to attend or be on the school premises.

*Mick Quinn,*
*Principal*
UP AND COMING EVENTS

Friday, 28 March  
School Disco

Tuesday, 1 April  
Prep – Year 1 Easter Extravaganza Concert - 1:45pm

Friday, 4 April  
Last day of Term 1

Tuesday, 22 April  
Students return – first day Term 2

Friday, 25 April  
ANZAC Day Public Holiday

PHYSICAL EDUCATION (PE)

In PE lessons this term, sessions include a warm up and fitness, strength and flexibility activities followed by skills, drills and modified games.

Prep - THURSDAYS Fitness and Gross Motor Movements through activities and obstacle courses
Year 1 - FRIDAYS Learn to swim program
Year 2 - WEDNESDAYS Learn to swim program
Year 3 - WEDNESDAYS Ball skills and games
Year 4 - MONDAYS Learn to swim program
Year 5 - MONDAYS Ball games and netball
Year 6 - TUESDAYS Netball and touch
Year 7 - TUESDAYS Netball and touch

PE equipment needed for lessons:
PE at school: Sport shorts and shirt, sport shoes and school hat.
Swimming at Ashmore: Parents please ensure your child has the following equipment packed for their session -
Assessment will occur during weeks 8 and 9 for swimming and ball sports.

HPE WEEK

HPE week was met with huge enthusiasm from our kids for extra activities during lunches. Wet weather cancelled a couple of events but this did not dampen any enthusiasm for the skipping competition. You don’t need a special week to be active, go for a walk, walk and talk with a friend, take your dog for a walk, kick a ball at the park or in your yard. Any activity is better than no activity. It is a fact that ‘active kids are happy kids’.

ISLAMIC RELIGIOUS EDUCATION – YEAR 1 – YEAR 7

As part of religious education at Arundel State School we are investigating the possibility of offering Islamic religious education for 30 minutes a week for Year 1 through to Year 7. If you would be interested in your child participating in Islamic Religious Education classes, please fill out the form below and return it to the school office by Wednesday, 26 March.

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Islamic Religious Education  
Expression of Interest

I would be interested in my child ___________________________ of class ________ attending Islamic Religious Education classes.

Parent Name: _____________________________
Signature: _____________________________
EASTER EXTRAVAGANZA CONCERT – TUESDAY, 1 APRIL AT 1:45PM
We are excited to announce the Arundel Preps and Year 1 students will be performing in our Easter Extravaganza Concert on Tuesday, 1 April at 1:45pm.
The students have been working very hard at learning songs and dances to perform. The concert will celebrate all the great things about Easter.
This concert will be a wonderful event to showcase the talents of our junior school. So mark the date on your calendar and we will see you there. Everyone Welcome!

JAPAN & FRIENDS DAY PERFORMANCE
On Sunday 16th March, our lunch time Japanese dance club students performed a traditional dance at a local Japanese festival. Our performance was the highlight of the festival!
Congratulations to the participants: Mia 3D, Chloe 3D, Mia 3D, Lili 3D, Leon 4C, Nicholas 4B, Tyla 4E, Hevani 4C, Julia 4E, Emily 5C, Hanna 5C, Zanthe 5C, Mia 5C, Teina 5D, Sakiko 7C.
Also the following students could not make it to the event but thank you for showing interest and practicing in the dance with me this term: Brae 4C, Maddison 5D, Imogen 7C and Ella 4C.

Japanese teacher, Ms Tomoko Nakanishi

HIGH SCHOOL INFORMATION
Helensvale State High School -
Excellence Information Session – Tuesday, 25 March at 6:00pm
General Information Session - Tuesday, 25 March at 7:00pm
For more information please contact 5573 8555

Southport State High School
Open Afternoon - Wednesday, 26 March at 3:30-6:30pm
(Entry via The Enterprise Centre in Lionel Ave)
All families in our community are invited to attend.
For more information please contact 5509 1222

Pacific Pines State High School
2015 Year 7 and 8 Open Night – Thursday, 27 March 6:00pm-7:45pm (Performing Arts & Community Centre) Santa Isobel Drive, Pacific Pines.
For more information please contact 5502 5111

Coombabah State High School
Principal visit to meet parents at Arundel State School staffroom – Thursday, 27 March 8:00am-9:00am
For more information please contact 5552 3888

JAPANESE STUDENTS
Would you like to have wonderful cultural experiences with students from Japan?
Australia Japan Study Programme Pty Ltd (AJSP) organises short-term educational programs & host families for Japanese students. If you are interested in becoming a host family, please contact –
Mobile: 0417 902 035 (Miki) Email: ajspmiki@gmail.com
Website: www.ajsp.net.au

GOLD COAST INDOOR SPORT – JUNIOR NETBALL COME AND TRY
Want to get your son or daughter involved in junior netball?
Cost: ‘Free for all of March’ - $35.00 Team ($5.00 per player)
Where: 9 Dominions Road, Ashmore
When: Friday afternoons between 4:00-6:00pm
For more information contact 5539 3766