Dear Parents, Students and Community Members,

PRINCIPAL’S MESSAGE

Last week I wrote of our plans to introduce SMS to your mobile phone in order to improve the speed of our communication to parents. Happily I can now advise that this facility is now in operation. You can expect to receive some messages from the school via your mobile phone. If you have changed your mobile phone and have a number that is not contained in contact documentation at the school you should let us know as a matter of urgency.

On Tuesday we sent a large group of students down to Southport State High School for an instrumental music workshop. Sadly, whilst the children were just getting started with their workshop the school received a hoax call similar to the one we received last week and our instrumental musicians had to be evacuated again until everything was cleared. It is a great pity that teaching and learning is a victim of these calls.

Incidentally the group of our instrumental musicians who were at Southport High on Tuesday are a fantastic group of students. I wonder why more students are not involved in instrumental music – it opens so many pathways for the future especially when parents come to the difficult decision of choosing high schools. I often am asked by parents to write references for students to gain access to their preferred high school and I can say that students who have demonstrated qualities including dedication, work ethic reliability rising to a challenge are easy to write to.

If your child is in year four, five or six and is interested in playing a trumpet, saxophone, clarinet, flute, guitar or percussion instrument you should consider joining our program. It is never too late. We have the best teacher on the Gold Coast in Andrew Stubbs. It is an opportunity not to miss.

Today I’ve included a long article from parenting expert Michael Grose. In the article he tries to differentiate between bullying and teasing. Have a read, I’m sure you’ll find it interesting.

Michael Kelly

Bullying V Teasing - Knowing the Difference from Michael Grose (founder of Parenting Ideas)

What is bullying? Do we mix it up with teasing and other forms of mean behaviour? It’s an important topic that needs clarification.

Bullying is a term that’s wrapped in emotion. For many people it’s associated with bad childhood memories. It’s been estimated that around 40 per cent of people have experienced bullying in the past. It’s something that we don’t want to happen to our kids.

But I fear it’s being overused at the moment and can be confused with teasing.

Teasing refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It’s generally an attempt to get under a person’s skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person’s rights. But generally teasing doesn’t have the key ingredients that make up bullying.
Bullying is the selective, uninvited, repetitive oppression of one person or group by another. It involves **three elements** – intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past children and young people could escape bullying behaviours by being at home. Cyber-bullying means that children can’t escape bullies like they once could.

**Why the distinction?**

I hear the term bullying misused a great deal in the media and when talking with parents. We run the risk of “The Boy Who Cried Wolf” Syndrome where we become so desensitised to the term that we (or teachers) ignore it when children really are the victims of bullying. We also run the risk of failing to skill our kids up to manage rudeness and teasing if we categorise every awful behaviour that kids experience as bullying.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills, getting others involved; building up a child’s support networks; and building self-confidence that can take a battering.

Bullying needs to be taken seriously. But we also need to be discerning about bullying behaviours.

**UP AND COMING EVENTS**

Mondays
- Year 4 Swimming continues

Tuesdays
- Year 6 Swimming continues

Wednesdays
- Year 2 Swimming continues
- Monday, 14 March
  - 5A and 5B Excursion to Hastings Point Marine Museum
- Tuesday, 15 March
  - 5C and 5D Excursion to Hastings Point Marine Museum
- Wednesday, 16 March
  - 5E and 5F Excursion to Hastings Point Marine Museum
- Friday, 18 March
  - P&C AGM – 3:30pm
- Wednesday, 23 March
  - Prep and Year 1 Easter Concert 2:00pm School Hall
- Thursday, 24 March
  - Last day of Term 1

**ASSEMBLIES - Friday, 4 March 2016**

9:00-9:45am Preparatory to Year 2 (Presenters 2E, Sharing Item 2A)
9:45-10:15am Year 3 and Year 4 (Presenters 4B, Sharing Item 4D)
2:15-3:00pm Year 5 and Year 6 (Presenters School Leaders, Sharing Item 6B)

**INVITATION - FREE PARENTING COURSE AT ARUNDEL STATE SCHOOL**

1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE (by Matt Dwyer, G.O.)

This parenting information course is being offered to all interested parents / carers at our school. The course is aimed at parenting 2 – 12 year olds. This three-session program, for parents and carers, will be held at The Arundel State School on Tuesdays, 8th, 15th and 22nd March from 9-11am.

Learn:
- To engage your children’s cooperation by positively noticing and encouraging them.
- To set clear expectations and help them to develop frustration tolerance.
- To help children’s brains to develop filters for behaving well.
- To resolve family conflict quietly.
- Some simple strategies to practise being a calm parent.

The course is **FREE** and includes course workbook and morning tea. Young children and babies are welcome to attend with you, although no childcare is provided, sorry. Register for this course by contacting the school office, or all enquiries to Matt Dwyer, Guidance Officer, on 5561 4888.
REMINDER REGARDING VOLUNTARY CONTRIBUTION (Mrs Rawle)
The Voluntary Contribution Scheme is based on parents contributing the sum of $90 per student for their first child or $120 for two or more students per family. Funds accumulated through this scheme provide good value to the school and consequently to our students to enhance our capacity to resource the school above the standard provisions.

Payment can be made for this scheme on Mondays, Wednesdays and Fridays at the payment window in the Administration Block or internet payment can be made to the following school bank account - BSB: 064-430, Account Number - 10206101 stating your child's name and class along with the characters VFC, e.g. Adam Smith 4A VFC.

YEAR 5 EXCURSION TO HASTINGS POINT
Year 5 will be participating in an excursion to Hastings Point Marine Museum as follows:-

<table>
<thead>
<tr>
<th>Date</th>
<th>Class</th>
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<tbody>
<tr>
<td>Monday, 14 March</td>
<td>5A and 5B</td>
</tr>
<tr>
<td>Tuesday, 15 March</td>
<td>5C and 5D</td>
</tr>
<tr>
<td>Wednesday, 16 March</td>
<td>5E and 5F</td>
</tr>
</tbody>
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The cost of the excursion is $22.00 and payment is to be made by Friday, 11 March. Payments can be made by cash, cheque, EFTPOS, credit card or internet banking.

The payment window is open **Mondays, Wednesdays and Fridays only from 8:15am to 9:15am.**

PE NEWS (Mrs Mitchell-Cowan)
Arundel School Swimming team
On Wednesday, 17 February I had the pleasure of accompanying and managing a relatively large group of swimmers who had qualified to swim at the Broadwater Districts swimming carnival at the Southport Aquatic Centre. Congratulations to Stanley, Ella, Harrison, Leon, Tyler, Julia, Mikaela, Caitlin, An Nik, Joanne, Jack, Ocean, Ricquelle, Emily, Kira, Hayden, Jared, Olivia, Lilee, Maia, Kayla and Chloe.

You all swam extremely well in your events and did the school proud, not only in your efforts but behaviour as well. From this carnival we had 3 students who placed overall. Well done to:

Olivia, 3rd in U10 girls 50m Backstroke
Jack, 3rd in U10 boys 100m Freestyle
Ricquelle, 3rd in U11 girls 200m Individual Medley.

I would like to thank Mrs Mitchell and all of the wonderful parents that made my job an enjoyable one. Mrs Whybrow

NEWS FROM 1E (Mrs Penberthy)
This term we have been exploring and analysing the many wonderful and interesting characters in story books. We are learning to write character descriptions which involve what the character looks like, how they act, what traits they may have and how the character may change throughout the story.

In Maths we are focussing on addition and subtraction, numbers to 50, skip counting patterns and breaking numbers into parts (partitioning).

We are enjoying exploring living things, their external features and habitats in Science.

In History we are discussing the passing of ‘Time’. We will be sharing significant events and items from our past.

Many, many thanks to the wonderful mums who consistently give up their time to assist. This is very much appreciated.

TUESDAY CHESS CLUB (Mr Lang)
Tuesday Chess Club is held every Tuesday at lunchtime (1st break) for Years 4, 5 and 6. If you are new to the game or just want to improve your skills then come along. It is being held in the old computer room (Mod 8). If you are interested you will need to bring along your lunch and stay for the entire lunch break. I hope to see you there.
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 Friday 18 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.

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.

**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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**EXCITE ENTRANCE EXAM – Maths, Science, English, History**

Helensvale State High,
Student Activity Centre (SAC)
Saturday 12 March 2016 9am

Information and application forms available from Helensvale SH Administration


Phone: 55 738555