NEW FARM STATE SCHOOL

From the Principal’s Desk…..

“Learn, Create, Grow”

You must be the change you want to see in the world.

Mahatma Gandhi

This week’s social skills will be presented by Mr. Fitzgerald’s 2F class “Words of Encouragement”. See back page.

Leadership Presentation Assembly Postponed—Unfortunately we have had to postpone our ceremony for our Leaders and Project Captains to Friday 27 February at 9am in our Hall. Parents are most welcome to attend.

School Hats back in stock—Our uniform shop now has a new supply of hats. The uniform shop is open Wednesday 8am-9am or Wednesday afternoon 2.30pm-3.30pm.

Year 6 Leaders Day—Thank you to Ms. Jenny O’Neill for coordinating the ‘Character Builders’ program for all year 6 students which will be held on Wednesday 18 February. Thanks also goes to the P&C for their generous support in subsidising a large portion of the cost of this program.

Parent Information Meeting—Mr. Brett Wilson/Ms. Jenny O’Neill 5/6W will hold their parent information session on Thursday 19 February 8-8.30am in their classroom. Ms. Jaiyeola 4/5J will meet Thursday 19 February at 3.30pm.

If you are not aware of when your class is meeting please contact your child’s teacher.

Emergency Contact Updates—Please contact the office via email if you need to update any of your contact details for the new year. Email is admin@newfarmss.eq.edu.au

School Swimming Changes—Please make sure you have returned your written permission as students are not permitted to swim without permission. Classes will be swimming in their PE lesson time on the day below.

Swimming

Monday: Year 1T, 4R, 4/5J, 5D, 5/6W, 6C
Wednesday: Year 1FW, 2F, 1/2C, 2/3M, 3JR, 3/4F
Prep students will not swim this term but will swim in Term 4.

Please check your child’s swimming attire to ensure that caps, goggles and sun shirts fit snugly as regular adjusting of these items does take time away from the swimming lesson.

P & C meetings for Term 1—Wednesday 11 March, April meeting to be advised due to school holidays, Wednesday 13 May, Wednesday 10 June. All meetings will be held in the school library and commence at 7.30PM.

Absentee Line—Please phone 3358 7333 then follow the prompts on the menu. Absentee line is option 1. Please follow our absent student procedure. Please state your name (Parent/carer), contact phone number, your child’s full name, your child’s class. The reason for absence and their length of absence if known. Please remember to speak in a clear voice.

Chinese New Year Performance—Our students from Prep-Year 6 will enjoy the annual performance for Chinese New Year on Tuesday 24 February at 2.30pm in the school Hall. Parents are welcome to attend this performance.

Queensland Academies Creative Industries Campus—QACI Open day 2015. Saturday 28 February 1.00pm—4.00pm. Enrolling for 2016. QACI 61 Musk Avenue, Kelvin Grove. For information visit the school website www.qaci.eq.edu.au
10 research-backed tips for raising happy kids by Michael Grose - Australia’s No 1 parenting educator

1. Birth order matters Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2. Positive peers matter Your child’s friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

3. Parent mental health matters If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships that have broken down. Start this with siblings first. with only-children, make sure you build these skills through plenty of interactions with peers.

5. Developmental matching matters A number of studies have shown that much of what is considered ‘poor parenting’ has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point. If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children’s happiness and wellbeing are well drawn.

7. Family dinners matter Yes, you’ve got to eat. But you need to eat together. Significant research links family strength and children’s wellbeing with regular family meal times. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8. Fun matters Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids’ cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9. Helping others matters The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual’s wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don’t let their grumpiness put you off when you expect them to help.

10. Emotional intelligence matters Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn’t set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.
SCHOOL COMMUNITY EVENTS AND NEWS

STUDENT BANKING — FRIDAYS IN THE LIBRARY AT NFSS.
School banking was very busy last week with 101 children banking.
Great work kids, keep up the good saving!
Please drop your bank books to us as soon as you get to school.
This helps us and we really appreciate it.
Names for rewards and certificates will be announced on assembly but then delivered to the child’s classroom.
Please email or ring me if you have any questions about banking or come and see us on Friday mornings.
Contact - Karen Ridoutt
(ridoutt@optusnet.com.au or 0412 004 644)

Parenting ideas website: This weeks article is—Teach children to persist.
It has been attached to the email notification.

UNIFORM SHOP UPDATE
Term 1 2015
Wed 8 to 9am Wed 2.30 to 3.30pm . The school hat order has arrived.

Autism Queensland Workshops
25 February & 3 March
Autism Queensland, 437 Hellawell Rd, Sunnybank Hills. For bookings please contact
www.autismqld.com.au

Vacancy - Our School crossing is currently unattended
The School Crossing Supervisor position is for up to 5 days per week on a roster. Two positions are available offering 5 days each per fortnight. Remuneration $27.49 per hour.
1.50 hours per day - must be available for before and after school shifts.
Any interested persons may contact Elena at the school office on 3358 7333 or the Road Safety Office on 3863 9873

TUCKSHOP NEWS
We have tuckshop twice a week on Wednesday and Friday. To see the menu please go to the Flexischools website (see below).

ON LINE ORDERING
To order on line please go to www.flexischools.com.au it is quick and easy to use. We encourage everyone to do this as you can order in advance or for the whole term. Cut off time is 8.00am for both Wednesday and Friday.
If you do order over the counter please have it before 9.00am otherwise we cannot guarantee that we will have all the menu items available. Please clearly mark your child’s name and class and be careful not include foreign coins as the bank does not accept these.

TUCKSHOP ROSTER
Tuckshop - Adam Gray, Alison Menzies & Grace
Counter - Michelle Gerrard & Michelle Lovelle
Baking - Sue Fuller, Jennifer Brock, Mehera Milne, Susie Levy, Michelle Logan, Nancy Cowell, Skye McKay & Brinn Martin
Thank you everyone who supports the tuckshop,
Terri-Anne & Jin

Ballymore Kindy Alumni Family Gathering
Sunday 1st March from 10am-12 noon Gould Road Park (off Fagan Rd), Herston
This is a great way for Ballymore families past and present to stay in touch.
Please bring along any toys, food/drink that you will need for your family
We look forward to seeing you there.

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Focus:
Children using their words to help a friend in need. Children helping give their friends and classmates the confidence to have a go at challenging activities. Children realising that sometimes we all need a little help.

Looks Like
• Students having a go at new activities inside and outside the classroom

Sounds Like
• Everyone encouraging each other with their words

Feels Like
• A friendly place to be
• Students feeling safe to try new activities and make mistakes
• Students confident in their own abilities

Community Education News...

From the CEP Coordinator:
Many of our Term 1 Community Education classes are now up and running!

We still have space available in many of the classes, although some are fully booked. There are still a couple of prime after-school lesson times for guitar on Fridays! If you are still keen to enrol, please enquire via email (details below).

Additional enrolment forms are located in the school office.

Budding musicians, take ♪♪:
Starting on Feb 17th, we have our very own CEP Instrumental Music Tutor! Lisa will run 3 after school sessions on Tuesdays, 30 minutes in duration, and is happy to work with Beginner-Intermediate level learners in all orchestral instruments. She can also coach advanced saxophone and woodwinds, and is competent in teaching keyboard skills. Lisa can provide an individual lesson in your chosen instrument, or work with small groups of 2-3 students playing the same or different instruments. This is the perfect way to supplement band class/practice with some hands on support! Fees depend on the number of students enrolling for the session; for more information or times available please email: nfsscommunityed@live.com.au

*Book classes online via nfsscommunityed@live.com.au, or SMS/ring 0428 689 065 for more information.

NFSS FETE 2015 ANNOUNCEMENT
Dear Parents/Carers,
Here we are again it’s “Fete Year” – as all parents of Year 2 children and up will know this is our schools major fundraiser and we encourage as many parents as possible to get involved.

For new Prep and Year 1 parents who have yet to experience this event each class is expected to organise a stall. The 2013 Fete made a profit of $93,000 which was a huge boost to the P & C coffers. As some of you are aware along with Judith Hunter (no longer a NFSS parent) and Paul Jones I convened the fete. This year I am going back to work and unfortunately will not have the time to play a major role. Therefore I am putting it out to the school community to find out who would be interested in getting involved in the role of Convener. One approach I would recommend is to take a leaf out of Holy Spirit’s book and a team of people get together as co-convener(s). I will obviously be around for advice and guidance - I have a manual and plenty of info to pull it all together.

The proposed fete date is SUNDAY 14TH JUNE – 2 weeks before end of Term 2. This would give the P & C the opportunity to concentrate on other fundraising events such as Garden Parties and Trivia Night for the remainder of the school year. Please let me know ASAP if you want to volunteer and get involved in raising even more funds for our wonderful school!

Many Thanks
Katie Grundy P & C Vice President 0452 562 106 Kgrundy3@outlook.com

In the meantime during fete year we ask that as well as volunteering for Class Rep that an additional Parent/Carer takes on the role of Fete Rep – this volunteer will co-ordinate the Class Stall and cascade all information from the Fete Convener(s) to their fellow parent volunteers.

Please let your child’s teacher know if you would like to take on this role.

Supporting the school community with local knowledge, trust, friendliness and professionalism

07 3146 5400
newfarm@ljh.com.au
www.newfarm.lhooker.com.au