Our Aim at Kulpi State School is to be:
Working together to ensure that every day, in every classroom, every student is learning and achieving.

From Mrs Lever’s desk........

On Friday we continue a long tradition of Athletics Carnivals when we join with other schools including Quinalow, Bowenville, Kaimkillenbun and Jondaryan at the Quinalow State School. For many weeks now the children have been practising ball skills for the ball games, and field events such as long jump, discus and shot put. The younger children have been listening to the older children relate stories of previous years and getting excited about this new experience.

We have learnt a few war cries, as the carnival always begins with each school roaring away its’ own war cry to start our ‘battle’. The excitement builds and it’s lovely to see the students encouraging one another and cheering on their schoolmates. We appreciate the number of parents who come to support their children and also shout encouragement, especially during the running races. Every child has the opportunity to participate, and earn points for our school.

Our school motto is ‘Only our best is good enough’ and this applies equally to our sporting endeavours as well as academic work. We have been talking in class about trying to be the best we can be, though this won’t necessarily mean we win. Learning to lose is just as important as enjoying a win, and I hope to see our students being both great winners and great losers on Friday. Sportsmanship is built through experience and opportunities to be gracious, and no doubt Friday’s athletics carnival will offer both.

Rosita Lever
Prep 2017
Are you looking for a school where your child will be…….
• supported to achieve their best?
• excited about learning?
• valued as an individual?
Kulpi State School is currently inviting prospective families to visit us and consider enrolment for their child in our 2017 Prep program. Please call the principal, Rosita Lever, on 46928239 to arrange your visit.

Broccoli Buddies
One afternoon as the adults talked, two sisters enjoyed walking barefoot through a giant patch of clover, and nibbling on broccoli freshly picked from our kitchen garden. Giggles, funny faces and the simple pleasure of playing together.
Kate and Zara

Term Three Behaviour/Values Lesson Overview

<table>
<thead>
<tr>
<th>Week</th>
<th>Activity</th>
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<tbody>
<tr>
<td>1</td>
<td>Use kind words and actions</td>
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<tr>
<td>2</td>
<td>Use hello, goodbye, please, thank you</td>
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<td>3</td>
<td>Listen to the speaker</td>
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<td></td>
<td>Wait my turn</td>
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<td></td>
<td>Show whole body listening</td>
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<tr>
<td>4</td>
<td>Give others personal space</td>
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<tr>
<td>5</td>
<td>Walk quietly through school</td>
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<td></td>
<td>Use inside voice</td>
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<tr>
<td>6</td>
<td>Follow adult instruction</td>
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<tr>
<td>7</td>
<td>Share equipment/take turns</td>
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<tr>
<td>8</td>
<td>Play by the rules of the game</td>
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<tr>
<td></td>
<td>Be a ‘good sport’</td>
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<tr>
<td></td>
<td>Invite others to join in</td>
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<tr>
<td>9</td>
<td>Keep left on the stairs</td>
</tr>
<tr>
<td></td>
<td>Walk up and down stairs</td>
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Science Adventures

This term Years 3/4/5 are investigating a new chemistry unit in science, discovering the properties of solids, liquids and gases.

In the lesson last Thursday we made ‘goop’ using cornflour and water. We discovered that the substance formed has both the properties of a solid and a liquid, but was neither. It is called a Non-Newtonian Fluid which can change shape and appears solid when squeezed and relaxes to look like a liquid when left alone. We learnt that it behaves a little like quicksand which can be very dangerous to the unwary!

Biosecurity Legislation
Information Session
(Including changes to tick control)

On: Tuesday 26th July, at 7.00pm.
At: Cooyar Hall
Topics addressed: The revised Bio-security Act and your obligations. Tick management & animal movement.

Light supper will follow. Gold coin entry to assist with costs will be appreciated.

Hosted by: ROSALIE NORTH LANDCARE GROUP Inc

The last day of Term 2 was the perfect Pyjama Day- cold, wet and gloomy. Inside there were smiles and giggles and we were warm and comfy. What a lovely way to end our term.

Saturday 3rd September 2016
Maclagan Hall

Trivia Night

Entry $10
Includes Nibbles for each table
And supper to follow
Tables of 6-10 people
Licensed Bar
Cash only event
Father’s Day Raffle

To book your table and for more information, please contact
Claire 0402 754 292
Kait 4692 1274
brendenbillion@hotmail.com

Don’t worry if you don’t have enough for a table please call to be put on the Throw together Table.
Helping kids deal with rejection
By Michael Grose

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children’s experience of rejection and disappointment at school is good for them, as long as it’s balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don’t last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children’s unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children’s confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn’t understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

1. **Model optimism.** Watch how you present the world to children, as they will pick up your view.

2. **Tell children how you handle disappointment and rejection.** Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.

3. **Help children recognise times in the past when they bounced back from disappointment.** Help them recognise those same strategies can be used again.

4. **Laugh together.** Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life’s hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.