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.............

Last Monday the 25th of April the Kulpi School participated in the Anzac Day ceremony held at Acland. A reporter from an online Brisbane newspaper asked me why the children participate and what the benefit is for them. I replied that there is a tradition of our school participating, and more importantly its wonderful they have the opportunity to show their respect for the service men and women who have, and still do, protect our land.

One of our school values is respect, and there are many opportunities for children to develop and demonstrate this value. Alongside parents, we teach the children to give of their time— that’s a sign of respect. We teach them to listen to others’ opinions— that’s a sign of respect. We also teach them that they need to think of other people before themselves— and that leads to more positive relationships both at school and after school.

Not all families can participate each year with our Anzac Day program, but across the year all children are expected and taught to demonstrate respect.

Manners are an integral part of our relationships with others and it is a normal part of our school day to remind children and expect best manners. Last Monday we received compliments from the public about the children’s behaviour and presentation, and I congratulate the students who tried their best to show their respect for past, present and future members of our Australian and New Zealand Defence Force.

Lest We Forget.

STUDENT OF THE WEEK
WEEK 2
Logan Pearce
WEEK 3
Aliyah Freshwater
Southern Cross Cultural Exchange is once again seeking volunteer host families to host international exchange students arriving in July 2016 for a stay of one term, one semester, or two semesters. Many families in Australia enjoy hosting students from other cultures whilst their own children are still young in order to help their children gain a cultural perspective. For more information please contact the S.C.C.E on 1800 500 501.

The first cooking session of our Kitchen garden program this term resulted in some very delicious rhubarb pies - there were only a few crumbs left! Mrs Jull ably guided the children to try something different. Needless to say we have added some rhubarb crowns to our veggie patch. Lets hope they grow quickly :)

**Attendance**

What a great start to Term 2! Attendance average is 95.79%. Thank you!

Let’s make every day count this term by having children at school learning every day they are well.

**School Attendance**

**NAPLAN testing** – 10 to 12 May

Students in Years 3, 5, 7 and 9 will take part in NAPLAN testing from 10 to 12 May.

NAPLAN testing provides schools with an opportunity to identify any areas where students may need assistance and covers the learning areas of reading, writing, spelling, grammar and punctuation and numeracy.

If you have any queries regarding NAPLAN testing, please contact Mrs Lever.

NAPLAN test results will be released later this year. Visit www.nap.edu.au for more information.
VISIT FROM MR CHRIS MARKHAM
Kulpi students welcomed Mr Chris Markham who came to speak about the Anzac Day ceremony and the part that Anzacs play in our history. Mr Markham gave examples from his own war service and answered questions from students about his role and the training that he had to undergo. Mr Markham also gave students interesting information about the Last Post, Rouse, and the meaning behind the poppy which students used to decorate their wreaths for the Acland Anzac Day service.

VISIT FROM THE MEMBER FOR NANANGO
Deb Frecklington visited the school on Friday the 22nd of April, to award the Leaders badge to our school leader Abbey Oliver. Abbey demonstrates to the Kulpi students how to be a learner, be responsible, be respectable and be safe. After attending the GRIP Leadership conference last term Abbey is looking forward to representing and serving the school community on various occasions during the year.

Date Claimer: 10th September 2016
Bismarck to Maclagan 100 Years

QUINALOW SECONDARY DEPARTMENT 50 YEAR REUNION
On Saturday, 14 May 2016, past students, staff and interested persons are invited to join us at the Quinalow Secondary Department 50 Year Reunion. The celebrations are being held in conjunction with a Market Day. The market stalls will be open from 10.00am to 2.00pm. Sites start from $10 or $20 for a powered site. For more information regarding stalls contact Sam on 0488 927 726 or Rebecca on 0407 653 375. The official opening will take place at 10.30am with class photos to commence at 11.00am. At 2.00pm you will have the opportunity to see all the changes that have occurred over the years on a tour of the school. The entertainment with live music will kick off at 2.30pm and continue into the night. A licenced bar will operate and food served throughout the day.

We are still searching for addresses (preferably email) for past students, teachers and principals. Please contact us at quinalow50years@outlook.com or phone Quinalow School on (07) 46929333 (ask for Elva or Rebecca) or search on Facebook ‘Quinalow State School Secondary Department 50 Year Reunion’.
Don’t threaten, bribe or deal – breathe and act instead

By Michael Grose

Getting kids to cooperate is tricky. One method doesn’t necessarily fit all kids so as a parent or teacher it helps to have a broad repertoire of responses to draw on when kids are less then perfect or you want more cooperative behaviour. Disciplining a child can also make many parents feel decidedly uncomfortable, as it doesn’t generally fit an idealised picture of parenting that many of us may have. Discipline is about helping kids stay safe, become social and also be savvy and astute when they interact with others, which makes discipline a positive and very necessary part of the parenting process.

**Bad discipline habits**

Unfortunately, it’s easy as a parent to develop bad habits to get cooperation from kids. For instance, it can be easier to offer a simple bribe such as “I let you use my iPad for 10 minutes if you can be quiet in the back seat of the car”, rather than battle with kids for their cooperation. This type of bribe can work wonders to get some peace and quiet and is infinitely better than engaging in a slanging match while you’re driving. Well, it may seem that way! However, it’s easy for both parents and kids to become hooked on bribes. As a parent you can easily fall for the trap of offering a bribe to induce good behaviour because it often works. A child learns to cooperate on his terms and soon learns to think, “What’s in this for me?” Soon kids learn to wheel and deal to get better terms so today’s ‘quick 10 minutes on an iPad’ becomes tomorrow’s shiny new piece of technology bought in return for cooperation. Bribery and dealing almost always escalates in scale. The stakes rarely get smaller.

Similarly, idle threats of withdrawing co-operation if a child won’t behave well soon falls on deaf ears as kids have a built-in radar for knowing if a threat is real or not. “If you continue to argue with your sister I’ll cancel your birthday” is the sort of threat that many of us have made in desperation just to get some peace and harmony at home. Again, threatening all types of dastardly consequences can become a habit, particularly when we don’t have many other options at our disposal to get better cooperation.

Most of us will default to our lowest level of skill when we are tired, stressed or under pressure. When a child yells, “I hate you! You never listen to a thing I say” just when you’re trying to get her to bed you’re likely to return fire in spades. ‘What do you mean I never listen to you! I always listen to you. You never...’” and away you go chastising a child in a way that only exacerbates her lack of cooperation.

**Good discipline habits**

So it helps to develop some good discipline habits instead so that when we do become stressed or tired they are so ingrained in us that they become second nature. Here are five good discipline habits to develop:

1. **Avoid the first impulse so you don’t overreact:** A good rule of thumb is to stop yourself from reacting when children misbehave. As much of children’s poor behaviour is purposeful, in that it keeps parents busy with them or is designed to let parents know that in fact you can make a child do anything they want to do, your impulsive reactions reinforce the behaviour. At times stopping and doing nothing is better than saying something you regret later on or can’t follow through with.

2. **Step away and take a breath to gain control:** When you feel annoyed, angry or hurt by a child’s misbehaviour temporarily step away from the situation and take a few deep breaths before you speak or act. This meta-moment will not only buy you time but will quickly calm you down and change your thinking, putting you back in control. Better self-management helps you respond more effectively when kids misbehave.

3. **Lower your voice to be heard:** Do you typically repeat yourself or raise your voice when your children ignore your request for better behaviour or even cooperation. If so you are training your kids to ignore you. Try lowering your voice rather than raising to be heard. This has the double effect of being easier to hear as well as carrying a greater sense of authority.

4. **Move toward them to be noticed:** Moving into children’s space to deliver a message is usually more effective than issuing an order across a lounge room when you are competing with a screen for attention. It does require effort but the results in terms of getting cooperation is generally worth it.

5. **Use a consequence to teach:** Not all children respond positively to consequences. Very sensitive children can take consequences personally so use them sparingly with more sensitive. Sometimes a change in the tone of your voice is enough for these children. But generally reasonable consequences that have a relationship to children’s misdemeanours and that are respectfully delivered are effective in teaching children to behave responsibly. The trick is to deliver them like a neutral cop – cool, calm and with not too many words.

Good habits are best developed in low or no stress situations so if you’d like to add any of these ideas to your parenting repertoire start putting them into practice in every day interactions with your children, so that they become second nature when you really need some cooperation from your kids.