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

From Mrs Lever's desk……..

The children have had two swimming lessons and it has been very exciting to see the enthusiasm they bring to this activity. As we travel along on the bus to Quinalow, there are many conversations to be had about what we see outside the window, and lots of chatter in the delightful way that most parents would expect of a trip. The children learn the art of conversation with modelling from adults, and we encourage them to express their ideas, share their thoughts and most importantly take turns in listening to others. This makes for a great ride into swimming lessons. It’s amazing just what you can talk about in a twenty minute ride.

Once we arrive at the pool the children are very keen to jump right in, but they know that safety is critical. We have established routines to make sure that everyone is looked after and we get maximum swimming time. I thought the children would be reluctant to swim for too long with the water still chilly, however they have amazed me with their enthusiasm and willingness to work hard in the pool.

Our first lesson saw several students demonstrate the skills necessary to move into the deeper part of the pool. Both instructors bring out the best in the children and I’m confident that the children are receiving excellent instruction in both groups. Having a maximum of 6 per group means everyone gets constant turns and practice.

Each morning at school we check the calendar and make sure everyone knows what the day holds. The children can’t wait for Tuesdays because it is our swimming day– and Thursday because we have Art and Technology lessons– and Wednesday because we have our Music and Ukulele lessons– and Friday because it is the day our transition children and playgroup join us. School should be a place where children enjoy learning and come each day ready to learn as much as possible. As we celebrate World Teachers day on October 30th, all the staff at Kulpi who are involved with teaching our great students would like to express our pleasure in being a part of children’s learning.

Regards,
Rosita Lever
Maclagan Windermere Kindergarten
Cent Sale
Saturday 31st October 2015 Maclagan Memorial Hall
Door Entry: Adults & High School Students $5.00 Primary School Students $2.00 (includes light supper, tea & coffee)
Ticket Calling Begins at 7pm
For Further Information, please contact: Kait 07 4692 1274 or Leisa 07 4663 4702
$1 per sheet (No ATM facilities so please bring cash.)

For advertising please email your items to 1472_principal@eq.edu.au by the WEDNESDAY before Publication. Please note we are not able to advertise events for individual profit.

Newsletters are published fortnightly on Thursdays.

This term we have welcomed back Mrs Crusato who very enthusiastically and capably leads our students in their hour long music lessons. Movement, singing and dance are integral to children’s development and really assist in developing healthy brains. Every student also enjoys playing instruments including the ukulele lessons on Wednesday afternoons (thanks Mrs Rayner!).

Students from Kulpi have braved the cool water for two swimming lessons now and are very proud of their achievements in such a short period of time. The group led by Mrs Ehrich (an accredited Aus. Swim Coach) is focused on safety and water confidence, and developing the skills needed for strokes. Mrs Marley Quinn, our PE teacher is working with more confident and skilled students in the deeper end of the pool. It was very exciting to see Hannah, Jack and Kate move into this part of the program this year. Students will be swimming (weather permitting) each Tuesday afternoon for the remainder of term. Thank you to the P and C for partially funding the program so that there is no cost to families for this important part of the curriculum.

Attendance has tracked at 94% in the past fortnight which means we are keeping just above our target—let’s keep on track everyone and have children at school learning, when they are well! Thank you.
One of the questions that I'm sometimes asked is whether the students have a variety of friends or games to play at break times—i.e., do they get bored because of the smaller number of students in our school?

Each day is different depending on who leads the play, however these are just some of the games and activities I've seen:

- Old fashioned tag
- Hide and Seek
- What's the time Mr Wolf?
- Obstacle Course
- Using the pebbles to play 'Shops'
- Swinging
- Sitting with friends and talking
- Water Play
- Ball games
- Riding their bicycle around our grounds
- Dress ups with the Playgroup
- Hopscotch
- Soccer, hockey, basketball—everybody is invited to play to make a team
- Skipping
- Totem tennis
- Sand play
- And I'm sure there are more games to come :}

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**FREE back to school health check for kids!**
**12, 13 and 14 January 2016**

**Foot checks**
- Footwear and orthotic advice
- Foot/ankle pain
- Heel pain
- Knee pain

**Vision screening**
- Squinting
- Headache/migraines
- Difficulty concentrating

**Nutrition assessments and dietary advice**
- Fussy eaters
- Healthy lunch box tips
- Allergies or intolerances

**Education and development assessments**
- School readiness
- Reading ability

**Registration essential**
Phone 3138 9777 to register or for further information.

www.healthclinics.qut.edu.au
44 Musk Avenue, Kelvin Grove QLD 4059

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**Playtime**
7 practical things to say to kids to help them when they feel anxious.

By Michael Grose

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference. Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness. When you see anxiousness take hold here are some things that you can say that will help your child cope:

‘You’re okay. I’m here and I won’t be going anywhere.’ Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.” A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.” Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.” Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us. When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?” The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?” Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.” Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.
Building parent-school partnerships

WORDS Michael Grose

Lost in concentration

It’s more challenging than ever to be present with our kids, and so easy to get lost in concentration on a device. Here are 5 tips to really impact and make the most of every opportunity you have with your kids.

I can’t help but admire my young colleague Sonia, mother of a 4-year-old boy and a seven-year-old girl. She is an avid user of social media and other electronic devices, but she is disciplined enough to set them aside when she is with her kids. Sonia chooses to focus her attention on her children, so she limits her use of communication devices to the times when she is alone – which she admits is less often than she’d like.

Electronic devices such as tablets and mobile phones are ever present. They are heaps of fun, the source of so much knowledge and a great way to stay in touch with others. The flip side is that their hypnotic effect is powerful so that frequently all our concentration is directed at them rather than our kids. When this happens you’ll more than likely miss some wonderful opportunities to really impact your child.

There are five BIG opportunities available to you as a parent if you, like Sonia, choose to be in the moment when you have children.

When you are fully present you can:

1. **Build their language**

   Recently, I saw a mother walking side by side with a young toddler playing a simple language game. She would make a sound with her mouth and her young son would mimic her. She changed or added to the sounds and her son tried to replicate the sounds. This is language building at its most natural and finest, and wouldn’t have happened if this mother was on the mobile phone rather than being present with her child. Whether you are with a toddler, primary aged child or a teen the language building opportunities are endless. You just have to focus on the one you are with and let things happen naturally.

2. **Teach your children about their world**

   Most children are naturally curious and will ask lots of questions. “Why do dogs bark?” “Why is the sun round?” “Where do babies come from?” Yes, some are simple, some are hard to answer and some you are just not ready for. But it’s through these simple interactions that you become your child’s first and most important teacher. My hunch is that most kids will stop asking these questions of you if your attention is focused elsewhere, such as on a mobile phone or other electronic device.

3. **Impact their thinking**

   Influential British educator Charles Des Forges says, “If you want to influence your child’s thinking then you need to talk to him. If parents want more influence then they need to talk more to their children.” According to Des Forges it’s through the conversations that parents have with their children that they impact the way they think, as well as influence their values. Nothing kills personal conversation with a child or young person like a mobile device.
... Lost in concentration ...

4 Build relationships
Relationships are built through common interest, good intent and respectful behaviour. I can think of no better reason for being in the moment with your child than the opportunity it presents to build some common interest and rapport. Time spent giving attention to your child is like putting money in the bank for the future. You never know when you are going to withdraw some of the deposits that you’ve made, so it’s reassuring to know that you’ve made plenty of deposits of goodwill to draw on, particularly in the tricky teenage years.

5 Build memories for you
As a parent of adult children I now treasure the memories of times I was fortunate to have spent with them as young children. It’s strange how these memories resurface at the most unexpected time. Recently, I was in a supermarket and I remembered the time when I enthusiastically asked my youngest, who was three at the time, to get the box of cereal with the big red K. Off she went feeling all important and returned with a triumphant smile armed with a box of dog food. “Thanks darling. Nearly!” was my reply desperate not to quell the enthusiasm to help that only a three year old can have.

Yes, there are million memories such as this available to parents who are willing to focus attention on the children rather than be distracted by the lure of communication devices.

As a parent you have competing demands on your time, and the allure of communication technology can be overwhelming. However, as Sonia is so aware, the time for parents to really impact on kids is limited so you want to make the most of every opportunity you have with them.

The key to positively influencing your kids, building strong relationships and building enough fond memories to last a lifetime is to make sure that your mind is where your body is and be fully present when you are with your kids.

Michael Grose


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