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 Levers desk………..

Many years ago I had to make a set of posters for an assignment, and I came across lots of useful ideas which were turned into bright and attractive displays for the classroom.

I have kept one of the posters, because its’ message has never left me.

It simply says “Children need time”. This gift of time has stayed at the forefront of my mind through the years of teaching, because whenever time is invested in the children it reaps fantastic rewards.

At this stage of the year we all get a little hassled and it becomes a race to get everything finished well for the end of the school year. Yet in all the ‘hurrying’ that we do, it is so important to take the time to listen and enjoy the results of a years hard work. Today it was making time to listen to individual children read, and also taking the time to learn some fun games we can play in the bus when we go to Brisbane. I’m glad we are making time to cook when I hear the children laughing and getting excited making goodies for their end of year celebration. On Monday the 30th of November we bury the time capsule – in the year that has seen our wonderful Centenary come to fruition. The Centenary was a result of the gift of time by so many volunteers – putting aside their normal lives to find time to give of their expertise and enthusiasm.

We were all grouped around the bearded dragon that sat calmly on the concrete path last week, taking the time to watch this creature and marvel at its size and watchful eyes. There are so many special moments in a school day that we enjoy. Our time is so regulated by making sure we deliver the curriculum efficiently and effectively – but it doesn’t have to mean that we don’t enjoy the unexpected moments which leave lasting memories.

I hope that the upcoming summer break provides opportunities for you to enjoy some special time with your family – especially the children. The gift of listening to them, playing a game together, watching a movie that they choose, building a Lego creation, or just watching them play – all showing them they are cherished and important to you.

Warm regards,
Rosita
Be SAFE

Our discussions around safety at school this term have been interesting as the children share their ideas about how to keep themselves safe using the behaviours in the table below.

When we talked about leaving toys at home however, the focus was on keeping their toys safe. When brought to school precious toys often cause problems because the owner doesn’t want to share them, but rather just ‘show’ them. Sometimes children are happy to share their toys, but only with a few friends rather than the whole group. It’s easy for toys to be damaged or lost. So we agreed that the best place for our toys to stay safe is at home, and there are many ‘toys’ and learning materials at school which we can use instead. Occasionally however, children may bring a toy for their ‘Show and Tell’ rostered turn, as the toy is shared in a fully supervised time and then held safely until going home time.

Be Safe

- Keep hands and feet to myself
- Walk on concrete
- Stay in the school grounds
- Leave toys at home
- Wear shoes and hat
- Sit while eating
- Use equipment as intended
- Walk on the stairs

- Sit safely
- Walk inside
- Use equipment as intended
- Carry equipment safely
- One person one cubicle
- Wash hands with soap
- Use toilets as intended

Mosaic

Following lessons with a focus on shape, design and colour, Mrs Gordon assisted students to complete these colourful mosaics projects. The children have made an assortment of objects, including pot stands, mirrors and trays, and the results are lovely.

The children’s interest in mosaic work was sparked by the huge mosaic project completed by Mrs Gordon for the Centenary. Originally we had planned for the children to be involved in the outdoor work, but the materials used (glass tiles and industrial glue) made this unsafe, so the option of completing their own mosaic was decided upon.

We think you’ll agree their work is spectacular!
Volunteers Afternoon Tea
30th November, 2pm, at Kulpi State School
We cordially invite our wonderful volunteers who have so generously contributed their time to the school this year, to join us for an afternoon tea. We will begin by burying our time capsule, and following this acknowledge the support of many people this year who have chosen to give of their time, energy and expertise to benefit the students and school. Thanks to our volunteers we had a wonderful Centenary event, and instrumental music lessons, and well maintained gardens and vegie patches. Our P and C also has many volunteers.

Please join us so we can thank and acknowledge your contribution in this small way.

Attendance
This past fortnight we have tracked attendance at 93.84%, just below our target. With only a few weeks of school left, please have your children at school every day they are well, so we can make every day count. Thank you for encouraging your children to develop the attitude that school is important by attending every day.

To date, Kulpi State School welcomes five new students for 2016—three new Preps, a Year One student and a Year 5 student. We look forward to working with each of them to make sure they achieve their very best.

At Kulpi our motto is ‘Only our best is good enough”.
Phone 46928239 for enrolment enquiries.
WHY TEACH SELF-TALK TO KIDS?
by Michael Grose

Self-talk is the foundation strategy to teach kids to shift their thinking about a negative event. Let me explain. A negative event happens such as a child's sibling won't share a much loved toy. The child immediately feels anger. He thinks, “Not again! I hate her! She never shares and it's not fair”. This thinking feeds his anger, which starts to spiral. In a heartbeat he's lashed out at his sister for inflicting such an injustice on him.

Here’s what happens.....

Our thoughts, often reflected through self-talk, change when we experience and emotion. We tend to focus on the event that caused the emotion. Anger shifts our attention outward to the thing, person or event that caused it. Sadness shifts our attention inwards toward the loss. Our emotions change how we see the world. We are usually more optimistic when we are happy and more pessimistic when we're sad.

The key is to change your self-talk.

By changing the chatter in your brain from something negative, catastrophic or unhelpful to something more realistic, positive and helpful, can help get you through a challenging situation. Positive self-talk examples include:

“Stuff happens, I can cope”

Kulpi State School invites the community to our End of Year Celebration Wednesday 9/12/15

Program:

- 6.30 pm Children’s presentations– a play, musical items, dancing.
- 7.00 pm Presentation of gifts from P and C
- 7.15 pm P and C Presidents report
- 7.30 pm Principal’s Speech
- 7.30 pm Supper

Venue: Kulpi Hall

Please bring: a small plate of supper to share.

Please RSVP to the school office, 46928239 by Monday the 7th of December, or return the slip below thank you.

RSVP for 9/12/15 End of Year Celebration

The ______________ family will be attending the end of Year Concert.

No. of guests: Adults ______________

Children ____________________
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.

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 DesForges 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 DesForges 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.

*more on page 2*
... 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

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
- Headaches/dizziness
- 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