Swimming began this week along with a multitude of other activities. Well done Mrs Nestor for the very successful Prep Orientation Day 1. The 2016 Preppies enjoyed their introduction to our school by joining the current Preps, and Year 1 students in a few of the school routine activities. At the same time, the Year 2 students joined in with the Year 3-6 class activities, also giving them an introduction to how things are done in the senior classroom. This will enable a great start to 2016 school year...getting some of the routines known early.

Tuckshop Operations over the next two swimming weeks
During the swimming period, Thursday tuckshop will be available 1st break only. Selected items will be available for 2nd break which include: Gingerbread kid, popcorn, home-bake and chips.

New start date for the 2016 Queensland school year
You might already know that the Minister announced a new start date for the 2016 Queensland school year will see students return to the classroom on Wednesday 27 January 2016 — the day after the national Australia Day public holiday. The previous Term 1 start date of Monday 25 January 2016 will now become an additional flexible staff professional development day. Please see below for the term start and finish dates for 2016

Timely Reminder of Regular Attendance at School
Please look further into the Newsletter see more information regarding allocated responsibilities around student attendance at school. Principals are prompted at times throughout the year to be mindful to ensure processes around student’s attendance at school every day is effective. Please remember to contact the school every day that your child is absent or send a note back to school on his or her next day of attendance outlining dates and reasons of absenteeism. At present, I have a number of students who have ‘unexplained’ absence on their attendance records. I will be sending non-attendance slips home to allow you to provide the necessary explanatory evidence of absenteeism.

On the Horizon – Week 7
- Monday, 16th Nov., Prep Orientation Day 2. 8.45-11.30am.
- Wednesday, Thursday 18, 19th Nov., Swimming, Wed - 18th November, depart SCSS 9:00am and return 11.30am. Thurs - 19th November, depart SCSS 12.00noon and return 2.30pm
- Thursday, 19th Nov., P&C Meeting, 3:15 in the classroom
- Heather Holmes on Long Service Leave

Week 8
Monday, 23rd Nov., Prep Orientation Day 2-3pm.
Wednesday, 25th Nov., SCSS Swimming Carnival

Have a wonderful weekend everyone.
Warmest regards
Terri-Anne
Student Attendance at School

The Education (General Provisions) Act 2006 (Qld) and The Education (General Provisions) Regulation 2006 (Qld) outline the school and parent responsibilities to ensure students attend school everyday. Regular non-attendances that are considered ‘unexplained’ will be followed up. In addition to allowing teachers/Principals to record absences that are explained, staff are now required to enter a new code that indicates whether the absence is not considered to be a ‘reasonable’ excuse.

Below are a couple of excerpts from the Educational Act that might be useful.

Reasons for student absence follow up

School identifies unexplained or unsatisfactory absences or patterns of absences for example:

- when a student is absent for three or more consecutive school days
- where there is a persistent pattern of unexplained absences or absences without reasonable excuses
- where a student’s attendance is reasonably considered unsatisfactory by the principal.

Unacceptable Reasons for student non-attendance

The following circumstances will be considered absences for which there is NOT a reasonable excuse given:

- Unexplained absence – When no explanation for a student absence has been offered to the school by the parent, or the student if they are living independently.
- Leisure activities – Undertaking a leisure activity such as shopping, visiting friends and relatives, or fishing, is not considered a reasonable excuse for an absence from school.
- Any other reason for absence – The principal should use their professional judgement in determining whether other reasons given by the parent, or the student if they are living independently, are reasonable explanations for a student’s absence. If the reason given is not a reasonable excuse, the principal should document the decision.
- In the case where families have circumstances that require your child to miss school, please come and discuss this with me. It may be the case where we can continue your child’s educational program away from the school campus.

Further Detail
Prep, years 1 and 2 dressed in their favourite Book Character. We joined other school at The Technology Centre where Mrs Wilma Proudlock read ‘Pete the Sheep’. School Captains Maxine Lovell and Akayla Brown join in the Parade.
Reminders and Notices

Southbrook School Dress Code

We encourage all students to wear our smart school uniform every day. Student dress codes provide clothing that aims to contribute to a safe and supportive teaching and learning environment through:

⇒ Easy identification of students;
⇒ Fostering a sense of belonging; and
⇒ Developing mutual respect among students by minimising visible evidence of economic and social differences.

Morning Arrival Times for School

A reminder that students should not be at school before 8.30am unless previously organised with your child’s teacher/school staff. For the safety of your children, please remember there is no supervision provided for students before 8.30am and before the buses arrive at school.

Every Day Counts

Every day at school is an important day for your child’s education.

If your child will be absent from school for more than 10 days, it is a requirement by law that parents contact the school to complete a Student Exemption form. If your child is unwell, there are many options to notify the school of absences:

• Telephone the school on 46910142 and speak to someone, or leave a message on the answering machine
• Speak to your student’s teacher
• Write a note to your student’s teacher
• Email: the.principal@soutcentss.eq.edu.au

Unexplained absences are then listed on students’ report cards.
Mrs Nestor's (K)nowledgeable Preps, Year 1's and Year 2’s

The term is definitely getting busier. Swimming started on Wednesday and will continue next week on Wednesday and Thursday. Please ensure that your children's clothes are named and in their bag as we will change before we go swimming. Thongs are allowed to be worn to swimming.

Last week we had another great Softball Carnival and Melbourne Cup day festivities.

We had a successful first Prep Orientation morning on Monday and we look forward to welcoming our 2016 Prep Students again next Monday morning Nov 16th. The final session will be in the afternoon of Nov 23rd. We also had a visit from the Firemen on Monday, who gave us their very important messages for fire safety. It is very important that the students know their address and phone numbers. We also got to explore the truck.

In class this week we tackled an assessment piece of braiding—a very interesting exercise for some! Great effort by Sophie and Caleb in Prep, Emma in Year 1 and Zane and Eric in year 2. We are also working on writing our Fractured Fairy Tales.

Cheers,
Jude, Lou and Maree.
Frozie Friday is back: 50 cents.

Mrs S

Citizenship. Year 3-4 continue to look closely at democratic decision making, rules and how they participate in their community through groups. They continue their assessments after each concept is introduced and explored. Year 5-6 focus has moved to rules and laws – the difference between the two, why we have these and how they influence people. The students will continue their assessment item next week.

Technology: Year 3-4 students have learned how to manipulate some of the desktop publishing features available in Microsoft Word. They are learning about text boxes, border colours and weight, inserting clip-art and filling in backgrounds. These few skills will assist as we progress to designing a certificate. Year 5’s have selected three favourite logos and are now in the process of developing three designs of their own by combining one element from each of the chosen logos in three different ways. Already, we are seeing some creative and interesting compositions. The tricky part about this task is that every element needs to have a meaning. The year 6 students continue to piece together memories of their primary school years into a short slideshow that will be presented on their Graduation night.

English: Year 5 students begin writing their comparisons of film and written novel. Already, they are beginning to see how different these two are when analysed closely. Year 5 students will soon begin working on their leader speeches in readiness for early 2016 Leadership positions.

Mrs S
The value for weeks 5 and 6, our value was **CONSIDERATION** - thinking about others. Helping and encouraging others. Our school value for weeks 7 and 8 is **COURAGE** - believe in yourself and have a go. Be positive. Be truthful. Make good choices. Ask for help. Knowing what is right and acting upon it.

### Southbrook Central’s 5C’s — Values

#### Consideration
- Thinking about others

#### Commitment
- Always doing my best

#### Courage
- Knowing what is right and acting upon it

#### Care
- Looking after:
  - Ourselves
  - Our school
  - Our community

#### Courtesy
- Using manners in all situations

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Below are the processes around our PBL reward system at Southbrook Central:

- We have fortnightly focus on one of the 5 values throughout each term.
- Coloured Pentagon tokens are given anytime, anywhere to acknowledge any good efforts/behaviours that demonstrate any of the 5 school values. Eg. Student continues reading over holidays and records this in reading diary, the teacher would reward that student with a “Commitment” pentagon for demonstrating commitment to learning.
- The focus value for the fortnight will attract double rewards of that particular token.
- Students collect all pentagon tokens and save these to trade for vouchers sold at the V-Shop.
- Vouchers range from 25, 50, 75, 100, 150, 200, 250 pentagon tokens thus allowing regular reward for students who need this and also allow students to ‘save’ for a more significant voucher reward.
- Participation in end of term Golden Pentagon Celebration day — Students participate upon receiving an invitation. Students excluded from receiving an invitation will have behaviour records in One School for that term. These records are produced through our current behaviour slips/data collection methods which are aligned to our Behaviour matrix consequences. Criteria for which students are excluded from the Golden Pentagon day will be - three or more minor behaviour breaches or one major behaviour breach. This will result in that student not receiving their invitation to attend the golden pentagon reward day and instead, work on goals for next term.
- 3-6 Classroom daily point systems will result in the reward of a pentagon every time students reach 5 points. Pentagons are given at the end of the day. Classroom Jobs in the 3-6 class are categorised under the school values and will be paid in pentagons at the end of the week.
- Student of the week’ rewards continue to be selected by the teacher and will result in a pentagon token reward as well as a certificate during assembly.
- Reading awards will attract a Commitment pentagon every time a student reaches the milestones outlined in their reading diaries. Number fact and spelling post test results will result in a pentagon reward when achieving set target scores.
More Items of Interest and Reminders

**Uniform Shop Information**
Pre-ordered uniforms are ready and are available to be picked up from the uniform shop. If the normal uniform shop day of Tuesday does not suit for pick up, please contact Kirsty Brown on her mobile number to arrange alternative times. Cheers, Kirsty.
0448170049

**Help Needed—TUCKSHOP**
We are still needing volunteers to help on Thursday during the day. If you can help, please call Amy 0400910252 or Kerrie 0409055679.
Homebaking is also needed and appreciated from anyone who may be able to assist with that, please let the ladies know.
Thanks again for the support.

**Swimming Date Reminders**
- Week 7 – 18th November. Depart SCSS 9:00am and return 11.30am
- Week 7 - 19th November. Depart SCSS 12:00noon and return 2.30pm
- SCSS School Swimming Carnival is Wednesday 25th November – leave 10.00am return 2pm (school will transport children to and from pool)
- Rossvale Swimming Carnival will be held on Wednesday 2nd December – parents transport qualifying children to and from the pool.

It is very helpful if the money is safely sent to the school in an envelope stapled to the accompanying permission form. This allows the teachers to send the money, undisturbed to the office, and easily separate the permission form, which is the part that teachers need.

**Transition activities for Preps and Year 2**
This year we build on previous transition activities undertaken in term 4. Preps will have an increased orientation program into the P-2 classroom on the following days and times.
- Week 6 – Monday 16th November, 8.45-11.30am
- Week 7 – Monday 23rd, November, 2.00-3.00pm

**Get your family active and eating well**
Families in Toowoomba can now sign up the free healthy lifestyle program called PEACH™ - Parenting, Eating and Activity for Child Health. Registrations are open for a new group to commence in term 4, 2015.
The program is fun for kids and helps parents and carers make healthy eating and activity a part of every-day life. It is available to families with a child aged between 5-11 years who is above a healthy weight for their age and consists of 10 group sessions that run for 90 minutes each.
Topics covered include nutrition skills, reducing screen time and being more active as a family. While the parent sessions are taking place, children enjoy active play with a trained child physical activity facilitator.
What: PEACH (Parenting, Eating and Activity for Child Health) program
When: Term 4, Tues 4-5.30pm (weekly)
Where: St Mary’s College
Cost: FREE
The program is funded by the Queensland government and being delivered state-wide by the Queensland University of Technology. If you would like more information about the PEACH™ program or to register please contact free call 1800 263 519 or visit www.peachqld.com.au
Student of the week—Term 4

Week 5–3rd November
Students of the Week!

Week 6–10th November
Students of the Week!

Reagan Collin, Darius Gordon and Jessie Friedrichs received their Mathletics Certificates on Parade. CONGRATULATIONS !!!!

WELL DONE !! Darius Gordon, Reagan Collin and Maxine Lovell received their Home Reading Certificates on Parade.

Tuckshop Volunteers Recognition Day
School Captains Maxine Lovell and Akayla Brown on behalf of the Staff and Students, presented a gift and certificate to Mrs Sonya Gordon and Mrs Kerrie Train who accepted on behalf of the Tuckshop Volunteers.

A BIG THANK YOU FOR ALL YOUR HARD WORK !!!

Southbrook 2 Softball Team
Eric Lovell, Darius Gordon, Zane Friedrichs, Xavier Gordon, Destiny Lightfoot, Jessie Friedrichs, Alice Train. Great Sportsmanship was shown on the day. WELL DONE !!!

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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 you through a challenging situation. Positive self-talk examples include:

“Stuff happens, I can cope”
“It’s no big deal”
“I’ve put up with worse than this”
“I may want it but I don’t need it”

Help children develop age-appropriate self-talk scripts for a variety of common situations they meet so they can avoid an escalation of their emotions. Then encourage them to change the monkey-brain tape in their heads when they catch themselves saying negative, catastrophic or down-right regretful things.