FROM THE PRINCIPAL
We are well underway with our units for all curriculum areas. The enthusiasm of the students is great and we are all impressed at the amount of knowledge retained over the holidays.

Mrs Bambrick (Learning Support) replaces Mrs O’Sullivan. Mrs Bambrick visited on Tuesday to familiarise herself with the students. She will be working with them on Reading Levels, Running records and testing.

Due to the minor flooding of the school grounds, QBuild has been working to clean the tennis courts, replace the sand in the playgrounds, clean up woodchip which was washed away and fix up along the fence line. Fortunately there was very little damage – only the sand and woodchip will need to be replaced, which is being done by QBuild.

Judy Angel

SWIMMING
Swimming commences tomorrow. Please ensure that your children arrive at school in their uniform on swimming days with their swimming gear in a bag. Girls are required to wear a swimming cap. All students must wear a sun safe shirt.

TENNIS
Tennis lessons started today. Parent contribution will remain at $7.00 per lesson, with the school paying the remainder. This term the total parent cost will be $56 per student. Options are to pay in full or week by week.

HOMEWORK
Homework has been given out this week in a different format. A covering note has been included in your child/ren’s homework folder explaining the different aspects of the homework grid.

STUDENT OF THE WEEK/PARADE
Student of the week will start this week and there will be Parade on Friday.

STRATEGIES FOR PARENTS – CHILDREN AFFECTED BY NATURAL DISASTERS
Maintain children’s normal routines
In childhood, routines are very containing and give a very strong message that life is going on.
If a child has lost his/her house, is living somewhere strange, is going to a different school, re-establishing family routines is extremely comforting.

Children need to see Adults coping effectively and positively
Parents need to look at their own reactions.
In the eyes of a primary aged child, the most important and competent people in the world are parents. If parents are very distressed, we need to find some way to allow, express and work through these feelings – in a way that the children don’t see distress all the time.

Safely talk about the trauma
Talking about the trauma in a contained fashion decreases the likelihood of re-experiencing the trauma in such forms as nightmares, drawing endless disaster pictures (as little children do), or endless talk about disasters (as older children do).
But, parents need to be able to talk about it. So again parents have to look at and manage their own levels of distress.

Tips for talking about the natural disaster
1. Stick to the facts
2. Be very matter of fact
3. Reinforce the fact that this disaster will end
4. Give good facts – such as the Australian giving response, and all the volunteers who have done such a magnificent job, doing the best that they could.

Tips for watching television
Of all the times when there should be active family participation in television viewing – trauma is the time. Do not allow children to watch extensive news coverage of the disaster. If a child is watching natural disaster footage, sit with the child. When the child becomes stressed, either engage and talk about it, or say “that’s enough for today”. Endless distressing images about things children care about (animals and other children) is very traumatising if not modified by parents.

BOOK CLUB
Please have orders and payment returned by Friday 15 February.

COMMUNITY NOTICES
Warra Markets will be held this Saturday 9 February from 8am to 12 noon at the Warra Memorial Hall.

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs 7 Feb</td>
<td>Swimming</td>
</tr>
<tr>
<td>Thurs 14 Feb</td>
<td>Swimming</td>
</tr>
<tr>
<td>Mon 18 Feb</td>
<td>P&amp;C Meeting</td>
</tr>
<tr>
<td>Thurs 21 Feb</td>
<td>Swimming</td>
</tr>
<tr>
<td>Thurs 28 Feb</td>
<td>Swimming</td>
</tr>
<tr>
<td>Thurs 28, Fri 1 Mar</td>
<td>Principal’s Conference</td>
</tr>
<tr>
<td>Thurs 7 Mar</td>
<td>Swimming</td>
</tr>
<tr>
<td>Thurs 28 Mar</td>
<td>End Term 1</td>
</tr>
</tbody>
</table>