FROM THE PRINCIPAL

I sent home a questionnaire last week, relating to our Quadrennial School Review. Please take the time to honestly complete this and hand back to the office by tomorrow. Thanks.

On Friday last week we had the first session of Rugby League. Brennan Brown was here to take the students through some activities to build their skills.

Also on Friday was the first swimming lesson for this term. Some students showed excellent progress with their confidence and strokes in the water.

SCHOOL PRIORITIES:

1. Improve Reading
2. Improve Writing
3. More students in U2Bs
4. Increase Attendance (>96%)

On Tuesday this week, we visited Burra Burri State School for shared activities and a Musica Viva presentation. During the following weeks, assessment will be ongoing for students (curriculum and diagnostic). It is very important that all students attend school every day to ensure these tasks are completed. It is very hard to catch up on assessment when it is missed as this then takes time away from other learning.

Regards

Judy Angel

STUDENT OF THE WEEK

Student of the Week has been awarded to Jessika Wright.

Our school rule awards are:
- Respect – Ashley Poulsen.
- Being Safe – Jessica Poulsen.
Andrew, Jessica and Jessika also received awards from Mathletics.

P&C MEETING
The next meeting will be held on Monday, 14 Nov at 6.00pm.

TENNIS
Any outstanding debts for Tennis need to be paid as soon as possible.
We can offer a payment plan for those who are finding it difficult to pay. Due to the amount of bad debts, it is a possibility that tennis may not be offered next year.
For this term, Tennis will be at 11.00am - 12.00pm. (Same as Term 2) This means that morning tea will be earlier (10.40 - 11.00am)
Tennis is for 8 weeks this term - due to the camp and swimming carnival. (8 x $7 per child = $56 per child for the term).

SCHOOL BANKING
School banking is again on Tuesdays this year. Please ensure the bank books are at the school on this day.

PREP ENROLMENTS
Warra State School is now taking enrolments for Prep 2017. If your child turns 5 by June 30th, 2017, they are eligible to commence Prep next year.
If your child is born between 1st July 2011 and 30th June 2012, please drop into our office to collect an enrolment pack. Also, please contact the school for an interview time. Enrolment forms need to be completed and given to the school plus the interview needs to be conducted BEFORE your child can commence Prep.

ATTENDANCE
Let’s work on attendance this term. The target for attendance in our school priorities as mentioned above, is > 96% (greater than 96%). Unfortunately due to sickness, our attendance rate is at 91% at the moment.

EVERY DAY COUNTS
Parents are reminded of the importance of sending children to school every day. Being at school every day counts, with one day absent each week quickly adding up to two months of missed lessons in a year.
Unless your child is ill, it is expected that your child will be at school learning every day of the school year.

More information on the importance of regular school attendance is available at http://education.qld.gov.au/everydaycounts/index.html

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>27 Oct</td>
<td>Russell Simpson visit</td>
</tr>
<tr>
<td>28 Oct</td>
<td>Swimming</td>
</tr>
<tr>
<td>4 Nov</td>
<td>Swimming</td>
</tr>
<tr>
<td>10 Nov</td>
<td>Cluster meeting - Chinchilla SHS</td>
</tr>
<tr>
<td>11 Nov</td>
<td>Remembrance Day</td>
</tr>
<tr>
<td>17 Nov</td>
<td>Swimming</td>
</tr>
<tr>
<td>18 Nov</td>
<td>Band 5 meeting - Dalby</td>
</tr>
<tr>
<td>30 Nov</td>
<td>Swimming - last lesson</td>
</tr>
<tr>
<td>5 Dec</td>
<td>Small Schools Swimming Carnival</td>
</tr>
<tr>
<td>8 Dec</td>
<td>Reports out</td>
</tr>
<tr>
<td>9 Dec</td>
<td>Concert</td>
</tr>
<tr>
<td>23 Jan 2017</td>
<td>Last Day of School 2016</td>
</tr>
<tr>
<td>26 Jan 2017</td>
<td>First Day of School 2017</td>
</tr>
<tr>
<td>23 Jan 2017</td>
<td>Australia Day</td>
</tr>
</tbody>
</table>
BFF FOREVER: WHEN FRIENDSHIPS GO SOUR

By Jenny Brockis

Emotional intelligence remains a work in progress throughout our lives. Dr Jenny Brockis offers parents tips to help children deal with emotional pain.

Tips to help your child deal with emotional pain

Allow them to grieve
Pain hurts and that's normal. Social pain hurts as much as physical pain because they share common neural pathways. Share with your child that you're sorry they are hurting to help them learn that emotions are normal, and that it's normal too to feel that their whole world has temporarily turned upside down.

Encourage them to step away from the situation
When up close it can get very personal. Encourage your child to look at the situation from the other person's perspective to ease their pain; even though they may not fully understand why the other person acted in the way they did or said those horrid things. This helps them to reframe what happened, elevates empathy and builds resilience to future hurts. What doesn't work is returning fire with fire or blocking communication routes. A nasty comment on Facebook is best not responded to. However, telling your child to not use social media or to ban access to Facebook or their phone isolates them further and means they can't reach out to their other friends for support.

Offer time and an open ear
Sometimes what helps the most is to just be there. Offering support so they know you care with a kiss or a cuddle and encouragement to do some 'normal' things is what counts, as well as being available to just listen when required. It's about understanding, not interrogation. They don't necessarily want our advice!

Move forward with respect and dignity
A great friendship is a thing of joy, but many will wax and wane for a variety of reasons. Helping your child to celebrate what makes them feel good about any relationship leads to greater acceptance and tolerance of difference.

Emotional intelligence remains a work in progress throughout our lives. It's something that can always be built on and added to. Helping our children develop their EQ equips them to know they will survive when a relationship goes pear shaped, and increase resilience to life's knocks. This has to be one of the greatest gifts as parents we can give to our kids.

Dr Jenny Brockis is the Brain Fitness Doctor, author of Future Brain: The 12 Keys to Create Your High-Performance Brain and mother to two young adults.