



SCHOOL TALK

A WEEKLY NEWSLETTER FROM THE PRINCIPAL, FLAGSTONECREEKSTATESCHOOL

Website www.flagcress.eq.edu.au

Tuesday, 6 October, 2015

Welcome

Welcome back to what I'm sure will be a busy Term 4.

P&C Meeting

The next P&C Meeting will be held at 7.00pm on Wednesday, 21 October. All welcome!

New Pre-Prep Group Every Wednesday

Children who will begin Prep at Flagstone Creek State School in 2016 and their parents are invited to join a new **Pre-Prep Group** that will meet from 9.00am to 11.00am each Wednesday during Term 4. Jenni Barkhuizen, a Flagstone Creek parent and early childhood teacher, has kindly offered to lead the group.

The children will be involved in a variety of activities from 9.00am to 10.30am, then join the whole school for the morning tea break from 10.30am to 11.00am. If you are able to attend, please bring morning tea. Tea and coffee will be provided.

Free Athletics Coaching

Athletics Coaching with Lauren Murry, for students in Years 3 to 6, will continue on Monday mornings this Term. The first session will be next Monday, **12 October** (Week 2), at 8.00am. **All students in Years 3 – 6 are encouraged to attend. There is no cost to families for this activity.**

Free Hip Hop Dance

Hip Hop Dance Classes with Caitlin Baxter for students in Prep to Year 3 will continue on Monday mornings this Term. The first session will be **next Monday, 12 October** (Week 2), at 8.00am. **There is no cost to families for this activity.**

Instrumental Music Tomorrow

Instrumental Music Lessons for Term 4 will commence **tomorrow**, Wednesday, 7 October (Week 1) as follows. Cost is \$8.00 per lesson. If you wish to be involved, please send your child/children along at the times indicated below.

Instrumental Music Term 4 - Wednesday	
Mrs C Martin	Miss P Slager
8.00am Woodwind/Brass	8.00am Percussion
8.30am Guitar	8.30am Keyboard

Swimming – Gatton Pool



Swimming lessons will begin at the Gatton Pool on Tuesday, 20 October (Week 3) and continue for five weeks.

The school has received a Sport School grant which will cover the cost of transport, pool entry and two coaches for this Term. The school bus will be used for transport and a car, driven by a staff member, will also be used if necessary.

A record of lessons attended will be kept by each teacher. Children need to bring togs, sun shirt/ T-shirt, bathing cap, towel and 30+ sunscreen.

If your child is not able to swim due to a medical condition or other reason, please write a short note to the teacher concerned. Please return the *Permission Form* below by next Wednesday, 14 October.

Student Free Day – 19 October

Please note that Monday, 19 October (Term 4, Week 3) is a Student Free Day in all state school. Our teachers and teacher aides will attend a whole day of professional development in Gatton on this day.

Welcome, Debra Da Silva

Today we welcome Pre-Service Teacher, Mrs Debra Da Silva, who begins a four week placement with Melissa Scanlan and the Prep - Year 2 class.

Parenting Tips By Michael Grose

From today, each weekly Newsletter will feature *Parenting Tips by Michael Grose*. Michael is the author of eight parenting books. His parenting articles appear in newspapers and magazines across Australia and he appears regularly on Channel 10's *The Circle*. Michael's Parenting Ideas website can be found at

<http://www.parentingideas.com.au/Home>

The tips are provided to our school by Pamela Sippel, Guidance Officer, DDSW Region. I trust you find them interesting and helpful.

EMOTIONALLY INTELLIGENT PARENTS

By Michael Grose

Emotionally intelligent parents don't dismiss children's behaviour and let them do as they please. There are times when they should focus on a child's behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate. However, there are times when smart parents need to look beyond the obvious behaviours to get a good understanding of what is

happening to their child, and to help a child better understand and manage their emotions.

So what does an emotionally intelligent parent look like? And importantly what is the impact on kids, parents and families of this approach?

Emotionally intelligent parents have the following attributes in common.

They will usually:

Listen more and judge less

There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice. **Impact:** Better, more open relationships.

Accept strong emotions

Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and, at times, to you. Ten minutes after their tirade they can be cuddling up to the person who was the butt of their anger, frustration or anxiety. Emotionally intelligent parents know that feelings need to be expressed rather than bottled up, and allowed to fester. They also believe there is nothing so bad, as a child can't give a voice to in a family, however there are behaviours that are not acceptable. **Impact:** A healthy expression of emotions.

Focus on the present

Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That's part of everyday life. Children generally focus on the here and now. That of course can be frustration to a task-orientated future-focused mother or father. However, when we lower our gaze we are more likely to pick up how kids are feeling, and importantly help them understand and manage their moods and emotions. **Impact:** Happier families and less stress felt at home.

Use rules rather than their moods to determine discipline

Some parents discipline according to their moods. If they feel good then they give children plenty of lenience. If they feel bad then they pick their kids up on every little thing. It's better to stick to the family and house rules; that makes you more predictable, which kids really crave. **Impact:** More consistent parenting.

Develop a language around feelings

A family develops a vocabulary around things that are important to them, such as a chosen sport for example. The same holds for emotional intelligence. Families that truly value building emotional smarts will develop in kids a rich palette of words that will help them describe how they feel which will inevitably stay with them for the rest of their life.

Impact: Better relationships later in life at work and in their own families.

At a time when anger and anxiety has never been so high in families, there is a massive need for a parenting approach that includes emotional intelligence. Many parents struggle in the area of helping children understand and manage their emotions because we're never had any training in it. We didn't learn it from our parents, and

more than likely haven't learned it at work. Emotional intelligent parenting can be learned.

Recycling Batteries and Cans

The P&C collects aluminium cans and car/truck batteries for recycling as a fund raiser. Please leave cans and batteries in the space provided near the front gate of the school.

Race Day Flyer

Our school Race Day is now just 6 weeks away - Saturday, 21 November. Please use the flyer below to invite family, friends and work colleagues to the Clifford Park Raceway. Tickets are now on sale at the school office. \$70 per person or \$65 per person for a table of 10 or more.

DATES TO REMEMBER



Wednesday	7 October	Instrumental Music Lessons 8.00am/8.30am
Wednesday	7 October	New Pre-Prep Group – 9.00am to 11.00am
Monday	19 October	Student Free Day
Tuesday	20 October	Swimming Lessons Begin
Thursday	29 October	Tuckshop Day
Saturday	21 November	P&C Race Day
Thursday	26 November	Caffey Small Schools Swimming Carnival
Thursday	3 December	Tuckshop Day
Wednesday	9 December	Break-Up BBQ and Concert
Friday	11 December	Break-Up Day



SWIMMING PERMISSION FORM

I give permission for my child/children, _____ , _____ ,
_____, to take part in Swimming Lessons at the Gatton Pool during Term 4,
2015. Students will travel by bus or a car driven by a school staff member. I acknowledge that the
Department of Education, Training and the Arts does not have Personal Accident Insurance cover
for students.

Please return by Wednesday, 14 October.

Signature: _____