



WELLERS HILL STATE SCHOOL

Strive to Succeed



Queensland Government

WHAT'S ON AT WELLERS

Pupil Free Day – Monday 19th October

Office Closed Monday 19th due to Professional Development

Principal: Mr John Webster

Deputy Principal: Mr Jack White

Deputy Principal: Mrs Louise Hart

School Captains: Darcy Helmore, Elsie O'Brien

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Wednesday 14 October, 2015

FROM THE PRINCIPAL



Dear Parents and Community Members

Welcome back to Wellers Hill State School for Term 4. This is a busy term with graduations, music evenings and competitions, and a variety of other activities. I spoke to the students last Friday and reminded them that they must focus on learning until the final week of school. Your support in relation to this would be greatly appreciated.

Sue and I enjoyed our long service leave in Japan prior to the completion of Term 3. I would like to thank Mrs Louise Hart for acting as principal in my absence.

Have a great week.

Kind regards

John

Self-Determined Review

In the final weeks of Term 3, the school participated in a whole school review conducted by the Queensland Educational Leadership Institute, (QELi). I will be presenting the completed report from the review to the P & C Association and the School Council this month and will then publish the report on the school web site. There is a requirement from the department to publish the Executive Summary on the web page, however I believe that for the school to be fully transparent in our improvement journey the entire report should be published.

Prep Information Morning

On Wednesday 14 October the 2016 Prep Information Morning was held. Over one hundred children and parents attended the session. We are extremely pleased to share information with our new and returning parents. Thank you to the 2015 prep parents who provided morning tea for the 2016 parents. I would also like to thank all of the parents who assisted with the school tours. Your help was invaluable in making the day a success.

The Senior Strings provided entertainment for parents prior to the commencement of the Prep Information Morning. Thank you to their teacher Mrs Josie Price and the students, the music was beautiful and the performance was highly professional.

Staffing and Class Lists for 2016

Staffing and classroom allocations for 2016 are currently being organised by the admin team. Parents should be informed of their child's placement for 2016 in the week commencing Monday 30 November.

Student Free Day

Monday 19 October is a Student Free Day. All staff will be involved in professional development activities at school on the 19th. Due to the necessity for all staff to participate in the professional development the school office will be closed for the day.

FROM THE P&C PRESIDENT

Final two P & C meeting for 2015

Please note the dates and times for the final two P & C meeting for 2015. On Wednesday 28 October the meeting will start at 7.30pm (note later start time) due to earlier performances at Music Fest. The November meeting has been changed to Tuesday 24 October at 7pm as the WHSS Music Night is scheduled for Wednesday 25 October. As a number of Year 6 parents will be leaving at the end of the year it would be good to see some new faces and have more volunteers in 2016.

Woolies Earn & Learn

Thanks to Pauline Tanzer who co-ordinated the 'Woolies Earn & Learn program'. All of the stickers have been counted (a total of 36720!!) and the orders for resources is being finalised.

World Teachers' Day Friday 30th October – Special morning tea for staff

World Teachers' Day acknowledges the efforts of teachers in an increasingly complex, multicultural and technological society. It is a day where students, parents and community members can demonstrate their appreciation for the contributions that teachers have made to their community. The teachers at Weller's Hill State School share their knowledge, give our children special care and attention and inspire them to learn. Not only during the school day but many hours are spent marking homework, preparing lessons, going on camps and excursion. On Friday 30th October please say a special thanks to your class teacher – we do appreciate the time and effort they give to educating our children! The P & C are hosting a special morning tea. Please bring a small plate of food and deliver it to the staffroom on Friday morning.

Art Show

As you know the children at WHSS have the benefit of a wonderful and talented specialist Art Teacher, Mrs Carolyn Peisker. Next year is the biennial WHSS Art Show. The tile mural near the entrance of the school was unveiled at the Art Show in 2014. The 2016 Art Show will be held during the winter months at a date to be finalised. Not only is the art work of our kids on display but also local artists may showcase their work. As there are lots of details to plan so that it all comes together just as 'Harmonies' did this year. We need an Art Show committee willing to take over the organisation of this event. There are many roles to fill and we do need someone to take charge and run this event. Does this sound like something you could do? Would you just like to volunteer to do a job? I would love to hear from you. We need to form a committee now so that they can meet regularly and work together to ensure the smooth running of this exciting event. Please think about how you could contribute and send me an email. I am happy to hear any ideas and suggestions but most importantly someone or a few people to take over running the Art Show. Maybe you haven't done anything like this before and don't know where to start. Why not get a couple of friends and volunteer – there is information and support to assist you.

The 2015 WHSS Spell-a-thon is starting!!!

This is a significant fundraising event for our school. Spell-a-thon sponsorship forms and word list are being issued to all children. Each year level has a different coloured sponsorship form. There will be a pizza party for the class with the highest percentage of returned spell-a-thon sponsorship forms. All children who return their spell-a-thon form will go into a draw for a

Toyworld voucher. There will also be Toyworld vouchers for the highest fundraiser in each year level. Thanks to Kathy Bird and Esperanza Martinez for co-ordinating the spellathon.

Regards
Narelle Cooley narelle@cooleyfamily.com.au

DATE CLAIMERS and DUE DATES FOR PAYMENTS

Year Level	Event	Due Date	Amount
Whole School	PUPIL FREE DAY ON MONDAY 19 TH OCT		
One	Drum Workshop	20 October	\$8
Two	12 th Night Theatre	12 November	\$20
Three	Underwater Work	13 November	\$36
Whole School	Life Education	6 November	\$10
Six	Wet and Wild	27 November	\$32
Prep	Christmas Show	27 November	\$8

Letters for the above activities will come out shortly.

Payments must be deposited in the payment box located in the office. Do not give payments to Class Teachers.

Multiple excursions/activities can be paid with one cheque or EFTPOS transaction (located at office). Cash is also acceptable.

On each excursion letter will be a [DUE DATE](#) for payment. **No monies will be accepted after the due date.** Therefore, unfortunately, students will not be able to attend the excursion/activity.

CAPTAINS' CORNER



We hope everyone had a great two weeks away from school and is looking forward to the student free day on the 19th of October. MusicFest will be taking place on Saturday October the 24th for Senior Strings and The Senior Band will perform on Monday the 26th. The Choirs will be performing on Sunday the 1st of November.

Darcy Helmore and Elsie O'Brien
Year 6 School Captains

Sports Dates for Term Four

Prep Swimming Fun Day – Friday 20th November (wk 7) – 9-11am

Years 1-3 Swimming Carnival – Tuesday 1st December (wk 9) – 9-11am

Years 4-6 Super Sprints – TBC (wk 10 likely)

9-12 Years Age Championships Twilight Carnival (District Qualifiers) – Monday 23rd November (wk 8) – 6-7:30pm

Sports Awards - TBC

Swimming in Term Four

PE lessons move back into the pool in week one of term four so here are a few reminders of how swimming lessons work and what you need to be prepared. Students must have swimmers, sun shirt, cap, towel and a bag to put it all in. Goggles are recommended as well as they will prevent sore eyes and help you swim in a straight line. All of this gear must be named and it is advisable to wear sunscreen on the day of your lesson. Lessons for all grades will start in week one except for Preps who will start in week two.

For parents: find out what day and time your child's swimming lesson is on to see if you can help out on the day and most importantly remind them to pack their swimmers for that day. For prep classes it would be ideal to have four parents in the water and a couple out of the pool. I prefer with grades 1-3 that there are a minimum of three parents at a lesson with at least two being in the water to assist. With the upper school one-two parents on the pool deck is sufficient. I understand that parents are extremely busy but even if you make it to one lesson in a term I am sure your child will appreciate that you went to watch them swim and it will help share the load around the rest of the parent group.

This term all students from P-6 will be taking part in a Swim and Survive Program. Students will get the opportunity to achieve different levels based on their ability. They will learn about safety in various water environments, how to rescue and be rescued and swimming techniques. It is important that students make an effort to be swimming at every lesson as it is a short and busy term and new skills are learnt every week. Remember to bring your swimmers and even if you aren't feeling 100% to at least try to get in the pool and swim because you will feel much better for giving it a go. Students are reminded that three "no swims" without a valid reason may result in an RT visit.

Met East Aquathlon/Triathlon Trials

If you are interested in trialling for the Met East Aquathlon (run/swim/run) and are turning 11 or 12 in 2016 please see Mr Munro for more information. If you are turning 13 in 2016 you can try out for the Triathlon (swim/bike/run) team.

Sports Support Group

The Sports Support Group is a P&C sub-committee which aims to improve the PE and Sports programs within the school through fundraising and support of major sporting events. Their main fundraisers are the school discos. This year the SSG faces an exodus of some of main organisers of the group due to their children moving on from Wellers Hill into high school. If any parents are interested in joining the group then please contact outgoing President Leanne Cleary on leanne@clearymail.com. This group meets once per term and is extremely efficient. It will not steal too much of your time! Parents of students in any grade are encouraged to join.

Touch Football

The venue for touch football is Sunnybank SHS this week - Gager St, Sunnybank.

Rec Sport - Term 4

Rec Sport Rotations for tomorrow and next week have changed slightly. The table below outlines all changes.

TEACHER/GROUP	9/10	16/10	23/10	30/10	6/11
Mrs Luterall (1)	Pool	Pool	Dancing	Basketball	Mini Tennis
Mrs Kirkman (2)	Pool	Mini Tennis	Pool	Dancing	Basketball
Mrs Woodland (3)	Mini Tennis	Basketball	Pool	Pool	Dancing
Mrs Edwards (4)	Basketball	Pool	Mini Tennis	Pool	Pool
Ms Ilett (5)	Dancing	Silat	Basketball	Mini Tennis	Pool

Sports Support Group

The final meeting for the Sports Support Group for 2015:

Monday 19th October, 7pm in the school library.

SPELL-A-THON

The 2015 Spell-a-thon for Wellers Hill will begin next week!

Each year the Spell-a-thon raises a significant amount of money for the P&C so it is an important fundraiser for the school. It is also a fantastic fundraising event that every child in the school can be involved in.

The Spell-a-thon word lists and sponsorship forms will be handed out in class **this** week with testing taking place **in** week **6**. All the money collected will need to be handed into the office by Monday 23rd November which will finalise the Spell-a-thon.

The lucky class that raises the most money will be thrown a Pizza Party! Also all children who return their spell-a-thon form will go into the draw for a Toyworld voucher. There will also be Toyworld vouchers for the highest fundraiser in each year level.

So please get behind the children and encourage them to learn their words so they are ready for the Spell-a-thon.

If you have any questions please email Kath Bird at kathandsteve2@optusnet.com.au

EMERGENCY CONTACTS



Please ensure the school has up-to-date information regarding emergency contacts so that you can be contacted promptly if required.

General

Music Fest Dates:

The Music Fest Competition is fast approaching, and your child plays a very important part! For some, it will be the first competition in their primary music career, for some, their last. At whatever stage, it is a rewarding opportunity for your child to showcase their skill, talent, hard work over the school year, and above all, teamwork.

With this in mind, your efforts in making yourself/your child available on the day and time of the competition will be greatly appreciated by every member of the music program, as a good ensemble relies on a delicate blend of parts for best results. Your child is important!

Please make sure your child is in full performance uniform (see table below). Students will need get their own transport to and from the performance.

Choirs:

Where: Iona College Performing Arts Centre, 85 North Road Wynnum West

When: Sunday 1st November

Junior Choir: Arrive at 12.30pm

Perform at 1.30pm

Senior Choir: Arrive at 1.35pm

Perform at 2.35pm

Vocal Group: Arrive at 2.15pm

Perform at 3.15pm

Senior Strings:

Where: Iona College Performing Arts Centre, 85 North Road Wynnum West

When: Saturday 24th October

Arrive 4.16pm

Perform 5.16pm

Senior Band:

Where Calamvale Community College

When Monday 26th October

Arrive 7.45pm, perform 8.45pm

Junior Band:

Where Calamvale Community College

When Wednesday 28th October

Arrive 5.20pm

Perform 6.20pm

Music Fest Entry Costs

\$10.00 Adults (single day entry only)

\$5.00 Concession (single day entry only)

\$20.00 Family single day entry (2 Adults 2 Children)

\$35.00 Family Pass Unlimited Entry (2 Adults 2 Children)

\$20.00 Adult Unlimited Entry Pass

2013 PERFORMANCE UNIFORMS		White music shirt	Black trousers	Black shoes & socks	Blue hair ribbon	Girls/ boys tie	Cummerbund	Blazer
Beginner & Junior Strings	Girls	X	X	X	X			
	Boys	X	X	X		X		
Junior Band	Girls	X	X	X	X			
	Boys	X	X	X		X		
Junior Choir	Girls	X	X	X	X			
	Boys	X	X	X		X	X	
Senior Choir	Girls	X	X	X	X	X		
	Boys	X	X	X		X	X	
Vocal Group	Girls	X	X	X	X	X		X
	Boys	X	X	X		X	X	X
Chamber Strings, Senior Strings, Senior Band	Girls	X	X	X	X	X		X
	Boys	X	X	X		X		X

Happy Music Making,
Mrs Kristensen, Mrs Price and Mr Bell

NUDE FOOD DAY™



Nude Food Day is a nationwide initiative developed to encourage kids and parents to eat well and live well, and eliminate all unnecessary packaging and wrapping that goes into schools. On Tuesday the 27th of October Wellers Hill will be holding our annual Nude Food Day; we are encouraging all students to bring fresh, healthy, rubbish free lunches to school in support of Nude Food Day. Nude Food Day creates a globally recognised day in which we can all come together and show our support towards healthy eating and waste reduction. Class teachers will check lunch boxes and give students with a Nude Food lunch a raffle ticket that they can put into the draw to win great prizes. There will be a prize for prep-3 and 4-6.

Thank-you
The Sustainability committee



KIDS MATTER

Kidsmatter provides schools and families with a range of information to help them support children's mental health and wellbeing.

To assist in supporting children's mental health and wellbeing, each month a Kidsmatter topic will be included in the school newsletter. The practical information, tips and strategies provided may be beneficial in supporting children in the home environment. This will also be supported through school staff implementing support strategies in the school environment, as needed.

This month the focus topic will be: **Emotional Development**

https://www.kidsmatter.edu.au/sites/default/files/public/KMP_C3_CDUE_EmotionalDevelopment_SuggestionsForFamilies.pdf



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Emotional development: Suggestions for families

Understanding and managing feelings

Children's abilities for recognising, understanding and managing their emotions are influenced by the ways the adults who care for them acknowledge and respond to their feelings. When children learn to manage their emotions they are also better able to manage their behaviour. Parents, carers and school staff can provide important support and guidance for children's emotional development.

Helpful ways of supporting children's emotional development

Listen and validate the child's emotional experience
Listen to what children say and acknowledge their feelings. This helps children to identify emotions and understand how they work. Being supported in the way kids children work out how to manage their emotions. You might say, "You look worried. Is something on your mind?" or "It sounds like you're really angry. Let's talk about it."

View emotions as an opportunity for connecting and teaching
Children's emotional reactions provide 'teachable moments' for helping them understand emotions and learn effective ways to manage them. You might say, "I can see you're really frustrated about having to wait for what you want. Why don't we read a story while we're waiting?"

Encourage problem-solving to manage emotions
Help children develop their skills for managing emotions by helping them think of different ways they could respond. You might say, "What would help you feel better?" or "How else could you look at this?"

Set limits in a supportive way
Set limits on inappropriate behaviour so that children understand that having feelings is okay, but acting inappropriately is not. You might say, "I know you're upset that your friend said that, but that does not make it okay to yell at me."

Some unhelpful things to avoid

Dismissing children's emotions
Telling children not to feel the way they do (eg. "be happy, don't be sad/sleepy") can encourage them to believe that their emotions are wrong and they are not to have them. Remind them that all feelings are okay and for children to learn how to manage them they will need to be well understood and understood.

Lying to children about situations to avoid emotional reactions
Being dishonest (eg. lie, "I won't hurt a rat, have you know it will run away") can cause to increase the emotional reaction. If children then find the person who has lied, it is important to communicate with children about difficult situations that affect them in ways they can understand. Providing information in a child's level with reassurance helps them be prepared and able to learn to manage their emotional responses.

Shaming children for their emotions
Sometimes adults make children about their emotional responses or try to take them out of feeling a certain way, which can lead to feelings of shame. Saying things like "Why are you crying like a baby?" or "You're such a scardy cat" undermines children's confidence. Instead of helping them to feel better it may lead them to feel guilty for experiencing that emotion.

Ignoring children's emotional responses
Sometimes adults may think that the child will just grow out of their emotional responses and ignore them. This can communicate to children that their emotions are unimportant and limits their opportunities to learn effective ways of managing their emotions.

This resource is part of a range of Kidsmatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au






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WELLERS HILL STATE SCHOOL PARENTS & CITIZENS ASSOCIATION Sub-Committees

President: Narelle Cooley
(narelle@cooleyfamily.com.au)
Secretary: Rob Beaumont 3161 7909
Email: wellershillpandc@gmail.com

SACCS

Pupil Free Day – 19 October 2015 is a Pupil Free day. SACCS will be open and operational from 7am until 6pm. Please complete the Pupil Free Day Registration Form if you would like to book your child/children to attend on the day. The Pupil Free Day Registration form will be available for download from the Wellers Hill School website on Monday, 12 October. Alternatively you can obtain a hard copy of the form from SACCS office.

MUSIC SUPPORT GROUP

Term 4 WHSS MUSIC NIGHT

The final Music Night for 2015 is coming up soon! (date TBC). This is a wonderful evening showcasing all that our choir, band and strings students have learned throughout the year - plus a special chance to celebrate and farewell our Year 6 music students.

**** Raffle Donations **** MSG will again run the much loved raffle throughout the evening and your donations (eg Christmas items, children's gifts, vouchers, chocolate, wine and other non perishables) are appreciated!! All donations will help raise much needed funds to support our music program.

Please drop your raffle donations at the WHSS office. Tickets will be available for purchase on the night.

**** Helpers Needed **** Please consider helping out on the night. Assistance will be required for jobs such as: front of house, backstage, set up, ushering, tuning, loading / unloading the truck the following morning. We will let you know date and times asap :)

Please email us at wellershillmusic@gmail.com if you may be able to assist.

**** Uniform Reminder **** All students are expected to perform on the night and must be in full, neatly ironed performance uniform. (P.S girls with long hair should ensure a single ponytail with uniform ribbon only).

We look forward to seeing you at the Music Night! :)

MSG

FOR SALE

Trombone for Sale. King USA (second hand). Good Condition - \$495.00 Please contact Tracey on 0409 648 065.



TUCKSHOP

Menu Review

We are reviewing our menu for next year. We are always looking for ways to improve what we serve and would appreciate any feedback you have. Please email whsstuckshop@gmail.com with suggestions.

Volunteers

The success of the tuckshop service relies heavily on volunteers, particularly in the morning when we prepare lunches. We realise that many parents work and are short on time but the commitment we need is usually only 1 morning a month from 9am to 11.30am. There is always a paid staff member with you and we try to make the experience fun and relaxed. Maybe there are grandparents who have some spare time that they could offer us.

To provide the optimum service ideally we need 32 volunteers, one morning per month. This year we have 22. This means that the paid convenors are required to work more hours to cover the shortfall. PLEASE consider becoming a tuckshop volunteer in 2016. Contact us at the email address or phone numbers listed below. Thanks!

DAY	9am to 11.30am	1pm to 2pm
Thursday 15 October	Marni B Ikuno F	Danielle W
Friday 16 October	Tracey N Caroline S	Julia G
Monday 19 October	PUPIL FREE	CLOSED
Tuesday 20 October	Silvana M	HELP NEEDED
Wednesday 21 October	Kym McD	HELP NEEDED
Thursday 22 October	Scott McD	HELP NEEDED
Friday 23 October	Susan R Pauline T	Stacey S
Monday 26 October	Louise C	HELP NEEDED
Tuesday 27 October	Sandra O	Alison B
Wednesday 28 October	Vanessa C	HELP NEEDED

If you are unable to do your tuckshop roster please contact us as soon as possible. If you would like to volunteer in the tuckshop, our phone number is 3249 1318 or you can call Carolyn (0409 053 742). You can also email whsstuckshop@gmail.com.

UNIFORM SHOP

Wednesday 1:30 to 3.30 p.m.

Friday 8.00 to 10.00 a.m.

Deb Love Telephone 3249 1361 School

uniformshopwhss@gmail.com

SWIM CAPS \$5.50

WATERPROOF DRAWSTRING SWIM BAGS \$9.00

Volunteer Update:

The Uniform Shop still has no volunteers from 3pm on a Wednesday afternoon - no one has even committed to one day a month! So expect long delays in being served on a Wednesday afternoon. Now in term 4, we have new parents purchasing uniforms as well, which takes a lot of time.

Please consider making a commitment to help - even for just term 4.

Thank You

Deb Love

Convenor