Dear Parents and Carers,

**Volunteers Morning Tea**
Each year we like to thank our many volunteers that assist in so many different ways within our school. This year our morning tea will be held on Monday December 5 in the staffroom 10:30 am. Please keep this date free as I am looking forward to thanking you for your contributions in person over a cup of tea.

**Respect Our Staff, Respect Our School**
Violent or abusive behaviour will not be tolerated in any school. It’s not just a courtesy. It’s the law. The respect our staff, respect our school campaign aims to create safer and more respectful communities in Queensland state schools.
The campaign is part of the Queensland Government’s commitment to continue to provide a safe and supportive learning environment for all students and school staff.
We all have different beliefs; expectations and experiences, so there are inevitably going to be times where conflicts or disagreements occur in schools.
How we handle those conflicts can make a significant difference to the learning and development of our students and the positive environments we aim to foster. The safety of our students and staff is the number one priority and everyone in the community plays a part in ensuring learning environments are safe.
All members of the community are encouraged to work together to prevent abuse and violence directed towards school staff.

**Prep Transition**
Over the past two Tuesday and Thursdays we have hosted our 2017 Prep transitions days. A big thank you to so many parents for attending with their children. The school has organised a bag of goodies for students including a personalised practice sheet with each student’s name, alphabet and numbers to practise.
We look forward to seeing all of our 2017 prep students again next Wednesday when we hold our whole class transition session.

**Leaving Delaneys Creek**
It is important to inform the school administration if you are leaving our school. This will assist us in forming our class structure and staffing mix for next year.

**2017 School Captain Process**
This year 5 students have submitted their leadership applications and passports. These students are invited to present a 3 – 5 minute speech outlining the reasons why they would make a good school leader. These speeches will be presented in front of the year 3 to year 5 students on Friday December 2. Parents are welcome to attend these speeches.

**P&C Final Meeting**
Our final P&C meeting for 2016 will be held on Monday 21 November. Please mark this on your calendar as we are always looking for more volunteers to assist make our school great.

Yours in Education, Anita Judge, Principal
School Wide Positive Behaviour Support
The focus for Week 7 & 8 is:
“Play Fair” - Be Responsible
Use equipment correctly. Play school appropriate games. Take turns when playing games. Share equipment with each other.

Congratulations Class Peg Weekly Winners:
Week 5: Year 4
Week 6: Year 1

Lantern Workshop
Saturday 20th November
Friday 11th November is the last day for returning lantern making forms.
Collect and return forms to mailbox in office, see posters around school.

Year 1 Fire Truck Visits
The year ones thoroughly enjoyed learning about Fire Safety, meeting Blazer QFES Fire Safety Koala, seeing and learning about the Fire Truck as well as using the Truck’s water hose.

Year 6 Resilience Camp
On Monday 7th to Wednesday 9th November our year 6 students participated in a combined resilience camp with Mt Mee State School year 5 and 6 students as part of their social emotional development program. The Resilience Camp activities were under the banner of ‘Pioneer Challenge’ program in which students investigate the significance of the frontier colony here in the Somerset region. The camp was very successful, informative and enjoyable for staff and students.
Swimming Carnival
The Swimming Carnival for students (Prep – Year 6) will be held on the last Wednesday of the term, December 7th at the Woodford Pool. Students have the chance to swim either 25m or 50m events on the day. All students have been working hard in PE lessons this year and are expected to attend the carnival. Please note the following:

♦ Prep and Year 1 students are not participating in events at the pool until 10:00 am.
♦ Year 2 and 3 students (those born in 2008) are not participating in events at the pool until 11:00 am.

Parents are able to choose between:

➢ Parents are able to take Prep - year 3 students to school as normal. They will travel to the Woodford Pool by bus to start their events and then return by bus to school approximately 2 hours later.

OR

➢ Parents are able to take their prep to year 3 students to the pool and supervise them until when their class and class teacher arrives.

♦ All students in years 4-6 and year 3 born in (2007) will be expected to attend the swimming carnival for the whole school day. There will be no school classes operating for these students.

♦ These children may be directly dropped off at the pool by 9am or be transported by bus from the school.

All 1st, 2nd and 3rd place getters in all events will receive ribbons and these will be handed out by the recorders during the day. The emphasis of this carnival will be on participation and students will collect points for their sports house. Age champion medals will also be handed out to the winning boy and girl competing in the 50m events (born 2007 – 2003) only.

Head Lice
Head lice are often detected in the school. Parents of all students are being reminded via this article that it is extremely important that you check your child’s head for head lice frequently.

School Transport Assistance Scheme
The School Transport Assistance Scheme (STAS) provides assistance to enable eligible school students to attend education facilities. Travel on school transport services is subject to requirements of the Transport Operations (Passenger Transport) Act 1994. Parents are asked to note the following conditions and ensure their children are also made aware of these conditions. Further information on the STAS and additional application forms are available at www.translink.com.au/schooltransport. Eligibility for STAS is dependent on the applicant meeting all relevant criteria of the scheme. The distance criteria must be met and the student must travel on the designated service for the area in which they reside in order to qualify for government funded travel. Full details can be found on the website stated above. You may be eligible for the School Transport Assistance Scheme (STAS). Contact: Tony Bloomfield on 5496 4526 / 0428 455 568.

If you do find head lice, commence treatment immediately and be sure to complete the correct treatment process. This will help prevent head lice from spreading.

Remember to keep checking your family member’s heads every 2 days until there are no head lice found for 10 consecutive days.

For further information regarding treating head lice, refer to the Department of Health’s website: http://conditions.health.qld.gov.au/HealthCondition/condition/14/165/351/Head-Lice.

Remember: anyone can get head lice – they have no preferences for cleanliness, hair colour, hair type, ethnicity or age.

If for any reason you are having difficulties treating the head lice on your child effectively, please contact the school by telephone.
Finance News
Please make sure that any monies owing for swimming have been finalised by the end of November. Thank You.
Maria Sharp, Business Services Manager

Delaneys Creek State School

Engagement and Well-being News

Anxiety in Children
We all experience anxiety and it is healthy to do so as it allows us to take on situations outside our comfort zone that challenges us, therefore developing further confidence in self is an important skill. It’s when the anxiety begins to affect our ability to relate to others or our environment, or we begin to freeze and not cope with our everyday lives that we need to seek further support. In current studies it has been recognised that more and more children, at younger ages, even at the age of 6 are being diagnosed with Anxiety disorders. Even though there has been no conclusive evidence into why this is occurring, anxiety is often heightened when our thoughts and/or environment become too overwhelming, too disorganised, confusing and not easy to understand or work out. There are different types and levels of anxiety that children and adults may possess. These anxieties fall into the following categories:

Social phobia – extreme levels of shyness and fears of being seen in a negative light. Avoid a range of social interactions such as talking to new people, speaking up in class or performing in public.

Separation anxiety – fear and distress at being away from the family. Commonly a fear that something bad will happen to a loved one when they are separated.

Generalised anxiety disorder – when children have excessive and unrealistic worries about a broad range of possibilities, such as things that might happen, past behaviours, schoolwork or how popular they are.

Obsessive Compulsive Disorder – Child is affected by persistent unwanted thoughts, often about dirt or germs, or sometimes a need for symmetry. To try to stop the thoughts the child feels compelled to repeat a particular action, such as washing his or her hands or repeated counting. As parents and teachers, we can support those who experience anxiety by considering the following points:

Teach coping skills - Learning about feelings and how they can be managed can really help. Regular social and emotional learning that emphasises coping skills will be helpful in addition to regular, universal social and emotional learning instruction. Children with severe anxiety will benefit most from a social and emotional skills program targeted for children with internalising difficulties.

Discourage avoidance - The tendency to avoid difficult situations or tasks stops the student learning how to manage in spite of feeling anxious. Where necessary, the task or situation can be modified to provide more manageable steps. However, do not force a child to take on something that is too overwhelming.

Encourage ‘having a go’
Encouraging students to participate and ‘have a go’ helps them get over doubts about their ability to manage. Giving positive feedback for trying can make a big difference.

Set realistic expectations - Feeling pressure to be perfect is common for children with anxiety disorders. Setting realistic expectations for academic work is important to help them learn to manage their anxiety and stress less.

Modify and monitor stressful activities - Test situations or class presentations may be particularly stressful for children with anxiety difficulties. Teachers may be able to modify assessment tasks to relieve some of the pressure, for example, by providing breaks during or extra time for tests, or having children present to small groups rather than the whole class. Monitor the child’s progress and gradually provide more challenging requirements as confidence increases.

Develop independence - Provide opportunities for children with anxiety to take on special responsibilities that help them support their view of themselves as capable. Developing a sense of independence reduces their need for reassurance and builds confidence.

Access help when needed - Anxiety can be caused by a range of factors. When children’s anxiety symptoms are severe or persistent it is important to consult with your school’s guidance officer for further advice and support.