Message from the Principal

Dear Parents and Carers,

Volunteers Morning Tea
Each year we like to thank our 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 10:30am. I look forward to thanking you for your contributions in person over a cup of tea.

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.

Classroom Parties
Classroom parties will be on the Thursday 10th December. Parents are welcome to attend. Beginning times are: Prep at 9am, Year 1 at 11.30am, Year 2 at 10.30am, Year 4 at 11.30am and Year 5 at 11.40am. Year 6 are at Aussie World on Thursday 10th and Year 3 had theirs on Friday 2nd December.

School Positive Peg Party
The winners for the School Positive Peg winners for this term will have pizza party in the last week of school.

Finance News
Please ensure all payments are finalised by mid next week including any payment plans.

Maria Sharp, Business Services Manager

Keyboard/electric piano required for music next year
In 2017 we would like to reform our choir, we require a keyboard/electric piano to help with this. The keyboard we have has no power supply and is rather antiquated, so we are asking the school community if anyone has one we can use (indefinitely). Accessories like a keyboard stand and sustain/damper pedal would be appreciated as well. Preferred brands are Roland, Kawai, Casio and Yamaha. If you have one you feel may be suitable please leave a message at the office.

Matthew Walkden, Music Teacher

Dates to Remember
At Delaneys Creek State School we attempt to reduce anxiety and prompt positive beginnings to the school year with the following strategies:

- **Tuesday 6th December 2016:**
  - 2pm-3pm Meet 2017 teachers (if on staff) and form class groups
  - **Week before School Starts on Thursday 19th and Friday 20th of January:**
  - 8:00am – 9:00am Open Classrooms

School Watch – Keep Our School Safe
Please keep an eye on our school over the holidays and report any suspicious or unusual activity that you may notice. It is a credit to our community that we do not experience any of the vandalism many other schools struggle with during the holiday periods. We realise, we must all continue to be observant. Please help us with this and ring ‘School Watch’ on 13 17 88 if you have any concerns.

Yours in Education, Anita Judge, Principal
School Wide Positive Behaviour Support

The focus for Week 9 & 10 is:

“I’m Great, I Wait” - Be Respectful

Wait to speak when others are speaking. Use a peaceful voice when talking. Use ‘excuse me’, ‘please’ and ‘thank you’.

Congratulations Class Peg Weekly Winners:

Week 7: Year 5 Weekly 8: Year 4

Swimming Carnival

The Swimming Carnival for students (Prep – Year 6) will be held on Wednesday December 7th at the Woodford Pool. Students have the opportunity 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.

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.

Prep – Year 3 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 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.

Swimming Carnival Program – Wednesday 7th December

**This is a guide only - events may run earlier or later**

Approx. Time  Event
9.10 am .......... Arrive At Pool & Welcome Talk
9.15 am .......... 25m Freestyle Born 2007-2003
........................ 50m Freestyle Born 2007-2003
10.00 am ........ Fruit Break Born 2007 – 2003
10.10 am .......... Prep Aquatic Display
10.20 am .......... Year 1 Aquatic Display
10.40 am .......... 25m Breaststroke Born 2007-2003
........................ 50m Breaststroke Born 2007-2003
11.30 am .......... Prep/Year 1 Lunch
12.00 pm ........ Lunch Born 2007 – 2003
1.15 pm .......... Year 3 Born 2008 & Year 2 25m Freestyle,
........................ Backstroke, Breaststroke
12.00 pm .......... 25m Backstroke Born 2007–2003
........................ 50m Backstroke Born 2007-2003
........................ 50m Butterfly Born 2007-2003
1.15 pm .......... Relays
2.00 pm .......... Presentations – Age Champion
2.15 pm .......... Pack Up & Depart Pool

Approximate Travelling Times

To pool from school:

- 8:50am YR4 – YR6
- 9:50am Prep (Drop & return to school)
- 10:10am YR1 & YR2 and some YR3
- 11:30pm Prep – Lunch at pool
- 12:30pm YR1 & YR2 Lunch at pool

From pool to school:

- 12:30pm Prep
- 1:15pm YR2 & YR3
- 2:00pm YR4 – YR6

School Concert Program – Thursday 8th December

**This is a guide only - events may run earlier or later**

Approx. Time  Event
5:00pm .......... Meet at Giraffe / Welcome
........................ Prep performance
5:10pm .......... Year 4-6 Awards (English, Maths, Science,
........................ LOTE, Music and P.E.)
5:30pm .......... Year 1 performance
5:40pm .......... Positive patches
5:50pm .......... 2017 School Captain Announced
6:00pm .......... Move to Blue Undercover area where Lions
........................ are selling Sausage Sizzle followed by Year 6 performance
6:15pm .......... Year 2 performance (Year 1 Classroom)
6:30pm .......... Year 5 performance (Blue Undercover Area)
6:45pm .......... Year 4 performance (Blue Undercover Area)
7:00pm .......... Year 3 performance (Year 1 Classroom)
News from the Library
Thank you to everyone who supported our book fair. We sold approximately $2500 worth of books and items which meant that the profit for Delaneys was $780 worth of new books. These are now being catalogued and covered, ready for borrowing in the new school year.

As the end of the year fast approaches, I would like to remind students that all borrowed books must be returned. They do have a habit of being in the most unlikely places so please do a thorough search and let the library staff know if they just cannot be found. Have a happy holiday and keep reading so all of those new skills learnt this year aren’t forgotten.

Wilma Bell, Librarian

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 challenge 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.
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.

2016 Christmas Card Competition
Congratulations Ashlinn for coming second place in the Andrew Powell Christmas Card Competition.

B.M.X Skills and Tricks Demonstration
On Thursday 17th November the local chaplaincy committee funded a bike display for students to watch. The students thoroughly enjoyed the stunts they performed and listened to the messages of how through resilience and perseverance you can achieve your goals.