Dear families and friends,

Managing Anger

Many may find some of these tips by Michael Grose helpful. http://www.parentingideas.com.au

Managing anger is the biggest emotional issue that most children face. Boys, in particular, seem so angry at the moment, and I’m not sure why. Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or the community. ’People in a civil society don’t get angry’ seems to be the conventional wisdom so we bottle it up rather than express it healthily. The trouble is anger handled in this way simmers away making a person unhappy and depressed or it bursts forth in awful, uncontrolled ways.

Here are five ways to help boys (and girls) manage anger in healthy ways:

1. Recognise it The first step is to help kids recognise that they are angry. What are the signs? What are they thinking? We are all different but tension in the shoulders, restricted breathing and clenched teeth are common signs of anger. The Mood Meter offers a visual way for kids to recognise their emotions
2. Name it Developing a vocabulary around anger is important. The more nuanced kids’ language is, the better.
Annoyed, angry and enraged are very different emotions but are often described as the same.

3. **Choose it** Help children recognise that they have a choice to stay in control or lose control when they get angry.

4. **Say it** Encouraging children to express how they feel is okay unless no one is hurt. The use of ‘I Statements’ is one way of letting others know how they feel. “I feel really mad when you say nasty things about me...” is one way of being heard.

5. **Shift it** Help children shift their anger to a more pleasant and less energised place. Kids can shift their moods by modifying their thinking or altering their physiology. They may go for a run, play a physical game or pour their anger into a protest letter to let their frustrations out.

The maxim of managing anger in healthy ways is: **“There’s nothing so bad that we can’t talk about it. However, there are behaviours that we don’t engage in when we are angry.”**

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**Swimming**

Swimming will recommence this week and continues each Monday.

**SWIMMING REMINDERS:**

- swimmers
- swimming shirt
- towel
- goggles
- sunscreen
- pool entry $1.50

Please ensure all your child’s items are NAMED.

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**Student Medication**

A reminder to parents who send medication for students to school. Please ensure medication is accompanied by a signed and dated note that states the exact dosage and time of medication. Medication should also be in original packaging.

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**Year 6 Transition at Burnett State College**

We had a great report from staff regarding our year 6 students transition days last week. Thank you to the staff at Burnett State College for facilitating these 2 days along with the parent information evening.

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**My Data Books**

Student’s were given their My Data Books Friday. Please take the time to view their progress. These are to be signed and return on the next school day.
Student of the Week Awards

On our weekly Assembly, we present our Student of the Week Award, which recognizes positive student achievements and can be nominated from any of our staff for many reasons - personal learning goal improvements, outstanding achievement, demonstrating leadership, or an attribute that exemplifies our motto, through compassionate and thoughtful acts that embody - Integrity and Industry.

Week 3 Student of the Week:
Matthew Seabrook has been working well in many aspects of school. He has worked well this week to ensure his work was complete before it was due and has shown a great improvement in his focus and effort. Keep up the great attitude and effort!

Explicit Improvement Agenda

**Literacy and Numeracy Aims** - All students to be above the National Average in NAPLAN and improving at a rate greater than the nation. Increase percentage of students achieving in the Upper 2 Bands to greater than 50%.

**Australian Curriculum Aims** - All students achieving C+ or better in English, Mathematics and Science and making Adequate Yearly Progress or Value Adding in achievement.

Improve writing for all students through consolidation of student friendly marking guides and explicit teaching of the ten elements of successful pieces of writing and literature

‘Integrity and Industry’
Nicole Gibbs
A/Principal – ngibb10@eq.edu.au

Kids Corner

Jokes by Georgia:
Q: Why did the chicken cross the road?  
A: To get to the other side.

Q: Why did the crocodile cross the road?  
A: It was following the chicken.

Q: What do you call an electric parrot?  
A: A shockatoo

Q: What did the echidna say to the cactus?  
A: "Is that you, mummy"

P&C News

Thank to everyone who assisted with our major annual fundraiser, the 7-a-side Cricket Day. Our next general meeting is **Tuesday 10th November 6.30pm.** All welcome.

Community Information

Please send community information for the newsletter to admin@coallakess.eq.edu.au
Coalstoun Lakes State School  Integrity and Industry  4

BIGGENDEN KINDY & DAYCARE
MELBOURNE CUP LUNCHEON 2015
Tuesday 3rd Nov from 11am
Woowoonga Hall
$20 Buffet lunch & glass of bubbles OR Takeaway meal
& can soft drink
Sweeps, games, trivia, multi-draw raffle, best hat, best
dressed, lucky door prize!
Look forward to seeing you there!

GAYNDAH JUNIOR CRICKET
MONDAYs 4.30-5.30pm
Gayndah Sports Grounds
Ages 5-16 years

Registration:
⇒ $45 Junior, or
⇒ $85 to register for MILO In2cricket
(5-8 year olds this includes the gear pack)
Looking forward to a great season of cricket.

Coalstoun Lakes Hall
Annual Variety Concert
Date: Saturday 31st October
Venue: Coalstoun Lakes Hall
Doors Open 6pm & Concert
Commences 7pm
Admission: Adults $10 & Students $5
Local & Visiting Artists
Supper Provided
Raffle & Lucky Door Prizes
All Enquiries to Vi Rackemann 41275171 or Terena
Staib 41275006

Coalston Lakes Community Hall
Friday 6th November 7.30pm
Adult: $20
Child: $5 (under 10 yrs free)
Bookings & Information: Vi 41275171

LINDSAY SHAZA ASHLEY
BUTLER LEIGH COOK

FEGGY BUCHMOT
(Piano)