Dear families and friends,

Building Resilience

Building resilience in children is about preparing them to be successful in life, which we know is not always perfect. It is about developing an ability to adapt and deal with ‘problems’ and stressful situations.

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Resilient kids share four basic skill sets:
- Independence
- Problem-solving
- Optimism
- Social connection

BUILDING RESILIENCE FOR PARENTS

From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.
You can promote a lasting sense of resilience in your kids by:

- **Having a positive attitude yourself.** Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.

- **Look for teachable moments.** Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

- **Make kids active participants in the family.** Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

- **Build kids coping skills.** There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for awhile, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way.


**Permission Forms**

On Friday, 27th November, students will travel by bus to watch the Fame Production being held at the Moncrieff Theatre in Bundaberg. Please complete the attached Permission form and return to the school by Friday, 13th November, 2015.

**Melbourne Cup Sweep**

Project Club will be conducting a sweep on Tuesday for Melbourne Cup Day. The sweep will be $2.00 per ticket and all monies will be given out in prize money. Money must be sent along to school tomorrow to participate in the sweep. Good luck everyone!

**Attendance – Every Day Counts**

Under Queensland law, you must make sure your child of school age is enrolled and attends school all day, every school day unless they have a reasonable excuse. Illness, competing in a school sporting event or going on a school excursion are reasonable excuses for being absent from school.

**Principals decide if the excuse given for your child’s absence is reasonable.** Please be aware your child only needs to miss 5 days per term to fall under 90% attendance eg. a day absent each fortnight.

You must let the school know the reason why your child is absent from school, if not beforehand, then within two school days of their return to school.


**Swimming**

Swimming will recommence this week and continues each Monday.

SWIMMING REMINDERS:
### Date Claimers

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
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<tbody>
<tr>
<td>P&amp;C Tuesday 10th November 6:30pm</td>
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<tr>
<td>2016 PREP TRANSITIONS Term 4: Week 6, 8 &amp; 10 Wednesday: 9 – 11 am</td>
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<tr>
<td>FAME THEATRE EXCURSION Friday 27 November</td>
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<td>SCHOOL CONCERT &amp; GRADUATION Thursday 3rd December</td>
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<td>TERM 4 CONCLUDES Friday 11 December</td>
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<td>STUDENT FREE DAY Monday 25th January, 2016</td>
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<tr>
<td>2016 TERM 1 COMMENCES Wednesday, 27th January, 2016</td>
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<tr>
<td>P&amp;C TRANSPERSION AREA MOWING ROSTER</td>
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<tr>
<td>Week 4 – Thompson family thank you</td>
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<tr>
<td>Week 8 – Corfield family</td>
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Please ensure all your child’s items are NAMED.

### 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.

### 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 returned 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 4 Student of the Week:**
Georgia Corfield works to a consistently high standard each week! She has been working of her neatness and presentation, and this has shown pleasing improvements. Georgia is a kind and friendly student who makes an effort to get along with all students. Well done Georgia.

### 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

P&C News

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

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**GUNTHER GUMNUT PLAYGROUP**

Every Tuesday at Gunther Village in the playground next to the Coffee Shop
9.30am – 11am
All parents with young children welcome to attend, an activity and morning tea provided.
We look forward to seeing you there!

**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!