Dear families and friends,

**WHY TEACH SELF-TALK TO KIDS? by Michael Grose**

Self-talk is the foundation strategy to teach kids to shift their thinking about a negative event. Let me explain.

A negative event happens such as a child’s sibling won’t share a much loved toy. The child immediately feels anger.

He thinks, “Not again! I hate her! She never shares and it’s not fair”.

This thinking feeds his anger, which starts to spiral. In a heartbeat he’s lashed out at his sister for inflicting such an injustice on him.

Here’s what happens.....

Our thoughts, often reflected through self-talk, change when we experience and emotion. We tend to focus on the event that caused the emotion. Anger shifts our attention outward to the thing, person or event that caused it. Sadness shifts our attention inwards toward the loss. Our emotions change how we see the world. We are usually more optimistic when we are happy and more pessimistic when we’re sad.

The key is to change your self-talk. By changing the chatter in your brain from something negative, catastrophic or unhelpful to something more realistic, positive and helpful, can help get you through a challenging situation. Positive self-talk examples include: “Stuff happens, I can cope” “It’s no big deal”
“I’ve put up with worse than this”
“I may want it but I don’t need it”
Help children develop age-appropriate self-talk scripts for a variety of common situations they meet so they can avoid an escalation of their emotions. Then encourage them to change the monkey-brain tape in their heads when they catch themselves saying negative, catastrophic or down-right regretful things.

**Problem Solvers – have you had your conversion yet?**

**Family discussion starters**
Suggestions for conversations around the dinner table at home
- What has been the hardest problem you have ever solved?
- How did you solve it?
- What do you do when a problem is frustrating and you can’t seem to solve it?

**Permission Forms & Attachments**
- Book List and Book Pack
- Parent-Teacher Interview Form
- Concert Costumes list will be sent home with students Tuesday (tomorrow).

**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:**
- swimmers
- swimming shirt
- towel
- goggles
- sunscreen
- pool entry $1.50
  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 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 6 Student of the Week:**

Katria Palmer works consistently each week in class and with her homework activities. She has been showing initiative by seeing tasks which may need to be done and getting on with them. Great work Katria!

**2016 School Concert & Yr 6 Graduation**

Our annual school concert will be held Thursday 3rd December, commencing at 6pm.

Please feel free to share this with family, friends and neighbours. Students should be practising their songs and poems each night.

**2016 Book List and Book Packs**

The 2016 bookpack and 2016 Student Requirements List are attached to this newsletter. The bookpack covers the purchase of text books used in class, crayons, all exercise books and art materials. The cost of the book pack remains at $65 and is payable prior to the collection of books. If you have any questions in relation to this bookpack please contact Mrs Nicole Gibbs. Payment is required by Monday, 30th November, 2015.

Books will be sent home during the last two weeks of school so that parents can commence covering them. Please note that text books will not be sent home; they will be labeled at school.
Parent / Teacher Interviews

Parent/Teacher interviews are advisable and requested at this time of the year to ensure individual students progress is discussed. Please complete the attached Interview Timetable to request your preferred interview time. If these reporting times are not suitable, please contact the school to arrange another time.

Fame Production

On Friday, 27th November, 2015 students will travel on Mr Johnson’s bus to Bundaberg to watch the 2016 Fame Production - “Bah Humbug”. Students will be departing on the early bus run, so will need to be at Coalstoun Lakes State School by 8am. Students from Biggenden can be collected at the Biggenden State School at 8.20am.

After the show, students will have the opportunity to purchase lunch from McDonalds or Subway or alternatively bring their own lunch from home.

Students will then travel home. Any Biggenden town students can be collected from the Biggenden State School at 2.30pm approximately with all remaining students returning to Coalstoun Lakes State School for a 3.00pm pickup.

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 and Annual General Meeting will be held Tuesday 9th February 2016. All are welcome to attend.
P&C thank you to Kim Corfield and Robyn Roberton who assisted with running the stall Friday night.

Community Information

Please send community information for the newsletter to admin@coallakess.eq.edu.au