FROM THE PRINCIPAL

Dear Parents and Caregivers,

Resilience and Self Esteem

Dr Helen McGrath, Psychologist, Educator and Researcher from Deakin University says that resilience is the ability to cope with negative events and being able to ‘bounce back’ emotionally afterwards. If a person has this ability then they are less likely to resort to maladaptive behaviours (truancy, drug use and anti-social behaviour) in order to cope.

Healthy self-esteem is defined as the value one places on oneself and is strongly linked to resilience. It is important to help children deal with negative feelings and outcomes in order for them to have healthy self-esteem. Young people who are protected from these things and are continually praised, develop a sense of entitlement, and are prone to feeling like victims when disappointment occurs.

Dr McGrath says that, “Trying to shield young people from sadness, frustration and anxiety when they lose, fail or make mistakes can deprive them of the motivation to persist until they succeed.... It is necessary to fail, feel bad and try again repeatedly until success occurs. It is success in the face of these difficulties that can genuinely make children feel good about themselves”.

Dr McGrath offers a comprehensive list of strategies to help parents teach resilience and develop healthy self-esteem in their children. They include avoiding over-focusing on making your child feel happy all the time and teaching them how to accept difficulties and sad times. Building self-knowledge, good social skills, conflict management skills, optimistic thinking, pro-social values, initiative, goal achievement skills and an attitude of courage (being prepared to face fear) are some other strategies that she suggests. The strongest message she sends on developing resilience and self-esteem in your child is the importance of parents modelling these behaviours.

“The difference between determination and stubbornness is that one comes from a strong will, and the other comes from a strong won.”

Anti-Bullying – We All Have a Role to Play

Students are frequently and consistently reminded that bullying behaviour is unacceptable and will not be tolerated at this school. Students and parents should be aware that the school's policy and powers to act, extends beyond the
school gate. Students in uniform, on their way to and from school, are subject to the same expectations as they are within the school grounds. As parents and carers you play an active role in countering bullying by:

- Taking some time to speak with your children about bullying and to remind them of the importance of treating others with fairness, dignity and respect.
- Addressing unacceptable behaviour of your children both at home and at school.
- Expressing disapproval of bullying whenever it occurs.
- Informing the school of any concerns and allowing the school to follow up with those concerns.
- Seeking understanding of bullying instances before reacting.
- Supporting the school's anti-bullying strategies.

Role of Staff

Students can expect that their concerns about bullying will be responded to by school staff and that appropriate support will be provided (for both the target of and the person responsible for the bullying behaviour). Staff interaction with students has important consequences for the level of bullying in a school. Staff can have a significant impact on reducing bullying by:

- Promoting anti-bullying strategies and programs in the classroom and school.
- Listening sympathetically to students who need support and initiating action.
- Expressing disapproval of bullying whenever it occurs and following up appropriately.
- Providing strategies for both students and parents to deal with bullying issues.

Role of Students

Students can counter the effects of bullying by:

- Being actively involved in the variety of programs that the school offers.
- Developing a sense of respect and understanding of the needs of others.
- Not taking part in bullying.
- Reporting bullying incidents involving themselves or others.
- Supporting students who are being bullied.
- Developing strategies to deal with bullies.

If you believe your child is being bullied or may be involved in bullying another student, please contact your child’s teacher, a Deputy Principal or the Principal to discuss the ways we can help to support you and your child and address the issues and associated behaviour.

Regards
Sharon Schimming
Principal

FROM THE DEPUTIES’ DESK

Athletics Carnival

The School Athletics Carnival is scheduled for 19 July (P-3), and 20 July (4-7). Please be aware that these dates are tentative at this stage as we are waiting on the reopening of Langdon Oval. We have been advised that this date is dependent on the weather and the establishment of the turf that has been laid. This is interrupting the training
schedule for the athletics also, but we are training on the lower oval and doing our best to have our students prepared for the event.

English Year Level Achievement Standards for Years 4 & 5 are included in this edition of the newsletter so that parents and caregivers are informed of what their children are working towards. Together, the description of the achievement standard and an accompanying set of annotated work samples help teachers to make judgments about student learning. This semester's reporting information in the Key Learning Areas of English, Math and Science will be based on students working towards the attainment of these achievement standards.

**Year 4 Achievement Level – ENGLISH**

By the end of Year 4, students understand that texts have different text structures depending on purpose and audience. They explain how language features, images and vocabulary are used to engage the interest of audiences. They describe literal and implied meaning connecting ideas in different texts. They express preferences for particular texts, and respond to others’ viewpoints. They listen for key points in discussions.

Students use language features to create coherence and add detail to their texts. They understand how to express an opinion based on information in a text. They create texts that show understanding of how images and detail can be used to extend key ideas. Students create structured texts to explain ideas for different audiences. They make presentations and contribute actively to class and group discussions, varying language according to context. They demonstrate understanding of grammar, select vocabulary from a range of resources and use accurate spelling and punctuation, editing their work to improve meaning.

**Year 5 Achievement Level – ENGLISH**

By the end of Year 5, students explain how text structures assist in understanding the text. They understand how language features, images and vocabulary influence interpretations of characters, settings and events. They analyse and explain literal and implied information from a variety of texts. They describe how events, characters and settings in texts are depicted and explain their own responses to them. They listen and ask questions to clarify content.

Students use language features to show how ideas can be extended. They develop and explain a point of view about a text, selecting information, ideas and images from a range of resources. Students create a variety of sequenced texts for different purposes and audiences. They make presentations and contribute actively to class and group discussions, taking into account other perspectives. When writing, they demonstrate understanding of grammar, select specific vocabulary and use accurate spelling and punctuation, editing their work to provide structure and meaning.

**Humpybong State School Prep Information for 2013 Enrolments**

We will be hosting Prep Information Sessions in Term 3 and 4 for parents of eligible students.

To be eligible to attend Prep next year, students will need to turn 5 by 30 June in the year they start prep. If you have a child born from 1 July 2007 – 30 June 2008, he/she is eligible for prep enrolment in 2013. You can use this to determine which year your child starts prep.

Humpybong State School is currently taking registrations of interest for prep. Your early notification of your intention to enrol your child in prep at Humpybong State School in 2013 is appreciated as it will assist us greatly with our staffing and facilities planning.

**TAP on an APP**

**App for iPhones**

**Take a Stand**

The Take a Stand mobile app is designed to give students the opportunity to learn how to manage bullying. It includes strategies on how to manage bullying situations, including what to do if you are a bystander to bullying.

Take a Stand is based on content that can be found on the Take a Stand Together website.

Tim Adsett & Hayley Bloxham
LEARNING ENHANCEMENT NEWS

Jump Rope for Heart

On Friday 1 June, Jake Eve came to perform some skipping tricks for our students. Jake competed in the world titles last year in England and finished 4th overall, whilst in his team event they took out the gold. Jake performed a one minute routine full of jumps, flips, kicks and turns. He then taught our MACs, year 6s and 7s a few tricks that they then had a go at mastering. We thank Jake for such an amazing opportunity to train with such an accomplished athlete.

A reminder that our JUMP OFF DAY is Thursday 21 June from 8:45 -10:45am. If your child is participating, they need to have returned a permission slip and be collecting sponsorship money which is due on the day. Parents and families are welcome to come and watch and even participate too. We’d love to have your support.

Jake showing off his amazing skills

Melanie Wetton and Melissa Wood

FROM THE SPORT’S DESK

On Tuesday 22 May, Humpybong sent 25 children to complete at the Redcliffe District Cross Country Championships. All children represented the school with honour and should be proud of their competitive spirit and behaviour on the day. Well done Humpybong!

Jamie Tripp & Chris Carfoot

OFFICE NEWS

Banking

With the end of term 2 approaching and end of financial year, all banking and receipting will be closed on Friday 15 June. This includes cash/EFTPOS, credit cards and BPay. Banking will resume Monday 9 July.

School Watch

The safety and appearance of Humpybong’s school grounds is very important to our school community. If you notice anything suspicious outside of school hours, please call School Watch on 131 788. This is a 24hour hotline.

FROM THE LIBRARY

Library & Information Week

On Wed 23 May, Humpybong students participated in the 2012 National Simultaneous Story-time Celebration! This is where students all over Australia were reading and enjoying the same book all on the one day. The book was entitled “The Very Cranky Bear” by Nick Bland. Copies of the book were enjoyed as “an old –fashioned book” and online. This was an activity to celebrate Library & Information Week. Thank-you Humpybong!
Get Ready for Book Week 2012 - Champions Read!

On Your Mark, Get Set, Go! Here are some dates for your calendar for Term 3:

- London Olympic Games - 27 July to 12 August 2012
- Book Disco - incorporating the disco, DJ, Book Fair and sausage sizzle.

When: Friday 3 August 2012

Time: Prep - Year 3: 4.30-5.30pm  Year 4-7: 6.00-700pm

Cost: $5.00 from the Tuckshop (in Term 3)

Costumes optional but I’ll be coming in something sporty (no doubt requiring some dusting!).

The Book Fair - Selling days: Mon 6 August to 8 August.

Great books and fantastic stationery items!

Edwina Clark

CHAPPY CHATTER – The Pursuit of Happiness

Our son came home from school one day upset about a conversation with a couple of his friends. They had declined to play at our place because we didn’t have the latest toys (e.g. Xbox, Wii, and PlayStation). This kind of rejection is gold for marketing gurus, but devastating for vulnerable children.

When pre-teen children think their lives are over because they don’t own an iPad, we know that we have taken “keeping up with the Joneses” to a disturbing new level. We can’t keep buying our kids the latest gadgets so they can fit in. What we can do is teach them to be happy with what they have, by modelling being happy with what we have!

It has been said that “happiness will never come to those who fail to appreciate what they already have”. This is SO true, and in Australia, we have SO much! Modelling this little but often, and for the smallest things (e.g. clean water, secure homes etc.) can increase a child’s awareness of how fortunate they really are. I would rather be appreciative and happy, no matter how much the Joneses have! Keep smiling and God bless!

Nicola

“I have learned the secret of being content in any and every situation... whether living in plenty or in want.”

Philippians 4:12

MUSIC MATTERS

The term is flying away and it seems the senior instrumental recital was ages ago. My mind is now full of ideas about new projects and of course assessment and reporting.

I have been so proud of all the students from year one to seven, as they have embraced their learning goals in music. The level of determination from even our youngest students to achieve their best has been inspiring and I hope that they bring these stories of commitment home to you. Each child across the school has set goals for themselves in terms of their musical achievements. I will be reporting on these achievements and their effort in music in the report cards.

Early next term we will continue with our Three Way Reporting process and I look forward to the opportunity to speak to some parents then. As the specialist team teach all 740 children in the school, we will only be able to invite twenty children and their parents to the Three Way Reporting process. We will send home invitations shortly after you have established times with your child’s class teachers. If you don’t receive an invitation and would like to meet to discuss your child’s progress in music or the program itself, please don’t hesitate to contact me. I would love to meet any interested parents and welcome the opportunity to share what we do each week in music.
Parents of instrumental students please remember to check out your child’s photograph from the recital. There are some stunning photos by Nicole Taylor from Life in Still Photography. They are available in the office for your perusal before ordering. The cost is $12 for a 5x7 print or digital file, which is emailed to you. Alternatively you can order both for $20. Nicole is donating all her profits for the Music Department to raise money for much needed instruments. Her support and generosity is greatly appreciated and I would like to take this opportunity to thank her for her hard work and support.

Don’t forget to ask your child about their goals in music this term. You’ll be surprised by how clever they are and how hard they applied themselves to achieve their goals.

Juanita Reid

**TUCKSHOP NEWS**

**REMINDE R S:** Tuckshop closed Mondays. There is no hot food at SNACK time. Tuckshop supplied bags are 20c or 50c. Please ensure you supply a big enough bag for your child’s order.

Here at Humpybong’s Tuckshop we follow the ‘Healthy Kids Association’ healthy eating plans based on the 2003 National Health and Medical Research Council (NHMRC) guidelines. There are three categories

Green Foods – Eat everyday. They are healthy and are the majority of the food items available on the menu.

Amber Foods – Only have occasionally. Avoid large serving sizes.


**New Items:** FRUIT HITZ TROPICAL $1.10. PASTA BOLOGNESE and CHEESY CHICKEN BAKE both selling for $3.75.

We are in need of volunteers. Please help support Humpybong’s school community by volunteering in the Tuckshop. All are welcome. Tea, coffee and a lunch is provided on the day you volunteer.

Sherri Hallam
Tuckshop convener

**P&C News**

**Mobile Phone Recycling Day Results**

On Friday 4 May 2012 we held our Mobile Phone Recycling Day. This day was a great success and we managed to raise $1149 from this fundraiser – WELL DONE EVERYONE! The winning class with the most mobile phones was MAC Aqua, who enjoyed a very special morning tea treat.

**Mother’s Day Stall**

This fundraiser was also a great success. We hope everyone enjoyed their gifts and had a fantastic day.

**Woolworths Earn & Learn Program**

We are participating in the Woolworths Earn and Learn Program, so start collecting your stickers for the sticker books. Once your sticker book is full, please place it in the Woolworths Box in the Office. There are extra sticker books in the office. If you do not have a sticker book, please hand your stickers into the tuckshop.
Pauls Collect-a-caps

Keep those caps coming in; this program will be running all through 2012. Drop your caps into the special box in the school office.

School Disco – Thursday 14 June

On Thursday 14 June 2012 we will be holding a school disco. Tickets are $5.00 each. If you wish to purchase a ticket, please place the money into an envelope with the student’s name and class details filled in and their ticket will be delivered to their classroom. All pre-purchased tickets will go into the draw for a lucky door prize. We have a special Ticket and Snack Deal which includes your entry ticket, a drink and potato chips only $8.00 each. Please place your envelope, with your money and details into the box provided at the school office. Pre-purchased tickets are on sale from Tuesday 29 May and close on Monday 11 June 2012. All tickets purchased after 11 June must be purchased from the door on the night and are not eligible to go into the draw for the lucky door prize. We will be selling tickets at the door on the night of the disco, but please try to pre-purchase your ticket to avoid long delays at the disco on the night. We will also be selling water, drinks, gingerbread men, chips and various other goodies from the canteen. Also glow sticks at $1.00 each. There will NOT be a sausage sizzle at the disco.

Reminder about Payments for Uniforms and Tuckshop - EFTPOS

The tuckshop has EFTPOS facilities for tuckshop and uniform shop. If you wish to place an ORDER for the uniform shop please attend the tuckshop (open Tuesday to Friday from 7.45am to 2.00pm) pay for the items via EFTPOS and the uniform will be delivered to the student’s class by the uniform shop convenor upon availability of uniforms. This DOES NOT mean that the Tuckshop is selling the Uniforms. The EFTPOS machine will not be available in the tuckshop on Wednesday mornings from 8.45am to 10.30am as this is when it will be used in the Uniform Shop.

Colin Orr
P&C President

COMMUNITY NOTICES

Humpybong PCYC School Age Care

Some exciting new things are happening at our School Age Care Service here at Humpybong. During the month of June the children will be starting a Recycling and Waste management program with the help of the MBRC.

The children will be learning all about recycling and what they can do to reduce their waste foot print. The children will also be learning about composting and worm farming, and we have even started to grow our own herbs and tomatoes in preparation for this. We have had a new team member start at the Redcliffe PCYC, Senior Constable Bob McDonald who has been visiting our service weekly to play games and chat with the children. This gives the children the chance to interact with a Police Officer in a relaxed atmosphere.

We have started an exciting new point’s prize system. For every 75 points you earn from your children’s booking you can choose between a variety of prizes: 30 days free gym, squash court hire, kick boxing lessons and play-doh passes. These can be redeemed at the Redcliffe PCYC on Klingner Rd, Kippa-Ring.

Our Holiday program is now starting to take bookings. We have a fun filled program for your children to enjoy. We have everything from SK8 Mania/Monkey Business, Multi-Cultural Day with the children learning how to be Bollywood dancers, a visit to Lone Pine Koala Sanctuary, Underwater World and an Olympics Day just to name a few.

For more information on our Services please call Heather on 3283 6421.