FROM THE PRINCIPAL’S DESK

Dear Parents/Caregivers

Welcome Back!
We hope all families had a happy healthy autumn vacation and Easter. It was great to see students returning - happy and relaxed.

Maintenance Work
- The school pool heating has broken down and unfortunately there were no tenders received on the first round. This has been readvertised so we are hoping for some action soon.
- Three concertina doors have been replaced in classrooms over vacation.
- Carpark has been resurfaced and painted.
- Seamless flooring has been replaced in hall kitchen and in E Block.
- Patio roof replacement is taking place at the moment.

Junior Playground Upgrade
Kippa Ring Rotary Club have done a great job of working on fences, sandpit, turfing in the Junior Playground. They did most of the work at the beginning of the vacation and the playground is nearly completed now. The Rotary Club have been able to do the work at a significantly lower price than previous quotes.

School Dance
On Friday 28th March a school dance was held in the Hall. Proceeds are to go towards school camp. It was a very successful event with families enjoying the whole evening. Thank you to Julianne and Theresa for organising the dance and to everyone who supported the event.

DATES TO REMEMBER

P & C Meeting
Monday 19th May, 2014, in school staff room at 9.30am. All Welcome!

Term 2
- Queen’s Birthday Public Holiday – Monday 9th June, 2014.
- Last Day Term 2 – Friday 27th June, 2014.

Term 3
- Last Day Term 3 – Friday 19th September, 2014.


Assembly Dates – All Welcome!
Undercover Area 2.15pm
- Week 4 – Friday, 16th May 2014
- Week 7 – Friday, 6th June 2014
- Week 10 – Friday, 27th June 2014

Slice Drive – To help raise money for School Camp. Forms will be sent home soon.


WOODY POINT STATE SPECIAL SCHOOL
Address: 85 Georgina Street
(PO Box 44) Woody Point Qld 4019
Phone: 3480 4333 Fax: 3480 4300.
Website: www.woodpoinspecs.eq.edu.au
Email: the.principal@woodpoinspecs.eq.edu.au
School Photos
School Photos will be taken Tuesday 13th May. Letters home will be sent soon. Can students wear school uniform on the 13th if possible.

Donations to School
- We have been lucky enough to have a donation from the Quota Club for $1000. Thanks very much to Quota. We will use the money to purchase Maths equipment.
- We have also had a donation from a local family- The Townsends. Thank you for your $600 donation to the school.

Trip to Underwater World
Ian Townsend from Townsend Bus Company has, once again, offered a treat to the students of our school. We will be receiving a free trip to Underwater World on 25th June with transport in school buses for students Prep age and above. More information will be coming soon.

Jan Baildon
Principal

Free tickets at the front office!
For the annual Rotary Club of Ipswich City Inc.’s ‘Special Children’s Razz-A-Ma-Tazz Show’
Held at the Brisbane Convention & Exhibition Centre
SUNDAY 11 MAY 2014 2.00 PM

PLEASE NOTE:
Every person attending must have their own ticket.
Thanks to everyone for a great night! We made “Bad Taste” look amazing! 😊
In Prep 2, we have been working hard developing our literacy skills. Every day we complete a variety of activities using sounds, letters and words in different mediums eg books, symbols and photos, paper and pens, whiteboard, computer and Ipad as well as developing our oral language with vocabulary, concepts, sentence structure and grammar.

Madox is using an ALS board to help increase her vocabulary. As well, we use symbols, signs, drawings, photos and objects in every activity.

Angus is working on sounds. He uses cued articulation to assist with producing the sound correctly. As well, we use the Jolly Phonics program to develop knowledge of sounds in words.

Eli is showing the rest of the class where we read ie the words as opposed to looking at the pictures. We also find the front and back of the book, the title and author and how to predict what the story might be about by the title and cover.

Brooklyn is working with words and sentences. She is matching the words in the story with symbols that enable her to read the story herself.
Hannah is helping to retell a story by choosing the symbol that matches the page of the story that we have been reading.

Hunter is drawing and writing on the whiteboard. As well, we practise with a whole range of different pens [chalk, felt pens, crayons, ice cubes] and surfaces [paper, cardboard, blackboard, canvas, concrete].
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<td>Peninsula Fun Run</td>
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<td>TBA</td>
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<td>DECEMBER</td>
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Parent workshop on using the iPad and Proloquo2go to encourage communication skills

This workshop is for parents from Woody Point Special School and Woody Point ECDP

Proloquo2Go is one of the most popular AAC (augmentative and alternative communication) apps available for the iPad and iPhone. This session will provide an introduction to the app and how it can potentially assist your child’s communication.

It will also include instruction on how to customise the app e.g. how to edit buttons, add buttons to pages, edit pages, create new pages, and link pages together to make the system suit your child’s individual communication needs.

If you have a copy of Proloquo2Go on your iPad, please bring it along to the session. If you don’t own this app, you are still most welcome to attend.

Presented by: Sue O’Brien and Lidia Culpo
Speech Language Pathologists, Education Queensland

Where: Woody Point Special School

When: Thursday 29th May at 9.30-11.00am
Healthy ways for kids manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn’t get much really constructive help at all.

"Don’t worry! It will all turn out right!" was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that’s why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on to their children. Little wonder that anxiety, anger and apathy are commonplace among today’s children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it’s better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1. **Breathe deeply**
   The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Find a favourite relaxation exercise**
   There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck.
   There are plenty of quick techniques you can use to relax.

3. **Use a positive reappraisal**
   Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. **Use positive, REALISTIC self-talk**
   Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that” or “This will stress me out big time” or “I’m no good at…..”? I know I have.
   Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.” Repeat this a few times and your emotional state will shift to a better one.

more on page 2
3 Exercise
Exercise releases endorphins, nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising when that’s exactly what we really need. Don’t let those feelings stop you. Going for a run, walking the dog or even a playing a game outsidewith the kids is the very thing you need to feel better.

6 Distract yourself
A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s a highly recommended strategy for natural worries. It’s amazing how much better a situation will seem after giving your mind a short break from it...

7 Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes … well, it’s hard to hold it together if you are feeling stressed all the time.

It’s important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that ‘ll we’ll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from “15 right ways to manage emotions”, a special report available at ParentingIdeasClub.com.au

Michael Grose
At the recent AGM the new office bearers were elected. Congratulations to:

- President – Sandra Turner
- VP – Naomie Macquarie
- VP – Louise Bolte
- Treasurer – Kym Lown
- Secretary – Alessandra Liussi

The next fundraiser for the P & C will be our annual Cent Auction which will be held at the end of July/early August; date to be advised. Please send in any donations to help make this a success.

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2014 Parent/Carer Invitation

On behalf of Pine Rivers, Redcliffe, and Woody Point Special School we would like to extend an invitation for all Parent, Carers, and interested parties to attend our annual Post School Information Evening.

The evening will be held on Wednesday 28th May 2014 at the Pine Rivers State Special School Hall (10 Lawnton Pocket Road, Lawnton). The evening will commence at 6pm and concludes at 8:30pm. Light beverages will be served at 5:30pm.

Each Service Provider in attendance will share information regarding their service. Information will include Support For School Leavers Program, Day Services, 16-25 Flexible Respite Program, Disability Employment Network, and Business Services.

Guest Speakers will include: Department of Communities and Disability Services, Commonwealth Carers, and Centrelink. They will begin their presentations at 6pm.

Guest speakers and Service Providers will be available to assist families and interested parties once they have completed their presentation at approximately 6:30pm.

Please RSVP to Sandars Kennedy (Woody Point Special School) by the 30th April 2014. Sandars Email skenn136@eq.edu.au

Woody Point Special School’s phone number: (07) 3480 4333.

Pine Rivers, Redcliffe, and Woody Point Special Schools are the host providers for the Parent Expo.