FROM THE PRINCIPAL’S DESK

Dear Parents/Caregivers

Welcome Back
Welcome back to all students, staff and families for Term Four. I hope everyone had an enjoyable and relaxing school holidays.

A busy Term Four
This term is looking like being an extremely busy one for staff, students and families at Woody Point. Some of the activities coming up include -

**Term Four Activities**
- 17 October - Bribie Fishing Competition
- 19 October - Australia Zoo Excursion
- **22 October - Student Free Day**
- 23 October - Shekere Beats - African Drumming Exhibition
- 25 October - Peninsula Fun Run at Sutton’s Beach
- 27 October - Lions Children of Courage
- 29 October - 2 November - Senior Intermediate Camp
- 30 October - Golden Ox PEP Awards
- 01 November - Prep – Year 1 Information Meeting
- 08-9 November – Intermediate 4 Camp
- 17 November - Senior Formal
- 12 December - ECDP Concert
- 12 December - School Awards, BBQ and Junior Concert.

DATES TO REMEMBER

P & C Positions held for 2012
President: Lydia Simmons
Vice President: Naomi Macquarie
Secretary: Sandra Turner
Treasurer: Sharon BooySEN

Next Meeting - Monday 19th November, at 9.30am in the SCHOOL STAFF ROOM – ALL WELCOME!

Term 4

**Pupil Free Day Term 4 – Monday 22nd October, 2012**

Last Day Term 4 – Friday 14th December, 2012

**Toy Library Visit – 24th October, 2012**
The Toy Library visits the school once a month in the School Hall at 9.30am; this is a great way to borrow different interactive toys and resources.

School Assembly – 2.15pm Undercover Area
Week 3 - 26th October, 2012
Week 6 – 16th November, 2012
Week 9 – 7th December, 2012

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

The Woody Point School Community values learning, active partnerships and individuality.
**Fishing Competition**
Three junior classes had a wonderful time at the Bribie Island Special School Fishing Competition on Wednesday the 17th. They caught lots of Whiting and had an enjoyable day in the sun and the sand. We will put some photos in future newsletters.

**End of Year Raffle**
We would appreciate any donations towards End of Year Raffles for ECDP and School. Both these raffles will be drawn at the concerts on Wednesday 12th of December, the ECDP raffles in the morning and School raffles in the evening. Items such as biscuits, coffee, chocolates, Christmas decorations, holiday treats would make great additions to our gift hampers.

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Jan Baildon, Principal

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**SENIOR/ INTERMEDIATE SCHOOL SUPER SLICE DRIVE for OCTOBER CAMP**

Super Slice Drive forms have been distributed through-out the school. Please return all order forms by**Wednesday 24th October**, along with all monies.

**Cheques should be made out to Woody Point Special School and not Fundraysia.** Money and order forms should be returned in a sealed envelope. On the order form please PRINT your name and your child’s’ name, also your child’s’ group/class. Delivery dates will be **Thursday 8th and Friday 9th November**.

We appreciate your involvement in this fundraiser and hope you enjoy your SUPASLICE goodies.

**Many Thanks**

Senior/Intermediate Staff.
The Newsletter of the Woody Point State Special School.

Chat with the School Chaplain

Self- Nurturing Activities

*In order to maintain good mental health, it's really important to look after oneself on a regular basis. Here are a few ideas…*

- Doing nothing. Just stop and have a breather.
- Pursuing a hobby you love, like sewing, gardening, crafts, reading or sport.
- Regular exercise releases feel good - hormones.
- Going for a walk along the beach. Watching the ocean.
- Laughing.
- Reading the Bible, prayer or doing a meditation exercise.
- Dancing.
- Going for a picnic in a park, in the country or mountains.
- Going to the art gallery.
- Having a bubble bath with soothing music and oils burning. Chocolate is good too.
- Giving yourself a manicure, pedicure or face massage.
- Singing or listening to music.
- Visiting or ringing a friend.
- Spending time away from the children.
- Playing cards, scrabble or some board games.
- Doing some part-time study for your own enjoyment.
- Drawing or painting or taking a yoga class.
- Giving yourself positive self-talk.
- Curling up on the couch with popcorn and a good book or movie.
- Trying out a new recipe.
- Planning and taking regular mini-holidays.
- Learning to play a musical instrument.
- Throwing sticks for the dog.
- Tickles or wrestling with the kids.
- Spending time alone if you’re an introvert; or with people if you’re an extrovert.
- Giving yourself the right to say “No”.

*Thanks to Kylie Stretton for this contribution.*

Sharon Booysen, Chaplain

*The Woody Point School Community values learning, active partnerships and individuality.*
MyTime Group

Children’s Assistance Technology

LifeTec Qld will show us a range of assistive devices to assist children with eating, drinking, writing, reading, mobility, bathing, toileting etc.

Don’t be overwhelmed… set goals

Do you feel overwhelmed by your situation? Setting priorities and goals can help improve key issues, and make life easier all around. Our OT Melinda Saxon will provide strategies to help you identify and improve the challenges that really bother you.

Wednesday 24th October
9.00am til noon in school hall

Enquiries Sharon Booysen ph 3480 4333 or sbooy1@eq.edu.au

Morning tea and child care provided
All welcome!

Free goods available!

- Vaporaire Steam Vaporizer
- Timber picnic table (legs attached)
- Square trampoline (no safety sides).
- Nappy liners & pull ups size medium (hip 70-120 cm) available. Good brands.
- Brand new leather school shoes (formal or athletic style, all primary school sizes)
- 4-in-1 HP OfficeJet Pro 8500 Wireless Printer

Do you have the following items to donate?

- Sofa bed or lounge suite
- Dining table and chairs
- Chest of Drawers
- Baby goods: stroller, high chair, walker etc

Would the person who donated the child’s bike seat last year please contact me?

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Intermediate 3 have been very busy this semester working on our horticulture program. We now have an established fruit vegetable patch, which includes; strawberries, carrots, beans, tomatoes & lettuces. The students are responsible for watering the patch everyday as part of their daily tasks & of course sampling everything once things are ripe too!
English in Intermediate 4

At Woody Point Special School, English encompasses a broad range of activities and lessons. In intermediate 4 we engage in activities such as writing our names, learning about letters and sounds using the interactive whiteboard, communicating using technology, delivering messages, following signs in the community and following schedules and mini task organisers to complete set activities.

Sun safety in our school

Sun safety is important for our school because our students are here during peak times for ultraviolet radiation (UVR), which is 10 am to 3 pm.

Cancer Council Queensland says childhood sun exposure contributes significantly to a person’s risk of developing skin cancer in their lifetime, so our school encourages sun safe behaviours.

Wearing wide brim hats, sun protective clothing, sunscreen and keeping in the shade as much as possible are good habits to get into and we encourage parents and staff to set a good example for our students.

Parents and guardians can check out Cancer Council Queensland’s website (http://www.cancerqld.org.au/page/prevention/skin_cancer/) for more information on being SunSmart.

Redcliffe Calendar 2013

$10.00 each

Woody Point Special School is selling Redcliffe Calendars for 2013 for $10.00. Please see School Reception for purchasing of these calendars. These Calendars are a great gift idea for Christmas and for overseas family. All proceeds go to Woody Point Special School.

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Give your parenting a spring clean

With spring in the air there is no better time for a little parenting spring clean to make sure you are on track to raise happy, confident and resilient kids.

Every parent I know wants to be the best parent they can be. Yet despite the best intentions it's easy develop poor parenting habits that don't do our kids any favours.

With spring in the air there is no better time for a little parenting spring clean to make sure you are on track to raise happy, confident and resilient kids.

Here is a checklist of 10 parenting ideas designed to help you put some psychological muscle on your kids:

1. Encourage effort and improvement more than results. Descriptive praise is better than generalities. Better still, as kids get older, focus your comments on effort, improvement and contribution than on results. And don’t make your kids reliant on what you think about them as their source of self-esteem.

2. Get kids to help without being paid: A little payment for jobs is okay, but don’t go overboard. Teach kids what’s in it for ‘we’ not ‘me’. By the way, see the use of rosters is a great way to get kids to help.

3. Balance free time with organised time. For learning reasons (kids learn a lot when play and activities are self-directed) and mental health reasons make sure kids have plenty of MCOCH time.

4. No deals with kids: If you bribe kids to behave well you teach them that they get what they negotiate. That's hard work in family life. Better to give them a treat after they've behaved well as a show of appreciation rather than make their good behaviour contingent on a reward, also known as bribery.

5. Train your kids to speak for themselves: Give your kids the words they need to speak for themselves in all situations including when they are not with you.

6. When kids can, they do (make lunches, get themselves up, etc): Sometimes we do things for kids that make us feel like a mum or a dad. Your job is to make yourself redundant as a parent so teach your kids to do (make, speak for themselves and work your way out of a job). NB: You will never become redundant as a mum or a dad.

7. Don’t give them things just because they ask: Character is built through impulse control. Resist giving them what they want even if you have the capacity to do so. Waiting, saving and goal-setting are admirable skills that are developed through scarcity.

8. Give kids a chance to sort out their fights and squabbles. The default mechanism for most sibling conflict is compromise. We’ve just got to give kids a chance to work things out themselves. There are legitimate times to get involved but we need to know what we are doing and why.

9. Use consequences to develop responsibility: Don’t rescue kids when they leave that school lunch at home, when they are late for school or when they are less than pleasant to another child. Allow consequences to teach your kids the important lessons of life. You mess up sometimes but you can make up and move on – and you can learn from the experience.

10. Put the camera down – be in the moment: Make sure your mind is where your body is and be fully present when you are with your kids. Take more mental pictures than photos and build their family memories.

This checklist is designed to stimulate some thinking and conversation about your current child-rearing practice. It's not intended as a template for good parenting. It may even stimulate you to do less of some things and more of others. Incremental change is how we become better at most endeavours, including raising children.
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