

# The Woody Point of View

2<sup>nd</sup> November, 2012

## FROM THE PRINCIPAL'S DESK



### Dear Parents/Caregivers

#### Peninsula Fun Run

We had a wonderful day last Thursday for the Fun Run. The weather was kind to us, and activities went off without any problems.

Many thanks to staff who assisted to make this such a good day. Also thanks to the Bendigo Bank who sponsored and helped on the day and students from the Brisbane North Institute of TAFE.

#### PEP Awards

Congratulations to Daniel C, Chance C, Zahlia and Julia who received PEP Awards for 2012 at the "Golden Ox" last Tuesday. PEP (Peninsula Education Precinct) is a group of all State Schools on the Peninsula. It has been formed to celebrate local education and to support schools.



...2!..

## DATES TO REMEMBER

### P & C Positions held for 2012

President: Lydia Simmons  
Vice President: Naomi Macquarie  
Secretary: Sandra Turner  
Treasurer: Sharon Boysen

Next Meeting - Monday 19<sup>th</sup> November, at 9.30am in the SCHOOL STAFF ROOM - ALL WELCOME!

### Term 4

Last Day Term 4 - Friday 14<sup>th</sup> December, 2012

### Toy Library Visit - 28<sup>th</sup> November, 2012

THIS WILL BE THE LAST VISIT THIS YEAR; IT IS A PICKUP ONLY OF TOYS - NO BORROWING. IF TOYS ARE NOT RETURNED ON THIS DATE THEY WILL HAVE TO BE RETURNED DIRECT TO THE TOY LIBRARY AT 470-476 OXLEY AVE, REDCLIFFE.

### Term 4 Activities

8-9 November - Intermediate 4 Camp  
17<sup>th</sup> November - Senior Formal  
12<sup>th</sup> December - ECDP Concert - morning  
12<sup>th</sup> December - School Awards, BBQ and Junior Concert - evening

### School Assembly - 2.15pm Undercover Area

Week 6 - 16<sup>th</sup> November, 2012

Week 9 - 7<sup>th</sup> 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](http://www.woodpoinspecs.eq.edu.au)  
Email: [the.principal@woodpoinspecs.eq.edu.au](mailto:the.principal@woodpoinspecs.eq.edu.au)



# From the Principal's Desk *continued .....*

## Australia Zoo visit

The Australia Zoo visit was a great success with the main problem being that the day went too quickly!

Many thanks to the Townsend Family who organised the trip, entry and ice cream for us all.

Thank you, also, to the staff and volunteers who attended and made the day so successful. Special thanks to Sandra Kennedy who organised the massive task of developing bus lists for the day.

## Lions Children of Courage Awards

Last Saturday, Redcliffe Central Lioness Club hosted a "Lions Children of Courage" Awards at our school Hall. Children from local areas were nominated by various Lions Clubs to receive the Awards in the categories of Special Needs, Bravery, and Sports.

Woody Point students who received Awards were- Mahony Taj and Ella . This is always a lovely event and we thank the ladies of Redcliffe Central Lioness Club for holding it annually.

## WANTED-Donations for gift baskets for ECDP and School End-of-Year Raffles

P & C would appreciate any donations of festive foods, drinks, cosmetics or gifts to add to our big annual end-of-year raffles that are drawn at ECDP and school concerts. All proceeds of these raffles will be used to support the school.

Jan Baidon, Principal

# Fun Run



Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

O divine Master, grant that I may not so much seek

To be consoled as to console,

To be understood as to understand,

To be loved as to love;

For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in dying that we are born to eternal life.

Saint Francis Of Assisi

**Sharon Booyesen, Chaplain**

**MyTime**



## **MyTime Group**

# **Holiday Programmes**

**Wednesday 14<sup>th</sup> November  
9.00am til noon in school hall**

**Everyone can use a break every now and again!**

**We'll look at various child care, respite, camps and holiday programmes that are available for children over the Christmas holidays.**

**Enquiries Sharon Booyen ph 3480 4333 or [sbooy1@eq.edu.au](mailto: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)

### **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

Sharon Booyen ph 3480 4333 or [sbooy1@eq.edu.au](mailto:sbooy1@eq.edu.au)

We also spent a day at Australia Zoo and saw lots of animals. We loved feeding the elephants and kangaroos! We even got to see different types of birds, a huge rhino and even held a baby alligator! Crikey!!

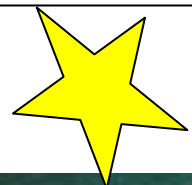


## MIDDLE/SENIOR SECTOR CAMP

This week students in Intermediate 1 and 2 and Senior 1 went on camp at Caloundra. Intermediate 1 and 2 had lots of fun and we wanted to share some of our favourite photos with you. Senior 1 photos will be coming soon!!



Matthew and Chance went to the beach.... Liam, Sam and Gene spent time at the unit and went for a swim!



# Notices

# Redcliffe Calendar 2013

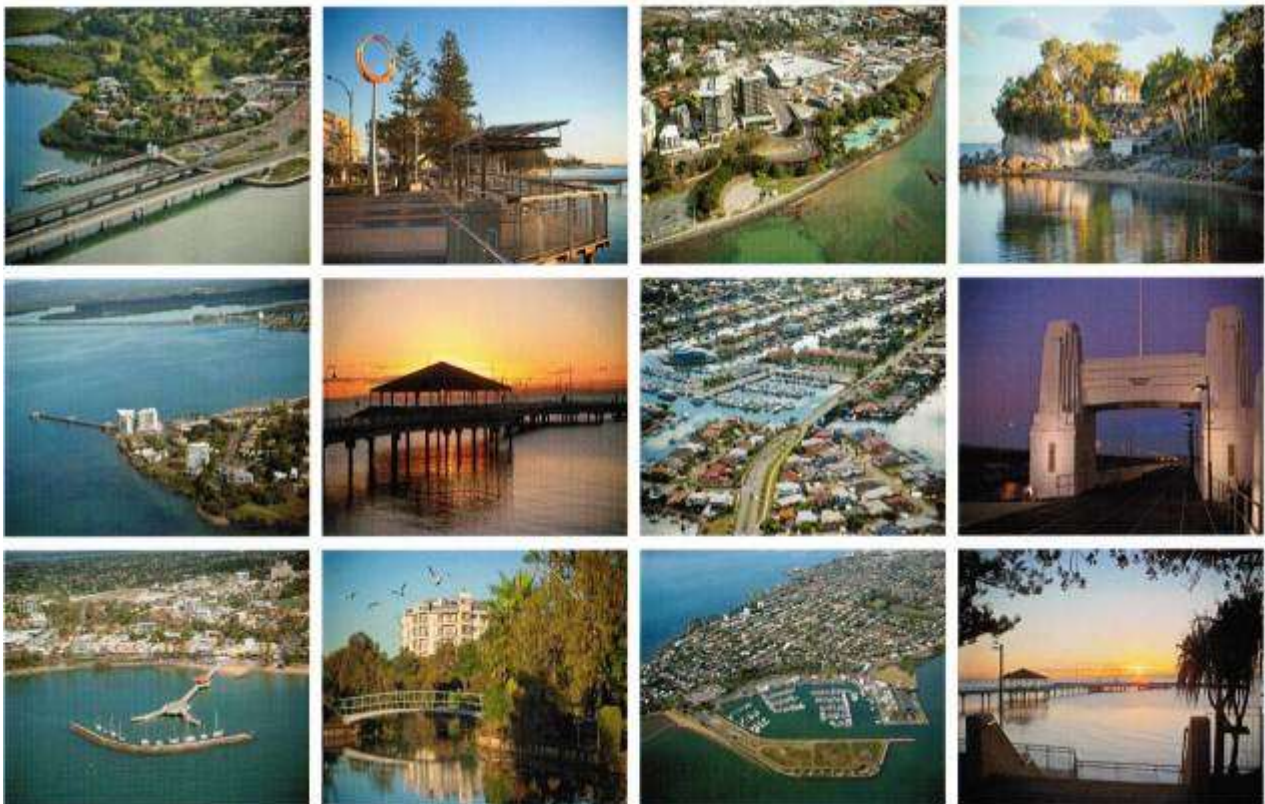
\$10.00 each



**REDCLIFFE  
CALENDAR 2013**  
ROTARY CLUB OF REDCLIFFE CITY



[www.rotaryredcliffecity.org](http://www.rotaryredcliffecity.org)



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.



# INSIGHTS

by Michael Grose - No. 1 parenting educator



## Attention is the currency of relationships

*Being in the moment when parents are with their children boosts their confidence and resilience*

Article contributed by Justin Coulson

There is one thing that shows our children we love them more than anything else in the world. It is taking the time to be emotionally available for them. In my book I refer to it as 'being where your feet are'.

This idea seems so simple that it might be easy to nod your head in agreement, shrug your shoulders, and move on. But to do so may mean you miss the valuable insight that practicing emotional availability provides for your family. Parents who are emotionally available will find that their children are among those most likely to grow up secure, confident and resilient.

Being emotionally available requires us to pay attention – close attention – to the emotional world of our children, and to respond compassionately. In fact,

*Just as dollars are the currency of our economy, attention is the currency of our relationships.*

### Being emotionally available

My eight year old daughter drove this point home to my wife and I during a recent conversation. We were conducting a parenting performance appraisal (which you can read more about on my blog). My wife asked Ella,

"Do Mummy and Daddy make you feel important?"

Her response:

"When you are busy you don't listen to me properly. Like when Dad's on the computer or you [Mum] are doing craft you're not available to me. It feels like those things are more important than me."

Ouch. Those were her words, not mine. Our kids notice when we are not available.

A father told me he was having daily battles with his teenage daughter. I suggested he go for regular walks with her each morning or evening and be emotionally available. The first few walks were awkward. She felt like he had an agenda, and she refused to talk. But within a week they were looking forward to their time together and talking more freely and pleasantly than they had for months. He complained to me (in jest) that he was thinking of making the walks less regular just so she would stop chewing his ear off!

### Invite Your Children Into Your Space

Whether your child is two or twenty two, being emotionally available will improve your relationships with your children. Here's how to do it:



Go out, turn off your phone, and simply be together – and listen.

It may be in a park, at the beach or on a mountain trail. It might simply be wandering around your neighbourhood. Just make sure there are no distractions (so that means no movies – you can't talk). Then ask questions, listen carefully and suspend judgement.

Your children will love being in your space and will feel special. Invite them to allow you into their space. It may take more than one date. But if you put your attention into your relationships, they'll become enriching sources of happiness and meaning for you.

Mums and dads who make themselves available for their children have happier families and better functioning children. Kids do best with both parents being there emotionally, regardless of your family structure. Having happy kids and strong family relationships ... it's about time.

### Hints for being emotionally available to your children:

- ▶ Minimise distractions by turning off TV, radio, the internet and iPods.
- ▶ Ensure every child gets some one-on-one time with just you.
- ▶ Ask questions, listen, suspend judgement.
- ▶ When one of your children says something to you, stop what you're doing and really take in their words.
- ▶ Try to look past the things they say to see their heart and the intent behind their words.
- ▶ Recognise that challenging behaviour may be your child using her limited communication skills to send a signal that she needs you.

Dr Justin Coulson is a parenting expert and the author of *What Your Child Needs From You: Creating a Connected Family*. He blogs at [happyfamilies.com.au](http://happyfamilies.com.au) and offers parenting coaching and workshops.

[parentingideas.com.au](http://parentingideas.com.au) [parentingideas.co.uk](http://parentingideas.co.uk) [parentingideas.co.nz](http://parentingideas.co.nz)

Michael Grose Presentations

PO Box 167, Balnarring, Vic. 3926 p + 61 3 5983 1798 f (03) 5983 1722 e [office@parentingideas.com.au](mailto:office@parentingideas.com.au)

All rights reserved. For more ideas, support and advice for all your parenting challenges please visit our website.

© 2012 Michael Grose

[facebook.com/michaelgroseparenting](https://www.facebook.com/michaelgroseparenting)

[twitter.com/michaelgrose](https://twitter.com/michaelgrose)

