

# The Woody Point of View

24<sup>th</sup> April, 2013

## **FROM THE PRINCIPAL'S DESK**

### **Dear Parents/Caregivers**

### **Welcome back for Term Two**

Classes are back at work for term two. It is great to see students back happy and healthy and ready to learn.

### **Woolworths Earn and Learn**

Woolworths "Earn and Learn" is open for 2013. We would like to encourage families, staff and friends of our school to collect the points and send in to school.

Last year we received several learning resources from our Woolworths points so we are keen to collect these again in 2013.

Thank you

### **Mothers' Day Raffle**

Parents will have received a book of raffle tickets for our Mothers' Day Raffle. First Prize is a "Pamper Pack" which includes \$400 worth of goods and vouchers for mum. We will also have subsequent prizes of a lovely home-made quilt and gift baskets.

If you can sell extra tickets, please contact the school reception.

Please return ticket butts, money and unsold tickets to school reception.

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## **DATES TO REMEMBER**

### **Term 2**

- Anzac Day 25/4/13
- Queen's Birthday 10/6/13
- Last Day 21/6/13
- School Holidays 22/6/13 – 7/7/13

### **Toy Library – 22<sup>nd</sup> May, 2013**

### **School Assembly – 2.15pm**

### **Undercover Area**

**Week 4 - Friday 10/5/13**

**Week 7 - Friday 31/5/13**

**Week 10 - Friday 21/6/13**

### **Term 2**

- ❖ **Post School Information Evening – Pine Rivers Special School – 1/5/13**
- ❖ **Sports Connect Families Forum – 14/5/13**

**P & C Meeting.** The next meeting of the P & C will be **20<sup>th</sup> May, 2013** - **ALL WELCOME!**

**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 .....*

## Donations towards Gift Baskets

We would appreciate any donations towards gift basket prizes. Items such as cosmetics, skin care, chocolates, wine, biscuits or coffee would be greatly appreciated.

## Date Claimer: Education Week

Education Week will be the week 6-10/05/13. ECDP will be having their annual art show plus an activity morning for families on Wed 8<sup>th</sup> while school will be having activities on Tues 7<sup>th</sup>. More information plus invitations to these activities will be going home closer to Education Week.

Jan Baidon  
Principal

## **Redcliffe Tenpin Dolphins Disabled League**



# DISCO

**11th May 2013**

Doors Open at 6.30pm -  
Concluding at 10.30pm

**Entry Tickets \$15.00**

Tickets available at the Door.

R.S.V.P by 2nd May 2013

Contact Wendy: 0427 270 772

♪ DJ - Craig    ♪ Dance Prizes  
♪ Drinks & Snacks    ♪ Raffle  
♪ Sausage Sizzle

**Woody Point Community Hall**  
Corner Hornibrook Esplanade &  
Oxley Avenue, Woody Point  
Redcliffe



## **Chaplain Article**



### **Special Need Mums: A look Inside**

You may think us “special mums” have it pretty rough.

We have no choice. We just manage life when things get really tough.

We’ve made it through the days we thought we’d never make it through.

We’ve even impressed our own selves with all that we can do.

We’ve gained patience beyond measure, love we never dreamed of giving,

We worry about the future but know this “special” life’s worth living.

We have bad days and hurt sometimes, but we hold our heads up high.

We feel joy and pride and thankfulness more often than we cry.

For our kids, we aren’t just “supermums”. No, we do so much more.

We are cheerleaders, nurses, and therapists who don’t walk out the door.

We handle rude remarks and unkind stares with dignity and grace.

Even though the pain they bring cannot be erased.

Therapies and treatment routes are a lot for us to digest,

We don’t know what the future holds but give our kids our best.

None of us can be replaced, so we don’t get many breaks,

It wears us out, but to help our kids, we’ll do whatever it takes.

We are selfless, not by choice, you see. Our kids just have more needs.

We’re not out to change the world, but want to plant some seeds.

We want our kids accepted. That really is our aim.

When we look at them we just see kids. We hope you’ll do the same.

**By April Vernon**

*Thanks to Kerry Gould for this contribution*

**Sharon Booyesen  
School Chaplain**



# ICT Article - Junior 7

Study Ladder



Reading Eggs

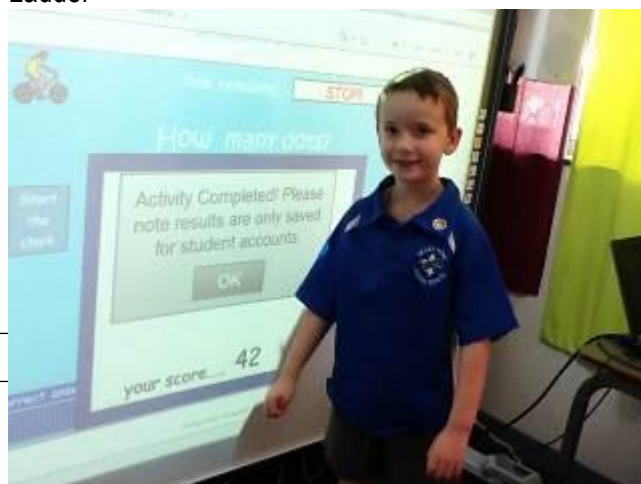


Here in Junior 7 our ICT use is through computers. Our students are using programs here at school that they can also use at home. These programs can be run through laptop, desktop or ipads. Students are learning how to log in using their own username and password.

Study Ladder



Study Ladder



Microsoft Word





# Notices






## Invitation

### Sports CONNECT Families Forum Moreton Bay Region

Tuesday 14 May 2013

If you want to see people with a disability:

-  Having fun and experiencing new challenges
-  Increasing friendships and social networks
-  Connecting with local sport and recreation opportunities

... come and find out more at the Sports CONNECT Families Forum for Moreton Bay.

Hear from people with a disability about their experiences in mainstream sport and develop ways to open up conversations about sport and active recreation opportunities. You will meet a range of local sports representatives, who will answer your questions about getting involved.

Family members of people of all ages, along with individuals over 15 years old, are invited to attend. Disability organisations and school staff are encouraged to attend with individuals and their families.

**Date:** Tuesday 14 May 2013

**Times:** 10.45am arrival for an 11am start, concluding at 2pm (including lunch)

**Venue:** Pine Rivers Special School, 10 Lawnton Pocket Road, Lawnton (off Gympie Road)

**Parking:** Car parking is available at Lawnton Aquatic Centre opposite the school on Lawnton Pocket Road.

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To find out more about Sports CONNECT, go to [www.sportingwheelies.org.au](http://www.sportingwheelies.org.au) and click on 'Education and community engagement'. The Moreton Bay Sports CONNECT project is supported by the Queensland Government's Active Inclusion Program.



Queensland  
Government

**RSVP:** Kylie Walker on (07) 3253 3333 or email [sportsconnect@sportingwheelies.org.au](mailto:sportsconnect@sportingwheelies.org.au) by 30<sup>th</sup> April, 2013. Registration forms are also available at Reception, Woody Point Special School.



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

# Caboolture, Pine Rivers, Redcliffe, Woody Point Special Schools Post School Information Evening Invitation



Four Special Schools are collaborating together to provide relevant information to all parents/carers, interested parties and school staff for children/students are nearing their final years of schooling.

The evening will be held on Wednesday 1<sup>st</sup> May 2013 from 5.30pm to 8.30pm at the Pine Rivers State Special School Hall (10 Lawnton Pocket Road, Lawnton).

Each Service provider in attendance will provide you with details on their service and what they can deliver as a service. Possible information Service Provider can provide will be the following; School Leavers Program, Day Services, 16-25 Flexible Respite Program, Disability Employment Network and Business Services.

Pine Rivers and Redcliffe Special School students will be in attendance to cater light refreshments at 5.30pm.

As part of the evening there will be four guest speakers who will speak at scheduled times. Guest speaker will consist of the following: Department of Communities Disability Services, Centrelink, Commonwealth Carers. We are endeavouring to also have a guest speaker from the National Disability Insurance Scheme. The four guest speakers will also be available after their presentation to assist families and interested parties with any question you may need to ask.

Please RSVP to Sandra Kennedy (Woody Point Special School) by the 19<sup>th</sup> April 2013.  
Woody Point Special School's phone number 3480 4333.





# INSIGHTS

by Michael Grose – No. 1 parenting educator



## Helping kids be brave

*Anxious kids, like worriers and sensitive types, benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears.*



Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression.

As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience.

It's important to understand that anxiety is not something to be afraid of. As Dr Schniering says, "It's a normal emotion and an important part of how we engage with the world."

Experiencing some anxiousness in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It's not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

### Genetics plays a part

Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety.

This finding supports my experience that **anxious parents beget anxious kids**. But it's not that simple.

Some children are simply more prone to experiencing excessive anxiousness than others. These kids are typically classified as

worriers, shy types and more sensitive souls who wear their hearts on their sleeves. (I've parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!)

I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears.

It's worth noting that if you yourself are overly anxious or experiencing depression, **then self-care needs to be your first priority** before you can assist your kids.

### When should I worry?

Dr Schniering says, "As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with every day life."

I would also add that when children become **overwhelmed** by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child's school. (Our research shows that parents are more likely to seek help from their child's school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers.)

### Helpful parenting practices

Before looking at helpful practises, let's quickly list some practices that are unhelpful for parenting anxious kids:

#### ► Fixing kids' problems.

Jumping in too soon only increases anxiety and doesn't enable kids to build their capabilities.

#### ► Allowing avoidance.

Letting kids escape new or fearful situations validates their fears.

#### ► A 'get over it' attitude.

There's a difference between "You can do this!" and "For goodness sake, get over it!" The latter often comes from parent impatience and stress.

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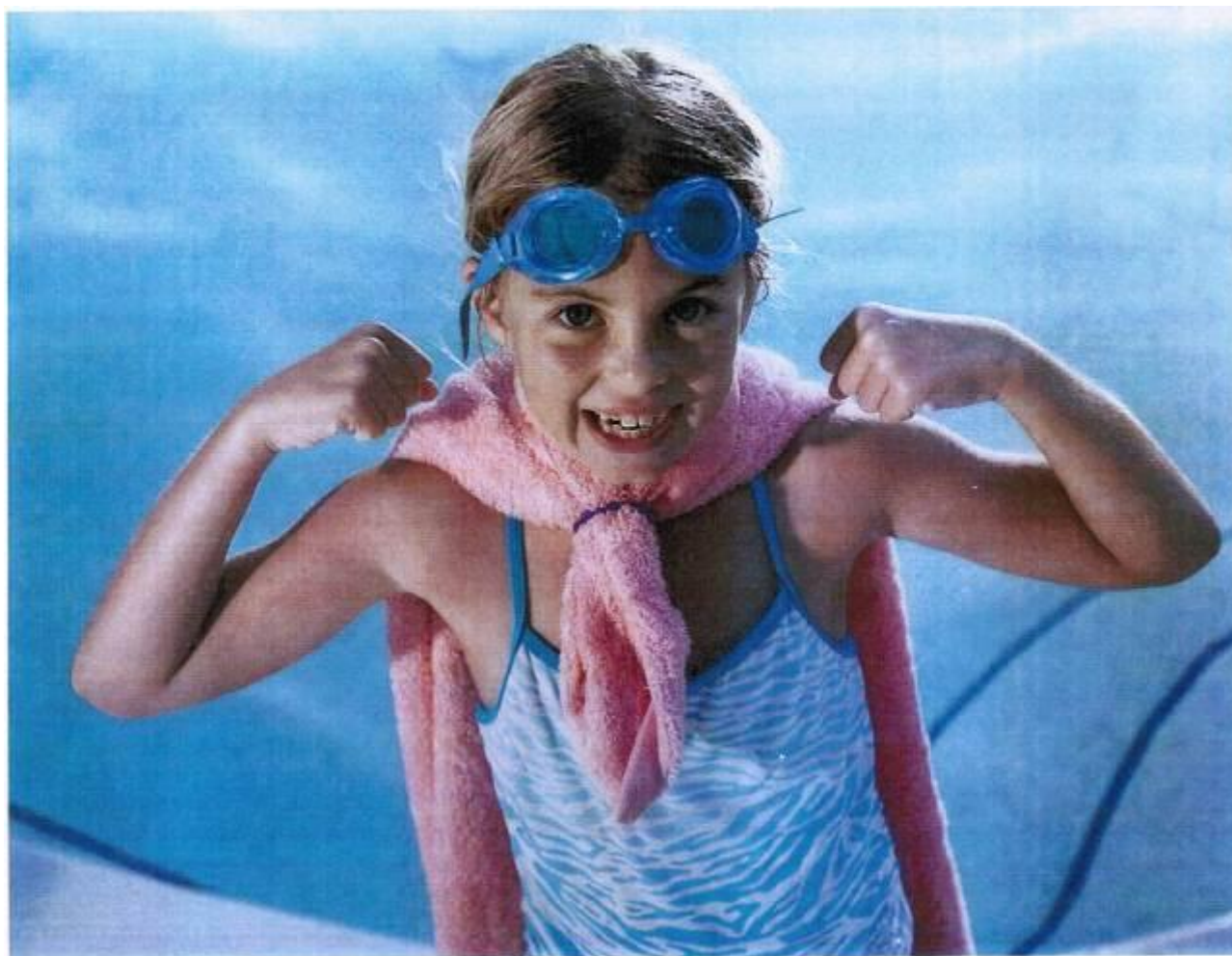
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Okay, now for the helpful parenting practices for kids who are anxious. These include:

1. **Skilling towards bravery.** Help kids face their fears by skilling them, e.g. *Look around for a friendly face when you go to scouts.* You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2. **Scaffolding towards bravery.** Rather than avoidance allow kids to face their fears in stages, e.g. *Let's go to the party for an hour then I'll pick you up.* By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. **Be empathetic, not sympathetic.** There is a difference. Empathy shows you understand how they feel; sympathy can be maudlin, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, "I know how you feel but I also know you can do this."

4. **Creating opportunities for independence.** Competency is the enemy of anxiety. Building children's self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. **Model bravery.** Okay, you knew I was going to mention this. But if you want kids to be brave **then you go first.** Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids. (Good leadership is basically about staying calm in stressful situations.) Modelling also shows them how fears of new and unknown social situations, and even specific fears such as going to the dentist, can be handled positively.

It's worth noting that most kids grow out of their anxiety given attentive brave parenting.

As a general parenting strategy I recommend that you take a strength-based approach (which is what I'm banging on about all the time) and focus on building children's strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.

Get your **10 ways to promote Good Mental Health & Well-being in Kids** poster at

[www.parentingideas.com.au/ParentingIdeas-Newsletter](http://www.parentingideas.com.au/ParentingIdeas-Newsletter)

Subscribe to **Happy Kids**, the **FREE ParentingIdeas** weekly guide while you are there.

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