Central SS Community Members of the Week: Currently, teachers and students are preparing for two events in their own time: Year 3/4 Reading Competition & Year 4/5 Maths Challenge. Congratulations on going that extra mile in order to learn and improve!

Welcome Ella Rathmell & Natalie Siddens
We are very fortunate to have two university students in our school at present. Ella Rathmell is working in Prep T with Mrs Thompson, while Natalie Siddans is working in Year 4C with Mrs Cavanagh. We always enjoy the opportunity to have student teachers in our school with new ideas and perspectives to share with us.

School Swimming Lessons continue THIS WEEK!
Dates for our school swimming lessons are as follows: Thursdays - 13/10, 20/10, 27/10, 3/11 & Fridays - 14/10, 21/10, 28/10, 25/11. Learning to swim is a vital skill for all of us, and the earlier we start, the better! WIRAC offers a quality program with Austswim instructors. Please ensure that your children take advantage of this excellent opportunity. Our interhouse swimming carnival will be on Thursday, November 24th from 12pm to 2:15pm. This carnival is for 9 to 12 year olds only, and parents and carers are most welcome to attend!

Myall Avenue Gate – new arrangements each afternoon from 2:30pm
After discussions with the parents and carers who utilise the Myall Avenue gate each afternoon, we decided that, rather than locking the gate, we would ask that parents park in Grafton St and walk their children through to Grafton Street. Everyone has been doing a fantastic job of following this compromise to locking the gate. Thanks so much! It is wonderful when we all discuss issues and concerns and come up with a solution that works for everyone!

Next P&C Meeting, TOMORROW, Wednesday, October 12th at 5:30pm in our school library
Due to the Warwick Administrators’ Road Tour taking place from October 19th to 21st, our October P&C meeting will be held TOMORROW. Everyone is most welcome to come along and share their great ideas for our school. A light supper is provided.

Principal’s Prattle
The first Principal’s Prattle will be held next Monday, October 17th in the library after parade. We will be looking at our website and discussing ideas for improvement, including brainstorming for good ideas! This activity will be repeated on Wednesday, October 12th at 2:30pm under C Block near Mrs Thompson’s Prep Room. Tea, coffee and light refreshments will be offered on both days.

Interesting Trivia:
A group of mice is called a mischief!

Joke of the Week:
What goes dot, dot, dash, squeak? Mouse code!!!

Thoughts for the Week:
Affirm and visualize. Create affirmations with these basic ingredients: they’re personal, positive, in the present tense, visual and emotional. Then, each day visualize the realization of these affirmations. You’ll find that your behavior and circumstances will change for the better. (7 Habits for Highly Effective People: Habit 2: Begin with the end in mind.)

ATTENDANCE DATA: Congratulations everyone! Last week we achieved 92.3% attendance! Let’s keep it up and aim even higher to 95%! Remember, every day counts!

Have a great week!

Chris
From the Office:

- Is your child going to Tallebudgera Year 6 camp? Have you paid for in total or part payments? **All money and medicals must be at the office by 21st October.**
- Year 5 students also received invoices for bodyboarding and surf awareness day at Tallebudgera – please return medical as soon as possible. Money can be paid in full or small amounts at any time until end of November.
- **Swimming**
  
  Thursday swimming classes – 4C 5C 5/6P 2R 3M 6F 3C
  
  Friday swimming classes – 1B 4M Prep T Prep M 1D 2S
- Would you like your newsletter emailed to you? If so please complete the slip below and return to the school office
- Would you also prefer any invoices emailed to you? Once again complete the slip below and return to the school office
- **Book club - Order** forms were sent home last week. If you would like to place an order please return all forms and money to the office no later than Friday 21st October 2016.

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I would like to receive
- my newsletter by email yes or no
- receive invoices by email yes or no

Name of student/s..........................................................
......................................................................................

My email address is

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CHAPPY CHAT

Hi there! I hope you are well and happy and enjoying this lovely, warm weather.

Last term I began sharing information from a book written by local psychologists Jan Dugan and Jan Gudkovs called “Helping Children Relax”. We have already covered the section of the book about the foundations of relaxation. Now, we will turn our attention to some of the techniques we can use to help children relax starting with children’s meditation.

Guided meditation or relaxation techniques can bring great benefits to children and help calm anxieties, unlock imagination, build self-esteem and teach them the lifelong skill of incorporating quietness and thoughtfulness into our lives. The world definitely needs more calm, thoughtful and mindful people in it! Telling a beautiful story at bedtime or listening to calming music can give your children a chance to switch off their minds and focus attention on the body and how he/she is feeling.

There are books you can buy that contain some lovely meditation stories especially written for children, taking them on a magical journey in their mind to places such as rainforests, the beach, castles with kings and queens, floating on clouds, gliding over rainbows or walking through a lavender field. I have some meditations that I am most happy to share with families, so please see me if I can help. You can easily make up your own fabulous stories to incorporate sound, smell, colour and movement. Combining storytelling with slow and gentle breathing can also be most effective.

I hope this inspires you to think of creative ways you can help your children relax not only at bedtime but during times of stress and change. God bless you and have a great week!

Chappy Donna ☺

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Choir

Saturday 15th October
Uniting Church Fete
Meet at 9.20am

Saturday 12th November
McHappy Day
Time to Be Confirmed

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BUSHKIDS – Triple P for Dads

Bush Kids Warwick will be running the Triple P program for Dads (Positive parenting after separation and divorce).

This program will commence on Tuesday 18th October from 12.30 p.m. to 2.00 p.m. and includes 5 sessions.

For further information and registration form please contact the school office.
Darling Downs Events

Sunday 16 October: Remembering Service
Starting at 2pm
Carers Qld Office
107 Ruthven St, Toowoomba

Tuesday 18 October: Autism Spectrum Disorder Forum
8am - 1pm
All Seasons Function Centre
Cnr of For and North Sts, Toowoomba
Gold Coast donation

Tuesday 18 October: Carer Friendly Business Award Ceremony
Starting at 11:30am
All Seasons Function Centre
Cnr of For and North Sts, Toowoomba

Wednesday 19 October: Chinchilla Luncheon
11am - 1pm
Chinchilla Museum
32 Vith St, Chinchilla
Cost $10 per person
Gold Coast donation for children

Wednesday 19 October: Warwick Luncheon
11am - 1pm
1125 New England Hwy, Warwick
Cost $10 per person
Includes Lunch, Desert and a Tour

1-2-3 MAGIC® & EMOTION COACHING
PARENT COURSE

Learn to manage difficult behavior in children 2-10 years old
A three session program for parents and carers
Course options are available

Day: Wed 02, 09 & 16 November
Time: 12.30 – 3pm or 6 – 8.30pm
Please note: No Childcare available

What people are saying:
"What a great course! It was informative, engaging, relevant and went beyond what I expected to gain. I highly recommend the course to anyone. Thank you for sharing your knowledge and experience."

Who is running it?
The presenters for this course are Stuart (psychological and social worker) and Linda (family health support worker) from BUSHkids, Warwick, who have completed Parent hc's 1-2-3 MAGIC® & EMOTION Coaching Practitioner training.

For more information contact Warwick BUSHkids on 4667 1200

• An end to the arguing and yelling • It saved our lives • Simple, safe, effective

This course is being run by a Parenting Plus accredited practitioner. www.parentingplus.com.au

Circle of Security® PARENTING SERIES

Presented by: Linda Cholewetski - BUSHkids (family health support worker)
Tanya Jones - Mercy Community Services - Connected Families Program (Family Support Worker)

Sponsored by: Mercy Community Services and BUSHkids

Location: BUSHkids Warwick Centre
116 Wood Street, WARWICK

Date: Commencing Monday 27 October for approx. 8 weeks

Time: 9.30 – 11.30am
Cost: Free of charge

Who should attend? Parents and caregivers

How to register: Phone or speak with Tanya on 0418 899 669 or Linda on 0406 32200

At times all parents feel lost or without a clear sense of what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security parenting program is based on decades of research and story about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training:
• Understand your child's emotional world by learning to read the emotional needs
• Support your child's ability to successfully manage emotions
• Enhance the development of your child's self esteem
• Honor your innate wisdom and desire for your child to be secure

Please note: No Childcare available

Mercy Community Services 
BUSHkids 
Circle of Security
Early Intervention Program for Parents of Children