**Principal’s Message**

**Inter house Athletics 200m & 800m races this Friday, July 22nd 9am & 2pm**

To give our students the best opportunities possible to achieve their goals in the 200m and 800m events, we are holding them separately this Friday, July 22nd. Students aged 9yrs to 12yrs only will be competing, here on our oval. Parents, carers and family members are most welcome to come along to support the children. We will begin the day with the 200m events at 9am, then allow time for students to recover and complete curriculum activities before they compete in the 800m events in the afternoon from 2pm.

**Inter house Athletics Carnival July 29th 9am to 3pm**

Our annual athletics carnival will be held on Friday, July 29th from 9am to 3pm. Discus events are currently being conducted during class time, while the 200m & 800m will be held this Friday as indicated above. Parents, carers and family members are encouraged to come along on July 29th to support the children as they compete in their house teams for the annual trophy and individual age champion medallions. A tuckshop will be held on the day, and everyone is encouraged to support our P&C. This is their major fundraiser for the year. House captains are already training the students daily in their running and jumping events, as well as practising the war cries. It should be a fantastic day!

**P&C Meeting TOMORROW Wednesday, July 20th in our library at 5:30pm**

Please come along and share your great ideas at our next P&C meeting tomorrow! A light supper is provided and children are most welcome! Items on the agenda include inter house athletics catering on July 29th, the disco & trivia night dates for Term 3 and funding of a school LED sign.

**7 Habits of Highly Effective People: Habit 7**

Recently, I was fortunate to complete some great professional development that applies to all aspects of our lives, called the 7 Habits of Highly Effective People. This week, our seventh and final habit is “Sharpen the Saw.” This is the habit of daily self-renewal. To be highly effective, this paradigm requires taking time for ourselves every day because it gives us the ability to do everything else. Humans are made up of four dimensions: Body (exercise, nutrition, rest, stress management), Heart (consistently deposits in Emotional Bank Accounts of key relationships), Mind (reading, writing, learning, study) and Spirit (service, values, clarification, inspirational literature, meditation, nature). Each aspect requires continuous renewal to remain in balance. If one is neglected, it will negatively impact the other three. In the same way, if each is nourished, all four will flourish. “Preserve and enhance the greatest asset you have – you.” (Stephen R. Covey) I hope that exploring these 7 Habits has given you food for thought and helped you to make each day a little better than the last. “Living the 7 Habits requires us to learn, commit and do on increasingly higher planes. To keep progressing, we must learn, commit and do – learn, commit and do – and learn, commit, and do again.” (Stephen R. Covey)

**Weekly Yoga Sessions**

There will be no yoga sessions until I am a little further along the recovery path. My sincere apologies to those who regularly attend.

**Principal’s Prattle**

My apologies for yesterday, as I had professional development in Toowoomba on effective leadership. The next session of Principal’s Prattle is on Monday, July 25th at 9:15am after assembly. Our focus will be on the importance of health and fitness, particularly when practising for the upcoming sports day. Please come along for morning tea and a chat.

**Parenting Tips & Hints:**

Michael Grose offers some great ideas on the importance of developing tolerance in our children. Kids who accept differences in others are setting themselves up for success in the world of diversity that they will enter as adults. I hope the attached article has some helpful hints for you. Parenting is certainly the most challenging job we do in our lives!

**Interesting Trivia:**

A group of barracuda is called a battery!

**Joke of the Week:**

What did the snowman order at McDonalds? Icebergers with chilly sauce!!!

**Thoughts for the Week:** Support, encourage and admire anyone who is trying to better themselves. We need more encouragers in the world!

**To do list:** count your blessings, practice kindness, let go of what you can’t control, listen to your heart, and just breathe!

**ATTENDANCE DATA July 15th:** 90%! Let’s aim for 95% in Term 3! Thanks for your support in ensuring your children get their best opportunities to learn by attending school every day!

Have a great week!

*Chris*
Congratulations to our students of the week.

This is from the last week of last term.

From the office:

- We still have some outstanding boxes of chocolates, if these could be returned to the office as soon as possible.
- Have you joined up with Qparents?
- Book Club orders need to be returned to the office by Friday 22nd July.
- Uniform Sales are from 2.00 p.m. every day.
- PARENTS please be reminded our number to report an absence for your child is:-

  4660 4366

  Using this number is a quick and easy way to report an absence; you do not need to wait for someone to answer the phone just leave a quick message for us to correct on our system at the end of the day.

PIPPAS

PIPPAS is our pre-prep program designed to help children get ready to start prep the following year.

Our first PIPPAS morning will be held this Thursday 21st July from 9.00 a.m. to 10 a.m. in the Library. This session is for Parents and their child. Morning Tea will be provided.

PIPPAS students must turn 4 between 1st July 2015 and 30th June 2016.

Our first session will be an information morning. If you have any queries please do not hesitate to contact the school on 4660 4333.

OVERDUE LIBRARY BOOKS

We still have a number of overdue library books.

If the books have been lost please pay $15.00 to the office to replace the book.

TUCKSHOP - FRIDAY 22nd JULY

Tuckshop forms were sent home yesterday. This week it will be a sausage roll and popper for $5.00.

Please remember the tuckshop orders need to be returned no later than Thursday afternoon.

Thank you, Mrs Sue.
Tolerance: a vital ingredient for your child's success

Kids who accept differences in others are setting themselves up for success in the world of diversity that they will enter.

Want your child to be successful way past the confines of the school gate? Then you need to make sure your child is tolerant of individual differences and accepting of children and adults who look and act differently to them.

There's no doubt that success in today's world depends on the ability to understand, appreciate and work with others. The child who is open to differences is likely to have more opportunities in school, in business and in life in general.

Schools are diverse places
Walk into any school ground in Australia and you'll witness diversity first-hand. You're likely to see children from many different cultural, racial and family backgrounds. You'll also see kids with different needs and diverse ways of expressing themselves. Some kids will wear their hearts on their sleeves, while others will be taciturn and quiet. Tolerant kids are accepting of these differences.

They make friends with children and young people who may look and act differently to them.

Intolerance breeds bullying
Intolerance, or prejudice, is at the heart of a great deal of the bullying that occurs among children and young people. Kids who look and act differently or who are more isolated often experience bullying for no apparent reason other than the fact that they are 'different'. Whole-hearted acceptance and even appreciation: Tolerance a vital ingredient for your child's success of differences is a preventative bullying measure that we can all support.

Tolerance starts at home
Kids learn attitudes such as tolerance from those around them. Children in primary school usually reflect the attitudes of their parents. While adolescents are strongly influenced by their peers, parental attitudes still have a significant impact on their attitudes to other people. In short, if you want your child to be accepting of differences — whether they are racial, cultural, behavioural or in sexual orientation — then make tolerance a family trait.

Here's how:
Help your child feel accepted, respected, and valued. When your child feels good about himself, he is more able to treat others respectfully.

Model acceptance. Kids learn what they live so make sure you welcome differences in others, and be sensitive to cultural or racial stereotypes. It also helps on a practical level to discuss prejudice and stereotypes when they occur in the media.

Challenge prejudice or narrow-minded views. Sometimes kids, knowingly or unknowingly, can say the cruellest things about others. As a parent, respectfully remind your child of the importance of the impact that a narrow view can have on its or her own behaviour as well as on those it may be directed towards. Tolerance of diversity is an attitude that parents should make a stand against.

Answer kids' questions about differences honestly and respectfully. Teach your kids that it is acceptable to notice and discuss differences as long as it is done with respect.

Respect individual differences within your own family. Your ability to accept your children's differing abilities, interests and styles will go a long way towards establishing an attitude of tolerance in the children themselves.

By valuing the uniqueness of each member of your family, you are teaching your kids to value the strengths in others, no matter how diverse.

Modern Australia is such a wonderfully culturally-rich place. This diversity is part of its magic. One way to make sure our children fully appreciate this richness is to fully embrace tolerance in everything we do.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FAIR weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.