Dear Parents,

The end of the school year is quickly approaching with only 3 weeks of school to go. While our school work is slowly winding down, the end of year activities are keeping us busy. The progress each child in our school has made this year is outstanding. In particular, we have had a significant improvement in reading. I would like thank all parents for reading with their child every night and supporting their education. The best gains are made when we all work together.

**Student Resource Scheme**

Student Resource Scheme information was sent home last week. Please see myself or Mrs Ohl if you have any questions.

**Report Cards**

Report Cards will be available from the office on Wednesday 9th December. If they are not picked up by Friday, they will be posted.

**Swimming**

We will be having another swimming lesson before the carnival tomorrow, Tuesday 24th. Please ensure that your child brings their togs, sun shirt and towel to school. We will be leaving at 11am and returning at 1pm.

**Small Schools’ Swimming Carnival**

On Friday 27th the Small Schools’ Swimming Carnival is being held at the Blackwater Aquatic Centre. The day will begin at 9am and conclude at 3pm. There will be no staff at school on this day as all students are required to be participating at the pool. Parents are responsible for transporting their child/ren to and from the pool.

**2016 School Leaders**

Our 2016 School Leaders process is complete. A huge congratulations to all students who ran for a position and all students who have been elected as leaders.

- School Leaders: Bailey and Preston
- Tumbarumba: Latoya and Lexy
- Wonning: Braydon and Rowdy

Be Safe…..Be Responsible…..Be Respectful
Water bottles and sunscreen
As the weather warms up, please send a water bottle to school with your child. Water bottles may be kept under the students' desks for drinks throughout the day. This reduces disruption to lessons if students are thirsty. We will also be encouraging children to put on sunscreen before play. Please note that if it is a very hot day no children will be playing in the playgrounds or on the oval. We will do games, reading, activities etc in the classrooms or library.

2016 Prep
Our Bluff State School transition days have been a success. It has been wonderful to see many parents and children attending these dates. Our last transition day for the year is on Thursday 3rd December. This is a full transition day and children need to bring a hat, water bottle, morning tea and lunch. Parents/Guardians are required to stay with their child for this day. If you have any concerns or questions please come speak to me.

Date claimers for this term
23 Monday   Excursion  
24 Tuesday  Swimming  
27 Friday   Small Schools Swimming Carnival  

December  
2 Wednesday  High School Orientation Day  
3 Thursday  Prep Transition Day  
4 Friday   Swimming  
8 Tuesday   End of Year Celebration (Please bring a plate to share)  
9 Wednesday  Year 6 Graduation (Year 6 students and parents only)  
10 Thursday  Break Up Day  
11 Friday   Last day of school  

Warm regards,  
Elizabeth Webb  
Principal
What's going on in the....

P-2 Classroom

It is hard to believe that there are only 3 weeks left of the 2015 school year. They are going to be the busiest 3 weeks!

I would like to encourage everyone to continue to keep reading a priority in the final few weeks and to read over the Christmas holidays.

Read Aloud Commandments

To support reading at home the following list of Mem Fox’s Read Aloud Commandments can be used in the home:

1. Spend at least 10 wildly happy minutes every single day reading aloud.

2. Read at least 3 stories a week.

3. Read aloud with animation. Don’t be dull flat or boring.

4. Read with joy and enjoyment.

5. Read the stories that kids love over and over again.

6. Let children hear lots of language by talking to them constantly about the language or anything else connected to the book.

7. Look for rhyme, rhythm or repetition in books for young children.

8. Play games with things you and the child can see on the page, remembering it’s never work, it’s always a fabulous game.


10. Please read aloud every day, Mums and Dads, because you just love being with your child, not because it’s the right thing to do.

The following table is what we are learning about in Mathematics over the next two weeks.

<table>
<thead>
<tr>
<th>Week</th>
<th>Prep</th>
<th>Year 1</th>
<th>Year 2</th>
</tr>
</thead>
</table>
| 8    | • Compare shapes.  
      | • Directly and indirectly compare the duration of events. | • Describe and represent growing patterns.  
      | | • Apply a pattern rule to continue a growing pattern. | • Describe the features of familiar two-dimensional shapes.  
      | | | • Draw familiar two-dimensional shapes. |
| 9 | • Identify and describe an event that happens only once a year using the language of time. | • Describe patterns resulting from addition. | • shapes with and without the aid of digital technology. |
|   | • Describe patterns resulting from addition. | • Represent patterns resulting from addition. | • Describe the features of three-dimensional objects (faces, edges, corners). |
|   | • Describe patterns resulting from subtraction. | • Represent patterns resulting from subtraction. | • Identify and name some familiar three-dimensional objects. |
|   | • Identify and name some familiar three-dimensional objects. | • Partition shapes into halves, quarters and eighths. | • Partition collections into halves, quarters and eighths |
|   | • Partition shapes into halves, quarters and eighths. | • Identify different representations of the same fraction. | • Solve simple number problems involving halves, quarters and eighths. |
|   | • Identify different representations of the same fraction. | • Partition collections into halves, quarters and eighths | |
|   | • Solve simple number problems involving halves, quarters and eighths. | | |
|   | • Apply mathematics concepts in a variety of contexts. | | |

**3-6 Classroom**

As we come into Week 8 with only **three weeks until the end of the year**, the class has started their Christmas activities. However students are still completing curriculum so please ensure your child is at school every day. Students have also been practising their end of year performances in preparation for our end of year concert and it may create anxiety if the child has missed their preparation.

There is **no homework this week (Week 8)** due to the changes to the timetable this week (Excursion and Swimming Carnival) but there will be homework in Week 9. Please ensure that your child is reading every night for 15-30 minutes. Reading every night can help your child improve their reading. Try to encourage your child to a read a book of their choice as they are more likely to retain information read and continue interest in the book.
**WHY READ FOR 20 MINUTES A DAY?**

<table>
<thead>
<tr>
<th>STUDENT A</th>
<th>STUDENT B</th>
<th>STUDENT C</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 MINUTES PER DAY</td>
<td>5 MINUTES PER DAY</td>
<td>1 MINUTE PER DAY</td>
</tr>
<tr>
<td>1,800,000 WORDS PER YEAR</td>
<td>282,000 WORDS PER YEAR</td>
<td>8,000 WORDS PER YEAR</td>
</tr>
<tr>
<td>SCORES IN THE 90&lt;sup&gt;TH&lt;/sup&gt; PERCENTILE ON STANDARDIZED TESTS</td>
<td>SCORES IN THE 50&lt;sup&gt;TH&lt;/sup&gt; PERCENTILE ON STANDARDIZED TESTS</td>
<td>SCORES IN THE 10&lt;sup&gt;TH&lt;/sup&gt; PERCENTILE ON STANDARDIZED TESTS</td>
</tr>
</tbody>
</table>

So, how do you make a child a better reader?**

**READ MORE!**

**L & F Mine Transfers**

0428525551
(07)49336156

**Supporting Bluff State School in 2015**
Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids’ emotions.

It's official!

Emotions are now part of the parenting and educational mainstream!

For some time they've been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie Inside Out gives life to emotions in a fun, accessible way. It's a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, “Educating the mind without educating the heart is no education at all.”

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they've experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. “What do you mean you’re sad? We’re off to watch a movie. It’s a happy time!” Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it’s hard to figure out just what they are doing.

It's a wonder parents haven't smartened up to emotions earlier because 'good parenting' is hard emotional labour. When your three-year-old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child) you're doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out “I hate you” because you've denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That's one of the reasons it's so draining.

Accepting kids’ emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We’ve built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial ‘To smack or not to smack’ question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

more on page 2

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.
The limits of many parents’ emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children’s emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, “Who taught you how to recognise, manage and regulate your own emotions?” If you answered your parents then lucky you. They’ve given you the tools you need to have successful relationships, to maximise your earning potential (if kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn’t identify anyone, so your emotional intelligence (if you’ve read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. **Listen first**
   When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen.

Avoid trying to fix the situation just show understanding and compassion. There is no better feeling then being understood.

2. **Contain rather than manage (let your kids do the managing)**
   Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant**
   We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgment in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. **Build a vocabulary around emotions**
   Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions**
   Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognize their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognize your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did! When you subscribe you’ll also get my fantastic Kid’s Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.

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Bluff-Blackwater Amateur Race Club

BLUFF CUP & NEWMARKET
FAMILY RACE DAY
Saturday, 28th November 2015

GATES OPEN AT 11am

Under 18 - $5
18 & over - $10
No ID = No Wristband

(NO BYO ESKIES, DRINKS or FOOD PLEASE)

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Under 10's - $50 & Runner Up Prizes
Under 16's - $100 & Runner Up - $50
Ladies & Men's:
1st - $400 & Runner Up - $100

WHO WILL BE OUR 2015 CHAMPIONS?

Bus Information
$5 per person/per trip
BLACKWATER HOTEL Motel - 11am, 11:45am & 12:30pm
Returning to Blackwater at 6:45pm, 8:30pm, 10:30pm & Midnight

Mine Transfers

For more information visit our Facebook page or phone
0407 159 317

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