Dear Parents,

As parents we try and do the best for our children. One of the most important skills we can give our children is resilience. Resilience helps our children to:

- Normalise emotional state of anxiety
- Build emotional resilience and problem-solving abilities
- Build peer and other support networks
- Promote self-confidence when in a difficult situation or anxiety-provoking situations

Wanting what is best for our kids can cause parents to make decisions that are not always in their (children’s) long term best interests. Over the coming weeks I will post a common parenting mistake that reduce children’s resilience and a strategy or language to help build resilience.

Resiliency Robber #1
Fight all their battles for them

Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

Resilience notion #1
Give kids the opportunity to develop their own resourcefulness.

Language of resilience:
“Come on, laugh it off”

Strategy: humour  Good for: kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

Principal’s Note

The term is flying by with some very exciting things happening at our school. Genes for jeans day, Awesome After School Activities (AAA), science day and the fun run coming up.

Jeans for Genes
Today was our Jeans for Genes parade. So many students showed an interest in decorating jeans for this fabulous cause. The student council should be proud of their efforts in organising such a wonderful event which brought our school community together. Congratulations to all who participated!

Garage Sale
GARAGE SALE HAS CHANGED DATES it is now on the 18 August from 8am to 1pm. Come and support the school.
Awesome After School Activities (AAA)
Triple A is going beautifully, everyone is having a fantastic time working together and making their toiletry/beauty bags, even the boys. A big thank you to the parents that come along each week to help their children. I hope they are enjoying it as much as the rest of us. Also thanks to the parents/grandparent who bring a lovely afternoon tea to share with everybody. I am looking forward to next week. Happy sewing!!

SunSmart
Bluff State School has once again met Cancer Council’s review criteria and will remain as a SunSmart School for another four years. As a SunSmart school, we are demonstrating to the community that our school is involved in many SunSmart activities and protecting the children in our care from the harsh effects of ultraviolet radiation from the sun.

Town Library
Last week Max and Alison attended the meeting at the hall regarding the town library. Unfortunately there is a chance that Bluff will loose the library if a new venue can not be sourced. Please bring any ideas you may have forward.

Library Books
Please make sure your child/children are returning their Library books every Tuesday even if they’re not finished reading it. If they wish to keep it for another week they may simply re-borrow. This will help keep tabs on our overdue lists. Please also remember that we are more than pleased to lend books to parents if extra reading material is required at home.

Steven Bell and Josh Hannay U10 Football Challenge
Boys and girls born 2003/2004 who wish to play in the nine a side football challenge in Capella 16th August need to contact the school ASAP. We need to have parent permission for children to compete so I can nominate the team and speak to coaches. If we don’t have nine team members I can still nominate those interested and they will be put in another team. This needs to be finalised by early next week.

School Photos
Envelopes for school photos went home on Monday 29 July. If you wish to purchase school photos envelopes with correct money need to be returned to school on the 19th August. (School photo day) Please remember that students are to be in the correct school uniform. IE. School shirt, black shorts, white socks, laced or velcro shoes.

Fun Run
This year the Emmi Bielenberg Memorial Fun Run will be held on August 23. We will require volunteers for water stops and runners. The route will be the same as the year before last to include the run to the footy grounds for the bigger kids. If you live along the route and could help us out with a water stop or if you could run with the children that love to run all the way please let Max in the office know.

Tuckshop
The tuckshop is seeking volunteers please place your name on the sheet under the admin building. Remember no volunteers no tuckshop.

Fun Raising Opportunity
The Bluff Rabbitohs football club have offered the school a fun raising opportunity. They will donate some money to the school if we can run the canteen the night of the footy semi-finals and finals. There is a sign on sheet with the dates under the admin building.

Students of the Week

Congratulations to the following students:
- Matthew: writing a fantastic recount;
- Charli: taking on leadership roles and helping others;
- Michellie: working hard and showing great initiative;
- Rhianna: being enthusiastic and helpful;
- Grace: working hard and taking on feedback when writing;
- Brayden C: being a helpful class member;
P/1 News

Prep/1 students have been writing some awesome information reports. This week we read *The Very Hungry Caterpillar* and spent time pulling out the facts about caterpillars. We then read information on a website and wrote a report from this. Fantastic work all!

We finished up shape this week in maths and have been revisiting some of our number concepts to reinforce and practise our skills in this area. We will be moving onto chance and data over the coming weeks. Our science unit has started off well and you can see in the classroom our work on matching weather symbols and language.

Health is progressing well with students identifying the sound, sight and feeling clues of a situation that tells us if it is safe or unsafe.

2/3/4 News

Over the last two weeks students have been busy creating a desert scene in the back of the classroom. This has helped the year two students learn about life in the desert as part of their science studies of different environments.

Year three and four students have been reading traditional tales from Asia. In the next week or so they will be writing their own traditional-style tale. Year two students are learning to use Microsoft PowerPoint to create information reports.

Student Council News

Today was our Jeans for Genes Day extravaganza! A lot of preparation, organising and time has been given up by student council, parents and community members to put this event together. We appreciate this more than we can say. Stay tuned for the final amount of money raised.

Student Council members are still working through the legislation and rules required to have chickens on school grounds. As this is a big commitment and will be the responsibility of the students, we are expecting most members to do the required reading. Student Council will also be taking on the responsibility of the school worm farms – which is bound to be a popular task for all. Congratulations also to Jehu, our new treasurer.
Yesterday in girl life we did abseiling at the mine rescue centre. Abseiling was a challenge and built our confidence to challenge ourselves with other scary things. It was scary but fun at the same time. We had to put our heads below our feet and walk down the wall. It was a new experience for the year 7 girls. Next week in Girl Life we will be doing make up and we don’t need to bring anything!
The Gracemere Hack and Pony Club Inc. would like to extend an invitation to school equestrian teams to participate in our club’s major event.

What: Gracemere Pony Club Teams’ Challenge

Where: Paradise Lagoons Campdraft Complex, Fairy Bower Rd, via Gracemere

When: 7th & 8th September, 2013

The Teams’ Challenge is held over two days and is open to both affiliated Pony Club members and School Equestrian Teams. Each team consists of three (3) riding members in various age groups.

Riders compete in individual age groups and team events, including Sporting, Rider Class, Jumping, Team Penning, Novelty event, Mounted Games and Campdrafting.

Teams

- Teams are made up of three (3) riders.
- Riders must be current members of a PCAQ affiliated Pony Club or a member of an approved School Equestrian Team.
- Teams may consist of riders from different Pony Clubs or School Equestrian Teams.
- Riders compete in their own age group in all events except team events.
- Riders may nominate in up to 2 teams.
- Riders who nominate in more than one team will compete more than once in the team events only.
- Limit of one rider 18 years and over per team.

Nominations: Nomination Fee - $120.00 per team – payment via school cheque

Nominations Close – Monday, 2 September, 2013

Enquiries: For more information and nomination forms please contact

Cheryl Wark, Ph 49333207 (A/H) or by email to taylor.23@bigpond.com

Camping Fees: $10.00 per site for weekend (Unpowered) – Hot showers available

Trophies/Prizes: 1st Place Team – Trophy, Sash and Rug for each Team member
2nd to 6th Place Teams – Sash and Prize for each Team member

Individual Age group events - Ribbons to 4th place in all age groups

Prize for Best Presented Team

Rules and Conditions

- All events are run according to PCAQ (Pony Club Association Queensland) rules and conditions.
- All Non PCAQ members must complete a “Participant’s Agreement” form which must be forwarded with nominations. A copy of the “Participant’s Agreement” form is available at the PCAQ website at http://www.pcaq.asn.au/Forms/Participants%20Agreement.pdf
- 1 horse – 1 rider, 1 rider – 1 horse – Definitely no substitution.
- Riders compete at own risk to the rules laid down by PCAQ.
- The organising committee reserves the right to alter or amend the program.
- The Judges decision is final.
- Definitely no dogs allowed on the grounds as per property owner’s request.

Disclaimer: Neither the organising committee nor PCAQ Inc. accept liability for accidents, damage, injury, or illness to horses, owners, riders, spectators or any other persons or property whatsoever.