



Caboolture State School Newsletter

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Issue 16: 16th November, 2018

PRINCIPAL'S PAGE

CELEBRATION WEEK:

Keep your eye out for the special memo which outlines the events we will be running during Celebration Week which will run from 3rd to 7th December this year. There are lots of new events this year. One of these is on Tuesday 4th December when students are encouraged to dress up as their favourite story book character.

2019 CLASS LISTS:

I am currently in the process of forming classes for 2019. To assist this process could you please let me know in **writing** if your child will be leaving us to attend another school in 2019. I would also ask that you let me know (**also in writing**) if you have a preference for a particular teacher for your child and also any preferences for placement with other students or students you would like your child NOT to be placed with.

We will be releasing class lists in the last week of this term. If after viewing these you would like a change of class please let the office know so that changes can be made prior to the start of the school year. Your early advice and assistance in relation to this would be appreciated.

STATIONERY 2019:

Don't forget that once again in 2019 we will be providing all stationery for our students. I am pleased to announce that AKD Softwoods

Caboolture has made a commitment to providing all of our prep student stationery through a donation of \$3376.74. We would like to thank Greg Levinge, Manager of AKM Softwoods Caboolture, for his generous support for our school.

Should you wish to make a donation to the provision of stationery we will use this money to provide stationery in 2020.

PRE PREP SESSIONS:

The last pre prep session for 2018 will be held on Friday 30th November. We have had a great time introducing our prep's for next year to our school. If you haven't yet booked your preppy in for their interview please call into or phone the office to make that appointment.

Saying of the week:

**We make a living by what we get
but we make a life by what we
give – Winston Churchill**

DEPUTY'S CORNER

It is normal that, at some stage in life, every individual will feel anxious when faced with a difficult situation. Each individual will cope with anxiety in different ways. During difficult times, you can support your child to

cope with anxiety in effective ways and by doing so, enhance their resilience. Anxiety becomes a problem when it is persistent and prevents them from enjoying normal life experiences for a long period of time.



How can I tell if my child has anxiety?

Signs of anxiety in children may include:

- having lots of worries and a strong need for reassurance
- psychosomatic symptoms which occur before school (e.g. feeling nauseous, shortness of breath or headaches). When the threat (fear of going to school) is taken away, the symptoms will reduce.
- crying, being clingy or fidgeting when nervous
- sleep problems such as difficulty falling asleep, nightmares and trouble sleeping alone
- fear and avoidance of a range of issues and situations.



Why are some children anxious about going to school?

Anxiety may affect children at any age. The causes of anxiety may be different for young children than for teenagers:

- Separation anxiety (being afraid to be away from parents)
- Problems at school such as:
 - being bullied
 - not having friends, not fitting in, friendship conflicts
 - feeling lost at school
 - fear of getting into trouble
 - learning difficulties
 - not getting along with a teacher.
- New situations – whether facing the first day in a new grade or the first day in a new school, it's normal to feel nervous in a new situation.
- Failure – worry that their schoolwork will be too hard, they won't be able to keep up, or they won't know the correct answer when called on in class.

- Fear of losing a parent. They may think something bad will happen to a parent due to:
 - a parent being ill
 - family problems and fighting
 - parents separating
 - knowing another child who has lost a parent or whose family has broken up.

What can parents do?

It is important not to dismiss your child's anxiety, but to help them see that the situations they are worried about may not be as bad as they think.

- Listen to your child and encourage them to tell you about their feelings and fears.
- Avoid telling your child to 'get over it'. Your child may perceive this as you not understanding or not caring about their concerns.
- Discuss various scenarios, possible outcomes and ways to handle the situation. This will help put things in perspective.
- Show your child how you cope positively when feeling anxious or stressed. Remain calm and positive when they are feeling anxious so that you can help them feel more confident.
- Avoid taking over or giving your child the impression you will fight their battles for them. Children with anxiety are usually very happy for someone else to do things for them. However, if adults take over for them, it stops them from learning how to cope for themselves as they begin to believe that someone else will rescue them.
- If your child is anxious about failure, remind your child that everyone makes mistakes and that you can learn from mistakes. Praise their best efforts.
- Talk with school staff to find out what assistance the school can provide.
- If your child has problems walking through the school front gate or getting on the bus, arrange for them to meet a friend before school so they can go to school together. Alternatively, check if there is another entrance to the school that your child feels more comfortable using.
- If your child delays getting ready for school so that they will be late, encourage them to still go to

school and reassure them that you will contact the school to explain why they are late.

- Should your child find socialising before school a source of anxiety, arrange for them to arrive just before the bell.
- Be involved in your child's school (e.g. volunteer in the tuckshop, participate in class reading programs, or join the P&C). Support your child with homework and study, modelling skills for becoming more independent.

Further assistance

Sometimes, all of these things do not work and you may need assistance from professionals who can help anxious children. Discuss your concerns with relevant teachers or year level coordinators to resolve any school-based issues. If your child requires additional support, the school's guidance officer or school-based youth health nurse may assist with anxiety support for your child (in an age-appropriate way) or with a referral to professional support. Alternatively, you can manage your concerns regarding your child's anxiety with your doctor, who can assist you with a referral to a mental health professional such as a psychologist, psychiatrist or therapist. They help children overcome their anxiety by using methods such as relaxation, improving self-esteem, improving confidence and changing the way they think about difficult situations.

Did you know?

- *Approximately 2-9% of children and teenagers in Australia have anxiety disorders that require mental health professional support.*
- *Children with anxiety symptoms that are left untreated are at a higher risk of developing other mental health difficulties like depression, eating disorders and self-harm.*
- *Children and adolescents with existing difficulties, like a learning difficulty or attention deficit/hyperactivity disorder (ADHD) may be more at risk of anxiety disorders.*

Useful website

<http://raisingchildren.net.au/>
<http://www.mindmatters.edu.au/default.asp>
<http://au.reachout.com/>
<http://www.kidshelp.com.au/>
<http://behaviour.education.qld.gov.au/>
<http://deta.qld.gov.au/initiatives/learningandwellbeing/resources.html#>
<http://www.qld.gov.au/youth/health-looking-after-yourself/>
<http://www.andrewfuller.com.au/free/AndrewsTenResilienceHints.pdf>

Button batteries – important safety messages



Button batteries are a potential danger to children. If swallowed, they can very quickly cause severe burns to vital organs.

[Button batteries](#) are found in electronic toys, remote controls, LED candles, watches, calculators, musical greeting cards, flashing novelties and many other everyday items.

Risks and injuries

Button batteries are a little known but severe injury risk for children. Every week, around 20 Australian children present to an emergency department following exposure to button batteries, including ingestions and insertions. Incidents are most common among very young children and toddlers, with the majority of cases involving children younger than six years. If swallowed, coin-sized button batteries can lodge in a child's gastrointestinal system. An electrical current is immediately triggered by saliva, which causes a chemical reaction that can cause severe burns to the child's oesophagus and internal organs such as the lungs, heart, arteries and spine. This can take only a few hours, resulting in serious injury or death. These injuries can occur even if the battery that is swallowed is flat.

Once burning begins, damage can continue even after the battery is removed and repairing the damage can be painful and may require multiple surgeries.

Symptoms that may occur after swallowing a button battery include:

- gagging or choking
- drooling
- chest pain
- coughing or noisy breathing
- unexplained vomiting or food refusal
- bleeding from the gut: black or red vomits or bowel motions
- nose bleeds – sometimes this can be blood vomited through the nose
- unexplained fever.

These symptoms are similar to many other conditions and may not appear for some time, so it may not be

suspected that the child has swallowed a battery.
Buying tips

If buying a household device or novelty, look for products that do not run on button batteries. If you do buy button battery operated products look for ones where the battery compartment requires a tool or dual simultaneous movement to open. This will make it difficult for a young child to access the battery.

Safe use

- Keep products with button batteries out of sight and out of reach of small children.
- Examine devices and make sure a child cannot gain access to the batteries inside.
- Dispose of used button batteries immediately. Flat batteries can still be dangerous.
- If you suspect a child has swallowed a button battery, contact the Poisons Information Centre on 13 1126 and you will be directed to the nearest hospital or emergency service that can manage the injury.
- Do not let the child eat or drink and do not induce vomiting.
- Tell others about the risk associated with button batteries and how to keep their children safe.



Vaccination is the best protection against meningococcal disease

Meningococcal disease is a rare but serious infection. Some of the highest rates of meningococcal bacteria occur in 15 to 19 year olds, who can transmit the bacteria to people at increased risk, including young children.

Queensland Health encourages 15 to 19 year olds who have not been vaccinated and their parents/carers to talk to their doctor.

For more information contact 13 HEALTH (13 43 25 84) or see [School immunisation program and Meningococcal ACWY vaccination program.](#)



STAFF PROFILE: Kim Kirk

Most students call me Miss Kim and I work as an Educational Interpreter (Auslan) for Deaf/Hearing Impaired students. I have worked at Caboolture State School for nearly 2 years and have loved coming every day.

I am originally from New Zealand (go the All Blacks), I moved to Sydney, Australia with the job I had at the time.

The saying a Jack of all trades and master of none fits me to a 'T' as I have had a variety of jobs including; office work, RNZN Medic, kindergarten aide, wool packer, watch part picker, Missionary, drama group, fruit picker, hospitality and now as an interpreter. I

have been working as an Educational interpreter for 20 years first starting in Melbourne in a secondary school then I moved to Queensland which is my 4th state to live in for more than 2 years.

In my spare time I love to read but my main hobby is photography and I take a camera wherever I go just in case I see the perfect photo. I have a beautiful fur child (cat) who has me wrapped around her little paw. Most of the students here know me because I travel about on my fiery red scooter (had to get red as they go faster).



STUDENT PROFILE: James

Hi my name is James. I am the Border House Vice - Captain of the fantastic year 2018.

Most of my friends know me for my sports like Rugby, soccer and handball. My highlights for this year are spending time with my friends, and my Border house group. I have really enjoyed my footy on Gala days.

I will be moving on to Caboolture State High School and want to say I hope everyone has had a great year.

Chappy News



Breakfast Club – Thank you to our wonderful volunteers.

There are many children coming for toast and milo in the mornings. It is wonderful to hear them thank the volunteers for the hard work they put into running the Breakfast Club. If you have spare bottles of jam or honey at home, we would love some extras. Coles donate \$30 worth of supplies towards the running of the Breakfast Club and it

is almost enough for spreads and milo for the week.

Art Carnival

During Celebration Week we will again have the Art Carnival, celebrating the creativeness of our students. Many classes are currently making their creative piece to auction off on the day. We will again have the Art Gallery open in the hall for parents to admire the variety of artworks. This term I am opening up the art room at the school for children to paint and create an extra piece to display and to take home at the end of the week. Some students are working with volunteers to create their masterpiece. Watch this space for more details.



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City Heart Caboolture Presbyterian Church
13 Hasking Street Caboolture

Registration Essential

| | |
|----------------|--------------------------------|
| CONTACT | Jenny Findlay 0403 856 955 |
| VENUE | City Heart Presbyterian Church |
| DATE | 17 Nov 2018 & 24 Nov 2018 |
| TIME | 9 am to 12 Noon |



Is your child enrolling in Prep at Caboolture State School in 2019?

Please come and join in our Pre Prep Friday mornings from 9 am to 10.30 am every fortnight from 17 August, 2018

Children and their parents will participate in a prep program to assist their transition to school.

They will need to bring their hat and a drink bottle (a snack will be provided by the school).



Sessions will be held in the Ngara Room.

Please pop into the office for directions.

It would be great if children could attend most sessions.

Information regarding full enrolment will be provided at the sessions.

Session dates are 14/09, 19/10, 2/11, 16/11, 30/11



School Calendar

November 2018

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------------------|---|--|---|---|-----|-----|
| | | | 1 | 2 <i>Pre Prep Session 9am</i> | 3 | 4 |
| 5 <i>Year 6 QUT Visit</i> | 6 | 7 <i>Senior Assembly</i> | 8 | 9 <i>Last Day to pay for Yr 3 Twelfth Night Theatre</i> <i>Last Day to pay for Yr 4 CREEC</i> | 10 | 11 |
| 12 | 13 <i>Whole School Beach Safety Talk</i> | 14 <i>Junior Assembly</i> <i>Year 5 Camp</i> <i>Year 3 Twelfth Night Theatre</i> <i>Year 4 CREEC</i> | 15 <i>Fluoride Treatment Program</i> <i>Year 5 Camp</i> | 16 <i>Pre Prep Session 9am</i> <i>Year 5 Camp</i> <i>Gala Day</i> | 17 | 18 |
| 19 | 20 | 21 <i>Last Day to Pay Book Club</i> <i>Senior Assembly</i> | 22 <i>Fluoride Treatment Program</i> | 23 | 24 | 25 |
| 26 | 27 | 28 <i>Junior Assembly</i> | 29 | 30 <i>Pre Prep Session 9am</i> <i>Year 3 Pets & People</i> | | |

December 2018

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------------------------------|--------------------------------|------------------------------|---|---|-----|-----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 <i>Senior Assembly</i> | 6 <i>Yr 6 Caboolture State High School Orientation</i> | 7 <i>Last Day to Pay Year 6 Graduation</i> | 8 | 9 |
| <i>Celebration Week</i> | | | | | | |
| 10 | 11 <i>Year 6 Graduation</i> | 12 <i>Awards Assembly</i> | 13 <i>Year 6 Rewards Day</i> | 14 <i>Last Day Term 4</i> | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |