Swimming Carnival

Yesterday the Years 3-6 swimming carnival was held at the Chinchilla Aquatic Centre. The day was a huge success thanks to the participation of students, parents, teachers and other staff who came along to cheer. Students were in very high spirits and chanted their war cries throughout the day. It was also very impressive to see the amount of students having a go at races just to score points for their teams and collecting ribbons!

The points were very close, which made for a very exciting and fun day for all. Winning House will be announced at next Monday’s assembly.

Throughout the day there was 4 new records broken, congratulations to Alice Iverson for her new record and Nathan Rollings for his new records.

The Age Champions for the carnival were:
- Alex Liddle
- Bree Adam
- Heath Batten
- Milla Shepherd
- Nathan Rollings
- Emily Swoboda
- Jordan Francis
- Alice Iverson
- Harley Scutchings
- Zahra Swoboda

Congratulations to the house captains, who lead their teams with enthusiasm and pride. A big thank you must also go to the staff, parents and swimming centre staff who helped out during the day. Without their help and support, the day would not be such a success.

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Curriculum Corner with 4B

Now, what a year! As we enter the final weeks of Year 4, it’s time to reminisce. For some of the students in 4B it’s been two years with me and it’s going to be an emotional send off.

Some of the favourite things 4B have done this year:
- Year 4 camp in Toowoomba – Jondaryan Woolshed, Cobb & Co Museum, Mudgee and parks
- Learning a new instrument in the Beginner Band
- Bootcamp reward with Jamie Hurley – because they earned their 1500 and 2000 value tokens
- Josh Arnold – writing, recording and performing a class song, Chinchilla, with 4C
- Attending Writer’s Festival in Brisbane
- Playing games at lunch or as a reward
- Sports carnivals – cross country, field events, track events and swimming
- Trying out for representative sports teams
- Favourite learning – Maths, Science (experiments), History, PE (swimming), The Arts (Dance and Visual) and Design Technology
- Religion with Pastor Tarn
- Hanging out with friends and being a part of 4B

4B are looking forward to Year 5 and:
- Finding out who their teacher is for Year 5
- Learning Japanese (LOTED)
- Doing NAPLAN in May
- School, House and Music captain speeches at the end of Year 5
- Doing lots and lots of learning in their favourite subjects

Well done on a fantastic year 4B! Good luck in Year 5 in 2016.

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Bell Street Bulletin

Tuesday, 28th November 2017 Issue 39
From the Principal's Desk

Thank you to all the parents who attended yesterday's swimming carnival. The overcast morning soon turned into quite a hot day poolside. While we were a little bit slow off the blocks ourselves, once the day got up and running all of our students appeared to thoroughly enjoy the day. A very big congratulations to our competitive swimmers for putting in a big effort in the pool. I would also congratulate these students on their resilience, and sportsmanship as they swam back to back 50m events. A big thank you to our sports captains and our school captains for their efforts also. For those students who just came along to enjoy the day and have a go, it was great to see the level of participation in the 25m and 12m events - well done. Of course the best planned swimming carnival is only as good as the helpers on the day. A very big thank you to all our teachers and staff for their efforts and a big thank you to our parent helpers also.

Parents of Year 5 and 6 students don't forget that next Tuesday is Presentation Day, with a significant number of students in both year levels being acknowledged for their efforts. Presentation Day will also see the announcement of the 2018 School Captains, Sports Captains and Music Captains. The four 2018 School Captains will receive a $230 bursary credited to their Chinchilla State School account to assist with school fees, camps and excursions etc. This 2018 initiative is courtesy of Mr and Mrs Mizen of South West Building Certification here in Chinchilla. I am sure the 2018 School Captains will no doubt join me in thanking Mr and Mrs Mizen for their very generous contribution towards the education of our 2018 school captains. Thank You!

Class Attendance

Term 4, Week 8 overall class attendance:

- Prep – 88.31%
- Grade 2 – 92.36%
- Grade 4 – 88.54%
- Grade 6 – 93.01%
- Grade 1 – 89.66%
- Grade 3 – 85.54%
- Grade 5 – 88.09%
- Target: 95%

Total days lost to absenteeism in Week 8 was 173 days. Please ensure you are contacting the school everyday that your child is away from school.

Congratulations to 2D for the highest attendance percentage of 99.13% for Week 8.

Please make sure you contact the school by 9:30am via telephone: 07-4672 9222 or by emailing: admin@chinchilla.qld.edu.au.

Pyjama and Crazy Hair Day for a cause

WOW So many people came to school dressed up in their pyjamas with the wackiest hair. Congratulations to all our winners and others who participated, for putting in a HUGE effort to make themselves look AWESOME! A special thanks to Spike Kidd for coming up with the idea. You were so brave, growing your hair then getting it all shaved off in front of everyone. Without you this day wouldn’t have taken place. Thank you to Mrs Lee and The Project Club for organising this fun event. A HUGE thanks to Jenny Gayley for driving from The Drought Angles shop to come and collect the food. This food will help a lot of people in need during this Christmas period. Thank you Jess for writing a news article for the local newspaper. A MASSIVE thank you to everyone who donated non-perishable food items and a gold coin, we much appreciate your kind offerings. The money has not been counted yet, but the amount raised will be announced on next week's parade.

Written By: Libby Zajacek (Vice Chairperson) and Frances Mills (Vice Secretary)

Year 5 Parent—Helpers for Presentation Day

Year 5 parents please return your Presentation Day (Tuesday, 5th December) assistance response slips as soon as possible.
PBL Update

This week’s value is: Respect

Our rule for the week is: Walk quietly and orderly so that others are not disturbed.

Effective learning takes place in a school that is organised and that is characterised by environments where students feel safe. At Chinchilla State School, students have opportunities to engage in quality learning experiences and acquire values supportive of their lifelong wellbeing in a safe and respectful atmosphere.

This week’s PBL lesson teaches students to move around the classroom and school in an orderly manner. Students will focus on how to transition safely in both the classroom and playground settings. They will be able to identify and demonstrate inappropriate and appropriate movements as well as the importance of walking on the left hand side of a path around the school. Having well-defined procedures is critical to the safety and well-being of all students.

As an adult, modelling behaviours for children means behaving in the way you expect your children to behave. You can encourage your child to move in an orderly manner also in the home setting or when you are out in public, for example when you are at the supermarket.

Congratulations to the students of 3B. These students have been striving to display all of our school values and have now reached 1500 Give Them a Hand slips. This milestone awards them with a class reward on their journey in becoming self-managed learners. Well done students!

Chinchilla State School’s P&C Association supports the PBL program in the school and has three representatives on the PBL Committee, Mrs Tamra Kidd, Mrs Leanne Evans & Mr Steven Luckraft.

The Language of Resilient Families

Information is from “Insights” - 2013 Michael Grose

This week we continue with examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable. The first four examples were published in previous Bell Street Bulletins.

6. “What can you learn from this so it doesn’t happen next time?”
Strategy: positive reframing. Good for: kids who make mistakes, let others down or experience personal disappointment.

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. “Don’t worry – relax and see what happens!”
Strategy: acceptance. Good for: kids who worry about exams or performing poorly in any endeavor, pessimists.

If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world”
Strategy: maintaining perspective. Good for: kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exacerbates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making a new friend like you generally do.”

9. “You could be right. But have you thought about...”
Strategy: flexible thinking. Good for: kids who catastrophise; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace ‘I’m furious’ with ‘I’m annoyed’, ‘It’s an absolute disaster’ and ‘It’s a pain’. ‘I can’t stand it’ with ‘I don’t like it’. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

Special visitor for Prep

Blazer Bear is coming to visit the Prep students next Thursday, 7th December 2017 between 2 and 3pm.
STUDENT MEDICATION

Parents/ Caregivers, just a reminder that if you have a child/ren that is currently taking medication during school hours, it must be collected on Friday, 8th December 2017 (last day of school) by a parent/caregiver. We cannot give medication to students to take home.

Upon the commencement of 2018, parents/ caregivers will need to complete a new “Medication Administration Advice” form, should they require medication to be administered to their child/ren.

SCHOOL BANKING

Student banking is every WEDNESDAY which goes to the class teacher for collection. Please note that the last “Student Banking” for this year will be tomorrow WEDNESDAY, 29th November 2017.

IMPORTANT DATES: Nov/Dec 2017

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<tr>
<th>Event</th>
<th>Date</th>
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<tr>
<td>C33 Koalas Transition Program</td>
<td>9-10:30</td>
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<tr>
<td>Instrumental Music Break-Up Concert</td>
<td>3-7:30pm</td>
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<td>IM New Parent Meeting</td>
<td>7:30pm</td>
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<td>Presentation Day</td>
<td>6th Dec</td>
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<td>Year 6 Graduating “Let’s Party”</td>
<td>7th Dec</td>
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<tr>
<td>Celebration Day</td>
<td>8th Dec</td>
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<td>End of Term</td>
<td>8th Dec</td>
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Deck the Library with Christmas Cheer!
School is finished for the year and Santa is nearly here! Visit Chinchilla library for a dose of Christmas cheer and get your imaginations into gear! Bookings are essential! Contact your library or visit westerndownslibraries.com to find out more.

Game on!
It’s GAME ON at the Chinchilla Library during January. Supercharge your summer by making your own board games, getting hands-on and messy with a maker space, or compete with your friends in a Rocket League competition.

Bookings are essential!
Contact your library or visit westerndownslibraries.com to find out more.

Tuckshop Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Tuckshop Roster</th>
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<tbody>
<tr>
<td>Wed 29.11.17</td>
<td>Lucky Duck</td>
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<tr>
<td>Fri 01.12.17</td>
<td>Amanda Magazine</td>
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<tr>
<td>Mon 04.12.17</td>
<td>Over the counter sales only</td>
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<tr>
<td>Wed 06.12.17</td>
<td>Over the counter sales only</td>
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<td>Fri 08.12.17</td>
<td>No tuckshop Let’s eat</td>
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UNIFORM SHOP

Please be aware that the Uniform Shop is open on Monday and Wednesday — 8:30 to 9:00am.

Christmas Holiday Workshops

WINTER WONDERLAND
Watercolour and Collage Primary School Age Children
Monday 11 December 2017 9:30am – 11am
With local artist Kristen Flynn
Cost: $15

SENSORY PLAYLIST
Mixed Media on canvas
Primary to Secondary Age Children and Youth
Saturday 13 January 2018 9:30am – 11am
With exhibition artist Corrine Russell-Osburn
Cost: $15

Bookings Essential

Bookings: Lapunyah Art Gallery
80-86 Heeney Street
4668 9908 or 4662 7514 AH
lapunyah@outlook.com
or book ONLINE at www.lapunyahartgallery.com

SUPPORT YOUR SCHOOL’S P&C BE A VOLUNTEER! IT'S A GREAT WAY TO MEET NEW FRIENDS