### Important Dates For 2015

<table>
<thead>
<tr>
<th>Month</th>
<th>Events</th>
</tr>
</thead>
</table>
| October   | 30 World Teacher’s Day  
            | 30 Day for Daniel                                             |
| November  | 17 CTK Talent Quest  
            | 20 Prep 2016 Welcome Assembly  
            | 24 Year 6 Leadership Reflection Day  
            | 26 End of Year Concert  
            | 27 Year 6 Farewell Assembly |
| December  | 2 Year 6 Graduation  
            | 4 Last day of the year |

### Term Dates For 2015

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>January 28 - April 2</td>
</tr>
<tr>
<td>Term 2</td>
<td>April 20 – June 26</td>
</tr>
<tr>
<td>Term 3</td>
<td>July 13 – September 18</td>
</tr>
<tr>
<td>Term 4</td>
<td>October 6 – December 4</td>
</tr>
</tbody>
</table>

### Term Dates For 2016

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>January 27 - March 24</td>
</tr>
<tr>
<td>Term 2</td>
<td>April 11 – June 24</td>
</tr>
<tr>
<td>Term 3</td>
<td>July 11 – September 16</td>
</tr>
<tr>
<td>Term 4</td>
<td>October 4 – December 2</td>
</tr>
</tbody>
</table>
From The Principal

CLASSROOM VISITS

It was a pleasure last week to visit the classrooms and welcome students back. The children have certainly settled back into their classroom routines and are working hard.

On my travels, I asked the children, “Who has started on an item for our ‘Talent Quest?’ Numerous children have already started working on their piece while others are in the planning process.

Many schools I have worked at have a special event that highlights the skills and talents of the children. One school had a public speaking competition, another one competed in Wakakirri (national storytelling festival.) Here at CTK we have our very own ‘Talent Quest.’

This event is a fun time for children and provides an opportunity for them to share their singing, dancing, acting and speaking skills.

This year’s event will be held on Tuesday November 17.

PREP ORIENTATIONS

Next week we welcome our prep students for 2016 to our school for orientation days. The children will have a chance to meet their class mates and teachers and familiarise themselves with their new surroundings. Parents also have the chance to meet fellow parents, teachers and key personnel from the school community.

We wish our visitors an enjoyable day.

THE SECRET TO SUCCESS

What is the key ingredient to your child’s success?

The answer is simple ..... PARENT PARTICIPATION

If you want the best outcomes for your child then it’s important that you become involved in as many aspects of your child’s education as practical. Their chances of success are better when they see school as an extension of home rather than merely an institution for learning.

Here are some examples of ways you can participate as suggested by educator Michael Grose:-

- Support a broad, balanced curriculum that offers children a variety of educational experiences rather than a program that focuses narrowly on the traditional 3 R’s.
- Direct conversations through the correct channels such as your child’s teacher, the principal or the school’s governing body. Gossip or thoughtless criticism within the general community can easily tarnish a school’s reputation
- Become an advocate for your child’s school and promote its positive features throughout the wider community. Encourage your child to take pride in their school through your example.
Consult with your child’s teacher about practical ways that you can assist both at home and at school.

**CONSISTENCY OF TEACHER JUDGEMENT**

A reminder that this Monday October 19 is a pupil free day as teachers will be involved in interschool moderation.

**RELIGIOUS LIFE OF THE SCHOOL**

<table>
<thead>
<tr>
<th>Date</th>
<th>Class Mass</th>
<th>Class Assembly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 16th October</td>
<td>5 Red &amp; 1 Red</td>
<td>4 Red</td>
</tr>
<tr>
<td>Friday 23rd October</td>
<td>2 Blue</td>
<td>3 Blue</td>
</tr>
<tr>
<td>Friday 30th October</td>
<td>2 Red</td>
<td>3 Red</td>
</tr>
<tr>
<td>Friday 6th November</td>
<td>4 Blue</td>
<td>2 Red</td>
</tr>
</tbody>
</table>

**PARENT/STUDENT PRAYER**

The next parent/student prayer will be held on Tuesday October 20 commencing at 8.15am in the library. All welcome.

**Walking Wheeling Breakfast**

**Wednesday October 21**

**7:30 am - 8:30am**

**Coffee Van**

**Around CTK**

**University of NSW Tests**

Congratulations to the following students for their achievements in the NSW English Competition:

**Merit:** Sophia Nguyen, Xavier Grambower, Alyssa Grambower, Penelope Munday

**Credit:** Rose Hudson, Grace Bamford, Stella Cuolahan, Patrick Muller, Hannah Poulsen, Claire Formby, Lily Gundry, Elie Manton, Emma Kidd, Amelia Manthey

**Distinction:** Hannah Alford, Bronte Fleming, Hannah Manton

**Professional Learning**
On Monday October 19 the CTK teachers will join teachers from about 10 other schools for a Consistency of Teacher Judgement (CTJ) Day. During the day teachers will engage in professional dialogue about student learning and achievement. Active engagement by teachers in CTJ processes, within the school and between schools, provides an effective way forward for implementing a standards approach to assessment of student achievement.

Our classroom school officers will remain at CTK and also engage in professional learning in the areas of Maths and Technology.

**Woolworths Earn and Learn**

Thanks to everyone who collected Earn and Learn stickers. This promotion has now closed. We look forward to receiving some of the free resources we will obtain.

**Talent Quest**

The annual school Talent Quest will be held on Tuesday November 17. Nomination forms were sent home last week and are due to be returned by this Thursday October 15. More details will be sent out in the coming weeks.

**Nude Food Day 2015**

Put Tuesday the October 27 2015 into your diary as Christ the King will be celebrating National Nude Food Day. Our students will be joining other students around the world in bringing healthy, wrapper free lunches to school over the month of October. Nude Food Day is a chance for our students to realise what they can do for their health and the health of the planet. An event like this can give all of us at Christ the King a taste of the benefits, ease and fun involved in packing a healthy, wrapper free lunch!

**Book Club**

Are you looking for some great Christmas stocking fillers? The last book club catalogues for the year have been sent home, and this is a great way to avoid the shops and support your school at the same time. There are two ways to order. You can do it all online, or you can fill out the form and return it with your cash or cheque to the office.

The books are usually sent home with the children when they arrive, but if you are buying some surprises and would prefer to collect your order from the library, please send an email to lmcunningham@bne.catholic.edu.au to let me know, and I will hold your order at the library to collect. Please have all orders into the office or lodged online by Thursday October 29th.

Thank you for supporting your school library.

**Teaching and Learning at CTK**

**Kids Matter**

As we prepare for the Prep orientation there is a lot of literature written for young children preparing to transition to school. However they are not the only children preparing for change. Kids
Matter have published a range of resources for families. The following information covers topics including, active listening, identifying common behaviours and assisting children to recognise and express their feelings.

In a very action packed term ahead, full of must do's and celebrations it is very important to keep open lines of communication and provide our children with positive coping strategies.
Starting school involves a big change for your child. It is normal for children to have strong feelings as they start to think about these changes, such as excitement about the prospect of going to school as well as nervousness about what lies ahead. Your child may also be feeling sad or angry about leaving early childhood education and care. This includes letting go of relationships formed with educators and other children, as well as a change to their familiar routines.

Some common feelings children have during transition to school can include:
- excitement
- sadness
- anger
- anticipation
- fear or anxiety.

Understanding and helping your child to handle the feelings associated with starting school will help to reduce their stress and can provide them with positive coping strategies.

Common behaviours

Young children often have difficulty explaining in words how they feel. Instead they may show their feelings through their behaviour. Some behaviours may be easier to spot like tantrums and crying, while others may be more difficult to notice like being quieter than usual. During the transition to school you may notice the following behaviours emerge or increase in frequency:

- clinging behaviour (eg not wanting to separate from you)
- restlessness (eg difficulty settling at activities, easily distracted, fidgeting)
- withdrawing (eg not participating in familiar activities, less engaged, less willing to persist)
- being anxious (eg shyness, fidgeting, stomach aches, needing excessive reassurance around the routines or plans for the day)
- refusing to comply (eg not wanting to follow rules and routines)
- avoidance strategies (eg increased negotiations around participation)
- planning and organisation difficulties (eg trouble getting started, remembering or finishing tasks)
- increase in crying and tantrums (eg more often or in more situations)
- changes in eating habits (eg loss of appetite, becomes fussy with food, overeating)
- sleep difficulties (eg trouble falling or staying asleep, nightmares)
- regression to younger behaviours (eg bedwetting, thumb sucking, baby talk)
- aggressive behaviours (eg hitting, kicking, shouting).

These behaviours are examples of different ways children respond to challenging situations. They are very typical for children within this age group and you have probably already noticed some of these behaviours during other times of change. However, if the behaviours persist or are interfering with your child’s daily life it is a good idea to get further help. (For more information, see the Starting School Getting help when starting school information sheet.)
What these behaviours may communicate

As it can be difficult for children to explain how they are feeling, it is often up to the adults around them to help work out what feelings and emotions may be underlying a child’s behaviour. As parents and carers, you are in the best position to help work out how your child may be feeling. It can be useful to do this in collaboration with your child’s educator and teacher, who will also have a good insight into your child. When you notice these changes in behaviour, you will still need to reinforce or set clear limits for your child while thinking carefully about what it might be telling you. Understanding how your child is feeling and why they are behaving in a particular way can help you work out how to support them, emotionally and practically.

For instance, when you notice a change in behaviour you might ask yourself:

- What is my child feeling?
- Why might they be feeling that way?
- Have they behaved this way before?
- How did I support them previously?

Talking about your child’s feelings

Because of the changes associated with starting school, your child may benefit from some extra nurturing and understanding to help them feel secure and confident. Being open and receptive to how your child is feeling as well as providing comfort and attention when needed will help to support them through these changes.

Spend time with your child

Putting aside some special time with your child will give you an opportunity to talk with them and help them express their feelings about starting school. This can be challenging for parents who are busy with other children or have work commitments, but conversations with your child can take place at any time. It may be within your child’s everyday routines such as having dinner together or driving in the car. It may also be helpful to find times when your child feels most comfortable, such as when they are playing in the park or engaging in their favourite activity (e.g. on the swings or kicking a ball). Finding time during a shared activity will help your child to feel relaxed and comfortable to open up during a conversation with you. Some useful ways to prompt these conversations include:

- sharing a story about when you have started something new (e.g. a job) and some of the feelings you had. This may help your child to feel more comfortable to express how they are feeling
- using open-ended questions that elicit more than yes or no answers (e.g. “What did you like about school during your visit today?”)
- using prompts and encouragement or gestures like smiles and nodding to show your child you are interested in what they are saying.

Sometimes children just aren’t in the mood for talking and that’s okay. Be guided by your child in whether they want to talk, what they want to talk about and for how long. Just being there with your child, sharing an enjoyable activity or having a cuddle can help them feel supported and more at ease at times of change.
Help your child recognise and express their feelings

Labelling feelings is one of the first steps in helping children understand and manage emotions. Once they understand what particular emotions feel like in their body, they can start to use words to describe them and begin to work out how they might manage their feelings. The following tips may be useful:

- Label and name your emotions. This helps children to put a name to the expression you are showing.
  "I'm so excited to go to the park with you."
  "I feel frustrated that I have lost my keys."
- Help label your child's emotions. This will help your child match how they are feeling with the name of the emotion. This can be beneficial when your child is not yet able to describe some of their more complex feelings (eg worry).
  "I can see that you're worried about making new friends."
- Invite your child to describe their feelings.
  "I feel disappointed it's raining and we can't go out to play. How about you?"
  "How do you feel when you go to visit Sara?"
- Talk about feelings in stories you read with your child. Pinpoint some of the characters' feelings and relate them to what is happening in the story.
  "Aisha looks a bit sad about going to school."
  "How do you think Aisha is feeling about starting school?"

At times, you could extend this to relate it to your child's own experiences (eg "has this happened to you?" or "have you felt that way?") to help your child make links to their own experiences.

Get involved in your child's play

Children often express their thoughts and emotions through everyday play, drawing and painting. The use of toys, dolls, animal figures or dress-ups can help with imaginative play and allow your child to act out a situation that they may be experiencing. Your child may also like to draw or paint a picture (eg their new school and teacher). You can then invite your child to talk about the picture. These types of activities can be a great way for your child to express their feelings as the focus is not directly on them.

Active listening

Active listening is an important part of talking with your child and can encourage them to express how they are feeling. It helps them to feel that you understand what they are going through.

Active listening involves the following steps:

Stop and give your child your full attention. This may involve moving away from a busy place where there are lots of other people. At a time when you cannot give your child your full attention (eg when caring for another child), let your child know that you want to listen and will give them your full attention after you finish. Prioritising time to listen actively to your child will help to show them that their feelings are important.

Look at your child. If possible, get down to their level to show them you are ready to listen.

Listen carefully to what is being said in words and through your child's body language without interrupting. Listening involves eye contact and nodding where appropriate.

Reflect the feeling. Use the opportunity to respond and gently describe what you think your child is feeling and why. This allows you to check if you have understood what your child is feeling.

Example: Sally and her mum

Mum: "You've been sitting very quietly and hugging your teddy bear. It seems like you are feeling sad about something. Would you like to tell me about it?"

Sally: "Ms Kyra won't be at school."

Mum: "Are you feeling sad because you will miss Ms Kyra when you go to school?"

Sally: "Yes, and I'm a bit worried about what the new teacher will be like."

How to start a conversation

- "You seem to be feeling...about..."
- "It looks like you feel...with..."
- "You sound...at...
- "You seem...because..."

Active listening can be useful not only when starting school, but in any situation where your child is experiencing strong emotions. (For more information, see the Starting School Problem solving and Coping skills information sheets for useful strategies for responding to difficulties your child may be experiencing.)
For more information

If you would like more information, KidsMatter has produced a range of resources to support your child through early childhood and primary school. The following information sheets related to this topic are available online at www.kidsmatter.edu.au/families/information-sheets

KidsMatter Early Childhood information sheets:
- Everyone feels overwhelmed at times
- Children and emotions: How to help
- Understanding and managing separation distress
- Feelings matter
- Play helps children feel good about themselves

KidsMatter Primary information sheets:
- Why feelings are important
- Making sense of children's emotions
- How temperament affects feelings
- Serious behaviour difficulties: Suggestions for families

This resource is part of a range of KidsMatter Starting School information sheets for families. View them all online at www.kidsmatter.edu.au/startingschool

Copyright: © Commonwealth of Australia 2013. This work is copyright. You may use this work in accordance with the terms of licence available at www.kidsmatter.edu.au
Sports News

Interschool Sport

Softball - October 9, 2015

CTK Senior A draw against St Aidan’s A: 10-10
CTK Senior B lost against Toowong B: 15-11
CTK Junior B1 won against CTK B2: 11-10
CTK Junior B2 lost against CTK B1: 11-10

Well done girls

Kim Fannin and James Vandermaat

Clinics for Years 4, 5 & 6

The Years 4, 5 & 6 students will be participating in sports clinics with Mr Treschman each Monday during Term 4. This is a component of our Health and Physical Education Program.

Years 1, 2 & 3 Swimming

Swimming began last Thursday (October 8) for all students in Years 1, 2 & 3 and will continue each Thursday for Term 4 2015. Swimming lessons are held at Graceville State School Pool. Children walk to and from the pool with their classroom teachers and participate in lessons conducted by staff from Dunlop Park Pool. Children must have their swimmers, swimming cap (given to them on the first day of swimming), sun shirt and sunscreen. Please see your child’s classroom teacher if you have any further questions.

Friday Interschool Sport

Interschool sport will continue this week for students in Years 5 to Year 6. Please remember hats, water bottles and sunscreen.

Tuckshop News

URGENT URGENT URGENT - The Tuckshop needs Volunteers urgently to continue operating. Please contact Amanda on smithamanda@y7mail.com or phone 0468 389 470 if you are able to help.
Uniform Shop News

Orientation Day

The Uniform Shop will be operating for the 2016 Prep Welcome Assembly on November 20 2015. Parents will have the opportunity to purchase uniforms “on-the-day” or take advantage of the “on-line” facility which will is available, although new parents may have to collect personally collect orders.

The Uniform Shop is open every Friday morning from 8.15am until 9.00am & please remember the Uniform Shop is operated by an amazing group of volunteers who give up their time freely to help the rest of us with our uniform needs.

Happy Birthday

Libby Hinch 16.10; Mrs Cassidy & Lily Gundry 18.10; Mrs Oghanna & Penny Munday 19.10; Harper Craig 21.10.

Corinda/Graceville Parish

MASS TIMES

St Joseph's, Corinda

Saturday 6:00 pm, Sunday 8:00 am

Christ the King, Graceville

Sunday 9:30 am and 6:00 pm

St Joseph’s Catholic Church, Cnr Oxley Rd & Martindale St, Corinda.

Christ the King Catholic Church, Churchill Street, Graceville
HOW TO HELP YOUR CHILD TO UNDERSTAND THE MASS

TUESDAY OCTOBER 20 ~ 7.00pm - 9.30pm

Supper included from 6.30pm and afterwards

A Formation/Prayer Experience that will give you the opportunity to get up close and personal with many hands on materials that can lead you to reflect on how you and your child’s experience of the Mass can be deeper, fuller and more meaningful.

Discover the key moments of the Mass that can help your child to understand that the Mass is a marvellous exchange of gifts between heaven and earth.

Spend time with the Good Shepherd who calls us all into relationship with Himself and invites us to come to be with Him in a particular way at the Eucharist.

Venue: The Catechesis of the Good Shepherd

19 Randolph St, Graceville

Please RSVP by Friday October 16 to Anne Delsorte Graceville Atrium 3379 8635

(leave a message if no one is available)
Community

Brisbane City Council - School Transport Please click here for more information.

UMAT Tutoring

- 1 hour sessions
- Teaching of thought processes, strategies and the answer logic behind each question
- Working through of a large volume of practice questions
- Take-home material is also provided, including both practice questions and explanatory guides for each section in the UMAT
- Located in Westlake

For enquiries, please contact me on 33766287.

Western Suburbs District Cricket Club - Friday Night Cricket Under Lights

Girls and Boys ages 7 to 12
$250 FOR A FULL SEASON
16 October – 25 March
(approx. 18 games)

FIREWORKS FOR LAUNCH
FRI 16 OCTOBER

REGISTER AS A TEAM OF 8 OR AS AN INDIVIDUAL TODAY!

For further information contact or to register Luke Donaldson on Luke.donaldson2@griffithuni.edu.au or 0414072927
Nappies needed!
Any size, any brand, any number.

We had a fantastic response when CTK contributed 1096 nappies to The Nappy Collective back in May and now it is on again. Do you have any unused disposable nappies taking up space in your cupboards? Perhaps your children are now using the next size up? Or perhaps your children have grown out of nappies completely and you would still like to help mothers and children in need?

The Nappy Collective is a volunteer group who collect unused nappies and distribute them to organisations around Australia who assist women and children in crisis, usually those escaping from a situation of family violence. Our donations, however small, enable these organisations to use their funds to help women and children in other ways.

A collection box will be at the CTK office until Thursday October 29 for any donations you may have. The nappies do not have to be in the original packaging, but they do need to be clean! A handful of leftover nappies may not seem like much to us, but every single donation to the collective will help another mum somewhere.

This is a very practical, simple and effective way that we can all make a difference to families in need, so please, clear out your cupboards, or add a pack of nappies to your supermarket trolley (newborn and crawler are the most needed sizes).

For more information visit http://www.thenappycollective.com/ or see Miss Cunningham. Many thanks for your donations.
Anne Marley Retirement Function - Saturday October 24, 2015.

Brisbane Kite Festival - Murarrie Recreation Grounds, Sunday October 18 10am to 3pm.

Please visit http://www.brisbanekitefestival.com.au/

YOU ARE INVITED TO AN OPEN MORNING at Brigidine College, Indooroopilly on Monday October 26 or Tuesday October 27 2015 9.30-10.30am

FIND OUT MORE ABOUT OUR ALL GIRLS CATHOLIC SECONDARY EDUCATION

OFFER YOUR DAUGHTER THE CHANCE to be a part of a strong academic tradition balanced by the wellbeing philosophy of *Strength and Gentleness*.

Phone 3870 7225 to secure an enrolment pack or book a place for the Open Morning Visitation Day

Go to www.brigidine.qld.edu.au for more information.
Corinda State High School – Golden Opportunity Learning Days

The final primary school student workshop hosted at Corinda SHS is fast approaching! This event is called, ‘The City of Tomorrow’ and it involves the development of a city model over a period of two days with our internationally recognised model expert – Mr Stephen Thrum. Mr Thrum, recently returned from NASA with Corinda SHS students, will guide your child through the process of model design and construction skills to culminate in the development of a full city model at the completion of the two days.

Date: Thursday November 5 and Friday November 6 2015, 8.30am to 2.50pm
Place: Corinda SHS
Cost: $40 to cover materials
For more information and to register: Erin Hudson, echud0@eq.edu.au or 33790214