### Important Dates

#### Important Dates For 2015

<table>
<thead>
<tr>
<th>November</th>
<th>Event</th>
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<tbody>
<tr>
<td>17</td>
<td>CTK Talent Quest</td>
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<tr>
<td>20</td>
<td>Prep 2016 Welcome Assembly</td>
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<tr>
<td>24</td>
<td>Year 6 Leadership Reflection Day</td>
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<tr>
<td>26</td>
<td>End of Year Concert</td>
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<tr>
<td>27</td>
<td>Year 6 Farewell Assembly</td>
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<table>
<thead>
<tr>
<th>December</th>
<th>Event</th>
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<tbody>
<tr>
<td>2</td>
<td>Year 6 Thanksgiving Liturgy</td>
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<tr>
<td>4</td>
<td>Last day of the year</td>
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#### Term Dates For 2015

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Dates</th>
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<tbody>
<tr>
<td></td>
<td>January 28 - April 2</td>
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<table>
<thead>
<tr>
<th>Term 2</th>
<th>Dates</th>
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<tbody>
<tr>
<td></td>
<td>April 20 – June 26</td>
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<table>
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<tr>
<th>Term 3</th>
<th>Dates</th>
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<td></td>
<td>July 13 – September 18</td>
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<tr>
<th>Term 4</th>
<th>Dates</th>
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<tr>
<td></td>
<td>October 6 – December 4</td>
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#### Term Dates For 2016

<table>
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<tr>
<th>Term 1</th>
<th>Dates</th>
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<tr>
<td></td>
<td>January 24 - March 24</td>
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<table>
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<tr>
<th>Term 2</th>
<th>Dates</th>
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<td>April 11 – June 24</td>
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<table>
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<tr>
<th>Term 3</th>
<th>Dates</th>
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<td>July 11 – September 16</td>
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<table>
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<tr>
<th>Term 4</th>
<th>Dates</th>
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<td></td>
<td>October 4 – December 2</td>
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Dear Parents, Staff and Friends

Principals’ Cluster

For the rest of this week, I will be attending a principal cluster meeting for our region. At this meeting we are informed of directions that BCE is taking for 2016 and given opportunity to discuss issues that have arisen during the year with our colleagues. Mr Gerard Marsh and Mrs Trish Blumke will be joining me for the Friday session.

Prep Orientation

Over the last 2 weeks we have invited next year’s Prep students to attend a morning session in the Prep classrooms. This has proved to be a very successful introduction to our future students and I would like to thank the teachers and school officers for their support, organization and planning. Our 2016 Prep parents gathered together for a chat and some information regarding their involvement in our great school. Many thanks to the current Prep parents who came along for the welcome with lovely treats and a supportive word. Special thanks to Letiscia McMullen for coordinating our welcoming parents.

Class Allocation Process for 2016

May I express sincere gratitude to the spirit in which parents engaged in the invitation to share information to assist with this process. All communication was for varying reasons valid and written in appreciation of the opportunity to communicate the good work and support provided in 2015 and seeking to build on this in 2016. It is also appreciated that many of you are happy to leave this process to our teaching staff and simply look forward to the new school year with an open mind and trusting heart. We look forward to announcing class groups and their teachers in the last week of term.

Enrolments 2016

We are currently taking Enrolment Applications for Years Prep - 6, 2016. Should you have friends/family interested in obtaining a position, kindly direct them to our website or the office. If your child is not returning to CTK for the 2016 school year, please advise the school office immediately if you have not already done so.

School Fees

November’s fees will be sent home this week. These will be last for the year. As we are required to pay our school bills before the end of year, we would appreciate that all accounts be finalised by the due date. Please make contact immediately with our Finance Secretary should you have any concerns with this.

Have a peace-filled week.

Trudy Walsh

Remembrance Day

At 11 am on November 11 1918 the guns of the Western Front fell silent after more than four years continuous warfare.

The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war.
Red poppies are worn on blazers, shirts, jumpers and other items of clothing on Remembrance Day to remember those who died during a war. Poppies were among the first plants that came from the battlefields of northern France and Belgium during World War I. Some people believed the popular myth that poppies were rich in their redness because they blossomed from grounds that were saturated with soldiers’ blood.

**Poppies For Sale**

Remembrance Day poppies and a limited number of badges will be on sale in the undercover area from tomorrow.

- Poppies 50c
- Badges $5

**Remembrance Day Ceremony**

There will be a Remembrance Day ceremony next Wednesday November 11 commencing straight after morning tea at 10.50am in the undercover area. Parents and caregivers are most welcome to attend.

**Second Blanket Completed**

Martina Hayes, one of our generous parent helpers, arrived last week with a second completed blanket which had been knitted by our student and community volunteers. I can inform you that it is another unique and colourful production.

Last week I also contacted the ‘Swags for Homeless’ organisation which is a not-for-profit charity working to provide emergency relief Backpack Beds to every homeless person turned away from shelter.

Although they do not accept blankets, they said they could give me the names of 20 organisations that would accept these blankets. That gave me great comfort to know that there are so many people willing to help those in need.

I am currently speaking to one of these organisations to come to school and accept our donation.
Student Parent Prayer

Tuesday November 10

8:15 am in the Library

Gerard Marsh

**Pure Imagination Theatre Products** - Hairspray. OLR Primary School Kenmore. Saturday November 14 at 7pm. Tickets sold at the door $10 children 15 and under; $20 adults and $50 Family – 2 children and 2 adults. Price includes programme and raffle ticket.

**Around CTK**

**Talent Quest**

The annual school Talent Quest will be held on Tuesday November 17. A note outlining audition times was sent home early last week. Auditions will take place at lunchtime on the day assigned to the year level. Remaining audition dates are as follows:

Friday November 6: Prep and Year 1

Tuesday November 10: Combined Years

Wednesday November 11: Year 5

**Congratulations**

Congratulations to Elizabeth Wilkins who made it into the last 40 contestants, out of approximately 500 contestants, for a Sound of Music Production. Well done Elizabeth we are proud of you!

**Nude Food Day 2015**
Thank you to all the students and families who participated in Nude Food Day 2015. It was wonderful to see so many rubbish-free lunch boxes at CTK. By teaching our children the benefits of a healthy lifestyle, environmental sustainability and the difference their actions can make, we can influence the next generation to be global innovators.

Don’t forget- **every** day can be a Nude Food Day!

**FREE to good home.**
One large teacher’s desk, with drawers. Vintage! Optional extras include stickers and work to be corrected. (Just kidding!) If interested, see Mrs Cassidy in Year Three Blue or one of our helpful office staff.

**Year One Excursion**
On Wednesday October 28 Year One and a wonderful team of parents journeyed to Paradise Country on the Gold Coast. It was a terrific day. We saw koalas sleep the day away and kangaroos hop by. Year One managed to get up close and cuddly with some sheep, pigs, alpacas and even fed a few too. Don’t forget to ask Mrs Kiernan about the sheep shearing show! Thank you once again to all of our wonderful volunteers who helped make the day one to remember.
A huge thank you to everyone who donated their leftover spare nappies, or who purchased a new packet for the collective.

Many of us take nappies for granted, but for a mum arriving to a shelter with no possessions, or a family facing eviction, homelessness and living well below the poverty line, your unwanted nappies will make a massive impact. The nappies we donated will now be sorted by volunteers and then distributed to families in need.

It all happens again next May, so until then, if your children grow out of a size and you have some spare ones, or if you find some left over nappies in your nappy bag or at their grandparents' house, please don't throw them away, hand them in to the CTK office and they can be included in the May Nappy Collective.

Remember, any brand, any size, any number are gladly accepted, including pull-ups and swimming nappies.

Lost
A iPhone 6+ in a gold case has been lost in the undercover area at CTK. It was last seen on the tuckshop ledge on Monday. Like many phones it is full of precious family photos. If you have any information regarding the phone please contact the School Office.
This week the information from Kids Matter focuses upon coping skills.

For those short on time, here is a sneak peek.

Coping skills are what we think and do to help get us through difficult situations. Children develop coping skills from birth and build upon these as they grow and encounter new situations. It is important to work with children to practise skills to enable them to cope with challenges.

Positive self talk, acknowledging and naming strong emotions, and seeking solutions are some ways to help us all cope with tricky situations and in doing so strengthen our mental health and well being.
Coping skills

As they grow and develop, all children encounter situations where they feel worried, nervous and sometimes even scared. Starting school involves a big change for your child as they settle into a new environment and begin forming relationships with peers and school staff. Even if your child’s transition to school goes smoothly, it is likely that they will encounter some ups and downs throughout their primary school years. Helping your child to learn coping skills as they start school will allow them to develop and practise skills that will enable them to cope with future changes and challenges. This will help to strengthen your child’s mental health and wellbeing now and into the future.

What are coping skills?

Coping skills are what we think and what we do to help us get through difficult situations. Your child will begin to learn and use different coping skills from the time they are born. You can build on the skills they are already using, as well as assist them to learn new ones. This may include asking for help, talking with friends, problem solving and taking time out when they need a break. You may also explore how you can help your child manage strong emotions, promote helpful thinking and assist them to break down tasks into smaller, manageable chunks. Following your child’s lead will help you work out what approach will be best for them. For some children, talking about a problem too much may lead to an increase in anxiety.

Helping children cope

There are lots of ways you can help your child to cope during challenging or worrying situations. You might like to:

Listen and talk to your child. Help them to identify their concerns or worries and acknowledge how they are feeling. For example, you could say, “It sounds like you are worried about who you will play with at school tomorrow.” (For more information on active listening, see the Starting School Understanding behaviour information sheet.)

Comfort your child. There may be times when your child does not want to talk and just having a parent nearby engaging in a shared activity or giving them a cuddle is helpful.

Reassure your child when they are feeling worried or unsure. For example, you could say, “It is a big playground but there is an area for just the little kids to play.”

Demonstrate and model ways that you cope with situations. For example, you could say, “I am going to take five deep breaths to help myself relax.”

Prepare your child for changes. Talk positively with your child about school, show them their new surroundings and do activities together that relate to starting school, such as reading stories about change.

Encourage help-seeking by teaching your child when to ask for help. For example, your child could ask a teacher for help to open their lunch box.

Problem-solve the situation with your child through a step-by-step process. (For more information, see the Starting School Problem solving information sheet.)

Encourage your child by talking positively about their attempts to cope.
Managing strong emotions

When faced with a difficult or challenging situation your child may feel angry, worried or perhaps distressed. It can be hard for them to think clearly at these times, and it makes communication and cooperation difficult. If your child is experiencing a strong emotion, it's important to acknowledge it and be nearby to support your child. You may also consider teaching your child strategies to calm themselves. There will be different strategies that help each child to feel calmer, and some children need more time and structure than others. Follow your child's lead to find out what helps them to feel relaxed.

Some suggestions include:
- counting to ten
- taking five deep breaths
- jumping on the trampoline
- going to a quiet place
- playing with toys.

Promote helpful ways of thinking

Another way you can help your child to cope is by helping them to begin to understand that how we think affects the way we feel and how we behave.

Thoughts
What we think

Emotions
What we feel

Behaviour
What we do

This means that how we think also affects how we cope with a challenging situation. You can begin to teach your child that sometimes we have a helpful thoughts that make us feel and act in positive ways. Some examples of helpful thoughts include:
- "I draw a really good picture at school today."
- "This is hard to do, but it will get easier the more times I try it."
- "I can try my best."
- "I can always ask my teacher if I need help."

You can also begin to teach your child that at other times we have an unhelpful thoughts that can lead us to feeling negative or bad about ourselves or a situation and can stop us from doing what we want to do. Some examples of unhelpful thoughts include:
- "I can’t do this."
- "No one will like me."
- "I won’t be able to do it without Mum."
- "I’m stupid."
- "It’s too hard, I will never be able to do it."

Example: Cassandra and Soo-Meng

When arriving at school, Cassandra waved to her friend Soo-Meng across the playground. Soo-Meng did not wave back to Cassandra.
- An unhelpful thought Cassandra might have had in this situation is: "Soo-Meng doesn’t like me anymore." (Thought)
- Having this thought is likely to make Cassandra feel sad and unhappy. (Emotion)
- Cassandra may then avoid Soo-Meng if she thinks she doesn't like her anymore. (Behaviour)

Examples of more helpful thoughts for Cassandra might be "Soo-Meng didn’t see me wave" or "Soo-Meng is just busy playing". This will help her to feel okay about herself and her friendships. Cassandra may then approach Soo-Meng to play with her later.

Children need to understand that it's not wrong to have unhelpful thoughts as everybody has them, but that learning to recognise unhelpful thoughts and finding more helpful ways of thinking is a way to better manage their feelings. Young children need adult support to find more helpful ways to think, but as they get older they can slowly start to learn to do more for themselves.

You might have already found some ways to help your child to see things from a different or more helpful perspective. You might say things like:
- "It doesn’t mean she doesn’t like you anymore. Do you think there are other ways we could think about this?"
- "Yes, it does look a bit tricky but how about just giving it a try?"
- "You were brave when you had your last injection; let’s be brave like a lion again and it will be over in no time."
- "It doesn’t have to be perfect. Just have a go."
How to support your child’s helpful thinking

- Acknowledge and validate how they are feeling (e.g., “it sounds like you’re feeling worried because you don’t know anyone at school”). Dismissing what children are feeling (e.g., “don’t think like that”) can lead them to believe they are wrong to think or feel that way and stop them from expressing their feelings with you the next time a problem arises.
- Help your child to look at the situation from a more helpful perspective. Thoughts such as “I can be brave” or “I can only try my best” can help to replace negative thoughts.
- Remind your child of a time they coped with something similar in the past (e.g., “Remember when you started preschool you felt worried, but then you got to know everyone and you felt okay”).
- Model helpful thinking. Children learn a lot from watching family members use helpful thinking to cope with challenging situations. Thinking out loud can help to teach your child how to come up with helpful thoughts (e.g., “I’m feeling nervous about meeting the other parents too but I can just be friendly and say hello”).

Helpful thinking is about promoting positive coping skills and encouraging children to feel good about themselves. This will help your child to feel more confident in new situations.

A plan for coping

Your child might be facing a challenge or worry that seems too overwhelming for them to tackle all at once. Breaking down the worry or challenge into small steps will help your child to slowly face their fear. You can devise a plan with your child where you work out small steps to help them reach their goal.

Take the following example of Jalak who has trouble speaking in front of his preschool group during show and tell. His mother, father, and Jalak sat down together to work out the following plan:

<table>
<thead>
<tr>
<th>Jalak’s goal</th>
<th>To speak in front of the class at preschool</th>
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<tbody>
<tr>
<td>Step 1</td>
<td>Practise in front of his favourite teddy with no one watching</td>
</tr>
<tr>
<td>Step 2</td>
<td>Practise in front of Mum and Dad</td>
</tr>
<tr>
<td>Step 3</td>
<td>Practise in front of the whole family (parents, siblings and cousins)</td>
</tr>
<tr>
<td>Step 4</td>
<td>Practise with a small group at preschool</td>
</tr>
<tr>
<td>Step 5</td>
<td>Participate in show and tell in front of the preschool class</td>
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</tbody>
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Jalak was slowly able to face his fear of speaking in front of the class with lots of practice in small steps and the help of his early childhood educator. Jalak felt very proud that he was able to achieve success.

The following tips will help you develop a plan for coping:

- Ensure that the first step is achievable for your child. This will build their confidence and help them to feel good about themselves.
- When your child feels comfortable with the first step, encourage them to start the next step. If your child is resisting, you may need to return to your plan and break it down into smaller steps.
- It is not uncommon for children to need to return to an earlier step or need extra time and practice at one of the steps before feeling ready to move forward. Remember to proceed at a pace that is comfortable for your child.
- Think of ways you can encourage and recognise your child’s effort and hard work in facing their fears.
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:
- Keeping a balance: Managing feelings and behaviours
- Coping skills for managing emotions
- Supporting children to cope with stress

KidsMatter Primary information sheets:
- How thinking affects feelings
- Helping children cool down and stay calm
- Coping with fears and worries
- Fears and helpful self-talk

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

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It’s great that we’ve still got lots of children borrowing from the library. The last day for borrowing this term will be Friday November 20. After this date students will have 10 days to return all books before the end of year. I will be following up any overdue books in the coming weeks so please return any that you have that may be outstanding.

**Book Club**

Thank you to all who purchased books through the Book Club and a huge thank you to Linda Cunningham for her diligence and extra time and effort she gives to make this happen. As soon as the books are delivered to school we will either send them home with students or arrange for collection as per any arrangements.

**Local Libraries**

Commencing on December 1 the 2015 Summer Reading Club kicks off through local libraries. There are some great online resources available to keep children occupied in addition to their reading. For further information check out: [http://www.summerreadingclub.org.au/](http://www.summerreadingclub.org.au/)

Happy Reading

Illese Smithwick
P&F News

P&F AGM AND PARENTING WORKSHOP

P&F Meeting – The next P&F meeting will be held on Tuesday November 10, commencing at 6pm, and will be the Annual General Meeting for the Committee. At this meeting, all P&F positions are spilled and new committee members elected. If you would like to nominate for any of the positions, please either let me know in advance or come along to the meeting. The P&F is a great way to get involved in the school.

As part of the AGM, the P&F is putting on a FREE parenting workshop. The workshop is run by an external group called Coaction Consultancy, and focuses on our beliefs and behaviours as parents and how these contribute to our children’s sustained, healthy success. In particular, the workshop will explore ways of developing our children to be resilient, adaptable, responsible and self-confident individuals. This should be a great evening, and provide some very useful parenting strategies. Please RSVP to me via email djlonergan@gmail.com or on 0408 175 835.

DAD’S DINNER

We are planning a Dad’s dinner for Saturday December 5, commencing at 7.00pm. Venue is to be decided. Please RSVP to me via email djlonergan@gmail.com or on 0408 175 835.

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 is available, although new parents may have to personally collect orders when they arrive at school.

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

Syranni Clegg & Mrs Wilson 8.11; Andreas Ganakas-Manuel & Olivia Totten 9.11; Mr Vandermaat 10.11; Stella Cuolahan, Tarah Hayes & Clinton Tram Bui 11.11;

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

Children’s Liturgy: is held in the parish every Sunday morning of the School Term, for all children from Prep to Year 6. Families are encouraged to attend Sunday morning Mass, while the children break open the Gospel story in a way suitable for their age group. Children’s Liturgy alternates between 8.00am Mass at St Joseph’s and 9.30am Mass at Christ the King. Please refer to the parish newsletter to check where Children’s Liturgy will be occurring each week.
Parish Youth Group: The parish will be commencing a new YOUTH GROUP for high school students (Years 7 to 12) from Term 1, 2016. This will be held each Friday night of the school Term 6.30pm to 8.30pm, with dinner included! The first Friday of the month will be held at the Parish Centre, Graceville. All other nights will be held at St Joseph’s Hall Corinda. So plan to be there in 2016 and be part of this exciting new program.

If you are interested in involving your children in either of these initiatives, or wish to volunteer to help out in any way, please contact Malia Mar at the Parish Office on 3379 1534 or at pv.corindagraceville@bne.catholic.net.au

Community

Sports Holiday Program

December Wednesday 16 - Friday 18

Sports Holiday Fun

Game On Australia is offering a 3-day multi-sport program in the December holidays. A wide variety of sports, activities and games for students of all ages will be on offer.

Years: Prep - Year 6. All abilities welcome.

Where: Christ the King Primary School, Graceville.

Times: Activities from 9:00am-3:00pm

Operators: Game On is organised and run by qualified HPE teachers and coaches

Early Bird Specials apply so be sure to book quickly.

For full details and to register online, visit: www.gameonaustralia.com.au

Chelmer Station Kindy - Open Day
Sherwood Community Festival Association Inc.

www.sherwoodfestival.com

It's on again!

Sherwood Community Festival is having its 20th birthday party this year and everyone is invited!

This free family event, sponsored by Brisbane City Council and local businesses, packs a punch with plenty of attractions for the whole family: free rides for the children, a rock-climbing wall, a petting farm, plus a fabulous variety of food and market stalls. The live entertainment includes bands, choirs, dance troupes, a roaming Santa, and a nativity play – complete with live camels, of course – plus a whole lot more! And don’t forget the raffle with some amazing prizes.

There will even be a Best Sausage in the Shires competition run by Living in The Shires, with local butchers vying for bragging rights!

The Sherwood Community Festival is a not-for-profit family-friendly event, organised entirely by a team of volunteers who give their time willingly to make it happen. It takes over the entire shopping strip, and this year, to mark its special 20th-birthday milestone, the street will be dressed up with 1000s of balloons.

President of the organising committee Viv Rogers says that every year someone leaves their car parked in the street, seemingly unaware of the frenzied preparations going on around them. Here’s a tip: November 13 is not a good day to park your car in Sherwood Road from late afternoon! It is going to be party central down there. You have been warned!

It really is a night of great family fun.

This year, to celebrate its 20th year, revellers are encouraged to come in fancy dress. There will be spot prizes for the best dressed!
**When:** November 13 from 5.30 pm until 9.30 pm.

**Where:** Sherwood Road, between Oxley Road and Hedges Street, Sherwood.

**Getting there:** the Sherwood train station is right at the end of the street, plus there is plenty of street parking in the surrounding area.

**Cost:** free entry, free rides, free entertainment.

**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.