3 December 2013

**PRINCIPAL’S NEWS**

**Swimming**
Tomorrow our students will be travelling by bus to Sarina for a day of swimming. We will be departing at 9am and arriving back at the school at approximately 3:45pm.

A BBQ lunch will be supplied, however students are required to bring:
- Hat
- Large water bottle
- Morning Tea
- Afternoon Tea
- Swimmers
- Sun shirt
- Towel
- Sunscreen

**Swimming Carnival**
Our annual swimming carnival is on this Friday at Clarke Creek, with students being advised to arrive at 8:30am. Parents are asked to arrange their own transport however, if transport is a concern, please contact me. Please see the list above for required items and remember your lunch, too!

It will be great to see the St Lawrence support from all those attending.

**Year 7 Graduation**
This year’s Year 7 Graduation will be held this Friday night commencing at 6:00pm. Students will be performing on this night so parents, please bring your cameras for some wonderful photos. Lasagne and Salad will be available for $10 per adult. Primary School children are free. The bar will be open.

All additional family members are welcome to attend.

**School-wide Positive Behaviour Support (SWPBS)**
This week we are teaching the expected behaviour Be Responsible in the Playground and Oval. Solving problems early can make sure things don’t get out of hand.

**Kung Fu Punctuation**
In order to improve punctuation, students have been learning Kung Fu punctuation which involves arm gestures with sound. We hope this will help students remember the different types of punctuation on their punctuation ladder, which is from ‘The Writing Book’, a resource we are using to teach and improve our writing. Have a look at the kids doing this with Mr Kennedy today!

<table>
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<th>Playground &amp; Oval</th>
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<td><strong>BE RESPONSIBLE</strong></td>
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<td>- Be a problem solver</td>
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<td>- Return equipment to appropriate place at the end of lunch</td>
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Thanks,

Mr Rob Stewart
Principal
St Lawrence State School
Hi everyone,

Well we’re into December when quite easily routines can be thrown into chaos which can cause some problems for families and schools alike. Hopefully the next week and a half will be fulfilling and exciting for our kids, parents and staff and instead of caving in to stress, we will all be able to focus on the wonderful opportunities to care for others through our words and actions.

**Professional Development:** Last week I attended a workshop on Managing Anger in positive ways which was jointly funded by the school and my Chaplaincy Committee. As a Kidsmatter School, we are continually looking for ways to strengthen the emotional resilience of our kids and being able to recognise and deal with their feelings helps them to do this. It is not wrong to feel angry but refusing to acknowledge it and expressing it in socially inappropriate ways can cause problems for us and the people around us.

**Holidays:** Six weeks with the kids! Some parents love this idea and others approach it with dread. There are many reasons which lead to feelings of anxiousness during the long Christmas vacation period that may stem from work commitments, financial difficulties, sibling squabbles and the weather. If your kids are prone to say “I’m bored” then perhaps you might sit with them after Christmas is over and make a list of things that they can do. Add a picture to each of the things on the list so that those who can’t read will still be able to “read” the list. Then, when they are “at a loose end” ask them to have a look at the list and choose something to do. Alternatively, at the beginning of the day choose an activity together and agree that, at an appropriate time, you will do the activity with your child. (Note: it is seriously important to stick to the agreement and follow through with the activity.)

Here are some cost effective things to put on the list:

- Decorate some garden pots
- Plant some herbs or flowers and help them grow
- Start a jigsaw puzzle on a table and leave it there for everyone in the family to help with
- Make some sandwiches etc and have a picnic lunch in the garden
- Invite some friends to join you at the local pool
- Make up a play and entertain your family at night time
- Use your favourite stuffed toys as puppets and make up a puppet show
- Use old magazines, cards, catalogues etc to cut pictures out. Collage a piece of cardboard to use as a placemat. Laminate if possible
- Write a letter to a friend or relative or draw a picture for them
- Sort the toybox and put some toys/books aside to donate to Lifeline
- Bake some biscuits with a grown-up
- Paint and decorate a “pet rock”
- Plan a camp-out in the garden or lounge-room
- Make a book and fill it with your favourite drawings
- Ice and decorate some biscuits
- Play with bubbles
- Be inventive!

I haven’t run out of ideas but I have run out of space! ☺

If you have any questions or concerns that I can help with, please don’t hesitate to ring or email me. See you on Friday at the swimming carnival or the Year Seven Graduation.

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**Chappy Chatter**

**Term 4: Week 9**

**December 3, 2013**

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Kari Morphy
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