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Benaraby State School Newsletter



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Acting/Principal: Mr James Morley

DO OUR BEST

Term 3 Week 8 5 September 2019	Enrolments	Students 118	Families 72
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Dear Parents/Caregivers
GRADUATION
I wanted to thank the parent body in year 6 for approaching Mr Esparza and myself about graduation practices and whether they should be updated. I am pleased that parents feel comfortable enough to raise concerns. As a result of parents providing their insights, actions have been taken to make the graduation memorable for the year 6 group.

The majority of students were in favour of this. As graduation is about the students, feasible options were found.
Term 4 2019
Mrs van der Wiede has informed the school that she will be returning in term 4 and that she will be continuing in the role in 2020.

skills, attributes and potential. All students who have voiced their interest in a school leadership role will be helping to organise Under 8's Day with Chappy Cathy.
UNDER 8'S MORNING
Our Under 8's morning activities will be held on Friday 20th September from 9:00am to 10:30am. Siblings and Pre-prep children are welcome to attend with their parents.

Graduation will occur in Week 8 of term 4 this year. This will allow Mr Esparza to be in attendance as he is taking leave for the final two weeks of the year. The exact date cannot be set until next week following the parent survey that has concluded. Parents raised the matter of whether parents should be in attendance for the graduation dinner. As a result, students were surveyed as to whether they would like their parents in attendance.

2020 SCHOOL LEADERSHIP
Benaraby State School has sought interest from our year 5 cohort in regards to those who are interested in a school leadership role. The process that follows is very structured to ensure we have the best school leaders. Students will be asked to write a letter of application, participate in an interview and present a speech for a student vote. Students are scored throughout on their

NO PARADE
Parade will not be held tomorrow due to the 5-A-Side Touch Football carnival.
SNO-CONES
Volunteers are required to help out with selling sno-cones during the carnival tomorrow. If parents could help out for half an hour or so that would be appreciated.

WHATS HAPPENING THIS TERM

Friday 6th September - 5-A-Side Touch Carnival
Friday 6th September - NO PARADE
Friday 13th September - Freaky Friday Colour Fun Run
Tuesday 17th September - P&C Meeting 3pm
Friday 20th September - Under 8's Morning 9 - 10:30am
Friday 20th September - Last Day of Term 3

TOUCH FOOTBALL
Students playing touch football are reminded to bring a hat, apply sunscreen and bring a water bottle.
Yours in education,
James Morley
Acting Principal

PRACTICES

☉ MONDAY Musical Instrument Club 1st Break Year 3-6
☉ TUESDAY Dance Club 1st Break Prep - 6 Chappy Club 2nd Break School Banking
☉ WEDNESDAY Sports Club Year 2 - 6 Instrumental Music
THURSDAY Number Ninjas 1st Break Year 2 - 6 Choir 1st Break Year 1-6 Recorder 2nd Break Year 2 - 6
☉ FRIDAY Computer Club 1st Break NO PARADE

MISSION STATEMENT: "Build on our strengths, address our weaknesses, reflect regularly on our practices and in all things do our best."

Freaky Friday Fun Run 13th September 2019

Start time: 4:45pm for a **5:00pm** start

A white shirt is best for the colour run, students are welcome to change into a costume after this, if not please be aware that the costume will get colour on it. If you do not wish to get colour on you but still want to do the run then please come in a black t-shirt and use the bypass at the colour stations

Food will be available between **5:30pm -6:30pm**

- Sausage on bread \$2.00
- Steak Sandwich \$4.00
- Soft drinks \$2.00
- Water \$1.50

Lolly bags and Popcorn will also be for sale

Movie will start at **6:30pm** "Monster Trucks" rated PG

(Watch the trailer on you tube to make sure it is suitable for the younger students)



All attendees must be supervised, a parent/caregiver must be on the grounds for the duration of the event.

Gold coin entry if you are not being sponsored a spread sheet with those students names on it will be at the entry gate to be marked off upon entry.

AWARDS

Last Week: CLASS ACHIEVEMENTS: Keiran, Blair, Hemi, Hayden, Jorja and Milla. Music star class

CLASS AWARDS: (Handed out in class) Ty Su, Jai, Kate, Matilda, Jacob G, Kyden, Samuel P, Levi, Olivia, Rohana and Kade. (Music) Emily, Shayla, Mystique, Mia, Dakota, Cohen, Ella F, Tyler S, William, Chelsey, Braith, Olivia, Tayha, Arabella, Asha, Gracie, Jazara, Jeremy, Jordan, Jace, Spencer, Sam P, Keiran, Jasmine, Aaliyah, Zack, Lily, Lillian and Aiden. **STAR MUSIC CLASS:** Year 1/2

BRONZE: Samuel P, Georgia, Duke and Lillian.

SILVER: Dakota and Jeremy.

GOLD: Shayla

NETBALL

Last Thursday the 29th of August the Benaraby Bullseyes competed in the Port Curtis region inter school netball carnival at Boyne Island. Mystique, Lulu, Ally, Jorga, Milla, Kiarna, Ella, Poppi and I played 4 games, coming third in our division.

Everyone played well and we all had a fantastic time. Thank you Mrs Peaty and Mrs Rowles for coaching us and to all the parents who supported us on the day.

By Chelsea C



GOLD AWARD

Congratulations to Shayla our first gold awardee for the year. Shayla has received 9 awards throughout the year including at least one certificate from our four school rules. Shayla will now have her name in the newsletter for the remainder of the year and have a permanent seat to sit on at parade. Well done.



P&C MEETING

The next P&C meeting will be held on Tuesday 17th September in the seminar room at 3:00pm.

OFFICE CLOSED

The school office will be closed on Tuesday 11th and Wednesday 12th of September.

HOPE AND HEALING SUPPORT GROUP



Details...
Every survivor of sexual abuse deserves the right to live a healthy and joyful life. Would you like to meet other women who might be facing similar issues as yourself? Our group provides a non-judgmental, sensitive, and caring environment that allows you to reach your healing goals. Our hope, we can help survivors become aware of their own power and strength. (Women 18+)

Where: 20 Tank street
When: Every Thursday from 10:30am to 12pm
RSVP: 4979 1456 or email info@gladstonewomenshealth.org.au



Puberty Clues Workshop for Girls



Details:
A workshop on puberty and menstruation for mothers and their daughters (Grades 4-7). It is important that each girl attends the program with her mother/guardian. Cost is \$10 per child and we also ask each girl brings a plate of food to share. For more information please call the centre.

Where: 20 Tank Street
When: Once a month. Please contact centre for upcoming dates.
RSVP: Bookings essential (07)49791456 or info@gladstonewomenshealth.org.au



Gladstone Women's Health Centre
20 Tank Street Gladstone Qld 4680 • PO Box 8219 Gladstone Qld 4680
info@gladstonewomenshealth.org.au • www.gladstonewomenshealth.org.au (07) 4979 1456

In maths recently the class has been learning about the different types of measurement including mass, length, volume, capacity and area. We have been using informal measurements and making accurate formal measurements using different types of scales and measuring tools. We have taken the class outside the classroom to estimate and measure distances and objects.

Hunter - In maths we have been mass, length, area, width and volume. We used tape measures to measure the room and the oval length. We estimated drawing a metres and then measured a metre (to see how accurate). We measured how far we can kick and throw. We weighed each others using scales. I weighed 34kg. Volume and capacity of water, measuring in litres. We did worksheets about converting millilitres and litres. Tipping water into a measured container, we measured two $\frac{1}{2}$ cups and got to 250mL. We learned temperatures and measured (using graduated scales).

James - In maths I learnt how measurements go together and how many metres in a kilometre. I also learnt how to plus and change the ratio the measurements are in. I learnt how to use a tape measure and to estimate how long a metre is in informal measurements. I also learnt how to estimate the weight of people.

Georgia: I liked maths, measuring was fun, measuring the length of the oval.

Hemi: We have been doing different times and divide by and measuring temperature and area of grass and soil.

Cooper: Weighing our bags

Jhett: The maths test was easy.

Aiden: Weighing our bags and working out the different measurements.

English

In English the year 4s were examining humour in poetry and the year 5's are writing a narrative story based around a poem. As a class we have been learning about the features and language elements of poems and narrative writing.

Summer: I like the narrative writing and the poems. The poems were funny.

Levi - This semester we have been learning about poetry, puns, onomatopoeia, spoonerisms and alliteration and it's been great fun and we have learnt lots.

Tayha/Olivia - Two of the elements are rhyming and spoonerism. One of the elements spoonerism is feally runny which is really funny. So you swap the first two letters over.

Gracie: I enjoyed writing the a story about the Fur and Feathers poem.

Jaylen: I like writing about the Fur and Feathers poem.

Jazara: I enjoyed writing stories, and learning about poetry and editing.

At Benaraby Fair
I saw a bear,
I don't care,
So I sat on a chair,
I got slapped,
Then the bear said,
"I swear I will eat you
before I stare."
By Aden

The Benaraby Bear
When I was there,
I saw a bear,
The bear was scaried,
To a man who was burried,
Right over there.
By James

Benaraby Fair
Benaraby fair
Is a bear
That stares down the stair.
By Hunter

The Rainforest
The rainforest,
Had a dark corest,
Even that it has morest,
It has a big brown bear,
With a big dark lair,
And a creepy chair,
To the forest,
To the furthest,
Is another bear,
With big black hair,
As long as a chair,
And a lair
Ahrr there's another,
Creepy chair
By Lillian

ParentTV Blog

Sometimes it can be hard for adults to manage big emotions, let alone children who are still learning how to identify and regulate their feelings.

Kids can easily get overwhelmed by their emotions, which can lead to outbursts or meltdowns. These situations are usually exacerbated by hunger, tiredness or illness. Unfortunately, they also often happen when parents are busy and feeling overwhelmed themselves.

At these times, it can be easy to dismiss a child's outburst over a seemingly trivial matter. When you are trying to get out the door in the morning and your child is having a meltdown about not being able to find their favourite socks, it can be very frustrating. Most parents are guilty of having said something like "You're fine!", "Stop crying", "It doesn't matter" or "Calm down" at some point.

Of course, anyone who has ever been told to calm down when upset knows that it is, ironically, the least effective way of calming someone down!

While it can be difficult in our hectic lives, it is important for parents to model emotional regulation, particularly when kids are in meltdown. Responding to an upset child with a strong negative emotion like frustration or anger will only make them feel more out of control.

Fortunately, there are some simple things parents can do to help calm their child and keep moving through the day. In most cases, how you react to your child's outbursts in the moment is the most valuable intervention.

1. LET THEM KNOW IT IS OKAY TO BE UPSET.

This is all about validation. It's important for children to learn that what they feel is allowed and normal. Emotions, especially the big ones, can be difficult for kids to process and we don't want our children to be ashamed of them or feel like they need to be hidden away. Everyone wants to be heard and validated. A simple way of validating your child's emotions is saying something like: "I know you are frustrated. I would be frustrated if I couldn't find my favourite socks too." This not only helps them name their emotion but acknowledges that it is ok to feel this way.

2. TEACH THEM HEALTHY WAYS TO EXPRESS THEIR EMOTIONS.

Following closely on the first point is teaching kids about how to express their emotions in a safe and healthy way. Even the gentlest child can lash out in frustration or anger. We need to reiterate to our children that even when dealing with big emotions there are appropriate ways to behave. For example, "It is ok to be angry but it is never ok to hit."

Teaching them strategies such as walking away, belly breathing, humming their favourite song or visualising something they love are simple but effective ways of teaching them how to self-soothe and regulate their behaviour before reacting.

3. REASSURE THEM THAT YOU ARE THERE FOR THEM AND THEY ARE SAFE.

Being a child's calm, safe space when they are experiencing big emotions is an important and vital role for a parent. This can involve a reassuring hug or just sitting with them as they work through what they are feeling. While some days your initial reaction might be "I don't have time for this", you will probably find that giving your child those couple of minutes of reassurance and comfort while they process their challenging emotion will help things move along quicker. Make space and time for them to regain their composure rather than trying to get them to move on before they are fully recovered from their meltdown.

4. REMIND THEM THAT EMOTIONS ARE TRANSIENT.

Kids live in the present moment so how they feel right now is how they think they will feel forever. Teach them that a bad moment does not make a bad life, or even a bad day. It can be hard for kids to comprehend that how they feel right now is not permanent but you can link it back to another time they were equally emotional: "Remember that time you lost your favourite soccer ball but then we found it in the car? You were really upset but then afterwards had a great time playing soccer at the park."

5. THAT EVEN BAD FEELINGS CAN HELP US GROW

We all make mistakes but if we reflect and learn from them then even a bad situation can have a positive outcome. Reminding children to look for the lessons in life and work on how to do things better next time teaches resilience and problem solving skills.

With these simple strategies, you can help your child regain their composure, while at the same time teaching them emotional regulation skills that will last a lifetime.