From The Principal
Welcome back from your break.
It has been refreshing to see revitalised students ready to head into the last term of the year.
It will be a term of many events and acknowledgements of work completed and achieved so please ensure you are putting the key school dates into your Calendar.

Uniform 2013 Year 10s
We have been discussing the idea with the P&C and the year 9 student body about the implementation of a more formal style uniform for year 10 students in 2013. The indication from the P&C and the student body was very positive and we received some quality feedback.
This uniform consists of a white button up shirt with an embroidered logo on the chest pocket with a black skirt for the girls and black dress shorts/slacks for the boys. This would be the uniform for 1 or 2 days of the week with the current maroon polo shirt and black shorts for the rest of the week or PE classes.
Currently we are sourcing suppliers and will soon have some images in the upcoming newsletters to indicate what these will look like and cost.
Secondly, the school is looking at purchasing 10 school blazers for the school that students borrow for official events, parades and competitions when they represent the school. These will be maroon with the school logo on the chest pocket. This will certainly raise the profile of our senior year. This will acknowledge the year 10 students in our town and school community as the senior leaders.

Talking about “IT” with teens - Parent Information Evening, Wednesday 24th October
We invite you join us for a parent information evening to help you support your teenager’s developing sexuality. Family Planning Queensland will visit our school on Wednesday 24th October 2012 between 5.30 and 6.45pm to host a frank discussion about how to tackle talking to teenagers about bodies, relationships, staying safe and sexual health.
Please phone Loris or Mel on 4165 5333 to express your interest in attending. Tea, coffee and light refreshments will be provided.

- Peter Townsend.
AUSTRALIAN EQUESTRIAN COMPETITION
Congratulations to Bridie and Shelby Emmerton who represented Queensland in the Australian Equestrian competition held in Toowoomba over the holidays. Shelby gained second place in Primary Showman 45cm and sixth in Challenge Primary 45cm. Bridie placed ninth in Showman 3 phase, eighth in Dressage 1C and 14th in Dressage 1D, gaining ninth place in overall dressage. These are great achievements in an Australian competition and reflect the dedication given to their sport. Well done, girls.

HOOF ‘N’ HOOK CATTLE VIEWING
All interested people are invited to view the cattle that have been prepared for the Hoof ‘n’ Hook competition. The beasts can be seen at the Ag Science area at 1.30 next Monday. Please park in Ryan Avenue and enter the gate near the cricket nets, going up-hill to the cattle paddock. We thank Mrs Ruth Vicary for providing sandwiches for this event. Ag students are keenly looking forward to the Hoof ‘n’ Hook competition excursion to Bundaberg next Wednesday, Thursday and Friday. It will be the culmination of a great deal of hard work and preparation, giving students more experience in leading cattle in competition.

PRIMARY ARTS COUNCIL
Binni’s Backyard will be performed for students in Prep to Year 6 on Thursday 25 October. Cost is $6 per student or $15 per family. This must be received by 24 October. Payment envelopes have been distributed today.

LOST AND FOUND
There is a considerable amount of un-named clothing that has been collected from various “lost” positions throughout the school grounds. These items have been washed and will be displayed in the primary covered area tomorrow afternoon for claiming by owners. If unclaimed, items will be used as second-hand or donated to the Op Shop. Your assistance by labelling all items that may get lost would be appreciated.
TERM 4 WEDNESDAY LUNCH ART ACTIVITIES
Students are invited to take part in art activities in the Prep Room each Wednesday lunch time.
This term, the following craftwork will be undertaken:
Week 2—Yes/No “fortune teller”
Week 3—Whizzer Wheel
Week 4—Windmills
Week 5—Paper Plate Reindeers
Week 6—Paper Plate Reindeers
Week 7—Art Breakup activities
No lunchtime art activities during weeks 8 and 9 due to swimming.

BOOK FAIR AT SCHOOL
There will be a book fair at school from 29 October to 2 November. This is a great opportunity to check a range of books available for purchase. There is a “buy one, get one free” offer.

CANOE ACTIVITIES
Secondary Physical Recreation students will be undertaking canoeing lessons each Friday of this term. Information and permission notes for this have been distributed. Completed consent forms must be returned by tomorrow.

SWIMMING FOR PRIMARY STUDENTS
The swimming lessons will be held during weeks 8 and 9 of this term.

ACTIVE AFTER SCHOOL PROGRAM
Activities will resume on Monday 15 October. Sports will be as follows:
Mondays badminton and table tennis in the Marg Kelly Hall;
Tuesdays cricket on the top oval;
Thursdays tennis on multi-games courts.
All activities commence with afternoon tea at the hall from 3pm to 3.15pm.

ALL SCHOOLS AUSTRALASIAN TOUCH COMPETITION
Congratulations to Brittany Cross, taking part in the competition in Brisbane this week.

STATE ATHLETICS CHAMPIONSHIPS
Best wishes to Shawna Pope, competing in 100m, 200m and long jump in Cairns next week.

PUPIL FREE DAY THIS TERM
The pupil-free day will be held on Monday 22 October. There will be a professional development district conference for teachers held at our school on this day. We also look forward to seeing the band perform at the event.
INSTRUMENTAL MUSIC NEWS

Gig Guide:
22nd October Education Conference Performance – Mundubbera SS
23rd -25th October Music Camp
1st November Speech Night
6th December School Carols Night

Education Conference – Mundubbera State School. The school band has been asked to perform for over 250 Education Queensland staff on the Pupil Free Day on the 22nd October. The performance will be held at 8:20am in the Marg Kelly Hall. Students will be given further details this week.

Music Camp is also coming up in less than two weeks. Final costing information and medical forms went home before the holidays however extra copies are available from Mrs McGovern. The total cost of the camp is $175. Students are required to pay the remaining amount of $125 and return medical forms by Wednesday, 17th October. Payment plans are available by contacting Mrs Lyn Serisier.

COOROOLA MAGAZINE
Sponsorship is invited to enable publication of the magazine, professionally printed including colour photos. A Sponsorship Thanks page will list financial contributors’ names as gold, silver or bronze sponsors. Please complete and return the attached sponsorship / advertising form with payment by 26 October.

TOY DRIVE
Please have orders and payment, as directed in the catalogue, returned to the school office by Friday 19 October.

One of the three cows painted by our students for an Australian Year of the Farmer activity.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 15 October</td>
<td>Active After School Program resumes</td>
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<tr>
<td>Wed 17 to Fri 19 Oct</td>
<td>Hoof ‘n’ Hook Competition in Bundaberg</td>
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<tr>
<td>Friday 19 October</td>
<td>Toy Drive orders and payment due at school office</td>
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<tr>
<td>Monday 22 October</td>
<td>Student-free day</td>
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<td>Parent Information evening—teenage development—5.30 to 6.45</td>
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<td>23 to 25 October</td>
<td>Instrumental Music Camp</td>
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<tr>
<td>Friday 26 October</td>
<td>Sponsorship and advertising “closes” for Cooroola school magazine</td>
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<td>Mon 29 Oct—Fri 2 Nov</td>
<td>Book Fair at school</td>
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<td>Wednesday 31 October</td>
<td>Prep 2013 information session 930 to 11am in Prep room</td>
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<td>Thursday 1 November</td>
<td>Awards Night at Town Hall 7.30pm</td>
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<td>5 to 7 November</td>
<td>Year 9 University excursion to Rockhampton</td>
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<td>7 to 9 November</td>
<td>Year 8 University excursion to Rockhampton</td>
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**MUNDUBBERA REGIONAL ART GALLERY**

Now showing “Artesian Country” and Kindy Student Art Exhibitions

**Gallery Open**
Monday to Friday
10am to 12.30pm and 1.30pm to 4.30pm
Saturday 9am to 12 noon
Excepting public holidays

**SWIMMING CLUB**

Come and try nights – 16th, 23rd October
5:30pm nominations (free at Come n Try)
6:00pm start
Come along and have a go

Check our webpage [https://mundubbess.eq.edu.au](https://mundubbess.eq.edu.au) for information and news from the school.

**TENNIS:** MLC Tennis Hot Shots Learning commences this Friday afternoon, 12th October at the Gayndah & District Tennis Association’s Tennis Courts, Barrow Street, with Bundaberg Tennis Academy Coach, Kevin Banner. Enquiries & to Register, please contact Kevin: 4152 0753 or 0409 520753.

**CARDIO TENNIS:** The new fitness program for High School students and Adults, conducted by Bundaberg Tennis Academy Coach, Kevin Banner, at the Gayndah & District Tennis Association’s Courts, commences next Friday 19th October at 8.15pm. Enquiries & to Register contact Kevin: 4152 0753 or 0409 520753.

**BURNETT MAPPING**

Business Centre
58 Lyons St, Mundubbera
Ph: 4165 4468     Fax: 4165 4614

Student diaries, diaries and planners now in stock!
Also taking orders for specific diaries NOW!
COOROOLA MAGAZINE SPONSORSHIP AND ADVERTISING

I wish to support the school’s Cooroola magazine by the following:-

Gold sponsorship ($30 or over) - name ..............................................................
Silver Sponsorship ($20 to $29) - name ..............................................................
Bronze Sponsorship ($10 to $19) - name ..............................................................

Full page advertisement $40 (details attached) - name ........................................
Half page advertisement $20 (details attached) - name ........................................
Quarter page advertisement $10 (details attached) - name ........................................

Enclosed is payment of: $.............................. Signed: ............................................

MUNDUBBERA JUNIOR CRICKET

TRAINING
Wednesdays 6pm to 7.30pm
Martin Love Oval
For more information, call Julie 4165 3130

Blue Light Disco is holding a Halloween Disco on the 26.10.2012 at Margaret Kelly Hall Mundubbera State School
Dress up and have some fun
Cost - $4.00 (this covers entry fee, Free sausage sizzle and free popper)
Times- 5.30pm – 7pm Kindy – Yr 4
7.15pm – 9pm Yr 5 – High School
Parents please pick children up from the door

Lighthouse Festival
Art & Photography Exhibition Enter Now!!!
Categories allow for all levels of experience & include Open, Youth, Disability and Indigenous.
Prize Money & Art Supplies to be won.
There is the New Chalk the Walk Competition to be held on day of festival (27th October).
For more information: www.thelighthousefestival.com.au

Like us on Facebook @ Mundubbera State P10 to get the latest up to date information and news from the school.
Every parent I know wants to be the best parent they can be. Yet despite the best intentions, it’s easy to develop poor parenting habits that don’t do our kids any favours.

With spring in the air, there is no better time for a little parenting spring clean to make sure you are on track to raise happy, confident and resilient kids.

Here is a checklist of 10 parenting ideas designed to help you put some psychological muscle on your kids:

1. **Encourage effort and improvement more than results:**
   
   Descriptive praise is better than generalities. Better still, as kids get older focus your comments more on effort, improvement, and contribution than on results. And don’t make your kids reliant on what you think about them as their source of self-esteem.

2. **Get kids to help without being paid:**
   
   A little payment for jobs is okay, but don’t go overboard. Teach kids what’s in it for ‘we’—not ‘me’. By the way, the use of rosters is a great way to get kids to help.

3. **Balance free time with organised time:**
   
   For learning reasons—(kids learn a lot when play and activities are self-directed)—and mental health reasons make sure kids have plenty of MOOCH time.

4. **NO deals with kids:**
   
   If you bribe kids to behave well, you teach them that they get what they negotiate. That’s hard work in family life. Better to give them a treat after they’ve behaved well as a show of appreciation rather than make their good behaviour contingent on a reward, also known as bribery.

5. **Train your kids to speak for themselves:**
   
   Give your kids the words they need to speak for themselves in all situations including when they are not with you.

6. **When kids can, they do (make lunches, get themselves up, etc):**
   
   Sometimes we do things for kids that make us feel like a mum or a dad. Your job is to make yourself redundant as a parent so teach your kids to do/make/speak for themselves and work your way out of a job. **NB:** *You will never become redundant as a mum or a dad.*

7. **Don’t give them things just because they ask:**
   
   Character is built through impulse control. Resist giving them what they want even if you have the capacity to do so. Waiting, saving and goal-setting are admirable skills that are developed through scarcity.

8. **Give kids a chance to sort out their fights and squabbles:**
   
   The default mechanism for most sibling conflict is compromise. We’ve just got to give kids a chance to work things out themselves. There are legitimate times to get involved but we need to know what we are doing and why.

9. **Use consequences to develop responsibility:**
   
   Don’t rescue kids when they leave that school lunch at home, when they are late for school or they are less than pleasant to another child. *Allow consequences to teach your kids the important lessons of life.* You mess up sometimes but you can make up and/or move on—and you can learn from the experience.

10. **Put the camera down – be in the moment:**
    
    Make sure your mind is where your body is and be fully present when you are with your kids. Take more mental pictures than photos and build their family memories.

This checklist is designed to stimulate some thinking and conversation about your current child-rearing practice. It’s not intended as a template for good parenting. It may even stimulate you to do less of some things and more of others. Incremental change is how we become better at most endeavours, including raising children.