From The Principal …

CQ University Experience - Rockhampton

This was a big venture that students from year 9 and year 8 participated in this week. I was fortunate enough to spend 3 days in Rockhampton with the year 9s.

The program helps students to identify what their personality type and learning styles are and identifies careers that utilise these skills. It was very interesting to see the careers that some of our students would be suited to.

Thanks to Ash from Stormridge Buses for getting our students there safely and to Sarah Law for coordinating the event.

Swimming carnival

It was a great day in the pool for the participants and their supporters.

Thanks to Mrs Lisa Whelan for all your efforts putting together such an enjoyable day for the Primary school. There was some outstanding swimming and encouragement from non-swimmers.

School Day 2013

Last week I indicated the intention for the school day to be changed to an 8.30am start and conclusion at 2.30pm.

It is not necessary for students to arrive more than 10 minutes before school starting time, so most students will not need to arrive at school any earlier than they presently do to fit in with the changed school start time next year.

I invite any parent to either come to the next P&C meeting on the 15th November at the Royal Hotel at 7pm to discuss concerns and affirmations or make an appointment to see me personally to discuss this.

Speech Night

Thanks to all who attended the night, it was great to see the achievement of so many of our students and to hear the important life experiences messages from Faye Whelan.

- Peter Townsend.
INTERNATIONAL DIABETES DAY “BLUE DO “ NEXT FRIDAY 16th
All students and staff are invited to wear appropriate blue non-uniform clothing and / or wear their hair coloured blue or crazy style next Friday. Please give gold coin donations to the collection for International Diabetes Foundation. Student Council is facilitating this fundraiser in recognition of the importance of the search for a cure for diabetes. Participation is encouraged.

PRIMARY SPORT TIME CHANGE
Primary Friday sport sessions are now held at 9am instead of 10am to avoid the heat.

PREP & YEAR 1 EXCURSION
Students in Prep and Year 1 have been invited to participate in a “Reading Tent” excursion to the Town Library park next Wednesday. Information and permission notes will be sent home this week.

PRIMARY INTERHOUSE SWIMMING CARNIVAL
Leichhardt house was victorious at last Friday’s carnival. Congratulations to Age Champions:
9 years Sophie Zipf and Ryan Marshall,
10 years Skye Ward and Joshua Sharp,
11 years Natalie Kassulke and Matthew Zipf,
Three new records were set. Well done to Sophie Zipf for 2 new records - 9 years girls 50m back stroke 54.04 (breaking Nicola Ruthenberg’s 2001 record) and 9 years girls 50m butterfly 51.15 (breaking Alicia Jenkin’s 1997 record) and Ryan Marshall set the new 9 years boys back stroke 56.63 (breaking Chris Aird’s record).
**SOLAR ECLIPSE BREAKFAST**

Next Wednesday 14 November Australia will experience a sunrise solar eclipse – a portion of the Sun will be blocked by the Moon. The only cities that will see the full eclipse are Cairns and Port Douglas.

We have purchased viewing glasses. It is extremely dangerous to look directly at the Sun except through specially manufactured eye protection. The viewing will take place on the school’s bottom oval from 6:00am to 8:00am. **There is no cost for students to view the eclipse** but they will have the opportunity to purchase a bacon and egg breakfast sandwich for $4.00. Breakfast will be served from about 6:30 am.

For catering purposes we will need numbers by Monday 12 November. Please fill out the return slip included with this newsletter. If you have any questions about the solar eclipse or the breakfast, please feel free to contact Mr Peter Shepherdson.

**YEAR 10 FORMAL**

The formal will be held on the evening of Thursday 29 November. This is a celebration of the completion of students’ Mundubbera schooling.

All year 10 students and their parents are invited.

Cost is $40 each. Please book by 12 November to enable efficient planning.

**CALENDARS FOR SALE**

Centenary commemorative 2013 calendars and biros are available from the school office as a set, costing $5. These can be purchased now. The calendars are a month to an opening and feature Australian scenic photos, and the tag-line: Mundubbera State P-10 1913—2013

Please make any cheques for this payable to Mundubbera State School P & C. An order form is included in this newsletter.

**WEDNESDAY LUNCH ART ACTIVITIES**

Students are invited to take part in art activities in the Prep Room each Wednesday lunch time.

Next week —Paper Plate Reindeers
Week 7—Art Breakup activities

No lunchtime art activities during weeks 8 and 9 due to swimming.

**INSTRUMENTAL MUSIC**

_Gig Guide:_

6th December School Carols Night

**FUNDRAISER**

Catalogues were distributed last week for a Lorraine Lea Christmas Gift drive. P & C will gain commission on sales from this activity. Please have order forms and payment returned to the school office by 16 November.
FINAL P & C MEETING FOR THIS YEAR
Members are reminded that this month’s P & C meeting is our final one for the year and will be held at the Royal Hotel next Thursday 15 November. Please arrive at 6pm to order and pay for your meal in readiness for the 6.30 dinner meeting. Should you not wish to participate in the meal component, we anticipate commencing the meeting agenda at 7pm.
One of the items for discussion will be start times for future meetings to enable full participation by interested members. We will also discuss plans for next year’s activities.
You are reminded that the first meeting next year will be the AGM at which a new executive committee can be elected. If you are interested in increased participation, please contact Loris 0429 654 012.

Life Education Bundaberg Visited Us
Students in Prep to Year 6 had the opportunity to attend Life Education this week. Life Education Australia is our nation’s largest not for profit provider of drug and health education in schools. Established in 1979 (1989 in Bundaberg), it is used extensively as an effective resource to complement schools’ health and drug education syllabus.
Students are to be congratulated on the wonderful behaviour, enthusiasm and interest demonstrated during their Life Education lessons.

Life Education’s mission: to empower young people to make the best choices for a safe life, through our leading drug and health education programs.

Life Education’s philosophy:
Every child is unique and has the right to reach their full potential
Effective drug misuse prevention education needs to start when children are young and requires ongoing and long-term active participation from families, schools and communities.
Life Education presents health and drug education modules with different learning outcomes relevant to early, middle & upper primary years. Drug knowledge focuses on medications, needle safety, caffeine, tobacco and alcohol (relevant to year levels). It is important for your child’s benefit to attend each year from Prep to Year 7. Children and teachers are also given resources to allow for pre and post work in the classroom.

Life Education receives NO state government funding, and this year’s attendance was funded through a school activity program, meaning students could attend at no charge.

Donations are greatly appreciated.
Merchandise order forms were distributed this week. Closing date for orders is next Wednesday 14 November. It is expected that ordered items will arrive at school by 22 November for distribution. Thank you.
For further information please visit the National website: www.lifeeducation.org.au
DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wed 14 November</td>
<td>District Primary Swimming Carnival</td>
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<tr>
<td>Thursday 15 November</td>
<td>Final P &amp; C meeting this year—6pm for 6.30 at Royal Hotel</td>
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<tr>
<td>Friday 16 November</td>
<td>Blue Do Day free dress fundraiser for Diabetes Foundation</td>
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<tr>
<td>Thursday 22 November</td>
<td>Centenary meeting at school library—6pm</td>
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<tr>
<td>Thursday 22 November</td>
<td>Video Night — Heroes’ Journey for year 8 parents.</td>
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<td>Friday 23 November</td>
<td>Zone Primary Swimming Carnival</td>
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<td>Thursday 29 November</td>
<td>Year 10 Formal</td>
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<td>Friday 30 November</td>
<td>Final day for year 10 students</td>
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<td>Thursday 6 December</td>
<td>Carols night at school</td>
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<tr>
<td>Monday 10 December</td>
<td>P-6 Fun swimming carnival</td>
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<tr>
<td>Friday 14 December</td>
<td>Last day of school 2012</td>
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<tr>
<td>6, 7 &amp; 8 September 2013</td>
<td>School Centenary Celebrations</td>
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SECONDARY ASSESSMENT—NEXT WEEK

- Year 7: Art Assignment, German Listening, Science Assignment.
- Year 8: Art Assignment, German Listening, SOSE Reconciliation Assignment
- Year 9: Art Assignment
Solar Eclipse Breakfast – To be returned to the office by Monday 12th November.

My child/ren _____________________________ will be attending the viewing of the Solar Eclipse on 14th November.

Signed: ________________________________

OR

Solar Eclipse Breakfast – To be returned to the office by Monday 12th November.

My child/ren _____________________________ will be attending the viewing of the Solar Eclipse on 14th November and we will require _____________________ bacon and egg breakfast sandwiches at $4.00 each.

Signed: ________________________________  Total enclosed: ________________________________

Like us on Facebook @ Mundubbera State P10 to get the latest up to date information and news from the school.

Mundubbera State P10

MUNDUBBERA SCHOOL
CAROLS NIGHT
Thursday 6 December
Barbecue and Class Carols
Family Night out

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

MUNDUBBERA REGIONAL ART GALLERY
NOW SHOWING “Pieces of Labour”
by the Mundubbera Lemon Quilters

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

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

B u r n e t t   M a p p i n g
Business Centre
58 Lyons St, Mundubbera
Ph: 4165 4468  Fax: 4165 4614

NEW
3-D
BOOKMARKS

MUNDUBBERA
Phone 4165 4180

Monday – Friday: 7am – 7pm.  Saturday & Sunday: 7am – 4pm
A Parenting Ideas tip sheet by Michael Grose

Attention is the currency of relationships

Being in the moment when parents are with their children boosts their confidence and resilience

Article contributed by Justin Coulson

There is one thing that shows our children we love them more than anything else in the world. It is taking the time to be emotionally available for them. In my book I refer to it as ‘being where your feet are’.

This idea seems so simple that it might be easy to nod your head in agreement, shrug your shoulders, and move on. But to do so may mean you miss the valuable insight that practicing emotional availability provides for your family. Parents who are emotionally available will find that their children are among those most likely to grow up secure, confident and resilient.

Being emotionally available requires us to pay attention – close attention – to the emotional world of our children, and to respond compassionately. In fact, Just as dollars are the currency of our economy, attention is the currency of our relationships.

Being emotionally available

My eight year old daughter drove this point home to my wife and I during a recent conversation. We were conducting a parenting performance appraisal (which you can read more about on my blog).

My wife asked Ella, “Do Mummy and Daddy make you feel important?”

Her response: “When you are busy you don’t listen to me properly. Like when Dad’s on the computer or you [Mum] are doing craft you’re not available to me. It feels like those things are more important than me.”

Ouch. Those were her words, not mine. Our kids notice when we are not available.

A father told me he was having daily battles with his teenage daughter. I suggested he go for regular walks with her each morning or evening and be emotionally available. The first few walks were awkward. She felt like he had an agenda, and she refused to talk. But within a week they were looking forward to their time together and talking more freely and pleasantly than they had for months. He complained to me (in jest) that he was thinking of making the walks less regular just so she would stop chewing his ear off!

Invite Your Children Into Your Space

Whether your child is two or twenty two, being emotionally available will improve your relationships with your children. Here’s how to do it:

- Go out, turn off your phone, and simply be together – and listen. It may be in a park, at the beach or on a mountain trail. It might simply be wandering around your neighbourhood. Just make sure there are no distractions (so that means no movies – you can’t talk). Then ask questions, listen carefully and suspend judgement.

Your children will love being in your space and will feel special. Invite them to allow you into their space. It may take more than one date. But if you put your attention into your relationships, they’ll become enriching sources of happiness and meaning for you.

Mums and dads who make themselves available for their children have happier families and better functioning children. Kids do best with both parents being there emotionally, regardless of your family structure.

Having happy kids and strong family relationships ... it’s about time.

- Minimise distractions by turning off TV, radio, the internet and iPods.
- Ensure every child gets some one-on-one time with just you.
- Ask questions, listen, suspend judgement.
- Try to look past the things they say to see their heart and the intent behind their words.
- Recognise that challenging behaviour may be your child using her limited communication skills to send a signal that she needs you.

Dr Justin Coulson is a parenting expert and the author of What Your Child Needs From You: Creating a Connected Family. He blogs at happyfamilies.com.au and offers parenting coaching and workshops.
Hosting is Fun! Become a WEP Family!
Bring a piece of the world into your home by becoming a volunteer host family to an exchange student from Italy, Canada, Finland or Brazil in January.

Visit New Places – Revisit Old Favourites!
Hosting a student encourages families to see Australia through the eyes of an exchange student. Invite a motivated teenage student into your home for a semester or year and gain a new family member and friend for life.

Become a WEP Host Family – It’s Easy!
Simply submit your host family application and choose your student. Before you know it you’ll be communicating with your new family member while everything else is organised by WEP!

FIND OUT MORE!
Contact Sylvia Kelly at WEP today for a FREE information pack.
Phone: 1300 884 733
Web: www.wep.org.au
Email: info@wep.org.au

World Education Program (WEP) Australia is an Australian, not-for-profit student exchange organisation, determined to make a difference by helping young people of different cultures gain insight and understanding about other ways of life and world views.

SECOND ANNUAL ART SALE
50 paintings by multi award winning artist Sue Lederhose.
All reduced by 50% or more.
Great gift ideas.
Sale concludes 22 December
View by appointment at 20 Mahoney St, Mundubbera.
Phone 4165 4346
lederhos@tpg.com.au
Special discounts for multiple buys and returning customers

FAMILY DAY CARE
Mundubbera Family Daycare Scheme is taking enrolments now for 2013.
There are limited places available.
Please contact the Family Daycare office 4165 3099 to make an enrolment appointment.

Eidsvold SS P & C SANTA FAIR
Where: Apex Park, Eidsvold
When: Saturday 8 December
From 5.30 pm to 8pm (approx)

If you do a craft which you would like to sell or belong to a group which wants to raise money, then consider having a stall at the Eidsvold Santa Fair.
Interested people should contact the Eidsvold State School on 4165 7333.