## Upcoming Events

### November

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<th>Date</th>
<th>Event</th>
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<td>Rescheduled Bandanna Day - Everyone wear your bandannas!!</td>
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<td>11</td>
<td>Remembrance Day</td>
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<td>14</td>
<td>Year 1/2 to perform on assembly</td>
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<td>14</td>
<td>Year 6 Gala Sports Day @ Toogoolawah High School</td>
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<td>14</td>
<td>P &amp; C Meeting @ 7pm</td>
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<td>15</td>
<td>Upper School Swimming Carnival — Ages 9—12 yrs — Sausage sizzle at pool</td>
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<td>18</td>
<td>True Relationships sessions — Years 4—6</td>
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<td>True Relationships sessions — Years 4—6</td>
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<td>Year 6 High School Orientation Day</td>
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<td>29</td>
<td>Year 6 High School Orientation Day</td>
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<td>Awards Ceremonies</td>
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### December

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<th>Date</th>
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<td>1</td>
<td>End of Year Movie Screening “Storks” — $6.00</td>
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<td></td>
<td>Letters to be sent home soon.</td>
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<td>2</td>
<td>Lowood District Swimming Carnival</td>
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<td>5</td>
<td>P &amp; C Meeting @ 7pm</td>
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I am pleased to announce that last week I interviewed and appointed a new Chaplain to our school. Mrs. Lisa Van Nunen will be our Chaplain. Best of all, Lisa is able to start this week. Lisa is already a Chaplain working at Delany’s Creek State School and will co-ordinate her work around these schools. Lisa has sent through and ‘introductory bit’ for this week’s newsletter. Once all start up arrangements have been finalised, Lisa will begin working at our school Wednesday, Thursday and Friday this year. Welcome Lisa to Toogoolawah State School!

My story into school chaplaincy is a 7-year journey. I have 2.5 years chappy experience before coming to Toogoolawah.

I was born in Melbourne and lived there 11 years before moving to Queensland. I have been involved in children’s ministry since I was 12 years old. After high school, I worked as a nanny.

In my youth, I backpacked around Europe, met my husband in Amsterdam in a Christian Youth Hostel, married and had 4 children. I lived in Holland for 15 years and speak Dutch as a second language. We migrated to Australia together in 2007.

I love teaching teamwork and problem solving skills through interactive games and activities to develop resilience.

I am an action based and visual learner.

Encouragement and listening to others is one of my strengths.

I hope to be Toogoolawah State School chaplain for many years to come. Be blessed.

Lisa’s training and experience

- Diploma of Youth work 2012
- Fun Friends training 2014
- Friends for Life training 2015
- Conflict Resolution workshop 2015
- Youth Mental Health First Aid 2015
- Grief and Loss workshop 2015
- Unlimited leadership training 2016
BEHAVIOUR FOCUS—TERM 4—
CONFIDENCE & RESILIENCE

YOU CAN DO IT: Worrying

This week students will be able to:

1. state the difference between thoughts that cause them to feel extremely worried and thoughts that cause them to feel less worried.
2. state the definition of Being Independent.

RULES & RESPONSIBILITIES

Have the necessary equipment ready for use and use correctly.

“There is no health without mental health.”

This statement from the World Health Organization emphasises how mental health involves everybody. Mental health – the way we think or feel about ourselves and what is going on around us, and how we cope with the stresses of life – affects our sense of wellbeing as well as our physical health. In this sense everyone has mental health. Good mental health is vital for learning and life. Children who are mentally healthy are better equipped to meet life’s challenges. They also learn better and get on better with others. Good mental health helps children enjoy and benefit from their everyday experiences, have positive relationships with their families, friends and school staff, and contribute to their community in ways that are appropriate for their age. Good mental health in childhood provides a foundation for positive mental health and wellbeing, now and into the future. Having good mental health does not mean never having worries or feelings of distress. Everyone goes through ups and downs which can affect the way they feel and behave. Feeling worried, sad, frustrated or angry are all normal emotions. Mentally healthy children are able to use positive coping skills appropriate to their age to manage feelings and deal with difficulties. They develop helpful coping skills as part of their normal development and are not held back by emotional or behavioural problems.

What we say to ourselves affects how we feel. Thinking that a situation is too scary can make it so. Unhelpful self-talk increases children’s anxious feelings and can make it more difficult for them to manage fears and worries. Self-talk includes all the things children say to themselves silently, as well as the things they sometimes say out loud. By contrast, when the things children say to themselves are helpful and encouraging, they support good coping skills and self-confidence.
**SMS CAPABILITY COMING SOON**

This year Education Queensland worked to provide schools with preferred option packages. This process has been completed and released to schools. Our school has selected a product—‘Infoways’.

We are currently undergoing the configuration stage and will release information to parents as soon as that has been completed.

This will give us improved capability to message / communicate to our whole school community.

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**Book Club**

Issue 8 Book Club brochures will be sent home with students this week. This will be the last Book Club for this year. Orders are due back by Friday 25th November.

There are lots of items in this issue that would make great Christmas gifts. If you would prefer to pick up the order personally, if the books will be a gift, please advise at the time of ordering. When the order arrives we will call and hold the item at school for you.

Payment by credit card is available online at the Scholastic website. If paying by cheque please make cheques payable to Toogoolawah State School P & C.

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**Music News**

The Year 1/2 class will be performing "Teddy Bear’s Picnic" on parade on Monday November 14. Please come and see your child sing. Mr. Smith

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**BEST CLASS ATTENDANCE**

**Term 4: Year 3**

We are now officially half way through this term.

Students in Year 3 have the highest attendance for the term @ 91.3%.

Sadly every other year level is below 90%.

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**BEHAVIOUR FOCUS—CONFIDENCE & RESILIENCE**

Congratulations to the following students who were seen to be confident and resilient this week:

Ebonnie Pearson
Mitchell Treadwell
Rayne
Lily Eggleston
Domenick O’Keeffe
Brittney Flemming
Riley Harvey

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**Bandanna Day Rescheduled to This Friday 11th November**

Bandannas for sale $4.00

We have received a new stock of bandannas. They are on sale all this week outside Mrs Roxborough’s room for $4.00

You can wear your bandannas every day, but make sure you wear it this Friday!! We will take a photo of everyone wearing their bandannas for next week’s newsletter.

National Bandanna Day is CanTeen’s largest fundraiser and aims to raise $1.25 million this year to support young people living with cancer. Every year, another 23,000 young people (63 a day) have to deal with the challenge of cancer. And we get it. Just when life should be full of possibilities, cancer crashes into a young person’s world and shatters everything. CanTeen is the game changer.
Weekly Awards

Congratulations to the following students who received an award on assembly this week:

Prep

Writing an excellent letter to a character for an English assessment:
- Patrick Wade
- Maddison Massey

1/2

- Lachlan Buchanan
- April Henderson

2/3

- Steven Homan
- Reighan Walker

3/4

Top marks in multiplication and fraction test:
- Axel Henderson
- Jack Bickers

Top marks in the Data Analysis test:
- Luci Wright
- Freyah Granzien
- Sophie Jardine
- Thomas Delaforce
- Xavier Bowles

Year 5

- Montana Morrison

Year 6

Positive attitude on camp:
- Riley Harvey
- Rusty Williams

Digital Technologies:
- Magenta Condon
- Dakoda Cumming

Citizenship & Achievement Award

Kindly sponsored by the Toogoolawah IGA.

Ruby Stevenson

Ruby has been awarded student of the week this week for her demonstration of persistence and dedication to her academic achievements.

Although I’ve only known Ruby for a short time, it was clear from the beginning that she is a conscientious student who always strives to do her best. She is committed to completing all her class work, and will always take a little more time if needed to make sure it’s absolutely perfect. She shows confidence in her learning by contributing to class discussions, and raising her hand to answer questions.

Ruby consistently follows the school rules both in class and in the playground, setting an excellent example for her peers. She is kind and respectful to her friends, and is always polite when addressing teachers. Ruby is a valued member of our school community and is very deserving of this award.

You should be very proud of your achievement. Well done Ruby!

Gotcha Awards

Congratulations to the following students who were the winners of the weekly Gotcha draw:

Being organised:
- Tayleigh Frances
- Roy Harlow
- Tyler Pearson
- Kiarna Dunne
- Chloe Anderson

Being resilient:
- Kate Coleman

Prep Award Winners
INTERHOUSE SWIMMING CARNIVAL TIMETABLE—15TH NOVEMBER

AGES 9 TO 12 YEARS

Our Interhouse swimming carnival for students aged 9 - 12 years will be held on Tuesday 15th November. All Year 4 to 6 students will be attending the carnival which will be a full day event. Students in Year 3 who are 9 yrs old this year (born 2007) will also attend the carnival. There will be no swimming classes for Prep to Year 3 (8yrs old) on this day. The carnival will commence at approximately 9.30am.

Timetable:
Please note: these times are approximate only

8.50am  Students meet class teacher at school—Walk to pool
9.30am  Start
         Freestyle:  50m, 25m, Kickboard
         Backstroke: 50m, 25m, Kickboard
Lunch
11.30am Breaststroke: 50m, 25m
         Butterfly: 50m, 25m
Lunch
1.00pm  Relays

On completion of the carnival, students will return to school.

Students may come to school dressed in their togs ready to go.

Students are to come to school as usual and be marked on the roll. Classes will then walk to the pool. At the end of the day the reverse will occur—walk back to school, be marked off the roll and dismissed at the end of the day.

Students are reminded that they will be sitting in their house areas for the day. They will not be able to access the wading pool.

Students will need to bring their lunches to the pool.

The P & C will be holding a Sausage Sizzle on the day. (See menu below)
Cost for the day is as per normal swimming day.

Don’t forget to bring sunscreen, plenty of water and to wear your house colours.
House colours are: Somerset - Red; Wivenhoe - Purple.

Family members are welcome to come and cheer the students on.

Swimming Carnival Menu

Sausage on bread $2.00
Popper $1.00
Icy Pole 50c

#No pre-order required
Your Invitation to
Carols in the Park 2016
Toogoolawah – McConnel Park, Friday 2 Dec
Esk – Pipeliner Park, Saturday 17 Dec
BBQ 6pm, Carols 7pm
Events sponsored by Somerset Regional Council, LJ Hooker, Esk Lions Inc and BV Churches Working Together

Ray White Rural Esk | Toogoolawah in conjunction with the Brisbane Valley Apex Club & Brisbane Valley Care and Concern are proud to announce that this year we will be taking part in the #alittlerayofgiving campaign to help children smile this Christmas!

All you need to do is drop a wrapped present into either of our offices (Esk or Toogoolawah) from 1 December and we will make sure it is delivered to a deserving child in our community on Christmas Day. This is a wonderful initiative and we hope everyone can support it.

Accelerated Reader
Congratulations to the following students who received a Reading Certification Level Certificate on assembly last week:

Ready Reader:
Abbi Resier
Levi Gillie
Cooper Wilson
Freyah Granzien
Riley Hughes
Elly McLeod
Domenick O’Keeffe
Millar Thomson

Rising Reader
Jasmine Daniells

Independent Reader
Khye Anderson

Advanced Reader
Michayla Cowley

Super Reader
James Cumner

Community Notices

Ray White

Toogoolawah Pictures
Sat., 12th Nov m
Doors: 7.00 pm  Movie: 7.30 - 9.45 pm

Sat., 19th Nov m
Child to High School: $6
Adult: $8  Family: $25
Snack Bar. Hot Dogs & Pop Corn
Alexandra Hall, T’awah
Inquiries: 0438 149 954