From the Principal

WHITE RIBBON DAY – THIS FRIDAY

White Ribbon Day provides an important opportunity for all of us — and for men in particular — to stand up, speak out and act to prevent violence against women.

Violence against women is never acceptable and needs to be eliminated. We all have a responsibility to speak out against it. Schools, workplaces and individuals can help reduce violence against women by demonstrating respect for women and girls and by modelling and valuing healthy, respectful relationships.

Kingsthorpe SS will aim to strengthen a culture of respect and equality at all levels of the school community – through curriculum, role modelling from staff, policies and procedures, education programs and strengthened family and community partnerships.

For more information and resources visit https://www.whiteribbon.org.au/

POSITIVE BEHAVIOUR FOR LEARNING (PBL) MATTERS

Throughout the week, students have been focusing on how to solve problems with polite words and tone and learn how to take responsibility for their own actions and words. Students are encouraged and taught how to interact respectfully with each other and how to resolve any potential issues or problems in a calm and measured way. Teaching children to speak respectfully (using their manners) costs nothing – but their power and effect on others is immeasurable.

Students are also taught and reminded that “Being Responsible” is all about ownership – for your behaviour and your actions. When you are acting responsibly you are willing to be accountable for your actions. When things go wrong and you make a mistake you make amends instead of making excuses. When you are responsible you keep your agreements and you give your best to any task or activity. It is important that students learn to think about the consequences of their actions. This is learning that there are both positive and negative outcomes to the choices we make. Thinking about what could happen, will help students to make a more informed choice (and hopefully, the right one).

At Kingsthorpe State School we encourage students to report any issues or concerns immediately to a staff member and that if they ever need support and assistance, it is always okay to ask. Children are taught that ‘asking for help’ is a natural part of normal living; we all do it. They need to know that there are many people who will support and assist them with their difficulties. ‘Asking for help’ is a sign of strength, not weakness.

If any parents ever have any queries or concerns or wish to discuss anything, please feel free to contact Mr James Leach (A/Principal) on 46 992 333.
Students of the Week, Term 4 Week 8

Congratulations to students recognised by their teachers and classmates with Student of the Week Certificates on 18th November 2016

<table>
<thead>
<tr>
<th>Prep A</th>
<th>Drake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep B</td>
<td>Zayne</td>
</tr>
<tr>
<td>Year 1 A</td>
<td>Sienna</td>
</tr>
<tr>
<td>Year 1B</td>
<td>India</td>
</tr>
<tr>
<td>Year 2</td>
<td>Blair and Savanah</td>
</tr>
<tr>
<td>Year 2/3</td>
<td>Raiden</td>
</tr>
<tr>
<td>Year 3/4</td>
<td>Wiley and Riley</td>
</tr>
<tr>
<td>Year 4</td>
<td>Carley and Natasha</td>
</tr>
<tr>
<td>Year 5</td>
<td>Liam</td>
</tr>
<tr>
<td>Year 6</td>
<td>Hayden</td>
</tr>
</tbody>
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PBL
(Positive Behaviour for Learning)
Expectation for Term 4 Week 9

Be Safe, Be Respectful & Be Responsible

Be Respectful — Keep hands, feet and objects to yourself.

Music — Year 6
SuperCup — Year 5
Dustpan and broom — Year 2

What’s On

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 25th November</td>
<td>Blue Ribbon event—Bunnings</td>
</tr>
<tr>
<td>Monday 28th November</td>
<td>Swimming Carnival 9:00—2:30 years 1-6</td>
</tr>
<tr>
<td></td>
<td>THERE WILL BE NO CANTEEN AVAILABLE</td>
</tr>
<tr>
<td>Monday 5th December</td>
<td>Slip and Slide Day—please return permissions</td>
</tr>
<tr>
<td>Tuesday 6th December</td>
<td>Prep Pool fun 9.15-10.00am</td>
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<tr>
<td></td>
<td>Year 6 Graduation 4:30—6:30pm</td>
</tr>
<tr>
<td>Thursday 8th December</td>
<td>AWARDS PRESENTATION CEREMONY—4:30pm</td>
</tr>
<tr>
<td>Friday 9th December</td>
<td>Last day of term</td>
</tr>
<tr>
<td>Thursday 19th January</td>
<td>Uniform collection 12:30—3:00</td>
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<tr>
<td></td>
<td>Book drop off day 2:00—3:00</td>
</tr>
<tr>
<td>Monday 23rd January</td>
<td>1st Day of term 2017</td>
</tr>
</tbody>
</table>

ENROLMENTS - 2017

Kingsthorpe SS is currently taking enrolments from Prep to Year 6 classes for the 2017 school year. Please contact the administration office for details and enrolment packages. To help us to plan for next year, we would also like to know if all current students will be continuing in 2017. Please inform your child’s class teacher or contact the school office on 46 992 333.

Library Book Returns!

Please ensure all student library books are returned during next week (Week 9) for stocktake.
Chappy’s Chatters.

As I watched the Grade 5’s share their captaincy speeches a couple of weeks ago, I reflected on how hard it must have been for them. Apparently, the average person ranks the fear of public speaking higher than the fear of death! The students were all pretty nervous, and as much as I reminded them that it will be fine, it is still really scary, and a big thing to do. Not only were they speaking in front of quite a few people, they were presenting themselves; who they are... and that takes a lot of courage. Because when we put ourselves out there like that, we are exposed to other people’s evaluation of us. Not just with public speaking, but in all areas of life.

Others’ evaluations can mean that we receive praise and encouragement, but also sometimes scrutiny and judgement. This scrutiny and judgement can sometimes be challenging, make us question ourselves and strip us of confidence. And as we all know, no one gets through life without receiving some form of it. It is inevitable.

So, is it worth putting yourself out there and being exposed to that negative evaluation? Well, I remember a quote from my teens that went like this – How to avoid criticism: Do nothing, say nothing, be nothing. Even if we chose not to do, say or be anything, we might even get criticised for that.

There are things we can learn from listening to constructive criticism, and there’s always the stuff that’s not worth listening to at all, the key then, is discernment. Being able to discern what to take on board and learn from, and what to throw on the scrap heap. Time to start sorting...

Warmest regards,
Chappy Sarah

For updates and information remember to check the Kingsthorpe State School Facebook page.

Give Away.....

We are having a clean out and tidy up on Tuesday 29th and Wednesday 30th November between 2:00 and 4:00, used school equipment - student chairs, desks, pin-boards etc will be available to view and pick up for free if you are interested in any of these items.

Items will be available to view and collect from the storage sheds. Please enquire at the office for more information.
Uniform Purchase and Book Drop Off Day

The uniform shop can supply all your uniform requirements for 2017 and will be open the following days -

**November**
- Monday 28th 8:30—9:15

**December**
- Thursday 1st 2:45—3:15
- Monday 5th 8:30—9:15
- Thursday 8th 2:45—3:15

**January**
- Thursday 19th 12:30—3:00

Book drop off day

If you would like to drop off school books and supplies prior to the first day of school on 23rd January, the classrooms will be open on Thursday 19th of January from 2:00—3:00pm.

$5 Gratitude Walks:

Get together with friends and family and come along to these social walking groups, where conversations about the wonderful, positive aspects of life are encouraged to invoke positivity, optimism and gratitude. Perfect for improving physical and mental wellbeing, and for meeting new people in your community. Gratitude walks meet each Wednesday 5:45pm and Fridays 5:45am at the Kingsthorpe and District War Memorial Hall. To join or find out more contact Marilyn 0427 886 285 or info@inspiredhealthandwellbeing.com.au.
9:30am Upper School Programme (Years 3/4-6)
(9 year olds from Yr 2/3 are invited to attend also)

The bus will leave school soon after 9am
Children are to remain in their house area at the pool unless toilet permission is sought
Children do not require a sun shirt for the carnival and will remain in shade when not participating
Students will require their swimming cap and a packed lunch (including a water bottle).

(Please note: The canteen will be closed during the carnival)

All children are encouraged to participate in at least 4 events (freestyle, backstroke, tube and relay)
Participation points are available for everyone so join in and help your house! (Isaacs won last year)
Ribbons and place points for houses are only available for 25m swimmers

**Upper school Events:**

- Freestyle 25m
- Modified Freestyle (shallow end)
- Backstroke 25m
- Modified Backstroke (shallow end)
- Breaststroke 25m
- Freestyle House Relays 2 (50m & width yr3-6)
  - Lane ropes out between freestyle relays + LUNCH
  - Tube Race Relay (across)
  - Change for presentation and return to school (Yr 3-5)
- Individual Medley (Yr 6)

Presentation - ribbons (trophy if time)

*Age champion medallions on parade Friday 2nd December*

(The upper school children are to be on the bus at 1.30pm to return to school)

1.15 – 2.15pm Junior School Programme (Years 1-2/3)

**Junior Events:**

- Freestyle & Backstroke (across)
- Tube relay, Coloured ball game and Teddy dive

Presentation of participation ribbon for each child

Junior school children are to be back on bus 2.30pm to return to school

The Prep children will have their own mini carnival on Tuesday 6th December 9.15 to 10am

We are looking for parents to attend and cheer at all events. There is seating beside the house areas or all around the pool. Young children are not to be using the small pools during the carnival as requested by pool management as the pool is closed for the carnival.

Some assistance with putting tents down at the end would be greatly appreciated also.
We need donations of baked goods or baking items such as:

- Cake
- Cupcakes
- Cookies
- Mince Pies
- Biscuits
- Savouries
- Sandwiches
- Pies
- Cakes
- Bread

If you can help, please fill in your details.

Contact Amanda on

We can localise the table in the newsletter.

Kingsthorpe

Christmas Cake Stall - Donations List

<table>
<thead>
<tr>
<th>Time of Stall</th>
<th>Gifts taken down</th>
<th>Supplies Required</th>
<th>Please note</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 AM</td>
<td>Cookies</td>
<td>Flour, sugar, eggs, butter, chocolate</td>
<td></td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Cupcakes</td>
<td>Powdered sugar, chocolate chips</td>
<td></td>
</tr>
<tr>
<td>12:30 PM</td>
<td>Mince Pies</td>
<td>Raspberry jam, butter</td>
<td></td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Biscuits</td>
<td>Baking powder, sugar</td>
<td></td>
</tr>
<tr>
<td>1:30 PM</td>
<td>Savouries</td>
<td>Butter, cheese, flour</td>
<td></td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Sandwiches</td>
<td>Bread, cheese, salad</td>
<td></td>
</tr>
<tr>
<td>2:30 PM</td>
<td>Pies</td>
<td>Pastry, chocolate</td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Cakes</td>
<td>Sugar, eggs, flour</td>
<td></td>
</tr>
</tbody>
</table>

Please note all donations of baking should be refrigerated clearly dated.

We have made this list to make planning easier on the day of the stall to ensure the correct positioning of all donations are clearly visible.

Kingsthorpe State School P&AC

Christmas Cake Stall

Santa in the Park

2pm—5pm

Recreation Grounds

Kingsthorpe Park

Santa at

Sunday 4th December

4931 855 065