From the Principal

Welcome Back
Welcome back to fourth term. I hope students and families had a relaxing break. It was wonderful to see students’ happy, smiling faces yesterday. We are particularly excited for our Kinder students who returned to their redeveloped facilities yesterday. They are now wonderful open, light and modern spaces. We’re looking forward to a busy and productive term and seeing continued great progress in students learning. Hopefully, this term will bring reduced illness and better weather!

Class Placements 2014 - Reminder
We will soon be considering class structures and compositions for 2014. Teachers give careful thought to the placement of students considering their personal, social and academic needs including friendships and relationships with other children. We also consider gender and grade balances when compiling classes.

If there is important educational information you wish us to consider in this process, please make an appointment through the office to meet with Mrs Beard prior to Friday 25 October. Please note that our teaching staff and class compositions will not be confirmed until later in the year. Whilst your input will be considered carefully, we cannot make any guarantees specific requests can be met.

Mandy Beard

School Photos
School photos will be held on Tuesday 29 October. Order envelopes for individual photos will be sent home today. Family Discount - When you purchase photo packs for the first two children in a family, you are entitled to a free pack for the third and subsequent children (to the same or lesser value). Please note that if you wish to use this offer, you must fill in a “claiming the family discount” form which is available from the school office. Full school uniform must be worn on this day. Please do not send your child to school with colourful socks/stockings or non-school clothing items. They will be asked to change.

Miandetta Athletics Carnival
Our school’s Athletic Carnival this year will be held on Tuesday 5 November. All parents and community members are welcome to attend to view the days running and novelty events.

Footy Colours Day - By: Lach and Eliza from 5-6R
On the last day of term 3 our school held a footy colours day for the AFL Grand Final. Miss Reeves and the Sports Leaders organised some footy skills activities for the students. Unfortunately for the early childhood classes it started to rain and they had to stop. Thank you Miss Reeves and sports leaders for such a great day!

Move Well Eat Well Lunch Box Ideas
Fruit Roll-Up
While your child would no doubt enjoy diving into a meal of sticky sweet fruit leather, this guilt-free version offers nutrients and energy to keep them going for the second half of the school day.

Spread blueberry or strawberry-flavoured cream cheese on a whole-wheat tortilla wrap. Top with fresh blueberries or sliced strawberries and roll tortilla.

Launching Little Learners ~ Term Four
After a wonderful time of exploring our community in Term three, Little Learners will re-commence again next week at Miandetta Primary Kindergarten on Tuesday 22 October at 1:30pm. LLL is a play based program for children aged 0 - 4 and their parents or carers (kinder children welcome). I look forward to seeing you there!
Children and bullying

Everyone has a right to feel safe

Ginny, aged 12 years, did not want to go to school. She felt sick in the stomach. Ginny’s Dad thought she should go to school, but Dad did not know what had been happening.

Crystal and her group had been spreading rumours about Ginny. Ginny had seen them looking at her and whispering to others when she walked past. Now no one wanted her to sit at the same table with them in class. Even if she tried to act friendly towards them, they were mean to her. One of them had written ‘weirdo’ on her school bag. Ginny’s older sister said to ignore them, but that didn’t seem to work. They just got meaner and tried harder to upset her.

Ginny did not know what to do. She worried that if she told the teacher or her parents it would make things even worse.

What is bullying?

Bullying involves deliberately and repeatedly attempting to hurt, scare or exclude someone. It can include hitting, pushing, name calling, or taking someone’s belongings.

Bullying can also be more indirect, for example, deliberately leaving someone out of games, spreading rumours about them, or sending them nasty messages. Cyber-bullying involves using mobile phones and the Internet to bully others. The main purpose of the bullying is to have power over someone else.

Bullying is a mental health concern because it causes distress and can lead to loneliness, anxiety and depression. Bullying can also affect children’s concentration and lower their achievement at school. When children have been bullied they may:

- not want to go to school
- be unusually quiet or secretive
- not have friends
- seem over-sensitive or weepy
- have angry outbursts.

You may notice that their property has been damaged or is missing.

Responding to bullying

It is very important to let children know that bullying is not okay and that they should report it when it does occur. Schools set standards for appropriate behaviour and safety. They also have guidelines for reporting and responding to bullying when it occurs.

The consequences for bullying should address what has happened and help to ensure it will not happen again. It is very important for the bully to understand how his or her behaviour has affected the other person and to be clear not to repeat that behaviour.

To help prevent bullying, children can be taught how to be respectful and caring towards others. Children who bully may appear confident but often lack skills for building positive friendships.

Learning to be more assertive can help those who are bullied to stand up for themselves. Learning the skills of assertiveness can also help those who bully find ways to communicate their wants, needs and opinions without becoming aggressive.

Both those who are bullied, and those who do the bullying, will benefit from learning effective social and emotional skills.
How parents and carers can help

If your child is being bullied:
- listen and provide support to your child
- try to understand what has been happening, how often and how long
- encourage social skills, like being assertive, to let the bully to stop and to seek help
- support your child to think through different ways they could deal with the problem
- talk with your child’s teacher and ask for help
- keep talking with the school until your child feels safe.

If your child tells you about bullying he has seen or heard at school:
- encourage your child to stand up for the child who is being bullied
- encourage your child to report what he or she has seen or heard to school staff.

If your child is doing the bullying:
- make sure your child knows the bullying behaviour is inappropriate and why
- try to understand the reasons why your child has behaved in this way and look for ways to address problems
- encourage perspective-taking (e.g. “How would you feel if...?”)
- help your child think of alternative paths of action.

To help prevent cyber-bullying:
- supervise children’s use of electronic devices.
- teach children about ways of keeping safe when using the Internet and mobile phones.
Aussie Hoops Basketball
The Devonport Basketball Council will be conducting an Aussie Hoops Basketball program for primary school aged children. Aussie Hoops is an introductory basketball program where children are instructed on basic skills of basketball over 6 weeks. It is non-competitive and fun focused. The program commences Monday 21 October from 4pm - 5pm and cost is $50 per child (includes backpack, ball and reversible singlet). To register, please go online to: www.devonportwarriors.com.au before 21 October. For further information please contact Jan at Devonport Basketball on 6424 2440 (10am–2pm weekdays).

School Banking
Congratulations to 1/2 Rippon for winning Term 3’s Class School Banking Certificate, for the most number of deposits being 116. Their class has also won a $50 School Class voucher. Second (107) was Kinder Lawes and third (106) was 5/6 Reeves.

Congratulations to those students who have received Gold certificates for their incredible efforts in making 30 deposits through the School Banking program: Nikki Howard and Piper Smith.

Congratulations to the following students who have received a School Banking Silver certificate for their fantastic efforts in making 20 deposits: Ben Sallee, Eliah Zwerver, Samuel Sheahen and Sophie Gaby.

Well done to the following students who received a School Banking Bronze certificate for their great efforts in making 10 deposits: Blake Penfold, Joshua Wells and Tyler Redpath.

Large Boxes Wanted
The Student Council are in need of extra-large cardboard boxes (no smaller than 1m²) to use as props for this year's Christmas float. Please bring any unwanted boxes to the school office. Thank you.