VISION
A community supporting young people to realise their potential: forever learning, forever teaching, in the service of humanity.

MISSION
To provide a unique, learning-centred environment that progresses young people through an integrated and developmental approach to education.

Through meaningful student engagement in learning, we aspire to develop interpersonal, intrapersonal, physical and cognitive competencies, empowering young people to lead purposeful, fulfilling lives.

WELCOME TO THE 2017 SCHOOL YEAR!
At the beginning of each term we issue our Back to School newsletter to share important information and reminders – please take some time to familiarise yourself with the information contained on the following pages.

Enjoy the last few days of holidays – see you on Monday!

Bonnie Domigan
Front Line Manager

SCHOOL OFFICE HOURS
Monday-Friday 8.00am – 4.00pm

UNIFORM SHOP HOURS
During term time:
Strictly between 2.00pm – 3.00pm only.

New purchases and pre-ordered uniforms can only be collected at this time – unless a prior arrangement has been made with the school office.

What’s coming up at Silkwood?
Monday, 30 January
Term 1 commences

New Families Morning Tea
Date to be advised

Thursday, 30 March
Autumn Festival
Last Day Term 1

WELCOME SILKWOOD COMMUNITY!
The following list of tips has been compiled to help you and your child feel informed and connected to the Silkwood community. If you have questions at any time, especially if your family is new to Silkwood, please contact the school office: 5655 0300, or email: reception@silkwood.qld.edu.au


2. Check your contact details and student medical information is current in the Parent Portal. It is vitally important that you advise the school of any changes to your contact information. This will ensure that the school is able to contact you in case your child becomes unwell at school and also ensures that you will receive all school communications.

3. Stay informed by reading the school newsletters, school email communications and Parent Portal messages from teachers.

4. Attend your child’s Parent Information Session at the beginning of Term 1. This session provides an overview of the learning journey prepared for your child’s year at Silkwood.

5. New families – attend our New Families Morning Tea (date to be advised) to meet our School Facilitator and other Silkwood families.

6. Offer to help in your child’s classroom. Opportunities will arise throughout the year. Parent involvement is closely linked to academic achievement and self-confidence.

7. Join our Silkwood Community Care Association (our P&F). This is a great way to meet other parents and do something that is of benefit to the school.

8. Attend school events throughout the year to meet other Silkwood families and enjoy our school community!

SCHOOL NEWSLETTERS
School Newsletters are emailed to all families. Newsletters are issued three times each term. The next school newsletter will be issued on Friday 10 February.
2017 SCHOOL CALENDAR

TERM DATES

<table>
<thead>
<tr>
<th>2017</th>
<th>START DATE</th>
<th>FINISH DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>Monday 30 January</td>
<td>Thursday 30 March</td>
</tr>
<tr>
<td>Term 2</td>
<td>Tuesday 18 April</td>
<td>Thursday 15 June</td>
</tr>
<tr>
<td>Term 3</td>
<td>Monday 10 July</td>
<td>Thursday 14 September</td>
</tr>
<tr>
<td>Term 4</td>
<td>Tuesday 3 October</td>
<td>Thursday 7 December</td>
</tr>
</tbody>
</table>

PUBLIC HOLIDAYS

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Australia Day Holiday</td>
<td>26 January</td>
</tr>
<tr>
<td>Good Friday</td>
<td>14 April</td>
</tr>
<tr>
<td>Easter Monday</td>
<td>17 April</td>
</tr>
<tr>
<td>Anzac Day</td>
<td>25 April</td>
</tr>
<tr>
<td>Queensland Labour Day</td>
<td>1 May</td>
</tr>
<tr>
<td>Gold Coast Show Day</td>
<td>1 September</td>
</tr>
<tr>
<td>Queen’s Birthday Holiday</td>
<td>2 October</td>
</tr>
</tbody>
</table>

School Photo’s – TBA

☆ 2017 School Calendars are available at the school office for all families.

START TIMES IN THE FIRST WEEK OF SCHOOL

The first week of school is always our most challenging as, naturally, most families want to park and take their children to class. To help us keep traffic congestion down we need your help.

Below is the plan for the Week 1 of Term 1. If we all work together we can meet everyone’s needs.

Here is the plan:

<table>
<thead>
<tr>
<th>For families who are happy to drop off their children and NOT park.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Year Levels</strong></td>
</tr>
<tr>
<td>Years 1 - 12</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>For families who wish to park - times for parking for each year level are:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FAMILIES WITH SIBLINGS, USE TIME OF YOUR ELDEST CHILD</strong></td>
</tr>
<tr>
<td><strong>Year Levels</strong></td>
</tr>
<tr>
<td>Years 6 – 12</td>
</tr>
<tr>
<td>Years 1 – 5</td>
</tr>
<tr>
<td>Prep</td>
</tr>
</tbody>
</table>

Normal start times will resume in Week 2:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep</td>
<td>8.45am</td>
</tr>
<tr>
<td>Years 1 – 12</td>
<td>8.30am</td>
</tr>
</tbody>
</table>

* Children are not allowed on the school premises before 8.00am, unless accompanied by a parent or carer. Before this time any unaccompanied children will be booked into OSHC and charges will apply.

PREP FAMILIES

Moonlight and Starbright Prep children have a staggered start in Week 1, attending only two days to transition into school. Details of your child’s school days in Week 1 have been emailed to you separately. Please contact the school office if you require further information.

AFTER SCHOOL PICK-UP PROCEDURE

To help alleviate congestion in the school car park, we request that all families use the after school pick-up system, in particular families with students in Years 2-12. The following pickup times are used:

**Families with siblings, use the pick-up time specified for your ELDEST child’s class.**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pick-up time from the set-down zone times are strict please do not come early.</td>
<td>Children not picked up after this time (unless they have an older sibling) will be taken to OSHC by the teacher and booked in, fees will apply</td>
<td></td>
</tr>
<tr>
<td>Prep</td>
<td>2.55pm – 3.05pm</td>
<td>3.20pm</td>
</tr>
<tr>
<td>Years 1 to 2</td>
<td>3.10pm – 3.20pm</td>
<td>3.20pm</td>
</tr>
<tr>
<td>Years 3 to 4</td>
<td>3.15pm – 3.25pm</td>
<td>3.30pm</td>
</tr>
<tr>
<td>Years 5 to 6</td>
<td>3.20pm – 3.30pm</td>
<td>3.30pm</td>
</tr>
<tr>
<td>Years 7 to 12</td>
<td>3.25pm – 3.30pm</td>
<td>3.30pm</td>
</tr>
</tbody>
</table>

Years 7-12 students are permitted to wait in the Year 9 room between 3.30-4.30pm and work quietly until their parents to arrive.

NEW FAMILIES @ AFTER SCHOOL PICK-UP

To assist the driveway duty staff at afternoon pick-up, we kindly ask that you attach an A4 page to your passenger side visor; clearly displaying your child/ren’s first and last name.

Thank you for your support. We look forward to a smooth start to 2017.
2017 PARENT HANDBOOK

Our 2017 Parent Handbook is now available on our school website. It contains all the information families need to know on the administration and running of our school. It is vitally important that parents/guardians take time to read through the information, as each year, changes are made and new information added.


Should you have questions that are not answered in the Parent Handbook, please contact the school office – reception@silkwood.qld.edu.au / 5655 0300.

SCHOOL FEE PAYMENTS

School fee invoices have been issued to all families via the Parent Portal. There are three payment options available:

OPTION 1 – A ONE OFF YEARLY PAYMENT

Pay the yearly school fee account within the 1st week of the school year and receive a $350 discount per student.

Payment options are Electronic Funds Transfer (EFT), BPAY or Credit Card

To calculate your 2017 Yearly fee amount simply multiply your Term 1 School Fee Invoice total by 4 and then deduct the discount.

OPTION 2 – PAY TERMLY

Pay the full-term fees in the 1st week of every school term and receive a $50 discount per student (per term).

Payment options are Electronic Funds Transfer (EFT), BPAY or Credit Card.

OPTION 3 – A 10 MONTH PAYMENT PLAN


This is strictly a direct debit option. Late starters will still be required to have all school fees concluded by the 30 October, 2017. A $50 late fee will be automatically charged weekly for any payments in arrears.

To calculate your instalment amount:

- Multiply your Term 1 school fee invoice total by 4 to calculate your 2017 Yearly fee total.
- Divide the Yearly fee total by 10 to calculate your MONTHLY instalment amount.
- Divide the Yearly fee total by 20 to calculate your FORTNIGHTLY instalment amount.
- Complete an EziDebit form and hand in to the school office within the 1st week of the school term.

School Fee payments / payment plans must be finalised by the end of Week 1.

If you have any questions, please contact Monique at schoolfees@silkwood.qld.edu.au.

SILKWOOD BUS SERVICE 2017

The School provides a Northern and Southern bus service to families of enrolled children.

ALL FAMILIES using the Bus Service must APPLY or RE-SUBMIT a School Bus Application Form prior to using the service in 2017.

Applications are to be forwarded to the School Office, by hand or emailed to reception@silkwood.qld.edu.au at least one (1) week PRIOR to the commencement of the school year for processing.

Bookings are essential. Any student not booked on the bus will not be permitted to use the service.

Limited vacancies are available on both Northern and Southern Bus services. To check availability, please contact the school office.

LATE ARRIVALS AND PUNCTUALITY

When children arrive late to school it is disruptive to the class. We ask, out of respect for the teacher and the other students, that you make every effort to arrive at school on time.

If you are not able to arrive at school on time, the following procedure is in place to ensure minimum disruption to your child’s class and teacher.

PREP PROCEDURE

- Prep children must be ready to start class at 8.45am with lunches and bags away.
- The teacher will come out onto the verandah to do a morning greeting at this time and enter the children into the classroom.
- All student arrivals after 8.45am must go the school office for a late pass before entering class.
- All late arrivals will be logged onto the child’s attendance record and reported on the semester school report.
- In instances when lateness will be unavoidable due to appointments, emergencies or unforeseen events, please telephone the school office to inform them. The school office will inform your child’s teacher.

PRIMARY and HIGH SCHOOL PROCEDURE

- Our first bell rings at 8.25am. This is the time when the children need to be getting bags and lunches organised, ready to start the school day.
- The second bell rings at 8.30am. This is the time all children need to be lining up ready for the morning greeting.
- All student arrivals after 8.30am must go the school office for a late pass before entering class.
- All late arrivals will be logged onto the child’s attendance record and reported on the semester school report.
- In instances when lateness will be unavoidable due to appointments, emergencies or unforeseen events, please telephone the school office to inform them. The school office will inform your child’s teacher.
NUTRITION AND SCHOOL LUNCHES

School lunches can be made up of fresh fruit, salads, wholemeal grains, nuts, eggs, pasta or any other healthy fresh whole foods. Foods high in fat and sugar, Nutella, lollies, chocolates, chips, and drinks, other than water, are not to be brought to school and will be sent home with the child at the end of the day.

We aim to have a minimum impact on our eco-system. Lunches that come in pre-packaged containers create a larger amount of unnecessary litter and have a big impact on our environment. Wherever possible, please do not use pre-packaged foods in the children’s lunch boxes. Creating a package free lunch box is a great way for children to begin to think of creative solutions to the world’s litter problems. Allow them the opportunity to be involved. Lunches are to be packed in a sealed insulated container to ensure food remains fresh and cool.

See the Parent Handbook for more information.

ABSENCES FROM SCHOOL

Parents are asked to telephone the School before 8.30am on the morning of absence on 5655 0300 or email attendance@silkwood.qld.edu.au. Unexplained absences will be investigated. The School requires a medical certificate when a student is absent due to illness for three or more consecutive days.

OUTSIDE SCHOOL HOURS CARE (OSHC)

Welcome back to all our new and existing families we hope everyone enjoyed their holidays. We look forward to building caring connecting relationships in 2017.

At Helping Hands Silkwood, we provide supervised care in a safe, healthy and friendly environment. Our programs include Before School Care, After School Care and Vacation Care.

This term we will be offering cooked breakfast 3 days a week, this is on top of our existing menu of toast, muesli cups, cereal and fresh fruit.

- Tuesday: Pancakes (Gluten free option available)
- Wednesday: Scrambled eggs (gluten free toast available)
- Thursday: Ham and cheese croissants

Cooked breakfast will be offered between 7am and 8am.

Enrolment forms are available from the School Office or by phoning the Helping Hands Co-ordinator. Children must be enrolled prior to using this service.

Click here to Enrol Online

Parents are able to call at any time to obtain a quote for using the service.

Please contact Helping Hands Network for additional enrolment information, bookings, answers to questions or to provide a quote. Terms and conditions apply.

Silkwood Co-ordinator: 0475 824 342
Email: silkwood@helpinghandsnetwork.com.au
Website: www.helpinghandsnetwork.com.au

HIGH SCHOOL NEWS

Welcome back everyone to a VERY exciting 2017!

The biggest item in relation to the High School is that it is finally graduation year for our very first cohort of Year 12 students. So much blood, sweat and tears from a great many people have gotten us to this point – our young people included. They are equal parts nervous and excited and know just how fast this final year will slip away. We could not be prouder.

Twinned with this cohort is the welcoming of our new, Year 11s, which means we have a proper SENIOR school. To cope with these growing numbers, we have employed the worldly and experienced Rosalie Everest to be our second Advisor and English teacher. She has been at the Queensland Academy of Health Sciences and St Hilda’s, amongst other schools, and is very much looking forward to the joys and challenges Silkwood will bring her.

One of the highlights of the year will be the Senior School’s participation in The Rite Journey. The time between adolescence and adulthood is an exciting and interesting time. Our young people are growing more independent by the day and we are starting to see more and more glimpses of the adults they will become. As part of Silkwood’s commitment to holistic education and developing well rounded young people, we are looking forward to experiencing The Rite Journey together. The Rite Journey is a research based, 12-month, rite of passage program to help adolescents transition to adulthood. We believe this is a wonderful opportunity for us to work together in a conscious way to support our young people’s journey to adulthood – a partnership between home, school and the young person.

As always, I look forward to hearing from you with any questions, comments or concerns. Keep an eye on the High School Facebook page for lots of news about our adventures – we have SO many planned. I also look forward to seeing old and new faces at the Parent Introductory Course and Parents as Careers Transitions Support course. I will also be running a Task Group on parent communication around assessment and reporting which you are warmly welcome to participate in. If you have any other ideas for parent education sessions, please get in touch.

Alicia Kent-Rooney
Year 11-12 High School Advisor
alicia.kent-rooney@silkwood.qld.edu.au
**NON-PUBLISHING AGREEMENT**

On occasions, information such as academic and sporting achievements, student activities and other news items and photographs are published in School newsletters, magazines, Facebook pages and other publications, and on our website.

Silkwood School may use student names, photographs, video or sound recordings and any other reproductions or adaptations of a student’s likeness, either in full or part, in conjunction with any wording or drawings.

If you do not want your child to be published in the above ways, please contact the school office for a Non-Publishing Agreement form.

Unless the School receives a signed copy of this agreement, we will assume that you agree to allow the School to publish images etc. of your child.

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**SOUTH COAST SCHOOL SPORT**

Silkwood School is affiliated with South Coast School Sport as part of the Broadwater District. South Coast School Sport provides students, aged 10 and above, who have a high skill level in a particular sport, the opportunity to demonstrate this by competing against other students in their age group in their chosen sport. South Coast School Sport involves students attending a district trial for their chosen sport. From that point, individuals are chosen to be part of the district team competing at Gold Coast Regional trials. Students then have the potential to represent the South Coast region at a state level championship in their chosen sport for their age group.

The following is a list of the sports that have up-coming trials within our Broadwater District in February.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Gender</th>
<th>Age Group</th>
<th>Date of Trial</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tennis</td>
<td>Boy/G</td>
<td>16 – 19 years</td>
<td>2 February</td>
</tr>
<tr>
<td>Baseball</td>
<td>Boy/G</td>
<td>16 – 18 years</td>
<td>7 February</td>
</tr>
<tr>
<td>Softball</td>
<td>Girl</td>
<td>16 – 19 years</td>
<td>7 February</td>
</tr>
<tr>
<td>Rugby Union</td>
<td>Boy</td>
<td>16 – 18 years</td>
<td>9 February</td>
</tr>
<tr>
<td>Swimming</td>
<td>Boy/G</td>
<td>All ages</td>
<td>15 February</td>
</tr>
<tr>
<td>AFL</td>
<td>Girl</td>
<td>13 – 16 years</td>
<td>16 February</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Boy/G</td>
<td>14 – 19 years</td>
<td>16 February</td>
</tr>
<tr>
<td>Rugby League</td>
<td>Boy</td>
<td>16 – 18 years</td>
<td>17 February</td>
</tr>
<tr>
<td>Hockey</td>
<td>Boy/G</td>
<td>10 – 12 years</td>
<td>22 February</td>
</tr>
<tr>
<td>Basketball</td>
<td>Boy/G</td>
<td>16 – 19 years</td>
<td>23 February</td>
</tr>
<tr>
<td>Rugby League</td>
<td>Boy</td>
<td>13 – 15 years</td>
<td>23 February</td>
</tr>
<tr>
<td>Netball</td>
<td>Girl</td>
<td>13 – 15 years</td>
<td>23 February</td>
</tr>
</tbody>
</table>

Please contact Megan Knowles, Year 6-8 Learning Manager, for more information – megan.knowles@silkwood.qld.edu.au.

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**CYBERSAFETY INFORMATION FOR PARENTS**

Remember, you already possess the skills to supervise. Apply these skills to technology and the online world.

To help keep your child safe when they are online, you can:

- put computers in open spaces within your home
- remind your child that content can be posted instantaneously, the downfall is that they can potentially post something without thinking about the ramifications
- educate your child about appropriate online behaviour and the need for respectful communication with other internet users
- keep an eye on what your child is doing online (both in the home and on any mobile devices they may have access to e.g. phones, music devices and tablets)
- set clear rules about what sites and activities they are allowed to access
- install software to limit their use and monitor/restrict the sites they visit
- discuss a plan with your child about how to address any cyber-safety issues that may arise (make sure they know you will be supportive if they mention anything and that they will not get in trouble)
- encourage them to find someone they feel safe talking to, such as yourself, a relative, a teacher or a trusted adult

**Social media tips**

Social media applications (such as Facebook) are extremely popular with young people and the usage of these sites is only likely to increase.

Some tips to help your child stay safe while using social media include:

- make sure they never reveal their home address, phone number, email address and passwords
- review the age suitability for any sites and apps your child joins or installs
- look at who their contacts and followers are — this will help reduce the risk of them encountering inappropriate people and content
- educate your child about the issues that children face
- establish an open relationship with your child so they trust you to view their profiles
- reinforce the need for them to keep passwords private and to update them regularly
- ensure your child understands the implications of posting images and content on the internet
- remember, you already possess the skills to supervise. Apply these skills to technology and the online world.

You may also want to consider creating an account on the social media application your child uses and request to become friends or follow their account. Your child may resist this but it may still be a good idea to open an account to increase your understanding of the site or app they are using.

**STUDENT WELLBEING HUB**

The Government has launched a new Student Wellbeing Hub for parents, students and teachers.

Feeling safe and supported is the right of everyone in the school community. The resources available on the Student Wellbeing Hub help to create learning communities that promote student wellbeing and the development of respectful relationships. The Hub is guided by the principles of the National Safe Schools Framework, which highlight the importance of educators, parents and students working together. We can make a difference, starting now.

Visit the Hub at: https://www.studentwellbeinghub.edu.au/

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**EXTRA CURRICULAR ACTIVITIES AVAILABLE AT SILKWOOD**

**ACTIVE AFTER SCHOOL SPORTS**

Silkwood School is happy to announce that we have secured funding through Sporting Schools to run Athletics training this Term.

**IAAF ATHLETICS PROGRAM**

The IAAF Kids’ Athletics Program is designed to develop the fundamental skills of running, jumping and throwing in a fun and engaging way.

**MONDAY PROGRAM FOR YEARS 3-6 with Harrison Tippett**

Sessions will be between 3.20pm and 4.20pm on Monday afternoons.


Each child must wear running shoes, a hat and bring a bottle of water and a snack with them.

Parents are to sign their child out from Harrison’s supervision at 4.20pm at the drop off zone outside Prep.

**TUESDAY PROGRAM FOR PREP – YEAR 2 with Karin Lowe**

These sessions will be between 3.00pm and 4.00pm on Tuesday afternoons.

Starting Tuesday, 7 February 2017 and finishing Tuesday, 21 March 2017.

Each child must wear running shoes, a hat and bring a bottle of water and a snack with them.

Parents are to sign their child out from Karin’s supervision at 4.00pm at the drop off zone outside Prep.

**TO REGISTER**

Log in to your Parent Portal and click on the Book Activities button located under your child’s photo. Please read the Conditions of Booking on the Portal before registering. Click and drag the bar across to the right to register.

Spaces are limited – when the session is full you will no longer be able to register through the Parent Portal. To go on a waiting list for a program, please contact Jane at the school office jane.lloyd@silkwood.qld.edu.au.

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**TOTAL FOOTBALL ACADEMY**

Total Football Academy will be running an after School soccer program during Term 1 at Silkwood School. The program is for Prep to Year 4 Pupils. Registration forms will be distributed during a free demonstration.

During the 6-week program, games will be played inside an inflatable soccer field, which captures the imagination of students, giving them a great soccer experience. Training will take place inside a skills square focusing on different skills each week, such as dribbling, turning and shooting. As part of the program, players can also purchase a soccer kit (Top and Shorts).

The program starts on Wednesday, 8 February, 3.10pm - 4.10pm.

To sign up online go to www.totalfootballacademy.com.au or phone Danny Morton on 0473 344 778. Find us on Facebook for wet weather information and special offers.

Andrew Robinson | General Manager

**BODI ALLEGIANCE**

**AFTER SCHOOL FITNESS PROGRAM**

We are back for 2017 - a healthy body makes for a healthy mind.

- Educational
- Improved fitness
- Confidence building
- Strength and endurance training
- Fun!

Our program is also extended to all parents and teachers wanting to increase their fitness level.

**Details: After School Fitness Program**

**Commencing Week 1, Tuesday, 31 January – 28 March @ 3.30pm**

For more information and signup, please visit or contact:

Email: info@bodiallegiance.com
Mobile: 0401 350 399
www.bodiallegiance.com

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Everybody should be quiet near a little stream and listen
Welcome back to the new school year and I hope you have all enjoyed the school holidays. Our chess classes are all set to start up on Monday, 6 February, from 3.20 – 4.20pm in the Year 5 classroom.

Teaching students how to play chess is always lots of fun and helps them to think smarter. The cost for Term 1 will be $98.00 per student or you can sign up for the full year and receive a discounted price.

We are also very excited to announce that all term enrolments will now include a Gold Membership to ChessKid.com. This will enable your children to continue their chess learning at home with online lessons, videos, puzzles and tournaments. You are now able to register and pay via our secure website www.gardinerchess.com.au and clicking on the ‘parent’ icon. Please don’t hesitate to contact our friendly staff on 5522 7221 if you have any questions.

HEART 2 HANDS
SILKWOOD COMMUNITY CRAFT GROUP

Craft starts back Monday, 6 February

Happy New Year, we hope everyone has had a relaxing and enjoyable festive break. Craft will begin Monday, 6 February at 9.00am, and we look forward to welcoming new and seasoned crafters to our crafty space of Heart 2 Hands in 2017. You can find us crafting in the playgroup room towards the back of the school. Our sole purpose is to create a space where everyone is free to come and learn handwork skills with natural fibres! All the creations made are sold at an end of term craft market, held outside the Prep Rooms under the shade sail, with all monies going to raise funds for the Silkwood School.

If you have not joined us before, we would love to see you. Please don’t hesitate. We are a very friendly crew and we welcome all levels of crafty skill (or lack thereof)! This is a warm and relaxed space where you can get to know people and learn new skills as well as support our wonderful Silkwood. Your children are also welcome and will have a wonderful time with the awesome Vanessa who cares for the wee ones while we craft (which is made available by a gold coin donation). You do not need to be a Silkwood parent to come along and join us on Monday mornings. So if you have a friend or family member who may like to come along, then, please pass on the details... we are always happy to welcome new faces!

We hope to see you soon!

For more Info: silkwoodheart2handscraft@gmail.com

COMMUNITY NOTICEBOARD

DISCLAIMER
The advertising sections of this newsletter have been submitted by individuals. Silkwood School does not take any responsibility for the content. The opinions expressed in the advertisements and notices do not necessarily represent the views of the school.

PARENT BUSINESS DIRECTORY

Click here to view the current directory and to access an application form to advertise in the directory.

SECOND HAND CLOTHING

Re-use and recycle!

If you have second-hand school uniform items to sell or giveaway, please contact the school office to advertise your items in the school newsletter.

CARPOOLING

A great choice for the environment!

If you would like to find someone in your area to carpool with please contact the school office to advertise in this space. Phone 5655 0300 or email reception@silkwood.qld.edu.au

CRANE CRESCENT, NERANG
Contact Jo on 0433 993 917

KIDS-YOGA AT SILKWOOD

When: Wednesday’s 3.20pm
Starts 15 February (week 3)
Finishes 29 March
Where: Year 12 Classroom
Price: $10/child/session

Payment: to be paid per term (cash or direct deposit)

Yoga teaches children to focus and how to control their body and mind.

Kids will learn breathing techniques, meditation... they’ll stretch, play, have fun, learn how to create balance & how to deal with challenging situations in a playful manner

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A few weeks ago, I had the terrific fortune of getting to present some of the bullying prevention work that I do to a group of children at a local bookstore. As if interacting with smiling, exuberant young people was not gift enough, a reporter also attended the event and wrote a lovely article about my book and the work I do with kids, parents, educators and youth-care professionals. All in all, it was dream publicity and since then, has sparked many conversations with people in my town who saw my photo in the newspaper and immediately related to the examples of bullying that were discussed.

I have been brought to tears more than once since the article ran while listening to parents share their feelings of outrage and helplessness over their kids’ experiences with bullying in school. One gifted but socially awkward middle school student blew me away with his articulate, poised, yet agonisingly painful accounts of relentless physical and verbal bullying on his school bus. An elementary school-aged girl described how she had to learn to shed her Australian accent within a month of entering U.S. schools because of how she was shunned by her classmates. The commonness of it all routinely astounds me with every new account; the pervasive cruelty makes my jaw drop every time.

It is important for me to begin this article by establishing that, without doubt, many of the stories of bullying that are shared with me are horrifying and some are unacceptably cruel. But now, I also want to be honest and share that some of the stories are... well... really not so bad.

While I always want to be careful not to minimize anyone’s experience (it’s the social worker in me!), I hear benign) stories often enough to conclude that there is a real need to draw a distinction between behavior that is rude, behavior that is mean and bullying. I first heard bestselling children’s author, Trudy Ludwig, talk about these distinguishing terms and, finding them so helpful, have gone on to use them as follows:

Rude = Inadvertently saying or doing something that hurts someone else.

A particular relative of mine (whose name it would be rude of me to mention) often looks my curly red hair up and down before inquiring in a sweet tone, “Have you ever thought about coloring your hair?” or “I think you look so much more sophisticated when you straighten your hair, Signe.” This doting family member thinks she is helping me. The rest of the people in the room cringe at her remarks. Her comments can sting, but remembering that they come from a place of love — in her mind — helps me to remember what to do with the advice...

From kids, rudeness might look more like burping in someone’s face, jumping ahead in line, bragging about achieving the highest grade or even throwing a crushed up pile of leaves in someone’s face. On their own, any of these behaviors could appear as elements of bullying, but when looked at in context, incidents of rudeness are usually spontaneous, unplanned inconsideration, based on thoughtlessness, poor manners or narcissism, but not meant to actually hurt someone.

Mean = Purposefully saying or doing something to hurt someone once (or maybe twice).

The main distinction between “rude” and “mean” behavior has to do with intention; while rudeness is often unintentional, mean behavior very much aims to hurt or deprecate someone. Kids are mean to each other when they criticize clothing, appearance, intelligence, coolness or just about anything else they can find to denigrate. Meanness also sounds like words spoken in anger — impulsive cruelty that is often regretted in short order. Very often, mean behavior in kids is motivated by angry feelings and/or the misguided goal of propping themselves up in comparison to the person they are putting down. Commonly, meanness in kids sounds an awful lot like:

- “Are you seriously wearing that sweater again? Didn’t you just wear it, like, last week? Get a life.”
- “You are so fat/ugly/stupid/gay.”
- “I hate you!”

Make no mistake; mean behaviors can wound deeply and adults can make a huge difference in the lives of young people when they hold kids accountable for being mean. Yet, meanness is different from bullying in important ways that should be understood and differentiated when it comes to intervention.

Bullying = Intentionally aggressive behavior, repeated over time, that involves an imbalance of power.

Experts agree that bullying entails three key elements: an intent to harm, a power imbalance and repeated acts or threats of aggressive behavior. Kids who bully say or do something intentionally hurtful to others and they keep doing it, with no sense of regret or remorse — even when targets of bullying show or express their hurt or tell the aggressors to stop.

Bullying may be physical, verbal, relational or carried out via technology:

Physical aggression was once the gold standard of bullying — the “sticks and stones” that made adults in charge stand up and take notice. This kind of bullying includes hitting, punching, kicking, spitting, tripping, hair pulling, slamming a child into a locker and a range of other behaviors that involve physical aggression.

Verbal aggression is what our parents used to advise us to “just ignore.” We now know that despite the old adage, words and threats can, indeed, hurt and can even cause profound, lasting harm.

Relational aggression is a form of bullying in which kids use their friendship—or the threat of taking their friendship away—to hurt someone. Social exclusion, shunning, hazing, and rumor spreading are all forms of this pervasive type of bullying that can be especially beguiling and crushing to kids.

Cyberbullying is a specific form of bullying that involves technology. According to Hinduja and Patchin of the Cyberbullying Research Center, it is the “willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.” Notably, the likelihood of repeated harm is especially high with cyberbullying because electronic messages can be accessed by multiple parties, resulting in repeated exposure and repeated harm.

So, why is it so important to make the distinction between rude, mean and bullying? Can’t I just let parents share with me stories about their kids? ...To read full article click here.