Lest We Forget

McDowall State School commemorated Remembrance Day on Wednesday 11th November 2015, by planting paper poppies in front of the School’s War Memorial Cairn and holding two special assemblies. A sincere thank you to Mr David Nelson for playing the Last Post at both assemblies. Our Year 6 students visited the National Memorial Walk at Gallipoli Barracks, Enoggera.

They shall grow not old, as we that are left grow old.
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning,
We will remember them.
Deputy Principal’s Post – Mr Pedwell

Keys to Success

“I can’t do it.” How many times have you heard that from your child? I recently read an article written by one of Australia’s leading experts on parenting, Michael Grose, about the importance of children being confident in their ability to tackle the day to day challenges of school. This quote in particular stood out. “Self-doubt and lack of confidence hold more kids back than any other factor. You can send kids to the best school available but they won’t be happy or achieve unless they feel confident in their abilities.” Michael Grose Parenting Ideas Website: http://www.parentingideas.com.au/Parents/children-anxiety.

The Australian Curriculum identifies seven General Capabilities, one of which is Personal and Social Capability. This is broken into four areas:

- Self-management
- Self-awareness
- Social Management
- Social Awareness.

Students with well-developed social and emotional skills find it easier to manage themselves, relate to others, develop resilience and a sense of self-worth, resolve conflict, engage in teamwork and feel positive about themselves and the world around them. The development of personal and social capability is a foundation for learning and for citizenship.

One programme we use to develop children’s social and emotional skills is called ‘You Can Do It’. No doubt you would have seen the Five Keys on the wall as you walk through the centre of the school.

The Five Keys to Success are:

1. Confidence (Academic & Social)
2. Persistence
3. Organisation
4. Getting Along
5. Resilience.

These keys relate to 12 Habits of the Mind:

1. Accepting Myself
2. Taking Risks
3. Being Independent
4. I Can Do It
5. Giving Effort
6. Working Tough
7. Setting Goals
8. Planning My Time
9. Being Tolerant of Others
10. Thinking First
11. Playing by the Rules
12. Social Responsibility

Setting short and long term goals is a great way for children to see that the key to achieving success is to be organised. Developing and sticking to a plan will show them that with effort, their goals are achievable. Their confidence in themselves as learners will soar as well.

For example, your child may have a long term goal of learning all their number facts by the end of the year. From this, a short term goal could be to learn all the 3x facts by the end of the month. Once a goal is set, a plan needs to be developed to ensure the goal is achieved. So instead of saying “I can’t do it”, your child instead breaks the task down into manageable steps and develops a plan so they can say “I can do it”. When the goal is achieved, they can celebrate knowing their effort has paid off. If the goal isn’t achieved in the set time, then they need to revise their plan, explore different ideas and implement new strategies to achieve their goal.

A simple process for helping your child set goals is to ask the following questions:

- What do you want to achieve by the end of the week? Term? Semester? Year?
- What are you going to do to make this happen?
- What will the obstacles be?

As we approach the end of the year, it may be a good time to reflect on the goals that children had set for this year and think about longer term goals for next year.

Child Safety Talk

On Wednesday 18th November, Bruce and Denise Morcombe from the Daniel Morcombe Foundation will be visiting our school to speak to Years 3-6 students about Child Safety. The talk will be from 11.15am in the School Hall. Parents are welcome to attend.

The school would like to thank Emily B, one of our Student Leaders, for organising the visit. Emily wrote a letter to the Foundation enquiring about a visit. Bruce and Denise were very busy with bookings taken a year in advance. Due to a change in schedule, we were fortunate that they were able to allocate a time to visit our school. Thank you Emily for showing the interest and demonstrating initiative to write the letter to organise this event.

Instrumental Music Vacancies for 2016

While the response to our Instrumental Music Programme for 2016 has been positively overwhelming, we still have some vacancies for Year 4 students (only).

<table>
<thead>
<tr>
<th>Year 4 – Instrumental Music Vacancies</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 x Euphonium (school instrument)</td>
</tr>
<tr>
<td>1 x Clarinet (own instrument)</td>
</tr>
<tr>
<td>2 x Trumpet (own instrument)</td>
</tr>
</tbody>
</table>
Should you want your child to be considered for one of the available instruments you must URGENTLY complete the ‘Expression of Interest’ form (sent home with students on Tuesday) and return it to School Administration no later than Monday 23rd November 2015. Instrumental Music teachers will determine student suitability to play an instrument. An ‘Offer of Place on an Instrument’ form will be sent home if your child is accepted into the programme. A $100 deposit will be required at School Administration by Monday 30th November to confirm your child’s place in the programme.

Principal’s Gallery
Each week, classes are provided the opportunity to showcase some of their excellent student work in the “Principal’s Gallery” located within the School Administration foyer.

<table>
<thead>
<tr>
<th>Date</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>16th Nov 2015</td>
<td>PA1</td>
</tr>
<tr>
<td>23rd Nov 2015</td>
<td>PA2</td>
</tr>
<tr>
<td>30th Nov 2015</td>
<td>4E4</td>
</tr>
<tr>
<td>7th Dec 2015</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Please enjoy a snapshot of artwork featured this fortnight from classes: **5D2 & 5D1**

School Administration

Booklist Update
MK Education - McDowall State School’s booklist supplier, has notified the school that there has been a delay in the shipping of the ‘packet of screen wipes’ on ALL booklists. This item is due to arrive in early February 2016 and will be distributed to students once delivered to the School.

Unidentified Deposit
The school has received an unidentified deposit. If you made a direct deposit into the school’s bank account in July, but this has not been receipted / deducted from your account, please contact School Administration with the date, amount paid and reference used. Thank you.

McDowall SS Speaking Challenge 2015
Last Tuesday, 10th November, the annual McDowall State School Speaking Challenge was held. The topic for Year 5 speakers was an ‘Autobiography’, while Year 6 students spoke about ‘An Influential Migrant to Australia’.

Year 6 winners were competing for the Linda Davidson Award for Speaking. This year the trophy was awarded to Emily B in 6C2. Well done, Emily.

That afternoon, class winners from Years 3 and 4 presented their speeches at a special assembly. While the Year 3 students were new to this task, they did a brilliant job sharing speeches about their ‘Favourite Holiday’. This was followed by Year 4 students stepping back in time for ‘A Day in the Life’ of a child who travelled as a convict on the First Fleet.

Many thanks to all our students who prepared their speeches, parents and teachers for supporting our students and to the judges, Mr Peter Turner and Mrs Lee West for doing such a great job in their adjudicating roles. Below is the list of each Year Level winner for 2015.

![Overall winner Emily B with Judges Mr Turner & Mrs West](image)

<table>
<thead>
<tr>
<th>Year 3</th>
<th>Year 4</th>
<th>Year 5</th>
<th>Year 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amelia E</td>
<td>Ebony Guz</td>
<td>Abbey M</td>
<td>Alia L</td>
</tr>
<tr>
<td>Ania M</td>
<td>Lauren J</td>
<td>Bailey R</td>
<td>Emily B</td>
</tr>
<tr>
<td>Daniel M</td>
<td>Sophie G</td>
<td>Niamh B</td>
<td>Jamie R</td>
</tr>
<tr>
<td>Patrick E</td>
<td>Summer N</td>
<td>Olivia D</td>
<td>Lani R</td>
</tr>
<tr>
<td>Sharne M</td>
<td></td>
<td>Tara L</td>
<td></td>
</tr>
<tr>
<td>Sian I</td>
<td></td>
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</tbody>
</table>

Japanese students visit McDowall SS
McDowall State School recently hosted students from Kudan High School in Japan. They spent three days in our school.

During their visit, these Japanese students attended English (ESL) classes and participated in many school activities. They spent time in various Year Level classes, being integrated within learning programmes organised by the school.

The Japanese students thoroughly enjoyed:
- Reading with the Year 1 students
- Playing UNO with the Year 2 students
- Playing soccer on the oval
- Helping Year 5 students during maths activities, art activities and in iPad library lessons
- Attending Japanese, Music and PE lessons with Year 4 and Year 6 students
- Playing and learning with the Prep students.
A big thank you must go out to the school buddies who helped our Japanese student guests during their exchange. Our school buddies really helped make these students feel welcome and at home here at McDowall SS. They really enjoyed the farewell party where lots of Aussie food favourites were tasted. Thank you to Mrs Anelle Moller and her wonderful Tuckerbox helpers for preparing the delicious food.

Thank you also to the teachers and students at McDowall SS for making our guests feel so welcome within class programmes during integration sessions.

To the host families who opened their homes, thank you so much for your hospitality and generosity. Japanese students have thoroughly enjoyed their time here at McDowall SS and I’m sure they will go home with many fond memories.

**School Library News**

**Library Borrowing**

All library borrowing for 2015 is now concluded. All borrowed items must be returned to the library by Friday 20th Nov.

It is important that school library books are returned so that we can do an accurate stocktake of our fiction resources. Thank you for your support.

We will be holding our last Book Fair for 2015 from Fri 20th Nov through until Thu 26th Nov.

The Book Fair will be open from 8.00am to 3.30pm, except for the last day (Thursday 26th November) when it will close at 9.00am.

We plan for funds raised at this Book Fair to go toward new shelving for the library and to develop our eBook collection.

Our Book Fairs continue to be successful due to your wonderful support. So please come and have a look and remember to bring you Christmas shopping list!

**Inter-school Reader’s Cup**

On Thursday 12th November, McDowall SS Library hosted the Stafford District Inter-school Reader’s Cup. Eight local schools competed in the competition. While our team did very well in sections of the competition, the Wooloowin SS team won on the day. Well done to our Year Five student team of Olivia, Casey, Adam and Isaac.

They put a lot of time preparing for the competition and competed well. It was a busy afternoon and a lot of fun. We’re sure to do even better in next year’s event.

CONTACT: Mrs Saunders - Teacher Librarian

**Music News**

**Celebration Concerts**

In two weeks time, music students from McDowall SS will perform in the last of the Celebration Concerts for 2016.

This year, we are dividing the performances and performers into two concerts.

<table>
<thead>
<tr>
<th>EVENING CONCERT</th>
<th>MATINEE CONCERT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 25th Nov – 6.30pm</td>
<td>Thu 26th Nov – 1.30pm</td>
</tr>
<tr>
<td>SCHOOL HALL</td>
<td></td>
</tr>
<tr>
<td>Wind Ensemble</td>
<td>Year 3 Combined Bands</td>
</tr>
<tr>
<td>Junior Stars Band</td>
<td>Year 4 Band</td>
</tr>
<tr>
<td>Stage Band</td>
<td>Year 5 Band</td>
</tr>
<tr>
<td>Honours Choir</td>
<td>Tremolo Strings</td>
</tr>
<tr>
<td>Senior Choir</td>
<td>Dolce Strings</td>
</tr>
<tr>
<td>Adagio Strings</td>
<td>Junior Choir</td>
</tr>
<tr>
<td>Presto Strings</td>
<td></td>
</tr>
</tbody>
</table>

Notes were sent home last week. These included organisational information and ticketing details for the evening performance.

**Instrumental Music in 2016**

Letters for parents were sent home on Wednesday 11th November for children who have been accepted into the 2016 Instrumental Immersion Programme.

For those who have been accepted into the programme, a Parent Information Evening will be held this Wednesday, 18th November at 6.30pm in the School Hall.

Information regarding programme expectations, commitments and requirements for the programme will be discussed. Music store displays and staff from Simply for Strings and Morris Brothers Music will be on hand to discuss the care of instruments and purchasing/hiring schemes.

CONTACT: Ms Woodruff – Music Teacher
Sports News

Swimming Starts This Week
The Year 1-2 Swimming Programme began on Monday 16th November and will operate for two weeks, concluding on Friday 27th November, 2015.

[Click here for the swimming timetable or visit the ‘News’ section on the homepage of our website.]

A copy of the timetable is available from School Administration or your child’s teacher. Swimming caps are compulsory and goggles are recommended.

Tennis Challenge
Well done to our students who played in the Schools Tennis Challenge last weekend at Shaw Park and a big thanks to Dom (from Everton Tennis and Gear), our resident tennis coach for organising this event.

Beep Fitness Test
Congratulations to the following students who achieved the highest Beep test scores for 2015:

- Boys - Oliver CB and Levi A.
- Girls - Sasha T.

Golf Lessons
Children in Years 4, 5 and 6 are spending a couple of weeks learning about golf in their PE lessons. Last week, we were visited by Jay from First Swing Golf who taught the students the basics of a golf swing.

[Image of Year 4 students learning the art of the ‘drive’.

Congratulations
To Madeline H in Year 3 who successfully auditioned for the Brisbane City Youth Ballet and has been awarded a place in 2016.

CONTACT: Mr Henderson – PE Teacher

Defence Family News

Defence Community Organisation (DCO) Brisbane
- Click here to view the DCO November Bulletin.
- To stay up to date with all future events, why not bookmark www.defence.gov.au/DCO/QLD.htm, to access newsletters or to sign up to the DCO mailing list.

CONTACT: Mrs Jones
Defence School Transition Aide (DSTA)
cjone404@eq.edu.au
McDowall and Mitchelton State Primary Schools

P&C Association News

Bushland Project
Whilst students enjoyed the Pupil-Free Day on Monday 19th October, a team of eight volunteers from the McDowall Green Army joined contractors from Bushcare Services to commence work on weed removal and area management in the bush area along the eastern fence-line of the school.

The P&C Association received funds through the 2015 NRMA Insurance Community Grant Program to undertake this ecological restoration project (Restoring native vegetation). Contractors from Bushcare Services will be conducting further weed management over a staged period.

Complementary to this project, working with Education Officers from the Brisbane City Council’s Environmental Learning Program for Schools, Year 4 students will experience a series of tailored environmental lessons in 2016. Students will look at the many plants and animals that depend of the habitat and why such bushland corridors are so vital to the health of city environments. The program will also include a small student-led project in the school’s bush area.

CONTACT: Tracey Wilson

[Image of Year 4 students learning the art of the ‘drive’.

Click here for the swimming timetable or visit the ‘News’ section on the homepage of our website.