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Kolan South Established in 1878



**Kolan South State School strives for a Quality Education for All Students ~ Respect ~ Responsibility ~ Safety**

*Principal's Messages ~ We hope many of you can make it to our Interhouse Sports Day, this Friday. See you there.*

### Interhouse Sports

Our interhouse sports commence this week with Discus events for 10-12 year olds at lunch breaks and 400 & 800m events for 7-12 year olds on Thursday afternoon. Below is the program for Sports Day. All parents and families are invited to attend.

**Thur 15 June 1.50pm 7-9 Yrs 400m, 10-12 Yrs 800m**

**Fri 16 June Full Day Program**

- 8.50 March Past
- 9.00 200 metres (7-12 Yrs)
- 9.30 Sprints (5-12 Yrs)
- 10.00 Morning Tea
- 10.30 Field Events (7-12 Yrs)
- 12.45 Lunch
- 1.15 Relays
- 1.30 Ball Games
- 2.20 Presentations



\*A coffee van will be in attendance at Sports Day.

### Interhouse 400 & 800 metres on Thursday

The Interhouse 400 and 800 metre events will be run this Thursday afternoon, commencing at 1.50pm. We invite all parents and supporters along to cheer on our competitors. Good luck to all students 7 to 12 years who will run in an event. All students who compete in the long distance events will earn a point for their house.

### Wide Bay Cross Country Update

Congratulations again to Teanna White for her selection in the Wide Bay Cross Country team to compete at the State Cross Country Championships in July.

A postscript to last week's excitement at Teanna's selection was that Ella Myers was also offered a spot in the Wide Bay team but was unavailable the weekend of the State Championships due to polocrosse commitments. This was a nice pat on the back for Ella, as well.

### School Cleaners Day

This Thursday is School Cleaners Day. A massive thank-you to Jan Foster and Pam Boyce for the wonderful job they do for our school.

You wouldn't believe all the 'extra' things they do every day to support the staff, parents and students. As Principal, I couldn't ask for more. Thank-you again, Jan and Pam.



### Please Support our Pie Drive

A reminder regarding the Pie Drive we are having to raise funds to replace damaged shade sails and covers in the early years area. It would be great if you can support the fundraiser so that we can have these improvements go ahead. Many thanks.



### 140th Fair Meeting this Thursday

This Thursday's 'Fair' meeting will be held in the school library, commencing at 3.15pm. All interested parents are welcome and encouraged to attend.

### Pyjama Party Disco

Next week's end-of-term disco is on Thursday, 22 June, from 6.00 to 8.00pm. Our Disco theme is 'Pyjama Party'. Come along in your favourite PJs. More information, next week.

*Hopefully, we'll see many of you at Sports Day.*

Jeff Searle

House Captains, Billie-Jo (Beatty) and Georgia (Thompson) show off the Interhouse Sports Trophy. Ruby, Gibson Captain is absent. The three captains will lead their house teams proudly, this week.



### SCHOOL CALENDAR

- June 15 (Thur) School Cleaners Day  
Interhouse 400m & 800m events 1.45pm  
Fair 2018 Meeting - 3.15pm
- June 16 (Fri) Interhouse Sports Day
- June 22 (Thur) Pie Drive Orders due  
Semester 1 Reports / Disco
- June 23 (Fri) Last day of Term 2
- Term 3**
- July 10 (Mon) School resumes
- July 13 (Thur) Pie Drive orders arrive
- July 19 (Wed) P&C Meeting
- July 28 (Fri) Gin Gin District Sports
- Aug 3&4 Bundaberg Zone Sports
- Aug 5 (Sat) Bunnings P&C Sausage Sizzle
- Sept 15 (Fri) Last day of Term 3



**Assembly is on this Thursday morning. All parents welcome. See you then.**

# Kolan South Billboard

## SPORTS DAY CANTEEN REMINDERS

1st Lunch is at 10.00am, 2nd Lunch is at 12.45pm

### OVER THE COUNTER

\*Softdrinks will be available over the counter for parents / supporters without the need to order.

\*The Tea / Coffee van will be in attendance

## Class Awards

- Jackson :** Awesome Spelling Results.
- Destiny :** Always trying her best in class.
- Lachlan :** Knows 12 Golden words.
- Taylor :** Knows 12 Golden words.
- Rex :** Knows 20 Red words.
- Charlotte :** Knows all the words in Orange level.
- Kellie :** Knows 20 Aqua words.
- Cynthia :** Knows 20 Lime words, 20 Lemon words and has mastered the next Magic 100 words.
- Tane :** A clever fractured fairytale called 'Jack and the Tomato Stalk'.
- Anthony :** Entertaining fractured fairytale 'The One Little Pig'.
- Samuel :** Creative fractured fairytale 'The Three Little Frogs and the Big Bad Fly'.
- Zoe :** Learning 200 sight words.
- Dakota :** Always displaying a great attitude in Art lessons.
- Larissa :** Trying to be a more independent learner.
- Riley :** Excellent efforts and results in all areas.
- Isobel :** Excellent efforts in all areas.
- Finn :** Great improvement with percentages in Maths.
- Sophie :** An excellent 'Speaker of the House' in our debate.



## June

15 Tyler , 17 Ellyssa  
20 Zoe , 21 Monique



## July

3 Sophie , Mason , 5 Charlotte  
7 Tahnaya , 8 Wyatt , 16 Abby  
16 Seth , 20 Zeke , 22 Savannah  
31 Logan

## Car Park and Turn-around Area Procedures

### Drop-off in mornings

If you are dropping off students in the morning by car or private transport, please either use the parking area in front of St George Hall or drop off at one of the gates.



*\*Drop-off at the front gate is allowable, however it is not a parking area. Please do not leave your car unattended. If you need to leave the car to enter the school, please park in the car park area.*

\*There may be special or exceptional circumstances where a car may need to park close to the front gate, however this will not be a frequent event.

Thank-you for your assistance with these procedures.  
Thank-you to all families in the interests of safety and cooperation.

## Semester One Reports Year 3 to 6

Queensland State Schools report on an A-E standard. Achievement standards indicate the quality of learning students should **typically demonstrate by a particular point in their schooling.**

It is important to note that under the Australian Curriculum there has been a marked raising of the bar for student achievement standards.

Parents and students need to be aware that when they read through the reports that a student who is understanding and completing the work that is expected of a student in a particular year level is meeting the standard for that year and thus would be awarded with a C standard.

This is the meaning of achievement standards:

- A Working well above the expected standard for this year level.**
- B Working above the expected standard for this year level.**
- C Working at the expected standard for this year level.**
- D Working below the expected standard for this year level.**
- E Working well below the standard for this year level.**

**Effort levels** are an indication of how hard your child is working and the effort your child is applying in class.

In this 'Effort' standard an 'A' rating tells you that they are working **extremely** well in class. A 'B' effort rating indicates a good effort, while 'C' would indicate a satisfactory level of effort. A 'D' effort rating would suggest that the student is not working to capacity or 'below par'.

## What is RESILIENCE?

Resilience is a way to describe the quality of something that goes back to its original form after it has been bent or stretched. It is also a popular term used to describe a psychological quality in people. Resilience has been described as "the capacity to cope with change and challenge and bounce back during difficult times" You may have heard the term 'bouncing back' used in this sense.

Resilience comes in many different forms, and some young people have described it as:

- Dealing with hardships and still holding your head up
- Giving things a go or trying your best
- Being strong on the inside
- Being able to cope with what life throws at you and shrug it off
- Standing up for yourself

As you can see, the idea of resilience focuses on how we deal with stressful situations and adversity - the more resilient we are, the better we manage adversity.

### Experiencing the tough times

Ups and downs are a normal part of life and there are many times when people feel stretched or under pressure. Challenges in life can range from easy to manage and causing a small amount of stress, to very stressful, such as a trauma or crisis.

What might seem like a mild pressure to one person may very difficult for another. Likewise, what seems unbearable to one person may be managed fairly easily by another. For example, you may have heard someone's story and thought to yourself "If that was me I don't know how I would have coped!" Or you might have thought "What's the big deal, what are they so worried about?"

### What influences resilience?

Everyone is different and has unique challenges in life. Factors that influence how someone experiences a challenge or trauma include:

- Personal capacities and coping skills
- The degree of the trauma or stress
- Support and resources available to the individual
- Timing and context of events
- Presence of other circumstances or additional stress present at the time of the event

Given that everyone has different life experiences and different resources, it's important not to judge people on how they cope or how long it takes them to bounce back from a stressful event. It is also equally important not to judge yourself about how you are reacting to a stressful situation. However, it can be helpful to examine how you cope, acknowledge your needs and develop new strategies to get through the tough times.

### What helps people to be resilient?

Research suggests that there are certain factors and circumstances in life that promote resilience. Some of these factors include:

- Supportive and stable family relationships
- Having positive expectations or being optimistic
- Sense of self worth
- Participating and contributing to social and or community activities
- Having a sense of belonging and good friendships
- Personal attributes such as problem solving abilities and communication skills
- Positive relationships with an adult outside of the family

### Behaviours of resilient people

Resilient people often do a number of things. Here are some ways resilient people act that may provide ideas for you to develop your own resilience:

- Learn to see opportunity in all things
- Accept change as part of living
- Keep things in perspective and be realistic
- Maintain a healthy lifestyle through physical activity, eating well and doing stuff they enjoy
- Nurture a positive self view
- Maintain supportive relationships and spend time with others
- Learn communication skills
- Create strategies to self soothe
- Take action and work towards goals when needed
- Talk to someone and get help if/when needed
- Develop an attitude of tolerance, acceptance and flexibility

### Developing Resilience

Because we all come from different backgrounds and different life experiences, not everyone has had the ideal circumstances to develop resilience. So it's good to know that it's possible for anyone to learn from adversity and to develop positive ways of dealing with things. An important step to building resilience is to develop self-awareness and to understand your emotions and how you react. This will help you build on your existing strengths and set goals for further growth. For example, it might be useful to understand:

- Your needs, joys and frustrations
- Your goals, values and beliefs
- Your strength and your limits
- What is in your control and what is not
- The bigger picture of your life beyond the 'problems'
- How you normally respond to stress - your actions, thoughts and feelings
- Your personal style and history and how this relates to your current behaviour



## Kolan South State School 'Pyjama Party Disco'

Thurs 22 June 2017

St George Hall

6.00 to 8.00 pm

\$2 ADMISSION

(Supports Excursion Fundraising)



Come along for games and fun to celebrate the end-of-term!  
**See you there !**