Welcome to week 4 of Term 4.

Today, **Monday October 26**, 3/4/5/6 perform at the **Civic Theatre in CHORDS** at a matinee performance for other schools and an evening performance for the general public. Six students **Ceilo, Caitlyn, Skylah, Raelene, Sebastian** and **Frazer** are also involved in the **Core Choir**, committed to attending every performance for the four days CHORDS is being staged. Congratulations to **Raelene** who is performing a solo part in the performance.

On **Thursday 29 October** at 12:30pm the whole school will be joining with schools around Australia in a simulcast from Taronga Zoo to sing 'Gold' written by students with Marcia Hines for **Music Count Us In**. We have done this for the last three years and the students enjoy the experience.

**Kayleigh, who is part of the Riverina Choir**, will be performing in the evening at the Opera House on Tuesday 27 October 2015. She will be travelling to Sydney by bus today 26 October and returning on Wednesday 28 October. This is a wonderful opportunity for **Kayleigh** and we wish her a happy trip.

**Years 1, 2 and 3 had a day trip to Canberra on 23 October**, attending Questacon, Cockington Green and the Australian Institute of Sport. They had a busy and exciting day. Thank you to all staff and parents who went along and assisted Mrs Hounsell on the day.

**Kindergarten Orientation** begins this week on Thursday 29 October for the next three weeks. We are looking forward to welcoming these students to our school. All of the children from the Thursday session of Kapooka Early Education Centre are attending an orientation session on 19 November to give them a school experience. The Tuesday session will also be coming to the library in the afternoon to listen to a story to give them exposure to a school.

On **Friday 30 October**, P&C have a morning tea for those students who ordered it. We are also having **Day For Daniel**. Students are welcome to wear red and bring a gold coin donation.

If you are thinking of applying for a Selective High School placement for 2017, please contact the school for an information booklet. **Key dates for this are:**

- Tuesday 13 October 2015 Application website opens.
- Monday 16 November 2015 Application website closes. Late applications will not be accepted.
- Thursday 25 February 2016 Test authority letter sent by mail and email.
- Thursday 10 March 2016 Selective High School Placement Test.
- Early July 2016 Placement outcome information.

**Save the date!** On **5 November** students from 3/4/5/6 will present persuasive arguments through **creative visual text about what is good about attending small schools**. These will be screened at Wagga Wagga Public School hall along with the creations from the other small schools in our network. The students are enjoying learning and creating together and would like to invite you to this premiere. All of our community is welcome to attend, not just the parents of 3/4/5/6. More details will be available next week.

Thank you to all of those who parents who participated in the **P&C barbeque at Masters** on Saturday. It was a fun day and the P&C raised over $300.

Our **Emergency Management Plan and Bushfire Management Plan** are on our website. Please take some time to read this as it explains what we will do in case of emergencies with your children. It is important that if there is an emergency that our roads do not become congested with traffic as emergency services will need access. If you have any questions about these plans I am happy to meet and discuss them with you.

Regards **Lyn**
**AWARDS:**  Table Champions - Cooper, Bethony, Clay, Stephanie, Luke P, Blayne, Caitlyn  
*Congratulations to all the above students. Well Done!*

**SCHOOL NEWS:**
- Work Book Fees. We still have outstanding work books fees. Your children received the books that the school paid for in February, which we have passed onto you at a reduced cost. Please reimburse the school the outstanding amount for your child/children.
- School Parliament are holding a DAY FOR DANIEL on Friday 30 October. *Please wear RED and bring along a gold coin donation.*

**P & C NEWS:**
- Canteen - morning tea on Friday 30th October. Orders due by Wed 28 Oct.  
  ⇒  Save the date - Friday 20th November, P&C will hold a meal deal—Cheese burgers. This date is also FOOTY COLOURS DAY. P & C would like to invite parents along to enjoy a cheeseburger and a kick of the footy at lunchtime. Keep an eye out for a note coming home in the following weeks.
- Masters BBQ - a VERY BIG THANK YOU to our helpers on the day. A lot of fun was had and the day was very successful. Our takings were $680.85 with a profit of $322.45. Thank you Jordon, Dylan, Jade, Tanya, Melinda, Ally, Rachael M, Brina, Saliannne, Jill.
- Uniform Shop - the uniform shop will open during the school holidays for new families arriving in town and parents who find those summer clothes are now too small. Monday 11th January, 11.00 am and Monday 25th January, 11am.

Chocolate roster person is:
  - Rachael Fox
  - Jordon Roberts
  - Brina Hopkins

**DSTA NEWS: CHILDREN AND ANXIETY - By Michael Grose**

“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 and achieve unless they feel confident in their abilities. Real confidence-building is the most important skill you can develop as a parent. Children with healthy self-esteem and self-confidence learn more, achieve more, have more friends and are generally happier than those with low levels of confidence. But building a child’s confidence is complex. It is not just a matter of becoming a praise robot heaping positive comments on kids at the first sign of them doing something well. For some children praise is meaningless.  

CONFIDENT kids take learning risks; they can separate themselves from failure or lack of success; and they aren’t dependent on the approval of their parents. I guess this last reason is why so many youngest kids are risk-takers as they are not as concerned as eldest kids about the approval of their parents. But knowing this stuff is one thing. Getting inside kids’ heads and shifting their thinking is another thing entirely.  

Self-esteem and confidence-building is more than developing children’s capabilities as very competent children can be filled with self-doubts. You have do more than teach them to be optimistic as a Pollyannish feel-good view of the world won’t mean a child will take risks when they meet real challenges.  

You need to tackle children’s lack of confidence on a number of different fronts – that is, what they think, how they feel and what they do. **Head, Heart, Hands approach.** My Head, Heart and Hand approach shows parents how to tackle confidence-building on three different levels.  
* foster positive mindsets in kids and a real sense of optimism.  
* help your child overcome their fears and anxieties, so they can take more risks socially and academically.  
* develop a lasting sense of independence and self-sufficiency so they can really start achieving.*

Please see Michael's website for one of his interviews about children and anxiety on The Circle. www.parentingideas.com.au/Parents/children-anxiety

Kind regards, Thérèse  
therese.mctavish1@det.nsw.edu.au
Gateway Bookshop is very excited to be touring with children's author R.A. Spratt in a few weeks. We invite you to an in-store signing at Gateway Bookshop on Saturday 14th November 10-12.00.

R.A. Spratt has become a best selling author with her Nanny Piggins series and her new series "Friday Barnes: Girl Detective" is absolutely fantastic. Meeting authors (especially someone as lively as Rachel) can really boost kids love of reading and even inspire them to write their own masterpieces.

Kind Regards, Jessica, Gateway Bookshop