## Events

<table>
<thead>
<tr>
<th>Thursday January 28</th>
<th>Friday January 29</th>
<th>Monday February 1</th>
<th>Tuesday February 2</th>
<th>Wednesday February 3</th>
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<tbody>
<tr>
<td>8:40am Classes commence</td>
<td>8:40am Classes commence</td>
<td>7:15am Senior Band begins</td>
<td>9am Defence Parents Morning Tea - Library</td>
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<td>8:45am Beginner’s Music Camp</td>
<td>8:45am Beginner’s Music Camp</td>
<td>8:50am Whole School Assembly</td>
<td>11am New Year 1 - 6 students Iceblocks and Games at the Hall</td>
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<td>2:20pm NO Early Years Assembly</td>
<td>2pm Beginner’s Music Camp Concert</td>
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<tr>
<th>Thursday February 4</th>
<th>Friday February 5</th>
<th>Monday February 8</th>
<th>Tuesday February 9</th>
<th>Wednesday February 10</th>
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<tbody>
<tr>
<td>6:30pm Parent Information Update - iPad classes</td>
<td>NO Early Years Assembly Year 5 &amp; 6 Winter Sports Trials</td>
<td>Instrumental Music lessons begin</td>
<td>District Swimming Carnival Ferny Hills Pool</td>
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<td>8:50am Middle Years Assembly Parent Information Evening Years 1-3</td>
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<td>Session One – 6:00-6:45pm Session Two – 7:15-8:00pm</td>
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<td>Parent Information Evening Years 4-6</td>
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<td>Session One – 6:00-6:45pm Session Two – 7:15-8:00pm</td>
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### Outdoor kitchen garden takes shape

Since the removal of the old Music Block late last year, great progress is being made on this new space in our school. With a P & C contribution of $30,000, the garden will provide a space for students to get hands on with nature, and more specifically grow fruit and vegetables. P & C President Tony Clark says the garden will have a focus on sustainability and includes an outdoor learning area and outdoor kitchen (both covered), raised garden beds, compost bins, a worm farm, greenhouse and possibly a chicken run! It will be fenced with proper entrance gates and allow our teachers to enhance their curriculum with real world experiences for our students.
2016 is up and running and a special welcome to all our new families of which there are many this year. We hope your stay at our school and in our community is both positive and enjoyable. Much has happened over the holidays.

Our Special Ed building has been completely renovated from top to bottom.
Our school wireless network is nearly complete and should be operational very soon.
Work on the kitchen garden has continued with much of the structural work being completed.

If I look back at our whole school facility 4 years ago and compare it to 2016 there is so much to be proud of. A big thankyou to our Business Services Manager Marg Frame, who ensures the engine room of our school (Office) runs smoothly and efficiently and Tony Clark, our P and C President who then coordinates and in many cases, completes the work itself.

On Thursday 21 January, our school hosted over 400 teachers in our hall. The quality of lunch served to the teachers from these eight local schools was nothing short of amazing thanks almost completely to Vanessa, Liz and Katrina and our tuckshop crew. Quite simply, we have the best tuckshop I have ever seen and both the P and C and staff are to be applauded for the quality of product served to students, staff and visitors. How lucky we are!

While touring through Europe with my family over Christmas, I couldn’t help but look in at schools in various countries. I was struck by the high level of security and lack of space evident in schools in many parts of Europe. Four metre high fences and gates kept locked throughout the day made our schools look like palaces. I was indeed very thankful for who we are and where we live, particularly our children.

A reminder of our school values. These values act as guides for our behaviours and actions at Ferny Grove State School. They apply not just to students but also to staff and parents. Whilst never claiming to be perfect, we do pride ourselves on sticking closely to these values at all times.

We look forward to a terrific 2016 with many more exciting opportunities for our students to take advantage of. Welcome to Ferny Grove State School.

Brett Shackleton, Principal

Library news

Welcome back. I am looking forward to a great year in the library with lots of fun for your children. The library is open every day first and second break to all students from grade 1-6.

Friends of the Library

Last year we created our Friends of the Library group where we had a lovely group of parents and grandparents who helped with processing, covering and sorting books, book fairs our book swap and craft activities with our students. Most of this group have returned to work or moved onto other things so I am looking for some new parents, grandparents, aunts, uncles etc who are interested in helping out in the library. Please contact me if you are interested. There is no pressure to commit to a regular time. This is a great group for new parents to the school to meet some other parents. I look forward to hearing from you at ldunn89@eq.edu.au or on 3550 5319.

Leane Dunn, Library Coordinator
Date Claimers
18 February
School Disco
5—6.30pm Prep - Year 3
7—8.30pm Year 4-6
Week 4
School Photos

General news

iPad classes - Parent update evening
If you are a parent of a child in one of our trial iPad classes, please join us in the hall from 6:30pm on Thursday 4 February. Kurt Bryant will give updates about the program, answer questions and share information.

Active Travel program
We will be launching this program on a Whole School Assembly on Monday February 22nd. This program will encourage our families to actively travel to school - walk, bike, carpool - reducing congestion and promoting active, healthy lifestyles. We are looking for two parents who would be interested in being on an Active Travel committee to help promote the program. Please contact Vanessa Baird our Community Liaison Officer at vbair4@eq.edu.au if you are interested.

Instrumental Music News

Instrumental Music Ensembles for 2016 will be scheduled as follows:

Monday – Senior Band (Yr 5 and 6) 7:15-8:30am (Week 2 start)
Tuesday – free
Wednesday – Junior Band (Yr 4) 7:15 – 8:30am 9 (Week 7 start)
Thursday – Senior Strings (Yr 4-6) 7:15 – 8:30am (Week 3 start)
Friday – Percussion Ensemble (Yr 5 and 6) 7:15 – 8:30am (Week 3 start)

All instrumental lesson will begin week 3 for Brass, Percussion, Woodwind and Strings. Time tables will be given out at school for the instrumental students.

Beginner Music Camp starts this Friday:
Woodwind at Ferny Grove State School - meet under L block
Percussion at Ferny Grove State High School - meet at Ralph Took Auditorium.
Brass at Samford State School - meet in Music Room
Strings at Ferny Hills State School - meet in Music room

All beginner instrumental students will be given their Instruments at School in middle session on Thursday. Concert band beginners will also get their instrumental book packs at the same time if parents had ordered them through Oz Winds.

Please contact Rhonda Haringcaspel (Monday, Wednesday, Friday) at School if you have any questions for Concert Band.

Katie Stubbings, A/Deputy Principal

Have you signed up yet? Don’t forget to download the App for easy access at your fingertips!
Welcome Back
Welcome back to all of our families and a very warm welcome to all of our new Ferny Grove families. I hope that your holiday was restful and that everyone is ready for a busy term.

Communication
Please remember to keep open communication with your child’s teacher. If you have any concerns, please make a time to speak with them. They can be contacted by email - the addresses are on our website under Our Staff. Also remember to read the fortnightly newsletter and check our Facebook page for information about our school and to keep up to date with what is happening.

Parent Information evenings
As in previous years, we will run our Parent Information evenings in Week 3. Years 1–3 will be on Monday 8 February and Years 4–6 will be on Wednesday 10 February. Prep have already had their information night (before school went back). These evenings are an opportunity for class teachers to speak with parents about class routines, expectations, and what is going to be covered this year in your child’s year level. Sessions run from 6-6:45pm and are then repeated from 7:15-8pm, which allows parents to come later or to receive the information for more than one year level in the same evening. There is an Admin session in the library between 6:50 and 7:10, with other important information that we share. Please join us for these important evenings.

Jacki Schott, A/Deputy Principal

Defence news
We would like to welcome all Defence families back for another exciting year in 2016. A special welcome to all new Defence families to Ferny Grove S.S., we hope you have a very positive and fun experience at our school.

We look forward to meeting all new and existing families at our upcoming Defence Parents’ Morning Tea next Wednesday 3rd February, at 9am. All new students will be treated to games and an icy pole ice block during first break on Wednesday 3rd February. Look out for your invitations coming home this Friday 29th January.

At Ferny Grove S. S. the Defence School Transition Aide position is shared by Jessica De la Jara and Liz Heddershaw. Jessica works with students in Prep to year 3, Monday to Thursday from 8:30am to 3:00pm and Liz works with students in Years 4 – 6 on Wednesday and Thursday from 8:00am to 2:45pm. We are always available for a chat, so please come and see us or email us with any concerns or special requests. Our office is located in C Block, accessible via the stairs facing the 1/2 playground. Our email contacts are jdela140@eq.edu.au and lhedd1@eq.edu.au. We look forward to meeting you and supporting your students during their time at FGSS.

Jessica De la Jara & Liz Heddershaw
Defence School Transition Aides
Welcome back to our returning families and a huge Ferny welcome to our new families! I hope you and your families had a wonderful holiday season. I’ve asked the students to make sure they say hi in the playground and let me know what they did during their holidays and I’ll tell them about mine. As you know I was on leave the last two weeks of the 2015 school year while I travelled to Europe with my daughter and mother. Three generations together for three weeks definitely taught me a lot about the generational divide but also the importance of family and just how much we can learn from each other. I can say that our school values of care and compassion, respect, learning, responsibility, cooperation and effort came into play throughout my holiday testifying that these values that we at Ferny Grove hold dear are lifelong attributes for everyone.

It’s at this time of year though, when your children have spent up to 6 weeks together that some cracks can really appear in family relationships, and if they aren’t resolved, can cause ongoing issues. As you know I like to use the blogs of Michelle Mitchell in these newsletters to provide some pointers on how to best address young peoples’ issues. Going back through her blogs I found the one below with ideas that might see your children through this time of year when the added stress of new beginnings might compound an already tense household.

As always, please don’t hesitate to contact me should you have any concerns regarding your Year 4-6 student. Wishing you all a smooth start to the school year.

Katie Stubbings, A/Deputy Principal
Kstub5@eq.edu.au

Do You Wish Your Kids Got Along Better?
I get asked questions about sibling rivalry almost every time I speak. I’m not going to tell you this is easy to fix. It’s not. I’m also not going to give a 5 step answer, because every situation is different. What I prefer to do is outline some strategies you can choose from. Some will relate to your unique situation more than others.

**Suggestion 1.** You may hear your eldest say, “I get blamed for everything” or “You like him (or her) more than you like me.” Teenagers need so much reassurance and special attention in order to feel secure and needed within a family unit. If your teenager is feeling like the odd one out, set aside regular time to make they feel important. Praise them and give them the recognition they want for being older. Although parents tell me that no amount of reassurance or special attention is ever enough, I still think it’s a point you can’t ignore. Recognition for being older can come in lots of ways.

**Suggestion 2.** Be the parent so they don’t have to be. Make sure you aren’t unconsciously giving them a parental role because they are older. Don’t consistently leave them to babysit or play with their younger brother or sister because you are busy, especially if they don’t enjoy it.

**Suggestion 3.** When a younger sibling wants to play with an older sibling we aren’t always around. This is when a fight usually breaks out. Instead of saying, “Get out of my room” or “Get away from me you pain!” expect your teenager to use this process.

**Step 1.** When you need time out come and see me. Don’t take it into your own hands to tell your brother or sister to go away.

**Step 2.** As a parent I will be responsible for taking care of your younger sister or brother during this time. I will entertain them

**Step 3.** When you finish time out, I expect you to spend time with your younger sister or brother doing something you can both enjoy for half an hour. I expect you to connect with the rest of the family after you have had some space. You may have to help them find something they both enjoy. (If you are saying to yourself, “This won’t happen in my household go to Suggestion 8 for a while first to reinforce your message). Make sure they know they are allowed to ask for time out, as long as they understand it has to be balanced. Set a maximum amount of time out – say 2 hours. Don’t allow them to totally disconnect with the family and spend all their time in their room. I know some teenagers whose room is so comfortable (equipped with a television and internet) that they have no need to come out and learn to be a part of the family. I still like the rule of no technology in bedrooms for the simple reason of helping them stay engaged with the family.

**Suggestion 4.** If you are having trouble with the type of language your teenager is using, formalize things by using a Respect Chart. Sometimes you have to deliberately work it into your language. It doesn’t have to take a lot of time to set up so don’t let the word ‘chart’ put you off. Ask everyone in the family to write one thing they respect about each member of the family each day.
under that person’s name. You could change this to each week if you wanted to. This allows the younger one to praise and emotionally connect with the older one, and vice-versa. It should look like this...

<table>
<thead>
<tr>
<th></th>
<th>Dad</th>
<th>Laura</th>
<th>Amy</th>
<th>Mum</th>
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<tbody>
<tr>
<td>Dad</td>
<td>blank leaves</td>
<td>write about</td>
<td>writes about</td>
<td>writes about</td>
</tr>
<tr>
<td>Laura</td>
<td>writes about</td>
<td>Laura leaves her</td>
<td>Laura write about</td>
<td>Laura write about</td>
</tr>
<tr>
<td>Amy</td>
<td>writes about dad</td>
<td>Amy writes about</td>
<td>Amy leaves her</td>
<td>Amy writes about</td>
</tr>
<tr>
<td>Mum</td>
<td>Mums writes about dad</td>
<td>Mums writes about Laura</td>
<td>Mums writes about Amy</td>
<td>Mum leave her blank</td>
</tr>
</tbody>
</table>

**Suggestion 5.** Ask first, shoot later. Try to be seen as fair and don’t let yourself go too soft on the younger one or you will hear, “You always blame me!”

**Suggestion 6.** Why do they bully? This is important to work out. Those who are being bullied do tend to bully. When teenagers are going through a difficult time they tend to take it out at home. But sometimes teenagers bully simply ‘because they can’. It’s just an imbalance of power.

**Suggestion 7.** Don’t increase the problem by saying, “You two are always fighting”, “I can’t leave you alone for a second”, “I’ve never seen two children hate each other so much”, or “You’ll end up fighting for the rest of your life.” Your words may very well shape their future like a self-fulfilling prophecy. Try deliberately saying, “Family is the only guarantee you have in life. That’s why we take care of each other” or “You will be great friends when you are older” or “No one is going to love you like family.” Reinforce your family values.

**Suggestion 8.** When a younger child is being bullied by an older one, it is important that they a voice and communicate their needs and feelings. Too often I see the younger one getting totally squashed and heartbroken without knowing how to defend themselves. Help them know what to say back to the older sibling who is giving them a hard time. For example, “I don’t like it when...” or “I makes me feel....when.....” You may have to structure some formal family meetings to help them communicate their feelings and needs so it is constructive.

**Suggestion 9.** There has to be some absolute rules of play in any families and consequences for over stepping them. The reality is that teenagers are very selfish and may only modify their behaviour when something is in it for them. Think about consequences for those times when a teenager has deliberately gone against your requests, but make sure you put some time into educating them about respectful language and time out procedures.

**Suggestion 10.** Sometimes our younger children are simply bored, and need to be busier or they will pester the older one who has a life to get on with!

I love this comment which I got from a mother who read this article. It’s honest, it’s real and that is why I’ve added it here...

“The biggest challenge for families in this day and age is having the time to persist with excellent strategies like the chart and making sure the kids fill them out. And the more tired a parent is, the less they are able to implement strategy thus relying on harsher disciplines and unrelenting insistence without negotiation, which can of course cause teenager resentment.”

If you have a topic you would like Michelle to blog about email her at reception@youthexcel.com.au and she will respond to it as soon as she can.

*From Michelle Mitchell, Youth Excel*
Parenting news

Ferny Grove State School, in conjunction with the Queensland Government and Triple P (Positive Parenting Program), will be running this series of seminars for the benefit of our parents and other families in our community. Our Student Welfare and Engagement Teacher, Peter Wheeler, will also be running small group Triple P sessions in May this year. Head to the website in the ad below to book your place.

FREE PARENTING SEMINARS

Triple P, Positive Parenting

Take the guesswork out of parenting!

Want to see more of the behaviour you like and less of the behaviour you don't like? Come along to a Triple P – Positive Parenting Program seminar. There are three seminars available for parents of children up to 12 years old. You are invited to attend the following FREE parenting seminars:

The Power of Positive Parenting
Thursday 25 February 2016, 7-8.30pm (come early for tea/coffee 6.30pm)
School Hall, Ferny Grove State School.

Raising Confident, Competent Children
Thursday 3 March 2016, 7-8.30pm (come early for tea/coffee 6.30pm)
School Hall, Ferny Grove State School.

Raising Resilient Children
Thursday 10 March, 7-8.30pm (come early for tea/coffee 6.30pm)
School Hall, Ferny Grove State School.

Find out more about why kids behave the way they do, and pick up tips and strategies to help make family life easier – and more fun!

Book your free place now: www.triplep-parenting.net

Funded by Queensland Government

☑ Great kids & families ☑ Great staff ☑ Great learning opportunities
Important Dates
February
15 FAST Meeting - 7pm Library
17 P & C Meeting - 7pm Library
March
1 March IMPS Meeting - 6.30pm Staffroom
14 March FAST Meeting - 7pm Library
16 March P & C Meeting - 7pm Library

Coffee Cart
Welcome to all the new parents/staff and welcome back to everyone else.

The Coffee Cart is located outside the Hall and open every school day 8-9am. We are run solely by volunteers, and all money raised is used to benefit our students. Last year we raised over $16 000. In the past the money we have raised has paid for more book in the library, new bookshelves for classrooms and resource books for parents. We are always looking for new volunteers to join our team, no experience necessary we will provide all your training please come and say hi or call on 0409 317 553 if this sounds like something you are interested in.

Yvette Edwards
Coffee Cart Convenor

Stationery & Uniform Store
‘BACK TO SCHOOL’ HOURS 2015
Thursday January 28th - 8-10am
Friday January 29th - 8-10am
Monday February 1st - 8-10am
Wednesday February 3rd - 8-10am and 2-5pm
Friday February 5th - 8-10am
REGULAR HOURS
MONDAY, WEDNESDAY & FRIDAY mornings 8-10am
2-5pm WEDNESDAY afternoons

Charyl Cowles, Stationery Convenor
3550 5359 (0431 265 068)
stationery@fernygrovepandc.com.au

Madonna Morton, Uniform Convenor
3550 5342 (0409 272 062)
uniformstore@fernygrovepandc.com.au

Tuckshop
Welcome back! We are introducing Home Bake items to our Tuckshop menu. We have 3 approved recipes (banana bread, honey oat slice and magic bean cake). We are looking for volunteers to bake at home - for more info come see us (or email us) at the tuckshop. Alternatively, donations for pantry stocks are most welcome: Plain Flour, Self raising Flour, Brown sugar, Rolled Oats, Dried Fruits, Red Kidney Beans, Beetroot, Pineapple pieces, Rice (long grain), Pasta sauce, Plain water Crackers, Honey.

This year we are promoting healthy eating with guide of Education Queensland’s Smart choices traffic light system. Green= have plenty, Amber = select carefully and Red = occasionally.

In an effort to increase the healthy choices we are offering at our Tuckshop, we will only be offering some of our less healthy options (such as hot dogs and chicken wedges) two days a week instead of every day. Please read menu for details, especially those who replace a recurring order on Flexischools. If you are not using Flexischools for your Tuckshop ordering, please consider setting up an account. It frees up our Tuckshop team to make great food for our students and staff. As always we are seeking volunteers to help us offer service to our students 5 days a week. You can sign up here - https://www.volunteersignup.org/8EllJ or contact our Tuckshop Convenor Liz Mu. Even if you could pack cold bags for an hour one morning a month that would be great – all help is so appreciated!

Liz Mu, Senior Managing Tuckshop Convenor
3550 5361
tuckshop@fernygrovepandc.com.au

Coffee Umbrellas
Don’t Cry, Keep Dry

Quality Compact School Umbrellas
Special introductory price of $22 at the Uniform Shop

☑️ Great kids & families ☑️ Great staff ☑️ Great learning opportunities
Have you signed up yet? Don’t forget to download the App for easy access at your fingertips!
Community news

The Gap Netball Club

2016 Season

Register now at http://thegapnetball.org

The Gap Netball Club is the biggest in Queensland and has a strong community and competitive dual focus. 2016 registrations are now open online, and Sign-On will be 9-11am on Saturday 30 January at Hilder Road State School at The Gap.

Netball is the most popular team sport in Australia and The Gap has teams for all abilities and ages from 8 year olds to adults, plus NetSetGO for 5-7 year olds.

Teams train on weekday afternoons and evenings at Hilder Road State School and play at Downey Park on Saturdays from March to August.

The Club will also run NetSetGO at Hilder Road for 8 weeks from Monday 1 February. NetSetGO is an introductory program for 5-7 year olds, teaching netball basics in a fun and safe way.

Registrations & further information:
http://thegapnetball.org
registrar@thegapnetball.org

NetSetGO

Introduction to Netball for 5s-7s
3:45-4:45pm every Monday
1 February - 21 March • $90
Hilder Road State School

The Gap Netball Club is the biggest in Queensland and will run the popular ANZ NetSetGO program at Hilder Road State School at The Gap for 8 weeks from Monday 1 February until 21 March.

NetSetGO is an introductory program for 5 to 7 year old girls and boys that teaches the basics of netball and develops general motor skills in a fun and safe way.

The $90 fee covers insurance & a participant pack, and there will be a family sausage sizzle after the last session on 21 March.

Registration and further information:
http://thegapnetball.org
registrar@thegapnetball.org

2016 Harvey Norman NRL Touch Football All Stars Super Clinic

Date: Thursday 11th February
Venue: Brisbane Metropolitan Touch Association,
Whites Hill Reserve, Boundary Road, Camp Hill
Time: 3:00pm to 4:30pm
Age: 6-12yrs
Cost: Free

Children will be coached through a range of skills and drills by some of Australia's elite Touch Football players and coaching staff.

ONLY 250 SPOTS ARE AVAILABLE, CLICK HERE TO REGISTER ONLINE!

☑ Great kids & families ☑ Great staff ☑ Great learning opportunities