Principal’s Note

You Can Do It (YCDI) Annandale State School has been utilising the framework of the You Can Do It program for many years. On Monday Teachers and Teachers Aides spent the day refreshing their knowledge and understanding of the program.

Dr Michael E Bernard, a psychologist from USA, developed the program to promote student achievement. YCDI provides students with the mindset necessary for them to develop the foundations of confidence, persistence, organisation and getting along. These foundations are the keys for academic success that achievers possess and underachievers do not possess.

The triangle below represents the unique focus of YCDI.

We need to help turn our children’s thinking: from “I can’t” to “I can” from “I won’t” to “I will” from “don’t know where I am going or how to get there” to “I want to achieve and I have a plan” from “I can’t get along” to “I know how to get along”.

It is our mission as parents and teachers to teach all children and to help them become all that they can be.

Quadrennial School Review—QSR Thank you to all those parents who participated in the random survey to provide input into our review of our current Strategic Plan. Your feedback was both reassuring and encouraging. The ideas about what you liked about our school and its programs and what you would like to see more of will inform our new strategic plan—2017-2020.

Our proposed new strategic plan will be presented to our Assistant Regional Director, Dr Graham Foster on Tuesday 1 November 16. Dr Foster will consider the plan, offer suggestions for refinement then endorse the plan.

Deputy Principal (Prep-yr 2)

Sadly, Ms Caron Grey, our current Deputy Principal (Prep to Yr 2) has advised us that due to family circumstances she must resign from her position from the end of the 2016 school year.

The position has been advertised and a selection process will be conducted this term to identify a suitable replacement to commence in January 2017.

2017 Booklists The 2017 booklists are now available from our school website—www.annandales.eq.edu.au. Our website is quickly accessible through the free QSchool app (for Android and iPhones)
**PAYMENTS**

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<td>Invoice#</td>
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<td>Yr 2/3 Swimming Program</td>
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*B = BPoint  * DD = Direct Debit  * CCW = Cash Collection Window

**OFFICE OPENING TIMES**

- Student Reception: 8:00am to 3:30pm school days
- Cash Collection Window: 8:30am to 9:00am school days
- Admin Reception: 8:00am to 3:30pm school days

**TALKING TO CHILDREN ABOUT SAFETY**

**TIP 2: Discuss “What ifs...”**

Whilst you cannot predict when your child may find themselves in an unsafe situation, speaking with them about what they could do in a variety of situations can help them to be prepared. Using “What if...” questions for a range of safety situations is useful.

For example, “What if...”
- There was a fire in the house?
- They get lost at the local shopping centre?
- They access or get shown rude pictures online?
- An adult asks them to help search for a lost dog?

Caron Grey, Deputy Principal

**LIBRARY NEWS**

**Ten Day Teaser Number TWELVE**

**Hub Words**

- Can you make 5 words of five letters or more avoiding proper nouns using only the letters in the wheel?
- Each word must contain the hub letter N.
- You must also find a 9-letter word from this wheel as well. (Clue: A Time of Day)
- You cannot repeat any letters in the wheel in your words.

**You Can Do It** Award winners

- Lillianah Vent - 4E4 - Getting Along
- Jack Driehuis - 6G3 - Getting Along
- Sophie Du Bois - 2C2 - Getting Along
- Jaxon Linney - 2L1 - Getting Along
- Jaydon McNabb - 3L1 - Getting Along
- Matthew Munro - 3L1 - Persistence
- Jessica Hatch - 2C4 - Organisation
- Caitlin Griffin - 2 C4 - Organisation
- Jaz Kaur - 2C2 - Organisation in Computer Lab
- Taylah Grima - 2C2 - Organisation in Computer Lab
- Bianca Collins - 1B3 - Organisation and Helping

Answers must be submitted in the Answer box in the library by Friday October 28 at 3:00 pm. Winner will be drawn at second break on Monday October 31 in the Library.

Mark McKay
Teacher/Librarian

**Emotional Resilience**

Emotional Resilience means...
- not getting extremely angry, worried, or down, calming down when I do get very upset, not fighting or staying away from people when I am very upset, and bounce back to work or play.

**Examples of Emotional Resilience**

- not getting extremely angry and fighting when someone is mean or acts unfairly
- not worrying a lot about having to take a test or meeting someone
- not getting very down and staying away from people after receiving a bad result or if someone says something bad about me
- calming down when I am extremely angry, down, or worried and bouncing back to work or play

**Habits of the Mind To Help Me Be Resilient**

- Accepting Myself means not thinking badly about myself when I make a mistake.
- Taking Risks means thinking that it's good to try something new, even though I might not be able to do it.
- Being Independent means thinking that it's important to try new activities and to speak up, even if my classmates think I'm silly or stupid.
- I Can Do It means thinking that I'm more likely to be successful than to fail.
- Working Tough means thinking that in order to be successful in the future, I sometimes have to do things that are not easy or fun in the present.
- Being Tolerant of Others means not making overall judgments of people ("good person," "bad person") based on their differences or behaviour.

**Things To Do To Help Me Be Resilient**

- Relaxing, keeping things in perspective, finding someone to talk to, using positive self-talk, finding something fun to do

**BPOINT (Commonwealth Bank Portal) is our PREFERRED payment method for invoices that are issued.**

Other payment options available to you are direct debit, credit card, cash or cheque payment. Details on how to use any of these options are available on the activity note, or drop in see the friendly staff at the cash collection window.
PREP ENROLMENTS FOR 2017

Applications for Prep enrolment are now available from the office or on our website

Students are eligible for Prep in 2017 if their birthday falls between 1 July 2011 and 30 June 2012

Register by contacting Tracey at the office on 4729 5111 or email prep2017@annandaless.eq.edu.au

Bookings are now being taken for Prep Information Nights & Come and Try Days

TUCKSHOP NEWS

Please ensure all profile information for your child is correct with online ordering. Please include your child’s full class name.

Class example: 2 K 1

Year Block Room No.

Please DO NOT place N/A as your child’s class details.

Thank you

Raelene Featherstone/Annette Leicht 
Tuckshop Convenors

BUS TRAVEL FOR 2017

Sunbus have requested for parents of Year 6 students transitioning to Year 7 and changing schools to apply for their 2017 bus passes as soon as possible.

Bus Travel Assistance (BTA) or Safety Net (SN) application forms are available by contacting Sunbus on 07 4771 9802 or can be downloaded from our website: http://www.sunbus.com.au/townsville/school-bus-rockhampton/#application-information and returned to Sunbus PO Box 546 Aitkenvale QLD 4814, hand delivered to 451 Woolcock Street Garbutt QLD 4814 or emailed to tvscomms@tagroup.net.au

DEFENCE NEWS

Defence Parents/Carers Morning Tea

Our next morning tea will be held immediately following our Remembrance Day assembly and will be for our whole school community to attend. Please feel free to invite your family and friends to the assembly and then join us in the Defence room from 11am.

Date: Friday 11 November (Week 6)
Time: 11:00am-11:45am
Where: J Block (Next to the basketball courts)

Date Claimer: Our final morning tea for the year will be held Thursday 1 December (week 9).

Tanya Hurditch & Heather Mason
Defence School Transition Aides
thurd2@eq.edu.au & hmaso8@eq.edu.au

DEFENCE NEWS

Instrumental Recruitment Night – Thursday, 3 November

An information evening will be held for students interested in learning a brass, woodwind or string instrument. The strings program is available for students in years 3 to 6. The brass, woodwind and percussion programs are available for students in years 4 to 6.

Instrumental music students receive 30 minutes tuition in small groups during class time. Students need to practice at least 15 – 30 minutes daily and must attend band or orchestra once they have reached an appropriate level of competence.

Instrumental music students perform at various events including Fanfare, Eisteddfod, band or string workshops, Christmas Highlights concert, assemblies and some year 6 students also perform at their graduation. The cost to join Annandale State School music program is $40 plus consumables and if instrumental hire is $40.

The information evening for parents and students commences at 6pm on Thursday, 3 November.

Celebration of Strings

Last week, string students involved in the Instrumental Music program had the opportunity to participate in the annual AUSTA Celebration of Strings. Year 6 student, Lilly Penney enjoyed the experience and looks forward to participating again in the future:

Last week I had the privilege of attending the annual AUSTA Celebration of Strings. In this event you have different levels of music depending on your skill level. I was giving 4 pieces of music to play and had to practice them many times over our practice period. We had two full school days of practice and a dress rehearsal on Friday for our concert that night. At the end of the night everyone played a part in Queen’s song, ‘We Will Rock You’. Overall the concert was fun and enjoyable and I can’t wait to do it again next year!

Ann Marie Hancock
Music Teacher

MUSIC NOTES ♫♪♫♪#
ADVERTISE YOUR BUSINESS HERE
Your business could be featured here each week for a small cost. Over 700 copies of our newsletter are distributed every Thursday. The newsletter is uploaded to the school website for viewing as well. All queries please email: pandc@annandaless.eq.edu.au