We were very lucky to have some beautiful weather in the school holidays….let’s hope it’s an indicator of the nice warm weather to come!

We have included a School Calendar of all of the important dates and happenings for Term 4. It will be another action packed term with Lawn Bowls Coaching, Breakfast Club, Year 7 Transition to High School, Reception Transition to Primary School, Swimming at KOMPS, Year 5,6 & 7 Aquatics, Year 7 Canberra trip, School Concert and Splash Day just to name a few. Please see the full list of activities on page 2.

A special congratulations to Bec, Shane, Ava and Will on the birth of their beautiful, healthy, baby boy ‘Finley’ during the school holidays. What a lovely addition to your family.

Why is this program important?
Anxiety is one of the most common problems encountered by young people and can be associated with many personal, social and economic consequences in the short and long term.

Importantly, the earlier we intervene, the less impact anxiety is likely to have for the young person. Computer and online approaches offer unique benefits in that they are extremely flexible, have the potential to reach more people, can be anonymous, and are well-liked by young people. There is now significant research demonstrating that online CBT is effective in reducing anxiety in young people.

The expected benefits of this program
The program is designed to prevent or treat anxiety, and therefore it is expected that your child’s involvement in this treatment program will reduce their anxiety levels or prevent new anxiety developing.

There is a parent version of the program that you may wish to complete and can be found at www.brave4you@uq.edu.au

ONLINE LANGUAGE SURVEY
As you are aware, this year we have been trialling our students learning the language ‘Spanish’, online. Both classes have linked up with the School of Technology for one 45 minute lesson a week. It is that time of year whereby we need to review the effectiveness of this program and make some decisions for 2016. We have attached a very short survey for parents/caregiver to fill in. We would really appreciate your feedback. Please return to the front office when completed. Thankyou.

FRESH EGGS FOR SALE!
If you are interested in purchasing some eggs from our school chickens, they will be for sale on Thursday mornings for $3/doz

Please see Chris to arrange collection and payment.

A big thankyou to Jacey Koop and Ping Mitchell who looked after our chooks during the school holidays....thankyou!!
## MOOROOK PRIMARY SCHOOL CALENDAR TERM 4 2015

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 12/10</td>
<td>13/10</td>
<td>14/10</td>
<td>15/10</td>
<td>16/10 LOUD SHIRT DAY newsletter Gold coin donation Lawn Bowls Coaching at Moorook</td>
</tr>
<tr>
<td>2 19/10</td>
<td>20/10</td>
<td>21/10</td>
<td>22/10</td>
<td>23/10 Lawn Bowls Coaching at Moorook</td>
</tr>
<tr>
<td>3 26/10</td>
<td>27/10</td>
<td>28/10 Yr 7 Transition LHS REC Transition Governing Council Meeting 7pm</td>
<td>29/10 newsletter</td>
<td>30/10 WORLD TEACHERS DAY Lawn Bowls Coaching at Moorook</td>
</tr>
<tr>
<td>4 2/11</td>
<td>3/11</td>
<td>4/11 REC Transition</td>
<td>5/11</td>
<td>6/11 STUDENT FREE DAY</td>
</tr>
<tr>
<td>5 9/11</td>
<td>10/11</td>
<td>11/11 Remembrance Day REC Transition</td>
<td>12/11 newsletter</td>
<td>13/11 Lawn Bowls Coaching at Moorook</td>
</tr>
<tr>
<td>6 16/11</td>
<td>17/11 BREAKFAST CLUB (last one for year)</td>
<td>18/11 REC Transition</td>
<td>19/11 Yr 7/8 Social at LHS</td>
<td>20/11 Assembly hosted by JP class</td>
</tr>
<tr>
<td>7 23/11</td>
<td>24/11</td>
<td>25/11 Yr 7 Transition LHS REC Transition</td>
<td>26/11 Yr 5-7 Aquatics Day at Barmera newsletter</td>
<td>27/11</td>
</tr>
<tr>
<td>8 30/11 Yr 7’s on Canberra Trip all week</td>
<td>1/12</td>
<td>2/12 Cuppa &amp; Chat morning at school for parents</td>
<td>3/12</td>
<td>4/12 Assembly hosted by UP class</td>
</tr>
<tr>
<td>9 7/12 SCHOOL CONCERT</td>
<td>8/12</td>
<td>9/12 Splash Day @ Renmark</td>
<td>10/12 newsletter</td>
<td>11/12 School finishes 2:15pm Reports to go home</td>
</tr>
</tbody>
</table>

**PLEASE NOTE:** There may be some changes and/or additions to the above calendar throughout the term, but you will be kept up to date through newsletters and our Facebook page, thank you.
At Moorook Primary School we value difference. Everyone has a place in our school community.

My favourite colour is: Red
My favourite subject is: WRAP / Writing
When I grow up I am going to become?: Not sure
What is your best trait?: Respect
What is something you are proud of?: WRAP / Writing
When I was little I used to: Get piggybacks
What is your best trait?: Respect
What is something you are proud of?: WRAP / Writing
When I was little I used to: Get piggybacks
If I could change my name it would be: Sofia
If I could change my name it would be: Like my name
What is your best trait?: Respect
What is something you are proud of?: WRAP / Writing
When I was little I used to: Get piggybacks
If I had one wish it would be: Everyone to have happiness

Sofie
Laura

10 best phrases to teach resilience to your kids

1. Good Humour
   - Phrase: "Come on, laugh it off!"
2. Good Distraction
   - Phrase: "Let's take a break!"
3. Good Acceptance
   - Phrase: "Who have you spoken to about this?"
4. Good Positive reframing
   - Phrase: "What can you learn from this so it doesn't happen next time?
5. Good Offering hope
   - Phrase: "I know it looks bad now but you will get through this"
6. Good Contain thinking, perfectionism and anxiety
   - Phrase: "Don't let this spoil everything"
7. Good Perspective
   - Phrase: "This isn't the end of the world"
8. Good Flexible thinking
   - Phrase: "You could be right. Have you thought about...?"
9. Good Handling worry and asking for help
   - Phrase: "Don't worry, relax, and see what happens!"
10. Good Taking action
    - Phrase: "What can we do about this?"
At the end of last term our students joined Cobdogla and Kingston-On-Murray for the Combined Schools Sports Day. Everyone participated really well and had a great time. Moorook students featured very well in the long distance and sprint races. Well done to all our students!

**LOUD SHIRT DAY TOMORROW!!**

Wear your brightest most colourful shirt and bring along a gold coin donation.

All proceeds to go towards supporting deaf children through the Cora Barclay Foundation.
Boat Licence Night

Monday 26th October 2015

In the Renmark Primary School Library at 7pm
Cost is $35 payable before or on the night
To make a booking or for more information please contact
Renmark Primary School
on 8586 5737