



We acknowledge the Kalkadoon people, traditional custodians of this land and pay our respects to the elders both past, present and future.

TRY FOR 5!

### Important Dates

**4th Nov**

School Disco

**22nd to 26th Nov**

Prep—Yr 6 Swimming

**22nd Nov**

Yr 6 Graduation

**1st Dec**

End of Year Concert

**2nd Dec**

End of Year Awards

**3rd Dec**

Last Day of School !!

THOUGHT  
OF THE  
WEEK

With the new day  
come new thoughts  
and new  
strengths."  
- Eleanor Roosevelt

## 2021 Explicit Improvement Agenda

Positive Behaviour for Learning

Knowing our students and how to support them in their learning

### From the Principal's Desk

Welcome to Term 4- 4 weeks in and we already have so much to celebrate!

**Perseverance** - Last week I was fortunate enough to showcase our fabulous improvement journey at the recent North Queensland Region Principals Conference in Townsville. In 2 years our school has achieved so much and this is attributed to the dedication of our staff and support of our families. We have been asked to move to Tier 2 in our PBL journey. This is a huge accomplishment as usually this is a move that is made after 3 years of solid implementation and we have achieved in 2! The Central Way continues to make a positive impact on our student outcomes both in the classroom and out in the playground. Well done Central!

**Community**- Last Thursday Miss Kylie and Mrs Hegarty attended Spinifex State College along with our ATSIAP team to participate in the local competition. Our students ranging from grades 4 to 6 did an exceptional job at responding to scenarios presented to them in a variety of formats. Congratulations to all of our students that participated and then also showcased one of their performances at parade on Friday. Special mention to Cayle Evan's who was awarded 2nd place in ###

**Success**- congratulations to our Rock Pop team who last Friday, for the first time in 31 years, took home the trophy for best overall performance in Senior Primary.

Congratulations to Miss Geary who coordinated and choreographed this routine which lead to being awarded best choreography in Senior primary and being awarded The Daphne Tulloch Trophy for best overall music on the night. Our students should be so proud of themselves. Their confidence soared as did their dance skills. Big shout out to all staff that contributed to the success of this night.

Thank you also to the 19 parents that participated in our School Opinion Survey. The feedback that has been provided by you is important to the continued success of our school. If you wish to come along to be apart of community consultation as we prepare for next years explicit improvement agenda your input would be greatly valued.

When: Monday 1st November 6:30pm after P&C meeting

Where: Central State School library

Refreshments will be provided

Have a great week!

Kind Regards,

Hayley King

# moments of the week



## 🏆 ROCK POP CHAMPIONS 🏆

Congratulations to our 2021 Rock Pop team- your performance last night was outstanding and you should

ALL be so proud of your efforts!

- Snr Primary Best Choreography
- Snr Priary Overall Champions
- Daphne Tulloch Memorial Trophy for the best music over



## WEEK 3 Central Super Star Count



# 2760

Our next goal is 3000 Central Super Starts.



## Talking Families OCTOBER 2021

### When emotions get the better of you...

You're home after a long day at work. You're tired, but there's dinner to prepare, then tomorrow's school lunches to pack, the kitchen to tidy, and folding to finish. And there's a lack of helping hands to lessen the load. You collect odd socks and toys on the way to the bathroom then stumble over a growing pile of wet towels. You clench your teeth and feel the frustration build within you—are you the only person in the house who puts things away?

But you stop, take a deep breath, then another, and you think about how you want the rest of your evening to be. Instead of impulsively reacting, you choose your next response. You wait until dinner when you have your children's attention and you explain how that situation made you feel, how your body experienced frustration, and explain how your children can help you around the house.

Without realising it, you have successfully completed the empowering practice of self-regulation. A process we follow to manage big emotions—anger, frustration, nervousness—and to control our behaviour in response. Self-regulation is not a skill we're born with; it's one we gradually master throughout our formative years by [observing the behaviour of the adults around us](#). It's important for children to see their parents experience these emotions; it shows them you are human. But it's equally as important for children to observe appropriate behaviours in response to those emotions.

But let's be real. Sometimes it can be challenging to regulate our emotions, especially when we are tired or distracted. When it doesn't go right, be easy on yourself, recognise your response, and try your best to do it differently next time. Identifying stressful situations and implementing simple strategies can help you manage your emotions in those moments:

- **Stop, reset, respond**—If you feel yourself becoming frustrated or angry, try to reset before you react. A few slow, deep breaths can reduce the intensity of the feeling. Download the STOP, RESET, RESPOND postcard and stick it on the fridge. This will act as a reminder for you and introduces the concept to your children as well.
- **Try to gain some perspective**—Is a pile of wet towels on the floor worth losing your temper over when compared with other things going on in the world?
- **Look for opportunities to reduce stress**—Prepare school bags the night before to help in the morning rush, put a chores roster in place to encourage children to help at home, recognise the times you are usually tired and be extra aware of your heightened emotions.

[We are good at checking in with others](#), but remember to regularly check in with yourself too. If the frustration of odd socks in the hallway becomes consuming, make sure you reach out to a trusted friend to talk about how you are feeling or seek professional help if you need to. Parentline is always available for a chat, or you can find a professional service nearby through the [oneplace](#) directory.

**Visit:** <https://www.talkingfamilies.qld.gov.au/when-emotions-get-the-better-of-you/>

**Download your [STOP, RESET, RESPOND printable poster](#)**

# Week 4

## Events & Information

### Year 6 Graduation

Reminder parents if you have RSVP to the Year 6 Graduation Dinner at the Buffs club on Monday 22nd November, payment is due by Friday 12th November. Payments can be made at the front office.



**Talking Families are at our school  
EVERY Tuesday morning from  
8:30AM.**



Drop in or call the office today to collect your enrolment information.  
We would love for you to come to our school.



### Not Returning to Central State School in 2022

To assist with the process of organising classes and class numbers for next year, please advise if your child WILL NOT BE attending Mount Isa Central State School.

If your child is in Year 6 this year (2021), please let the front office know which school you intend to send your child to next year.

If you have any question or concerns regarding this please contact the front office.

### REMINDER PARENTS!!

If your child rides to school please make sure they have a lock so they can lock up their bikes/scooters every day.

