



PRINCIPAL'S MESSAGE

MAKING FRIENDS

Friendships are a very important part of life. Making friends and keeping friends can be a very difficult 'job' for many people. Children especially, may find the issue of friendship difficult and it is in fact one of the major issues that teachers deal with in your child's social education. Some children, like adults, just have the 'knack' for easily making and developing strong friendships. However, for other children it can be a nightmare and they need to be taught the skills of making and keeping friends.

Often children will say that they have no friends. In most cases, this is not the fact, but more often it is a case of a particular social situation that has resulted in them 'falling out' of a particular friendship grouping. Children are extremely sensitive to the dynamics of friendships and often struggle to understand how, in some cases, their actions or the actions of others, have contributed to a temporary 'falling out' with friends.

While there is no 'magic recipe' for making and keeping friends, the following are some helpful points to discuss with your children:

- Friendships are like planting flower seeds. You need to nurture and care for them in order that they blossom.
- Sometimes, despite all your best efforts, a friend might just remain as *someone you know*.
- Finding and becoming *best friends* takes time, don't be in a hurry to move from *someone you know* to *regular friend* and then *best friend*.
- What makes a good friend? Talk to someone about this and list all the things that other people do to become good friends.
- Look for groups who seem to have interests which you share or know something about.
- Helping others is a good way to make friends, but remember to be kind, not bossy.
- Be a good listener so others can tell that you are really interested in what they are saying.
- Be a positive person. Talk about other people in a positive way.

We acknowledge the Traditional Custodians of this Land on which our school stands; where the Giabal and Jarowair peoples have performed age-old ceremonies of music, dance, storytelling and celebration. We acknowledge and pay respect to the Elders, past, present and emerging, for they hold the hopes, memories and traditions of Aboriginal, Torres Strait and South Sea Island peoples. We honour those who carved their footsteps in the sands of time.



BULLYING, NO WAY

Bullying No Way Week, **12 to 16 August 2024**, is Australia's key bullying prevention initiative and connects schools and communities to find workable solutions to prevent bullying.

The week gives schools and supporters flexibility to plan activities that suit their schedule—whether it's spreading awareness throughout the week or focusing on an impactful day or two.

This week students wore Purple as it is the new hero colour representing Bullying No Way: National week of action and our commitment to standing against bullying.

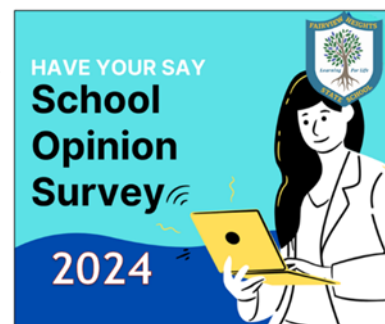
When we all feel like we belong, bullying struggles to find a place. It's about embracing who we are, respecting everyone's differences and standing up together against unkindness.

Belonging means we all have a role in preventing bullying. Students are encouraged to speak up and create a safe place where everyone feels supported and respected, and our voices are heard and valued.



SCHOOL OPINION SURVEY

The annual online school opinion survey closes on Friday the **16th August**. This is an opportunity to have a say on the things we are doing well at Fairview Heights State School and where we can improve. Invitations to complete the survey have been emailed out to all parents at the end of last month – just search for “School Opinion Survey” in your emails to locate the link.



WEST ZONE ATHLETICS CARNIVAL

40 students competed at the West Zone Athletics trials recently at O’Quinn Street in Toowoomba. All students are to be commended on their participation and behaviour on the day. Congratulations to the following 7 students who have progressed to the Darling Downs athletics trials:



Girls	Boys
Azahlee Blades Kaylee Carroll Sophia Phylakti Aster Maloney	Macca White Jett Martin Liam Williams



On Thursday 29th August, the P&C will have a Father’s Day stall at the school for students to purchase a gift for their fathers or that special male role model in their life. Thank you to our P&C and volunteers for organising and running the stall. **There will be a range of gifts available to purchase; priced between \$3 to \$7.**

COLOUR RUN FUNDRAISER

The school colour run will occur in Week 10 of this term. **We have changed the date to Thursday 12th September** to ensure all our Year 6 students don’t miss out and can participate in this fun event. Previously, the date proposed had clashed with a Transition day at WSHS.

In order to participate, students must be registered for the event. Information and flyers have gone home previously, if you would like more information on how to register please contact our administration office.



YEAR 1 EXCURSION - AMAROO

Our Year 1 students, staff and some parents visited Amaroo Outdoor Environmental Education Centre on Thursday. After the rain earlier in the week kept everybody indoors, the students enjoyed the chance to get outside and enjoy some engaging learning activities – they even got to play in the mud!



SCHOOL MUSICAL

This year our Musical will be held on **WEDNESDAY 4TH SEPTEMBER** at **WIL-SONTON SHS PERFORMING ARTS CENTRE**. Every day our students have been practising during their lunch breaks and afterschool each Tuesday. Thank you to all these students for their energy and willingness to make themselves available for practices.

MUSICAL TICKETS

**WILL GO ON SALE—MONDAY 19 AUGUST FROM THE OFFICE during of-
fice hours.**

We have two shows. The shows are being held on: Wednesday 4 September at 11.00am and an Evening Performance at 7.00pm

MUSICAL TICKETS

Prices are as follows:

Family Ticket: \$50 (this is for 2 Parents/Carers & 2 Students)

Adult Ticket: \$20

Student: \$10

Remember to purchase your tickets early, so you don't miss out!!

Once again we are inviting students from Prep to Year 6 to attend the Matinee Performance on Wednesday 11.00am, this CONSENT FORM was sent home yesterday.

Our Musical Students received a CONSENT FORM regarding travelling to WSHS on Monday 2nd and Tuesday 3rd September for Practices and Dress Rehearsal. These practices are part of the original CONSENT FORM that parents signed to say that their child/ren could be involved in the School Musical. On that initial note it stated that it is a requirement for ALL Musical students to attend practices at WSHS.

POSITIVE BEHAVIOUR FOR LEARNING (PBL)

Each week, students in all classes are taught a PBL lesson of the week which aligns with our school expectations of **Practising Safety**, **Overall Respect**, **Demonstrating Learning** and **Showing Responsibility**.

Next week's lessons are:

Practising Safety

Manage my emotions



James Leach
Principal



DATES TO REMEMBER

TERM 3

Fri 2 Aug—Fri 6 Sep	Yr 5 & 6 Interschool Sport
Mon 19 Aug	Musical Students Bus Cast Consent form—Rehearsal & Bus due
19,20,21,26,27,28 August	Swimming Lessons for Prep, P1CW, Yr 3, Yr 5, 14W, 23M, 56B & 46M
Wed 28 Aug	Prep-Yr 6 Musical Morning Performance Consent & Payment due
Fri 30 Aug	Student Free Day
Mon 2 Sep	Musical Rehearsal @ WSHS
Tues 3 Sep	Musical Rehearsal @ WSHS
Wed 4 Sep	School Musical "A hint of SNOW WHITE" @ WSHS 11am & 7pm
Thurs 12 Sep	P&C Colour Run Fundraiser
Fri 13 Sep	Last Day Term 3
Sat 14—29 Sep	Spring School Holidays

TERM 4

Mon 30 Sep	1st Day Term 4
Mon 7 Oct	Kings Birthday Public Holiday
Mon 25 Nov—Wed 27 Nov	Yr 6 Gold Coast Recreation Precinct Camp
Week 11	2025 Prep Interviews with 2025 Class Teachers
Sat 14 Dec—Sun 26 Jan	Summer School Holidays

REGULAR ACTIVITIES

2 nd Tuesday of Month	P&C Meeting – 6.30pm – Staff Room—All Welcome
Wednesday	Breakfast Club in Shed 2 @ 8.00am
Wednesday	Woodwork Option—1st Break
Wednesday	Assembly 2.20pm in School Multipurpose Hall
Wednesday	FHSS KindylinQ for birth to 3 year old children 9:00am—12noon.
Wednesday	Concert Band Practice Commencing 8.15am Instrumental Music Classes
Thursday/Friday	Tuckshop Yr 1-6 Tuckshop Prep—1st Break Only



Fairview Heights State School

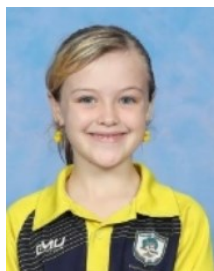
Getting Ready for 2025 Prep

Fairview Heights State School is offering a range of Pre-Prep opportunities in Term 3 & 4 2024. This will give children and parents/carers the opportunity to experience Prep at Fairview Heights SS and to make new friends with those families coming to Prep in 2025.

Enrol Today



BARREL DRAW



Our 'Barrel Draw' winner for this week is Matilda Garland from 3V.

Matilda won her class a delicious reward after having her "Well Done" Voucher drawn.



Fairview Heights State School

Getting Ready for 2025 Prep

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WE OFFER

Pre Prep Playgroup @ the Prep Precinct

- 9.00-10.30am Monday 21 October
- 9.00-10.30am Friday 1 November
- 9.00-10.30am Tuesday 5 November
- 9.00-10.30am Wednesday 13 November

Prep Information Sessions @ the Prep Rooms Afternoon

- Wednesday 13 November @ 3.15pm
- An event for Parents & Carers OR

Evening

- Thursday 14 November @ 6.30pm
- An event for Parents & Carers

PLAYGROUP

Bring: For the Playgroup mornings your child will need a hat, sunscreen, water bottle & a big smile!

Who: Children enrolled for Prep in 2025 at Fairview Heights and all children who are eligible and have not yet enrolled are welcome!

**We would love to welcome you to our Fairview Family.
Come and see what we have to offer!**

There will be lots of opportunity to play with Prep toys and puzzles, explore the playground equipment, listen to a story and make new friends.

We look forward to seeing you at these events!



2025 PREP INTERVIEWS

This year our 2025 Prep Interviews will be held during Week 11 -Term 4 by your Child's 2025 Prep Teacher.



Positive Behaviour Reward Recipients

Practising Safety Overall Respect



Congratulations Term 2 Students of the Week

Term 3

Week 5

Domitri, Sophia, Quinn Romeo, Eda, Abigail, Harleigh, Blayne, Aaliya, Janani, Jaxen, Bear, Parker, Ava, Sea, Macca.



Week 6

Najiya, Layla, Riley B, Riley S, Penelope, Georgia, Aiden, Elon, Hunter, Katie, Harper, Andre, Elijah & Jesse



Demonstrating Learning

Showing Responsibility



Term 3 Week 5

Bethany, Lily, Grace, Serenity, Amelia, Kaylee, Geogia, Ebony, Miley, Alexis, Matthew, Macen & Christopher



Week 6

Abigail, Maddy, Emily, Savannah, Oliver, Edan, Kyrese, Seth, Jax, Oliver & Leon



Demonstrating Learning

Showing Responsibility

SUNSHINE ONLINE

Week 5

Congratulations to: Brian, Monique, Janani, Sofia, Indigo, Amaya x 2, Felecia, Carson, Mara, Theodore, Max, Cooper, Corbin.

Week 6

Ashton, Sofia, Aria, Amaya, Lilah, Erakai, Aiden, Matilda



READING EGGS

Week 5

Lilah, Kiah, x, Kianna



Week 6

Ryan, Memphis, Sean, Charlie, Noah, Lucas x 2, Nathan, Emmanuel, Bentley, TJ, Levi, Lilah & Quinn

MILLION WORD CLUB

Term 3 Week 5 & 6

Congratulations:

5/6B	5 Million Words
4F	4 Million Words
6F	3 Million Words
5F	7 Million Words

& Landon 1 Million Words



From the P&C:

THE COLOR RUN

Fairview's first colour run!!

Thursday
12 September 2024

Many prizes to win!
Let's have fun and do a colour run!

Fundraising has never been easier
Raise money at a click of a button
Register on the 22nd of July



ATTENDANCE AWARDS

Week 4
4F with 93.08%
Attendance



Week 5
14W with 98% Attendance



Every Wednesday morning from 8—8.45am we have **Breaky Club**. This term it has moved to Shed 2—Tuckshop. One of our FHSS teachers Trina Murphy and Chappy Zeph coordinate Breakfast Club with the support of some Year 6 helpers.

It is a great opportunity for students to have some toast and milk/juice before school begins. For most students, it is a 'top-up' or 'second breakfast', and we welcome this. We regularly see up to 100 students each week!

We are so impressed by the good manners that the students are regularly showing, and love the opportunity to catch up with students on an informal basis.

Thank you to those families who have made donations! We're fortunate that our bread is donated to the school by Lifeline, and our Cheese Toasties are donated by Rotary, however if you are able to donate bottles of juice or a jar of spread (jam, honey, vegemite, cream cheese) it would be very much appreciated!

Please leave your donations at the office, or N Block.

DENTAL CONSENT FORMS have been distributed to the whole school. If you wish your child/ren to visit the Dental Van please return Consent forms promptly. Please read the information below for further information.

The logo for Darling Downs Health, featuring the text "Darling Downs Health" in a white sans-serif font on a purple rectangular background. To the right of the text is a large, abstract graphic composed of several overlapping semi-circles in shades of orange, yellow, and pink.

ORAL HEALTH CARE FOR SCHOOL STUDENTS

Dental care, with no out of pocket cost, is offered to all Queensland students from the age of 4 to the completion of Grade 10 through the School Dental Service. Children aged 0 - 4 years and students in Year 11 -12, may be eligible for treatment if they receive Childhood Dental Benefit Scheme or if they have a current concessional health care card. The Dental Team consists of a Dentist, Dental Therapists, Oral Health Therapists and Dental Assistants. You will be advised if your child needs specialist dental treatment.

Students at Fairview Heights State School are now being offered dental treatment through the School Dental Service at the School Dental Van, located at Fairview Heights State School.

If you would like your child/children to participate in the free dental care program, please complete each section of the registration form, sign and return it to the School Office by **Wednesday 31st July 2024.** Please note that by signing this form, you are only advising our service of your wish to participate in the dental care program and providing personal information to allow us to contact you.

Our process for making your child's first appointment with us has recently changed. Our first point of contact may be via SMS. If responding via the Call Centre on 1300 082 662, please choose Option 3 to speak with School Dental Service.

Please remember

Students will be seen at the **School Dental Van, located at Fairview Heights State School.**

- Parents/Legal Guardians **must** attend all appointments & must hold a current Medicare Card- please bring this card to the appointment.
- There are limited appointments available before and after school and most appointments will have to be during school time.
- Oral Health does not accept any responsibility for transport of the children to and from their appointments.
- **Appointment changes are often advised via SMS.** Please read all text messages carefully.



The Power of Perspective

Too often we forget what it's like to be a child. We forget the anxieties and nervousness, and even the fear of getting things wrong or disappointing our parents. We forget what it's like to not understand. We can try to understand our child's perspective, but we consistently find it hard to see through their eyes.

This is something that our children themselves may not be able to do yet. Developmental researchers have identified an important capability called 'Theory of Mind.' Studies suggest that from around age five, we develop the capacity to see the world through another's eyes and to take their perspective. Prior to that, the brain is too immature and undeveloped to recognise that others might have an alternative perspective to their own. They are entirely egocentric. It's all about them. They don't care if we disagree. It's irrelevant. Their view is the only one.

Once their perspective capability kicks in—that is, once they've developed Theory of Mind—our children understand that just because they can see things one way, it doesn't mean others can also experience the same perspective—especially if they're in another place.

Just because adults can see another perspective doesn't mean we do. In fact, people with power (like parents) are less empathetic—less likely to look through another's eyes—than those with less power. We become impatient and demanding. We seek compliance. We get absorbed in solving our problems rather than understanding theirs.

“You did what!?”

A few years ago I received an email from a mum who had a beautiful story to tell:

I walked downstairs into my lounge room and saw my 4 year-old son surrounded by clothes. Then it dawned on me. The clothes baskets that I had left on the floor – the ones that held 4 loads of washing and ironing I'd just completed – were now empty. He was standing in the middle of the clothes, picking each item up and throwing it into the air. As he threw the clothing, he burst out laughing. So did his 18 month-old brother, who was watching the destruction of my washing like it was entertainment.

I was just about to blast him. I knew all the things I wanted to say. And once I'd said it, he was going straight to time out.

But then... I remembered you saying I should try to see the world through his eyes. I paused.

In my eyes he was being a brat, intent on demolishing all of my hard work. But in his eyes, perhaps he was something else.

Mustering all my self-control I quietly and calmly asked him, "What are you doing with all of that washing and ironing?"

He turned around when he heard my voice, smiled, and said, "Hi Mum." It was like nothing had happened. I asked him again. Then he gave me this sweet explanation:

"You were asleep upstairs, and Josh (his little brother) was getting upset and I was scared he would wake you up. I started throwing things and it made him happy so you could sleep."

Seeing Beyond Behaviour

If we are honest with ourselves, most of us will admit that we get things wrong from time to time when it comes to parenting and our children. We might get mad at a child for losing her shoes, and then realise we put them outside after we washed them. Or we might get cross at a child for not doing what we asked only to find out he was doing something for his dad, or his brother, or for someone else.

If our children were icebergs, their behaviour would be what we see above the water, but the larger part of the iceberg rests below the surface. This remains invisible unless we take the time to understand what is down there. Feelings, developmental progress, the broader context, and more all contribute to our children's behaviour. Rather than getting mad at our children for being difficult or inconvenient we should try to see the world through their eyes.

It may be one of the hardest things for us to learn to do as a parent. We are always operating on our agenda and we expect our children to fall into line and step with us. While there are times when children do inexplicable, unexplainable things with nasty motives, those situations are typically rare. Even in those instances, a deep unmet need may be the driver of the challenging behaviour.

When we pause and make a point of trying to understand, we will usually find that our children are amazing people who really do want to do the right thing. They just need us to let go of our agenda, see the world through their eyes, and look for ways we can help them.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.

