Dear Parents and Caregivers

2015 CAPTAIN SPEECHES
Next Monday 3 November at 9am we will be having our captain speeches. All children in Year 5 will be addressing the assembly explaining why they would be a good captain. Students in Kindergarten to Year 5 will then vote.

We are doing this early to ensure badges are printed and ready to hand out on presentation night.

P&C
I look forward to our next P&C meeting this Wednesday 29 October at 6pm in 5/6B classroom. I hope you can join us.

FRASER ISLAND
We had the most amazing trip away to Fraser. Special thanks to our parents Ali Wulff and Tony See for giving their time and helping with supervision while we away. Just a sample of the many highlights are pictured on pages 3 and 4.

MURWILLUMBAH SHOW
Dungay school is participating once again in the Murwillumbah Show inter school relay race this Friday 31 October. Come along on the day to support your school. While you’re there check out the students work at our exhibit.

A permission note is attached to this newsletter. Please ensure this is returned by this THURSDAY. No payment is required for children to attend as the school will be subsidising the cost. If no permission note is returned unfortunately your child will not be attending.

As a treat for the children we are allowing them to bring enough money to purchase one show bag, approx. $10.00 should be sufficient. Please do not send more than this amount.

BOOK WEEK PARADE
A great day for the children is coming up—so costumes at the ready!

Have a great week.

Marg Burgess
Principal

LIBRARY NEWS
The library stocktake is now finished and children may start borrowing again.

Overdue notices are coming home today attached to newsletters.

Please check at home for any outstanding books as they are not at school. Return them to the office asap as no other children can enjoy these books until returned.

Dungay School Calendar 2014

<table>
<thead>
<tr>
<th>Term 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thur 30 Oct</td>
</tr>
<tr>
<td>Fri 31 Oct</td>
</tr>
<tr>
<td>Thur 6 Nov</td>
</tr>
<tr>
<td>Thur 13 Nov</td>
</tr>
<tr>
<td>Thur 20 Nov</td>
</tr>
<tr>
<td>Thur 27 Nov</td>
</tr>
<tr>
<td>Thur 4 Dec</td>
</tr>
<tr>
<td>Mon 8 Dec</td>
</tr>
<tr>
<td>Thur 11 Dec</td>
</tr>
<tr>
<td>Wed 17 Dec</td>
</tr>
</tbody>
</table>
A REMINDER TO PARENTS TO NOTIFY THE SCHOOL ABOUT YOUR CHILD’S HEALTH

We welcome information from parents about your child’s health, even if you are not requesting specific support from our school.

Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child’s health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter’s health needs or as otherwise required by law.

ANNUAL BOOK PARADE

Dungay book parade is fast approaching! The theme this year is ‘Connect to Reading’. Children are encouraged to come dressed as their favourite book character on Thursday 13 November.

Rosellas Preschool will join in the day for the parade at 10am followed by literacy activities.

Remember when you believed in anything and everything?

Researchers from the University of Western Australia are investigating children’s tendencies to being tricked, fooled and misled by their peers. We are looking to see how this develops in children, and when children outgrow this.

We are looking for parents of Kindergarten – Year 6 children (especially 10 and 11 year olds) across Australia to complete an online survey (15 – 20 minutes). Participants will go into a draw to win one of 10 $50 gift certificates to Coles/Myer.

To participate visit http://tinyurl.com/childsvq5
Contact Rebecca Seward for more information on (08) 6488 4652 or at rebecca.seward@research.uwa.edu.au

Please ensure you return:

⇒ M’bah show permission note by THIS THURSDAY

The secret to raising happy, confident kids

Despite what you may think, the fundamental job of the parent has not changed since the dawn of time. And it’s never too early to start.

The first habit from Stephen Covey’s wonderful book The 7 habits of highly effective people states that we should start every project or undertaking with the end in mind.

This principle holds true for any activity whether it’s planting a veggie patch, renovating a house or raising children. When you know what you are trying to achieve then choosing the right strategies becomes easy.

The end game or goal for parents is redundancy. Yep, you read it right. Your job is to make yourself redundant as a parent from your child’s earliest possible age. It has always been and always should be.

When redundancy is your aim most of your time, effort and energy will go into promoting independence. You’re stopping doing things for kids and start giving them opportunities to do things for themselves. You’ll spend most of your active parenting time teaching, explaining and prodding your child toward independence.

INDEPENDENCE LEADS TO THE 4 Cs
When independence becomes your priority, suddenly will reveal a pathway to the development of other positive qualities and traits in your children. These include the key four: confidence, competence, creativity and character. Here’s how:

**Confidence** comes from facing your fears and doing things for yourself.

**Competence** comes from the opportunity to develop self-mastery that independence offers.

**Creativity** is developed when kids solve problems themselves as opposed to someone solving them on their behalf or, worse, sheltering them from any risk of harm.

It’s amazing how resourceful kids can be when they are given the chance to resolve their own problems.

**Character**, which is essential for success, is forged under hardship and is needed if kids are to live a sturdy life. Kids need to be exposed to disappointment, failure and conflict if character strengths such as grit and perseverance are to be forged.

**INDEPENDENCE TAKES MANY FORMS**
Independence has many guises and can be developed in many ways, though in the end it is adults who are the gatekeepers for their children’s independence.

On a basic level developing independence is about developing children’s **autonomy**. Without realising it, many parents make choices on their children’s behalf. Kids build self-confidence when they do things for themselves, and make their own decisions.

Independence is built when children spend time in **unpredictable circumstances** and environments such as the bush, and also have the opportunity to navigate their neighbourhoods on their own. There may be some risk involved but that is where the learning lies. Eliminate the risk and you eliminate the learning.

Allowing kids to **follow their own impulses** even if they are different to your own is the key to gaining independence. This may mean that your children choose healthy interests and pursuits that you are unfamiliar with, or even swim against the tide of your wishes.

Allowing kids to take **responsibility** and own their own problems builds confidence and competence. Start by expecting kids to help at home. Look for ways to develop self-help skills and don’t take their problems on as your problems.

**MANAGE VISUALLY**
When your end game is redundancy and your priority is independence building then managing your kids in a visual way becomes your most obvious strategy. Management by mouth, in contrast, is a dependency strategy. So talk less, use signs, lists and rosters backed up by consequences to develop independence and responsibility in your children.

**CREATE JUNIOR VERSIONS OF INDEPENDENCE**
It can be scary and also difficult developing independence in one big step. So smart parents intuitively develop junior versions of independence by breaking up big activities into digestible bits. Want your three-year-old to make the bed? Then start by arranging the teddies and the pillows (a junior version of making the bed) and let them work their way up from there. Similarly, if you want your five-year-old to walk to school on his own but it’s currently beyond him, then accompany him most of the way and let him walk the last 200 metres on his own. That’s a junior version of walking to school.

In all the noise and commotion about raising kids today it’s easy to forget that the job description for parents hasn’t changed since the dawn of time. Love them, bond with them, teach them and spend time with them. But also work like mad to develop their real independence so they become capable of handling what life will throw their way.

Then you’ll know your job as a parent is done! It doesn’t mean you won’t stop worrying about them ... that’s a story for another time. But it does mean you’ve finished the main task of parenting, that is, to make yourself redundant at the earliest possible age.

OUR LAST MAJOR FUNDRAISING EVENT FOR 2014

Murwillumbah Show Canteen – Friday 31 October and Saturday 1 November. This is a fantastic opportunity for the P & C, so we asking for everyone’s valued help 😊

Desperately needing volunteers for Friday 31 October from 2pm – 5.30pm PLEASE!!!!

Please contact Sam Campbell ASAP if you can help with this shift.

P & C MEETING

Our next meeting will be held on Tuesday 28 October at 6pm – Week4

Topics for discussion:

Murwillumbah Show.....Presentation Night.......Xmas Hamper Raffle......Sam Campbell would like to welcome anyone who is interested in taking over canteen from her for next year, also the Secretary position!!!! (As Sam will be taking a year off before returning to Dungay in 2016)

Everyone is welcome, so please come and join us – who knows you may have a little fun!!!

PRESENTATION NIGHT, THE P & C XMAS DINNER and XMAS WHEEL BARROW RAFFLE

A special VIP guest, so keep your eye on this space….

VERY EXCITING!!!!

<table>
<thead>
<tr>
<th>P &amp; C Calendar of Events 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 4</td>
</tr>
<tr>
<td>Week 4</td>
</tr>
<tr>
<td>28 Oct</td>
</tr>
<tr>
<td>31 Oct</td>
</tr>
<tr>
<td>1 Nov</td>
</tr>
<tr>
<td>P &amp; C Meeting - All Welcome</td>
</tr>
<tr>
<td>Murwillumbah Show Canteen – All hands on deck PLEASE!!</td>
</tr>
<tr>
<td>Volunteers needed over the 2 days of the Show.</td>
</tr>
<tr>
<td>Week 7</td>
</tr>
<tr>
<td>18 Nov</td>
</tr>
<tr>
<td>P &amp; C Meeting – All Welcome</td>
</tr>
<tr>
<td>Week 10</td>
</tr>
<tr>
<td>8 Dec</td>
</tr>
<tr>
<td>11 Dec</td>
</tr>
<tr>
<td>Year 6 Farewell Dinner</td>
</tr>
<tr>
<td>Presentation Night &amp; P &amp; C Dinner Xmas Celebrations</td>
</tr>
</tbody>
</table>

Thank you ~ Dungay P & C