



Porty's Power of Positive Thinking

A fortnightly communication between home and the school community

PRINCIPAL: Mrs Julianne Emmert

Edition #12 - 22nd April 2016

VALUE: Every child matters every day!

Port Curtis Road State School acknowledges the traditional Dharumbal people on whose land it stands.

Our School Rules and Acceptable Behaviour

- Be Safe
- Be Responsible
- Be Respectful

Respect for Ourselves
Respect for Others
Respect for Learning



WELCOME to Porty's Power of Positive Thinking, Edition #12

Part Two—One of our core priorities is "Foster Student and Staff Learning and Wellbeing".

We are currently networking with Kids Matter, The Umbrella Network and Centacare, to name just a few, to provide support and care to our families.

The 'Bring Up Great Kids—Parenting Program' is an initiative from Centacare in collaboration with PCRSS. This is a 6 week parenting program focusing on the wellbeing of parents /caregivers and children between Tues 10 May—21st June, 12:30 -2:30pm at school.



Rockhampton Umbrella Network was opened in March 2012. Rockhampton Coordinator - Raelene Ensby Phone: (07) 4928 6550

The Umbrella network was created by families who have children with extra needs. Those needs can be extreme or minor. They can have a diagnosis or still not fit into one 'box.' By sharing ideas and tips on how to get the best out of the system we hope to empower families and help them be the best advocates for their children.

In collaboration with The Umbrella Network, PCRSS will be hosting in the near future after school activities include Lego Club and Minecraft Club.



Bringing Up Great Kids - Parenting Program

A reflective parenting program developed by the Australian Childhood Foundation

What to expect

- Discover new ways to promote positive and respectful parent/child relationships using mindfulness and reflection
- Learn how to overcome some of the obstacles that are getting in the way of you being the kind of parent you would like to be — reflect on your experiences of being parented
- Be able to identify and address the sources of unhelpful and harmful attitudes
- Reduce parenting stress by developing self-care strategies



Who should attend?

Parents, step-parents, adoptive parents, grandparents and foster carers - all adults involved in parenting or caring for children

When: Tuesday, 20 May, 2016 - Tuesday, 7 June, 2016 (5 Weeks) and Tuesday, 21 June, 2016 (Week 6)
12:30 pm to 2:30 pm

Where: Port Curtis Road State School, 145 Port Curtis Road, Rockhampton QLD

RSVP: For catering purposes please - Tuesday, 3 May, 2016 on 1300 523 985

Cost: Free - Lunch will be provided

To register or for more info: 1300 523 985 or registrations@centacare.net

Presenter: Pam Schwallier

Contributor for Children's Initiatives Partner Initiative Centacare is funded by the Australian Government and facilitated by The Smith Family



www.centacarecq.com



Acknowledgements

Learning Place

Teacher Aides Supporting Students with Disabilities.

Sue Larkey: International Author, Autism Spectrum Specialist, Teacher

Sue Larkey is unashamedly passionate about her mission - to inspire parents and educators and teach them how to Make it a Success.

The Umbrella Network

"families supporting families"

LOVE our kids
EMPOWER ourselves
INSPIRE our community

Amanda Hartmann,

Inclusive Learning Consultant Speech Pathologist), Spectronics

Mr John Fleming Principal

advocates a dramatic shift in the way primary school children are taught using the John Fleming Explicit Teaching Model

Parent Information Day

Sponsored by Allsorts Developmental Services in association with Lively Eaters Feeding Services



Allsorts and Lively Eaters welcome you to this free event. Come along to gather information on services to help and support children with developmental difficulties of all ages. Chat to our friendly therapists or attend one of our presentations to be held throughout the day.

- 10:00am: Delay, Disorder, and Disorganise: How to find help and support at each stage of the journey
- 11:30am: Strategies to help your 'fussy eater' presented by Emily Lively
- 1:00pm: Preparing your child for transition

Children are welcome - there is a play area for entertainment!!!

For more information please do not hesitate to contact Debra Bramhall on 4927 9982 or allsortsdevelopmental@gmail.com

Ditto's Keep Safe Adventure Show

The purpose of 'Ditto's Keep Safe Adventure Show' is to teach children personal safety in a non-confrontational, fun and engaging fashion. Bravehearts' Education Teams delivered the show's messages at PCRSS this week to provide students and teachers with specialised child sexual assault awareness and education.

The show's main contents addressed:
Yes and No Feelings
Warning Signs
Scared and Yucky Feelings
It's OK to say NO if you don't feel safe
What to do if you feel unsafe or unsure



Take Care
Julianne Emmert
Principal

Did you know? Wellness is not a 'medical fix' but a way of living - a lifestyle sensitive and responsive to all the dimensions of body, mind, and spirit, an approach to life we each design to achieve our highest potential for well-being now and forever. Greg Anderson
 Read more at: <http://www.brainyquote.com/quotes/keywords/well-being.html>



Thank you for participating in the 2016 National Day of Action against Bullying and Violence.

The day was a great success with more than 930,000 students from over 2000 schools 'taking a stand together' to show that bullying and violence are never okay.

Resources

Sue Larkey
 Education Events PTY Limited
 Telephone: 0433 660 379
 Fax: 1300 656 408
 Email: dearne@suelarkey.com

Raelene Ensbj
 Parent Connect Facilitator-Central Qld
 Umbrella Network Coordinator
 254 Eldon Street,
 Rockhampton, QLD 4701
 Phone: 07 49286 550
www.theumbrellanetwork.org

Amanda Hartmann, Speech Pathologist, Spectronics.
www.spectronics.com.au

Department of Education and Training
<http://education.qld.gov.au>

Sue-Ellen Kusher-Mindworks Consultant
www.mindworksteam.com.au/sue-ellen-kusher

Bullying No Way!
<http://bullyingnoway.gov.au/national-day/index.html>

National Centre Against Bullying
www.bullying.org

KidsMatter
www.kidsmatter.edu.au/

Mindmatters
www.mindmatters.edu.au/

E-Safety
www.esafety.gov.au/esafety-information/esafety-issues

eSmart Schools/The Alannah and Madeline Foundation
esmart@amf.org.au

CentacareCQ Rockhampton
 10 Bolsover Street
 Rockhampton Q 4700
 PO Box 2150
 Wandal Q 4700
 Phone 1300 523 985
 Email rockhampton@centacare.net
<http://www.centacare.net>

Top 10 Tips for Successful Education By Dean Beadle

Successful education is about aiding and nurturing our young people to grow into fully formed and well-rounded individuals. These principles should be at the heart of all the work educationalists undertake with young people on the autism spectrum. Despite time and budget constraints, professionals can still make a huge difference to people on the autism spectrum; because it's strong student-professional relationships that make the most difference.

Below are ten tips for successful autism education. These are by no means exhaustive but are pertinent pointers for good autism practice.

1. Special interests/obsessions can be an invaluable teaching tool and a great motivator for the child.
2. Teaching social skills is as important as teaching academics. BOTH are essential for development.
3. In order to resolve a behaviour you must first understand the causes. Anxiety is often a major factor. Observation is key.
4. It's essential to put as much focus on a child's strengths as you do on their targets and difficulties.
5. Empower each child to see that their diagnosis doesn't have to be perceived as a setback but an asset and an important part of their individuality.
6. Appreciate the purpose and reasoning behind ritualistic behaviours.
7. Encourage people with autism to stretch out their comfort zones. Help them to build up a catalogue of successes so that they can take on new challenges based on the confidence that they've gained from succeeding before.
8. Inspire people with autism to feel that they are part of the solution rather than the cause of the problem.
9. Teach that it is OK to make mistakes in life. Children with autism often develop such a fear of mistakes that taking on new challenges becomes terrifying. Teach that mistakes are human nature and OK.
10. Remember that behind every diagnosis is a child with individual needs; no two children on the spectrum are completely the same. People on the autism spectrum have so many strengths, positive characteristics and abilities. I believe that good education practice can bring those to the fore and enhance them, setting up a strong foundation for lifelong success and well-being.

Sue Larkey www.suelarkey.com.au

eSmart Schools is a behaviour-change initiative in over 2, 200 schools across Australia. The eSmart Schools Framework is designed to help schools improve cybersafety and reduce cyberbullying and bullying.



KidsMatter Primary is a mental health and wellbeing framework for primary schools and is proven to make a positive difference to the lives of Australian children. KidsMatter Primary provides the methods, tools and support to help schools work with parents and carers, health services and the wider community, to nurture happy, balanced kids.



Search Port Curtis Road State School in the Facebook Search field you will find our page , if you wish to join the page you will need to like the page . This webpage is for celebrating our success and informing parents of events that are occurring in our school, eg., tuckshop, playgroup special parades or need to bring raffle tickets back etc. This is not a forum for negative comments. We have 3 admins for this site and it will be closely monitored. If anyone is not abiding by the rules they won't be permitted to enter the webpage. This is a place we can promote our school and let everyone know how wonderful it is. Parents will need to sign permission forms before any photos can be uploaded onto the website. When Deb returns on 26th April forms will be sent home.

Tricky Kids -Transforming conflict and freeing their potential By: Andrew Fuller
 A Spotter's guide to Tricky Kids

One of the great paradoxes of life is that many children and adolescents who are difficult to raise and teach often grow up to become, as mentioned, the movers and shakers of the world. They have fantastic energy and leadership potential. During more than 25years of working with parents and their kids, I have come to realise that, broadly speaking, there are two categories of kids:

1. the lovable, likable, amiable, friendly, compliant kids, You know the ones? You ask them to clean up their room and in a matter of weeks it is done!
2. the fiery ones, the feisty ones, the ones who have a mind of their own. These kids are tricky to parent well. These are the kids that can derive parents mad. These are also the kids with enormous leadership capability. Part one looks at how we can understand these kids in order to steer their energies and optimise their great potential.

