

What a great start to Term 4!! Thank you to all students and parents for your ongoing commitment to supporting our staff and school to make Burrowes the best school. On Tuesday we had a full school assembly, it was once again fantastic to see the high standard of uniform and behaviour. We celebrated the results of the Burrowes has talent and handed out some certificates. I also discussed with students our school rules and the importance of focusing on their school work.

We ended Term Three with Parent Teacher interviews which was an opportunity to discuss with your **child's teacher their progress. It is important that parents work with class teachers to ensure each student reaches their full potential;** and that this is reflected in their report card this semester.

Graduation letters went out this week to Year Six students. Can notes be returned with numbers and money as soon as possible so that we can confirm numbers?

Please be advised that Monday October 17 is a Pupil Free Day. No classes will run on this day. Teachers will be involved in professional development and preparation for 2017.

Staffing and classes for next year

One of the biggest challenges each year is the construction and organisation of classes for the next year. To help us be as accurate as possible and minimise any changes at the start of next year please let the office know if you are moving next year and are anticipating not returning to Burrowes in 2017.

The staffing and class formation process continues right through until the first few weeks of the following year. Preparation and planning is designed to limit any changes and adjustments to classes. I anticipate at this stage starting 2017 with 32 classes. However this does not include a fifth Prep class which is possible. Also we have several blocks of land in our catchment that may result in increased enrolments.

I would like to extend an opportunity to families to inform me, in writing, of any educational considerations that you would like me to be aware of when considering your child's placement for 2017. Where possible we will be doing all that we can to ensure that classes are balanced in both number and educational dynamics. With this in mind you can appreciate that it isn't possible to request a specific teacher, expect the same teacher who may have taught their sibling in the past, or want all your child's friends in the one class. Sometimes being best friends in the playground doesn't always equate to industrious work habits in the classroom, and often friendship groupings change during the course of the year. Your child's educational needs will be valued and taken into account, however the final class construction is ultimately a school decision made in consultation with this year's teachers. If you would like to write a letter please address it to the Principal and hand it into the office by Friday November 18.

At this stage our teachers do not know what year level they will be on next year and Education Queensland's transfer and staffing process remains active until the last day of the school year and in some cases staffing isn't finalized until after Day 8 2017, so needless to say that all of this is a work in progress.

Attendance

The attendance target for Education Queensland is 95%, this means that students can only be away from school for 10 days in the school year. Last year Burrowes finished the year at 88.8%. During most of this year we have been above 90%. Unfortunately at the start of Term 4 we have dropped to 89.9%. Can parents please ensure that students are at school every day?

10% of days off each year equals 20 days a year.

20 days a year is four weeks of schooling which equates to 1 and a half years of school missed over the child's 13 years of schooling.

School Uniform

With the summer fast approaching it is essential that students have the appropriate school hat. We have a NO hat, No Play policy at Burrowes. Students without a hat will be directed to sit during their play time. Students are encouraged to drink plenty of water. Non-school jumpers need to stay home. Next year during winter students will not be able to wear jumpers that are not endorsed by the school dress code.

Same day notification

We plan to go live with same day notification via sms in the next week or so. To assist us please:

- * Ensure that students attend school every day unless the student has a legitimate reason.
- * Ensure that all contact details are up to date and maintained.
- * Inform the school as soon as possible when a student will be absent from school and the reason for the absence. Our school absence line is 3802 3366.
- * Ensure that students are at school, on time, ready to start learning at the beginning of the day.
- * Be patient as we work to resolve any issues during Term 4 that may arise before 2017.

Prep enrolments

We have 73 preps currently on our books for 2017. Positions are filling up fast. If you are a current family with prep age siblings for next year, please notify the office as soon as possible. Our prep enrolment process for 2017 has begun, if you know of any new families with prep aged children who live in our catchment could you please encourage them to make contact with the school as a matter of urgency.

Parents on the prep list have been booked in for an enrolment meeting. We will be offering families an orientation and information session in November.

BUSINESS SERVICES MANAGER NEWS & VIEWS

Welcome back to the fourth and final term of 2016. I hope you all had a lovely break. This term is sure to be another busy one for us, as we continue to climb in student numbers.

ENROLMENTS

If you know of anyone within our catchment, who is yet to enrol a student or students for 2017, we are taking information now.

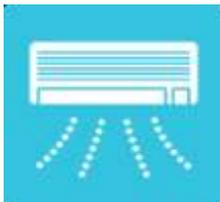
If you are unsure whether you are in catchment or not, please feel free to contact the office ladies and they can assist you to find out.

At this stage, we are taking new enrolments for 2017 from Prep right through to Year 6.



Also if you know you are not returning in 2017, again we would appreciate a heads-up in this regard, as this will assist with classroom models going into next year.

AIR CONDITIONING DONE



Air conditioning in classrooms has been completed. As the months get hotter, the buildings will be kept with doors and windows closed to make use of these machines more energy efficient. Please do not enter buildings prior to 3pm to wait for your student as this is extremely disruptive to groups using areas which maybe outside of their classroom learning area.

HALL KITCHEN – UPDATE

There has been a delay with the kitchen and we are not expecting work to start until around the 15th October. This work should take about a week to complete.

TRANSITION AREA UPGRADE



I am also in the process of finalising the tender process for an upgrade between F Block and the Resource Centre. This is a high traffic area, which we struggle to grow grass etc. The area will be fenced off while works are completed. Alternative passages around this area will need to be sourced.



BURROWES SS NAB AFL Auskick Centre

Sign on & 1st Session: – Wednesday 19th October

Time: 3:10pm to 4:10pm

Venue: Burrowes SS Oval

Address: Third Ave, Marsden QLD 4132

Cost: \$75

**Cost Only
\$75.00!!**

For more information contact: on 5594 5722

Or visit www.aflauskick.com.au

Participants receive benefits which includes, Hat, Football, pack and much more.

TO REGISTER:

Register online & pay online at
www.aflauskick.com.au

1. Please print your receipt and bring to the first session

P & C Meeting

9am Monday 10th October 2016



We look forward to seeing you

DATES TO REMEMBER 2016

End of Term Key Dates

Pupil Free day – Monday Oct 17

Christmas Spectacular – Thursday December 1

Year 6 Graduation – Tuesday December 6

Academic Parade – Thursday December 8

Last day of the school year - Friday Dec 9

SENIOR PARADE 12TH SEPTEMBER
ACADEMIC AWARDS FOR TERM 3

Class	Name	Comment
3Mc	Julienne	Principal's Award—Great work in English and Maths.
3W	Zainab	Principal's Award - Improvement in Learning.
4T	Shannon	Principal's Award - Maths applying his knowledge to unfamiliar concepts.
4T	Emilia	Principal's Award - English, editing, proofreading to improve and entering writing competitions.
4B	Brooklyn	Principal's Award - Writing.
4B	Henry	Principal's Award - Reading
4C	Jazinta	Principal's Award - Improvement in Maths
4C	Jacob	Principal's Award - Improvement in Writing
4H	Melika	Principal's Award - Improvement in English
4H	Chantel	Principal's Award
4H	Jamie	Organisation Award - Focused on work tasks.
5G	Raif	Principal's Award - Trying his best not giving up easily.
5K	Jarvi	Principal's Award - Showing improvement in her Mathematic skills.
5D	Blessing	Principal's Award
6B	Kimble	Principal's Award - Improvement in Writing and Punctuation.
6B	Harmony	Principal's Award - Improvement in her Creative Writing

BARR News - (Behaviour and Reward Room)

10 Traits of Emotionally Resilient People

If there is anything I have learnt in my seven years at Burrowes SS it is that we have a large number of students unable to cope with how others treat them and this significantly impacts on those student's learning. Ten years ago this month, Hara Estroff Marano, Editor-at-Large for *Psychology Today*, wrote in her article "The Art of Resilience": "At the heart of resilience is a belief in oneself—yet also a belief in something larger than oneself. Resilient people do not let adversity define them. They find resilience by moving towards a goal beyond themselves, transcending pain and grief by perceiving bad times as a temporary state of affairs... It's possible to strengthen your inner self and your belief in yourself, to define yourself as capable and competent. It's possible to fortify your psyche. It's possible to develop a sense of mastery."

So how do we fortify our psyche to ride the waves of adversity rather than being pulled under by the torrent? How is it that some people handle incredible amounts of stress while others quickly fall apart?

Those who master resilience tend to be skilled in preparing for emotional emergencies and adept at accepting what comes at them with flexibility rather than rigidity--times are tough but I know they will get better. The old metaphor applies: resilient people are like bamboo in a hurricane--they bend rather than break. Or, even if they feel like they're broken for a time, there's still a part of them deep inside that knows they won't be broken forever. Here's how they do it...

10 Traits of Emotionally Resilient People:

1. They know their boundaries. Resilient people understand that there is a separation between who they are at their core and the cause of their temporary suffering. The stress/trauma might play a part in their story but it does not overtake their permanent identity.
2. They keep good company. Resilient people tend to seek out and surround themselves with other resilient people, **whether just for fun or when there's a need for support. Supportive people give us the space to grieve and work through our emotions.** They know how to listen and when to offer just enough encouragement without trying to solve all of our problems with their advice. Good supporters know how to just be with adversity—calming us rather than frustrating us.
3. They cultivate self-awareness. Being 'blissfully unaware' can get us through a bad day but it's not a very wise long-term strategy. Self-awareness helps us get in touch with our psychological/physiological needs—knowing **what we need, what we don't need, and when it's time to reach out for some extra help.** The self-aware are good at listening to the subtle cues their body and their mood are sending.

On the other hand, a prideful stubbornness without emotional flexibility or self-awareness can make us emotional glaciers: Always trying to be strong in order to stay afloat, yet prone to massive stress fractures when we experience an unexpected change in our environment.

4. They practice acceptance. Pain is painful, stress is stressful, and healing takes time. When we're in it, we want the pain to go away. When we're outside it, we want to take away the pain of those who we see suffering. Yet **resilient people understand that stress/pain is a part of living that ebbs and flows. As hard as it is in the moment, it's better to come to terms with the truth of the pain than to ignore it, repress it, or deny it.** Acceptance is not about giving up and letting the stress take over, it's about leaning in to experience the full range of emotions and trusting that we will bounce back.



10 Traits of Emotionally Resilient People (continued)

5. **They're willing to sit in silence. We are masters of distraction:** T.V., overeating, abusing drugs, risky behavior, gossip, etc. We all react differently to stress and trauma. Some of us shut down and some of us ramp up. Somewhere in the middle there is mindfulness-- being in the presence of the moment without judgment or avoidance. It takes practice, but it's one of the purest and most ancient forms of healing and resilience-building.

6. **They don't have to have all the answers. The psyche has its own built-in** protective mechanisms that help us regulate stress. When we try hard to find the answers to difficult questions in the face to traumatic events, that trying too hard can block the answers from arising naturally in their own due time. We can find strength in knowing that it's okay to not have it all figured out right now and trusting that we will gradually find peace and knowing when our mind-body-soul is ready.

7. They have a menu of self-care habits. They have a mental list (perhaps even a physical list) of good habits that support them when they need it most. We can all become self-care spotters in our life—noticing those things that recharge our batteries and fill our cup. In part two of this resilience blog series, my guest Karen Horneffer-Ginter, author of *Full Cup, Thirsty Spirit: Nourishing the Soul When Life's Just Too Much*, shares her 25 ideas for cultivating resilience. Her blog just might inspire you to create your own self-care menu. Karen has taken the menu idea a step further by designing a self-care poster that serves as visual inspiration to nourish the soul when life's just too much.

8. They enlist their team. The most resilient among us know how to reach out for help. They know who will serve as a listening ear and, let's be honest, who won't! Our team of supporters helps us reflect back what they see when we're too immersed in overwhelm to witness our own coping. We can all learn how to be better supporters on other people's team. In this L.A. Times article, "How not to say the wrong thing", psychologist Susan Silk and co-author Barry Goldman help readers develop a strategy for effectively supporting others and proactively seeking the support we need for ourselves. Remember, it's okay to communicate to our supporters what is and isn't helpful

YOU CAN DO IT!

In You Can Do It! we have been learning about RESILIENCE.

Resilience means staying cool, calm and collected in a difficult situation and bouncing back when the situation is over.

This week we revised what it feels like when you may start to get upset (angry, sad or worried).

We talked about finding an adult or someone who we could talk to that could help us to feel more cool calm and collected instead of angry, sad or worried.

