Once again our cross country runners ran the race of their lives!

Congratulations to Joshua Horvath who will continue on to the Wide Bay Cross Country Event

Principal Award: Avril Bethune for her dedication towards her school work in class.

Congratulations to Mr and Mrs Oulds who welcome Finnegan Baird Ayland Oulds, a brother for Hamish. Finnegan weighed in at 7lb 2oz/3230g and 51cm long and was born on 2nd May.

Today we hosted AVA Pet Visit – It’s great to see professionals come into our school to share information and experiences on how to look after our pets.

Tomorrow (Thursday 9th May), our school Bauple State School will be singing the National Anthem at North Coast Regional Showcase. This is an annual event that the North Coast Regional School Showcase their schools and what they have achieved over the last year. Our students have SCHOOL PRIDE and that in itself is AWESOME.
NAPLAN
Next Tuesday, Wednesday and Thursday our Years 3/5/7 students will participate in NAPLAN testing. We will be providing breakfast over the 3 days to all our students, not just the Year 3/5/7 students. Breakfast will be served from 8:10 till 8:40. Students just need to come to the tuckshop.
Breakfast will consist of:
- Bake Beans and Sausage, Hash Browns, Corn Fritters, Breakfast pies, mini quiches and scrambled eggs. Fill in the order form and return ASAP purely for catering purposes.
- Donations of eggs, fruit, bake beans, puff pastry, onions, please send into the office.

Mothers Day Stall
Students can purchase some awesome presents from the P&C Mothers Day Stall today and again on Friday. Cost $0.50 - $5.00.

Reading The Bauple Way Workshops

Our workshops continue on 28 May and 11 June. (Mrs Chin and Mrs Booth will be running these workshops.) Please register via the office for catering purposes and number of handouts. We recommend these workshops for all parents and staff as they will support you supporting your children and students, at home and at school. Parents bring at least one friend to the next workshop. There will be a small prize for the parent who brings the most friends. (Tuesday, 3:15 in the Resource Centre)

Bauple State School Sports Day – 7th June
Last week, the students began practicing Ball Games. Over the next few weeks the students will begin practice in sprints, 800m, high jump, long jump, shot put and relays.

We welcome all parents and community members to cheer on the students as they run their races and jump through hoops during the day.

School Camp:
June 19, 20, 21 (Wednesday, Thursday, Friday)
We are going on camp to Emu Gully at Helidon (at the bottom of the Toowoomba Range). The cost is $150. This can be paid in full or paid off in instalments.

ITEMS FOR TENDER
The school currently has 5 x hanging racks (pictured below) for sale by tender. If you are interested in tendering for any or all of the racks please submit your tender to the office, in a sealed envelope by Friday 17th May. These racks can be viewed any day during office hours. They are situated in the staff room.

Book Club
The next issue of Bookclub is attached. Please have your orders and money to the school by Monday 13th May.

“You need to overcome the tug of people against you as you reach for high goals.”
-- George Patton, General

Be Safe, Be Happy
Susan Booth,
Principal
I live in a big city and every day witness people being curt and mean and yelling at each other. It’s as if no one cares how others are feeling anymore. Every time I hear it, I get sad.

When spouses/partners, parents and kids, or strangers on the street are angry and no resolution occurs, the injured party walks away feeling isolated and alone. The connection is lost. That lost connection causes people to remain angry and spread their anger from one person or situation to another. It’s the kick-the-dog syndrome.

How can we reconnect again?

Connecting Even When Correcting Your Child’s Behaviour

As Circle of Moms member M. Ola says in response to a question posed by another mom, "the [kids] need to know that you are there to support them... they don’t believe that when you appear not be listening." In other words, if you connect to your child before you correct his behaviour, your child is much more likely to be willing to listen to you and far less likely to raise the "I’m not listening barrier," to tune you out, or to argue with you.

You might be thinking, "Oh no, not another touchy-feely way to parent. I handle my kids the way my parents handled me, and I turned out just fine!"

Stop and think about your childhood for a moment. When you were being yelled at and punished, weren’t you desperately trying to tell your parents your side of the story? Connecting gives your child a chance to explain how he saw the situation unfold, which allows you to spot any holes in his understanding. This is how a real parent-child connection is created.

Simply asking him why he did something wrong as you’re yelling and punishing doesn’t produce the same results. Your child misses information about the impact of his behaviour and the other choices he could have made instead. Teaching requires that he solve the problem with your support. This gives him firsthand experience and inspires him to make better choices next time.

There are two concepts to keep in mind when correcting your child: using the word "how" and active listening.

1. Starting With "How" Questions

As long as you don’t just ask one question before launching an "I’ll tell you where you went wrong" lecture, beginning with a "how" question rather than a "why" question will encourage connection with your child. Ask things like:

"How upset are you?"
"How did her words make you feel?"
"On a scale of 1-10, how mad are you?"
"How do you think you should have handled this?"
"How are you feeling now?"

2. Active Listening

Wikipedia says, "Active listening is a communication technique that requires the listener to feed back what they hear... [leaving] little room for assumption or interpretation." Using active listening assures your child that he’s been heard.

An example would be: "You said Sally said mean things to you, so you hit her, right?"

3. Correcting Using the Word "What"

Now it’s time to shift from connecting to correcting. To do that, begin sentences with the word "what."
"What are the rules in our house when you hit a friend?"
"What are you supposed to do instead?"
"What will you be doing now to fix his hurt feelings?"
"What else happens in our house when we hurt someone’s feelings or body?"
It helps if you post a list on your refrigerator of your family’s rules and what happens when the rules aren’t followed. That allows you to supportively walk your child over to the list as you ask questions that begin with “what.” Asking questions and using natural consequences to repair the damage requires a child to think and learn from his choices.

When the words "what" and "how" are used as part of the correction process, they help fill the needs of both parent and child by steering each of them away from anger. The child feels connected and heard, which further reduces power struggles. And the parent can truly teach his child what he needs to know without relying on reactions and punishment.

When families connect as they correct behaviour, they’re creating new habits that naturally show up in the workplace and in their daily interactions with others. Then hopefully, the pervasive anger we’re experiencing in society will begin to shift as well.

Sharon Silver is a parenting educator and the founder of Proactive Parenting. She’s also the author of Stop Reacting and Start Responding: 108 Ways to Discipline Consciously and Become the Parent You Want to Be.

### Weekly Awards

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<thead>
<tr>
<th>‘STUDENTS OF THE WEEK’</th>
<th>‘Doing the Right Thing’</th>
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<tbody>
<tr>
<td>Back Row: Makayla, Jesse, Alex M</td>
<td>Hazel-Lee, Alex M</td>
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<tr>
<td>Next Row: Jaycob, Kurtis, Zack</td>
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</tr>
<tr>
<td>Front Row: Mark, Sophie, Jade, Jack</td>
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### P&C Assoc. News

We had our first Mother’s Day stall on Wednesday and our last one will be Friday 10th 2 – 3pm. We have lots of lovely gifts for your children to buy, prices ranging from 50c to $5.

NAPLAN starts next Tuesday morning. If you would like to donate any products for this, please leave them at school. I will be at school on these mornings from 6:45am, helpers will be greatly appreciated.

**Movie Night:** Friday 17th May – 5:30 – 8pm $5 for dinner and drink. Bring your blanket and pillow.

Next **P&C meeting** will be Tuesday 21st May at 3:15pm.

**Tuckshop news**

If you would like to or know someone that can help in tuckshop, I would love to hear from them. As it stands we have three helpers and it would be great to get some help in there.

### Tuckshop Roster

<table>
<thead>
<tr>
<th>MAY</th>
<th>HELPERS</th>
<th>COOKS</th>
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<tbody>
<tr>
<td>15</td>
<td>Leanne Phali</td>
<td>Shona Bobeldyk</td>
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<tr>
<td>22</td>
<td>Hailie Manderson</td>
<td>Chantelle Böttcher</td>
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<td>29</td>
<td>Talia Chessels</td>
<td>Talia Chessels</td>
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<td>JUNE</td>
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<td>5</td>
<td>Leanne Phali</td>
<td>Leanne Phali</td>
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<tr>
<td>12</td>
<td>Hailie Manderson</td>
<td>Sabrina Spice</td>
</tr>
<tr>
<td>19</td>
<td>Talia Chessels</td>
<td>Shona Bobeldyk</td>
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If you are unable to attend your day please let me know ASAP so we can swap with someone else

**Thanks you Sherry**
FREE CHILD’S ENTRY TO THE FRASER COAST SHOW!

The Fraser Coast Show, May 24-25, will be an adventure ground for children and teens - full of amazing discoveries, thrilling rides and free entertainment. To make sure as many families as possible experience all the “fun of the fair”, the Fraser Coast Show Society is offering free child’s entry with every paying adult.

Simply go to www.ourfrasercoast.com.au/staycations to print the voucher to present at the show gate. The offer is available through Fraser Coast Staycations - a free program run by the Fraser Coast Regional Council with special “locals” deals on dining, accommodation, shopping and attractions.

For all the details on the Fraser Coast Show go to www.frasercoastshow.com.au

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COMMUNITY NEWS

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CALENDAR

BAUPLE SCHOOL

23 May
‘Under 8’s Day’ Bauple School 9:30 am – 1pm

07 May
Bauple Sports Athletics Carnival

17 July
Theebine & Dist. Schools – 800m race – Bauple School

19 July
Theebine & Dist. Schools - Athletics Carnival – Tinana Oval

09 Aug
Maryborough Zone Track & Field Carnival – Tinana Oval

P&C

8/9 May
Mother’s Day Stall

17 May
Games & Movie Night – Bauple School 5pm

30 Aug
Tombola – Bauple Recreation Centre – 7pm

14 Sept
Sausage Sizzle & Cake Stall – Federal Election – Bauple School

COMMUNITY

09 May
Community Safety meeting – Bauple Rec. Centre – Sausage Sizzle 6pm, presentations 7pm

12 May
‘Love Mary Day’ – Petrie Park, Tiaro

20 May
Daughters of Destiny women’s event at Lighthouse Christian Church

01 June
Music Club – Bauple Recreation Ground – 5pm

13 July
Tiaro Farming & Lifestyle Field Day

19 July
Tombola – Bauple Recreation Centre

07 Sept
Bauple Nut Bash – 2pm – Bauple Recreation Ground
Community safety in times of Crisis: Bauple Community Presentation

Where: Q150 Building
       (kindly offered by Bauple & District Recreation Ground Association Inc.)
       Forestry Rd, Bauple Village (adjacent to Bauple School & Rec Grounds)

When: Thursday, 9 May, 2013

Time: 7pm – Presentations commence
       6pm – Sausage sizzle & Soft drinks $1 ea.

Who should attend: Everyone welcome
                        All Bauple Community including Rossendale, Tallegalla, Bauple Village & Bauple Forest
                        All neighbouring Fraser Coast Hinterland Communities

Hosted by: Bauple Forest Special interest Group (SIG)

Presenters & Topics:
 Queensland Ambulance Service (QAS)
       o First Aid Training
       o QAS First Responder Volunteer application process

 Red Cross
       o USB sticks – important documents & medical details in times of crisis

 Kenworth First Responders
       o Setting up a First Response Team

 Bauple Forest SIG
       o Who is Bauple Forest SIG
          ▪ Community Feedback & Confidentiality
       o Be Prepared
          ▪ Emergency Kits (handouts available)
          ▪ FREE Bauple sessions to scan personal documents to USB sticks
          ▪ What is eHealth & australia.gov.au
       o Social Media in times of Crisis
          ▪ FREE Bauple group lessons to setup & learn Facebook & Twitter

Bauple Forest SIG is an autonomous group of Bauple Forest residents passionate about connecting and communicating with our entire Bauple Forest Community and sharing knowledge with the wider Bauple Community and neighbouring Fraser Coast Hinterland Communities.

We are currently exploring Community safety in times of Crisis.

Group participants include: Marg Williams, Col Bowman, Susan Beetson, Robyn Gray, John Williams, Jeff Hawley & Peta Milne. Mayor Gerard O’Connell Fraser Coast Regional Council has endorsed this self sufficient initiative toward a safer Community, especially in times of Crisis. Mal Churchill from Fraser Coast Regional Council’s Disaster Planning Coordinator has also collaborated with Bauple Forest SIG.
LOVE MARY DAY

12 May 11-3pm Tiaro
Near Petrie Park (Follow the signs)

Free gift for your Mum!

SEE ANIMALS up-close with The Gecko Man!

- Local schools’ Mary River Art Competition on display.
- Koala grunting competition
- Nesting boxes
- Richmond Birdwing Butterfly vines
- BBQ by Tiaro Lions

* Get to know our local koalas
* Butchulla talking circle
* Interpretive river walk
* What makes the Mary River and Great Sandy Strait special?
* Get the latest from local community group stalls

FREE Workshops:
- Cats Claw Weaving
- Seed ball making
- Cats Claw Creeper biological control tour

A huge thanks to our local sponsors:
- Rotary Club of Maryborough Sunrise
- Maryborough Regional Arts Council

And to our supporters:
- Mary River Catchment Coordination Committee
- Fraser Coast Regional Council
- Burnett Mary Regional Group

For more information contact:
call Tanzi on 0405 848 375 or visit greatermary.wix.com/riverlovers

This project is supported by The Greater Mary Association Inc, through funding from the Australian Government’s Caring for our Country.
What bullying isn’t, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is a word that’s wrapped in emotion. For many people bullying is associated with bad childhood memories. It’s been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children’s natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can’t escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

If you think your child is being bullied then handle with care as children often don’t want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for warning signs such as items being stolen, changing the route to school and withdrawing from usual activities.

If your child is being bullied:

1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn’t constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls calmly feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to ‘think’ language) and feel. It’s normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Set your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools’ anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child’s support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It’s worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.