



Palmwoods Pages



Upcoming Events

WEBSITE: www.palmwoodss.eq.edu.au

EMAIL: admin@palmwoodss.eq.edu.au

SCHOOL ADMIN NEWS

2 Aug 2017

Second Step Social Emotional Learning

This semester our school will be introducing components of a new Social Emotional Learning program for students titled **Second Step**. The *Second Step* program for Prep through to Grade 6 is a universal, classroom-based program that teaches skills that strengthen students' ability to learn, have empathy, manage emotions, and solve problems. Equipping students with *Second Step* skills creates a safer, more respectful learning environment that promotes school success for all.

The *Second Step* program teaches students to have empathy, manage emotions, and solve problems. Students with these abilities have more positive relationships with teachers and peers, they feel connected to school and to their peers and are more likely to have positive academic self-concepts and less likely to be rejected, isolated, and bullied. They are more motivated for academic success and more engaged in learning.

To be successful in school, students must also be able to regulate their emotions, thoughts, and behaviours. The *Second Step* program includes five-minute games, known as Brain Builders, which work to build students' attention, working memory, and inhibitory control. These skills are important aspects of self-regulation that can positively influence students' success in school.

The *Second Step* program further promotes the development of self-regulation skills and improved participation in learning through its focus on skills for learning. Focusing attention, listening, using self-talk, and being assertive are skills for learning that are introduced and practiced.

The *Second Step* program helps students develop the ability to have empathy for others. Empathy is an important aspect of social-emotional competence and is related to academic success. Students with high levels of empathy are skilled at identifying emotions in themselves and others and considering situations from others' perspectives. Being able to feel or understand what another person is feeling prepares students to manage their own strong emotions and solve interpersonal problems.

Teaching students to recognize strong emotions and use strategies to calm down has been shown to be effective in increasing their ability to cope with school. The *Second Step* program teaches students proactive strategies such as deep, centred breathing and positive self-talk, to help students focus and calm themselves instead of acting on their first impulse.

Many different interpersonal problems can adversely affect children's success in school. The *Second Step* program is based on research on effective patterns of thinking, where students are taught first to calm down, then to follow four Problem-Solving Steps: S: Say the problem, T: Think of solutions, E: Explore consequences, and P: Pick the best solution. Students who know how to respond to common problem situations help create a safer, more respectful school climate where more students can learn and succeed.

The *Second Step* program teaches students the skills they need to be successful in school. With each unit, students build self-regulation and social-emotional skills that support their academic achievement and prevent them from engaging in harmful behaviours. Students improve their ability to learn, have empathy, manage emotions, and solve problems. Socially and emotionally competent students feel more connected to school and to their peers, thus creating a healthy, safe, and respectful school climate for all.

As students explore this program, lookout for the Home Links that students will bring home with information and follow up activities. Please feel free to provide us with any feedback on how the program is going and what your child thinks of it.

Allan Petts
Deputy Principal

**ENRICHMENT
YEAR 3-6
BEGINS**
4 August
Friday for 5 wks

**YEAR 2
EXCURSION**
Friday
11 August

**KIDS CLUB
DATE NIGHT**
11 August

**FREE DRESS
DAY**
Friday
1 Sept

SCHOOL DISCO
Friday
1 Sept

ARTS ALIVE
Thursday
7 Sept

SCHOOL CONTACTS

SCHOOL
5453 2444

**ABSENTEE
HOT LINE**
5453 2444
OPT 1

KIDS CLUB
5478 9499

TUCKSHOP
5453 2408

PARENT INTEREST ITEM**Visit by 26 students from Tatebayashi Junior High School, Japan.**

This week 26 students from Tatebayashi Junior High School (in Japan) are visiting the Sunshine Coast as part of a partnership between the Sunshine Coast Regional Council and Tatebayashi Council. The students are being homestayd with a number of our school families and a number of families from Woombye SS from Tuesday afternoon (1st August) to Sunday 6th August.

The students will be integrated into our school life in classes from Yrs 4-6 for Thursday 3rd August. They will spend Wednesday 2nd August at Woombye SS and on Friday all the students are involved in a tour into Sunshine Coast Council and Mooloolaba.

A special thank you to our families hosting students: Leigh and Melissa Barrett; Michael and Sarah Grummett; Paul and Teressa Hennessy; Anthony and Ruth Arthur; Joel and Kristy Williamson; and Rod and Tamara Spackman. We are sure this will be a valuable time for your family to learn more about Japan and the Japanese way of life as well as the Japanese students learning about Australian life.

INSTRUMENTAL MUSIC**Strings Orchestra Success**

Huge congratulations to Mr Rickett and the Palmwoods State School Strings Orchestra. The small group of 17 talented musicians took out 2nd Place at the Sunshine Coast Junior Eisteddfod held at Matthew Flinders Anglican College on Tuesday 1 August. The outstanding performance was the result of Mr Rickett's inspirational teaching and the dedication and commitment of the students shown with their practice. A remarkable achievement.

**PREP 2018 ENROLMENT**

The school is currently taking enrolments for 2018 Prep Year.
Enrolment Forms are available NOW from the school office.

*Your child is eligible for Prep 2018 if they were born
between July 1 2012 and June 30 2013.*



UNDER 8s' DAY

**Under 8s' Day Fun**

What a great day we had at our Under 8's Celebration last Thursday. The weather was perfect, the kids were excited and the activities were fantastic fun. We had a great visit from the Nambour Fire Service and the Traffic Branch of the Police. We also had some very cute four legged friends from "Smart Pups", a not-for-profit organisation that specialise in providing trained service dogs to assist children with special needs, who really enjoyed all the attention the kids gave them! Thanks to all the parents and grandparents who were able to come and enjoy the day and to all the school staff who ran the activities.



YEAR 6 SCHOOL SLEEPOUT

We certainly had a great time chilling out on Friday night at the school sleepout! The aim was to gain a better awareness and understanding of homelessness. We had a couple of guest speakers including a St Vincent de Paul representative, Homeless Support Worker and a lady who had experienced homelessness. We gained great insight into the reality of homelessness, while also using the opportunity to support the work of St Vinnies. Year 6 students collected donations of goods and money to give to St Vinnies to help those who find themselves homeless.



A HUGE *Thank you to...*

Fiona from our local **St Vincent de Paul** branch who helped to organise such a successful night.

St Vinnies Conference for donations of food - including soup!

Palmwoods Bakery for the donations of bread rolls and bread.

Our community volunteers who helped on the night— **Paul, Vaughan, Tali and Joshua.**



COMMUNITY NOTICEBOARD

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PALMWOODS BOWLS CLUB

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SOCIAL BOWLS Weds. night/ Sun morning

BLUES NIGHT 1st THURSDAY of each month

FUNCTIONS Ph: 0479121627 [Find us on facebook](#)

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