

FREE PARENTING SEMINAR



Triple P, Positive Parenting

Help your kids do well in life!

Want your kids to be more cooperative, independent and capable? Triple P's Raising Confident, Competent Children seminar helps you understand more about developing kids' social and life skills, so they can be their best now and in the future. This life-changing 90 minutes is free for Queensland parents and carers of children aged up to 12 years, and is packed with strategies to help make family life easier, less stressful – and happier!

Triple P's Raising Confident, Competent Children seminar can help you:

- Get your kids to cooperate
- Develop your child's social skills
- Teach your kids to solve problems and be independent
- Raise kids who are respectful and caring
- Show your child how to set and achieve goals

Register for your free parenting seminar:

Raising Confident, Competent Children
14th October 2016
9:15am - 10:45am
Nobby State School



Book your free place now at www.triplep-parenting.net



The Mango Fundraiser is on again. Soon you will be able to enjoy yummy mangoes, smoothies and mango salads.

Please return orders and payment by Wednesday 26th October.

Our 'End of Year' function will be held at Nobby State School on Monday 5th December, starting at 5:00pm.

This year, the students will be hosting a fete followed by a performing arts display and award presentations.

It's sure to be an action-packed evening, so please mark this date on your calendar and ask your family and friends to come along.



The Nobby Link

confidence in a connected world

Term 4 Week 1
Thursday 6th October 2016

Nobby Lantern Parade

Thank you to all of the Nobby families that came along to the inaugural Nobby Lantern Parade. It was a wonderful community event. Our lanterns looked fantastic– thanks to Mrs Lees and our clever students!

Tuckshop

Attached to this week's newsletter is the Term 4 Tuckshop Menu. Tuckshop will commence next Friday 14th October. Please ensure orders are placed in the Tuckshop box in the office by 9:00am on Tuesday morning.

If you are able to help out with Tuckshop, please catch up with Cheryl (Kyle & Lilly's mum). Without volunteers, the tuckshop will cease; so please consider helping Cheryl out for half a day, or a full day if you can manage it.

Swimming Program

We are very lucky to have our own pool. Swimming will occur every Thursday for every student, during PE. Students will be split into ability groups for these lessons.

Additionally, swimming will occur after school on Mondays and Thursdays for Sporting Schools (starting week 3 and concluding week 9). If you wish for your child to participate in the Sporting Schools program, please pop their name on either the Monday or Thursday list in the office.

Students MUST wear a sun shirt and

swimming cap for EVERY lesson. Please ensure that ALL clothing and swimming gear is clearly named.

Triple P Parenting Seminar

Our very own Chappy Matt is now able to deliver Triple P sessions, which is a BIG DEAL. The next seminar will happen in the library next Friday, beginning at 9:15am. The program is extremely beneficial to all parents, so please consider coming along.

Black & Yellow Free Dress Day

To help to raise some much needed funds for MS Queensland, the Project Club have decided to hold a 'Black & Yellow Free Dress Day' next Friday 14th October.

Students are encouraged to come to school in black and yellow clothes (or free dress) and bring a gold coin donation for MS Queensland.

School Dental Service

The School Dental Service will be at Nobby from Monday 10th October. If you wish for your child to attend this service, please return your registration form by tomorrow.

Clifton Country Week

Our students have been busily preparing for Clifton Country Week events. The window that our school will be decorating is at the Clifton Takeaway.

Calendar		
Week 2	Friday 14th October	Black & Yellow Free Dress Day for MS Queensland
Week 2	Friday 14th October	Tuckshop
Week 2	Friday 14th October	Triple P Seminar Day 2
Week 2	Friday 14th—Saturday 22nd October	Clifton Country Week
Week 3	Monday 17th October	Pupil Free Day—NO Sporting Schools
Week 3	Thursday 20th October	Sporting Schools
Week 3	Friday 21st October	Clifton State High School Open Day
Week 3	Friday 21st October	Jump Rope Demonstration
Week 10	Monday 5th December	Fete, Performing Arts Display and Presentation Night
Week 10	Friday 9th December	Interhouse Swimming Carnival

Emergency Services Day Toowoomba

16th October 2016
10am-2pm
East Creek Park, Kitchener Street

Free entry

Information stalls
Fire station tours
Little Axel
CPR awareness
Little Squirt & Blazer
Kitchen Fire Simulator
Historical fire truck
Surf life saving demonstration
Food and drinks available

Clifton & District Amateur Swimming Club

Sign On Sunday 9th October 1 – 3 pm
Sausage Sizzle (\$2)

Club nights and 'Come and try' commence Monday 10th October from 5.30pm

Competition Coaching for Swim club members (starts, turns, finishes etc) offered by Tara Clarke 5 – 5.30 each Monday before Club

Enquiries: cliftonswwimmingclub@gmail.com

P156 Class

Term 4 will have a heavy emphasis on completing all of our academic work.

In Maths we will do revision of 4 operations, fractions and problem solving. Mr Youngberry will do data and mapping skills.

In English we will be aiming to reach our reading level and sight words goals for the younger ones and early in the term the older students will be writing great comparative essays.

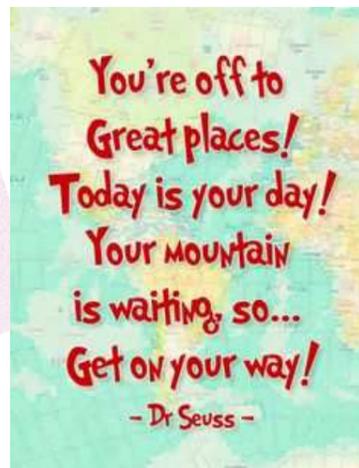
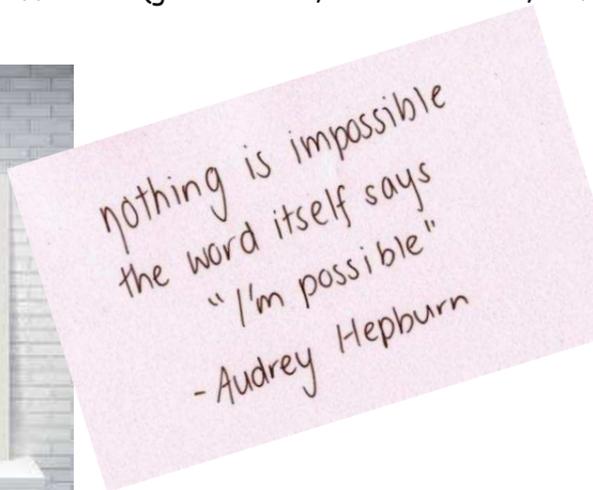
We have been busy getting out 'Country Week' window display ready. Our school has entered our gardens and we are also getting our scarecrows ready for the competition. Thanks to those families who have sent in photos and bits and pieces for the scarecrows.

Skipping is big on our agenda for the next 2 weeks as we prepare for our 'Jump-off' presentation day in week 3 on Friday 21st October. Children are welcome to plan costumes, etc to make their presentation a real performance. Do come along and watch your children's skipping skills.

Swimming starts next week. Make sure you have caps and swim shirt organised as well as a 'cossie'. Please NAME towels, bags, underwear, shirts and bottoms. Students may wear thongs/sandals/crocs during the middle session on Thursdays (this is optional.)

I will be on long service leave for the last 3 weeks of this term and will be doing Parent/Teacher interviews for Year 1 and Preps before I go.

Thank you for what you do to help your child be the best they can be each day at school. Your effort does make a difference (good lunches, homework done, uniforms that make them feel a part of the school.)



Jump Rope For Heart Demonstration

Please keep the afternoon of Friday 21st October free for a fantastic demonstration from our talented skippers.

Come dressed in black & yellow (or free dress) next Friday, 14th October, to help raise money for MS Queensland.
Gold coin donation required!

It's 'digital heroin': What Screen Time is Doing To Our Kids

"There's a reason that the most tech-cautious parents are tech designers and engineers. Steve Jobs was a notoriously low-tech parent. Silicon Valley tech executives and engineers enroll their kids in no-tech Waldorf Schools. Google founders Sergey Brin and Larry Page went to no-tech Montessori Schools, as did Amazon creator Jeff Bezos and Wikipedia founder Jimmy Wales.



Many parents intuitively understand that ubiquitous glowing screens are having a negative effect on kids. We see the aggressive temper tantrums when the devices are taken away and the wandering attention spans when children are not perpetually stimulated by their hyper-arousing devices. Worse, we see children who become bored, apathetic, uninteresting and uninterested when not plugged in.

But it's even worse than we think.

We now know that those iPads, smartphones and Xboxes are a form of digital drug. Recent brain imaging research is showing that they affect the brain's frontal cortex — which controls executive functioning, including impulse control — **in exactly the same way that cocaine does....** [Continue reading here: http://nypost.com/2016/08/27/its-digital-heroin-how-screens-turn-kids-into-psychotic-junkies/](http://nypost.com/2016/08/27/its-digital-heroin-how-screens-turn-kids-into-psychotic-junkies/)



Australia Zoo Excursion

Our whole school excursion to Australia Zoo was a raging success. Having groups of mixed ages was a great way for our students to interact. Students learnt so much about animals and caring for them, as well as conservation. The Croc show had most of us in awe. A truly remarkable experience!

