5 March 2015

FROM THE PRINCIPAL

LATE TO SCHOOL

I wish to remind parents that the start of our school day is 8.50am and not 9.00am. The weekly report has an alarming volume of families who are presenting late to school.

SMOKING

From 1 January 2015, smoking is banned at all Queensland state and non-state schools, and for 5 metres beyond their boundaries.

The law applies at all times—during and after school hours, on weekends and during school holidays. It includes the use of all smoking products, including regular cigarettes and devices commonly known as electronic cigarettes.

School land is defined as land on which a:

- state school provides education programs under the Education (General Provisions) Act 2006
- non-state school provides primary education, secondary education or special education under the Education (Accreditation of Non-State Schools) Act 2011
- state or non-state school provides other educational facilities, instruction or activities, for example, sports grounds, and including land that is owned or leased by the school.

Five metre buffer

The buffer is a 5 metre no-smoking area around the perimeter of the school, beyond the school land boundary; including all structures in this area, such as bus shelters and car parks. This area does not extend into residential or business premises that share a boundary with school land.

Smoking in vehicles

Smoking in motor vehicles is illegal in the following circumstances:

- if a person under the age of 16 is present
- in a motor vehicle being used for business use if more than one person is in the vehicle.

Kind regards,

Heather Andrew

FROM THE DEPUTIES’ DESK

We can’t believe it’s now week 5, as they say, time flies when you’re having fun (and learning).

Our Grade 2, 3, 4 students are currently in the middle of their swimming lessons. These lessons are a great way to teach our students how to be “Water Safe” and proficient swimmers.

In Weeks 9 and 10 (beginning 23rd March and 30th March) there will be a chance for you to have a parent / teacher interview with your child’s classroom teacher. These are
invaluable for you to monitor your child’s progress. We strongly encourage all parents to attend. More information on these to come in the next few weeks.

Interschool sport starts on the 13th March. The students are currently in trials to represent our school. The sports are Touch Football, Soccer, Rugby League and Netball.

Uniform update: Our students are looking fantastic! A friendly reminder though, any student not abiding by our schools dress code will not be allowed to represent the school. Only those students who present and abide by our dress code will be allowed to represent our fantastic school in extracurricular activities.

Attendance: Our attendance is currently at an extremely high rate. We are meeting the departmental targets for attendance with ease. However, we need to keep bringing our students to school, and I know I sound like a broken record, but, “If they aren’t here, we can’t teach them”.

Below is yet another fantastic graphic I came across about the importance of attendance:

**Does Attendance Really Matter?**

<table>
<thead>
<tr>
<th>1 or 2 days a week doesn’t seem much but......</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>If your child misses...</strong></td>
</tr>
<tr>
<td>1 day per fortnight</td>
</tr>
<tr>
<td>1 day per week</td>
</tr>
<tr>
<td>2 days per week</td>
</tr>
<tr>
<td>3 days per week</td>
</tr>
</tbody>
</table>

If you want your child to be successful at school then YES, attendance does matter!

*Every Day Counts!!*

We are so proud of our students and feel honoured to be Deputy Principals of such a wonderful school.

Your Deputies,

*Brendan Creighton & Jane Tuckett*

**1C, 1FM, 1G AND 1P**

Thank you to those who attended the meet the teacher night. It was a great turn out and excellent discussions ensued. If you were unable to attend, please contact your classroom teacher for a copy of the presentation. All Term 1 units of work are well underway. In Maths we continue to work on counting patterns, addition and subtraction and measurement. In English we have been discussing emotions shown by characters in picture books and how these are represented. Students are becoming more confident in their year 1 surroundings and are certainly getting better organised. We are seeing lovely friendships develop and our Ormeau values lessons are helping students see the importance of caring for our school and classroom community. There has been some unique art produced following our early learnings about colour. Look out Picasso! We are finding the mental munchies brain break more important than ever to re-boot the students for learning, thank you for sending great healthy fruit and vegetables.

**Reminders:**

- It is the school policy that parents and students wait at the tuckshop area if you arrive before 8:30.
- Please be advised that we are to be with students from the first bell in the morning. Bell times are not a great time to have an informal discussion about your child, please make a prior arrangement so we can give you our full attention.
- Please make sure you contact the office or your classroom teachers if your child has any absences from school.

Kind regards,

*Casey Cameron, Olivia Furner, Erin Mallouk Fiona Galletly and Michele Pikunic*

**3J, 3LM, 3M, 3MS AND 3W**

It’s unbelievable that it is already halfway through the first term. Students are working very hard on their Persuasive Writing for English, and Time, Number sequences, Addition, Measurement, three digit representations for Maths. Just a reminder that it is Autumn and students still need water bottles to keep hydrated and hats to keep that sun from frying their important brains with all their knowledge they are learning and storing. Swimming is also upon us and children need to be responsible for bringing all they need for swimming. At the moment students are looking at Healthy Lifestyles and the ways they can help themselves in trying to follow a Healthy Lifestyle. I am sure the children can mention five ways to you on how to lead a Healthy Lifestyle if you ask them. Don’t forget if you need to see your child’s teacher at any time. Please do not hesitate to contact them beforehand to arrange a time. This can be done via email or a telephone call.

Kind regards,

*Natasha Mudri, Kristy Simmonds, Andrea Lepherd, Rebecca Johnston, Louise McMillan and Edward Williams*

**5B, 5F, 5H AND 5T**

Dear Parents/Grandparents and carers,

As predicted we have started the year as busy as ever and the students have settled into the routines, of ‘school life’ very well.

As our English unit titled ‘The Forest of Silence’ comes to an end the students have been writing a character analysis of Jarred. They have put a lot of thought into their analysis of this characters’ development and have shown that they can use a
Dear Parents,

Homework will go home Monday of each week and needs to be returned on the Friday unless the students have arranged with their teacher to take it home on Friday. Students should be reading for a minimum of 15 minutes per night. This is a requirement of their homework and an essential part of their learning. Remember to ask the students questions about their text to ensure they understand what they are reading.

The students have been enjoying their LOTE (German) lessons and had an opportunity to participate in the Karnival excursion. The students’ behaviour was exceptional, and a fun day was had by all. Thank you to Paula Hay, Michael Howlett and all the other teachers and parents involved.

The OSS Cross Country has been pencilled in for the end of this term (Tuesday of week 9) and weather permitting it will be; as usual, a great day. Notes of confirmation will go home closer to the date. There will be 8 am fitness training before school in the upcoming weeks. You will be notified when days and dates are confirmed.

Parent interviews will be offered at the end of this term and notes will go home shortly to confirm times and dates of availability of your child’s class teacher.

Once again please ensure the students have covers for their drink bottles they are bringing into the classroom, so the condensation doesn’t ruin work as this often distresses the students.

We have also noticed many students are coming to school without breakfast and as we know it is the most important meal of the day. In a classroom setting it is very easy to see these students as they become lethargic and inactive and become less engaged in classroom activities as they find it hard to concentrate.

Hats are also a must especially with the extremely high UV rays in Queensland. Even if it is cloudy we can still get sun damage and as the ‘No hat no play’, policy still stands it is imperative the students are reminded to bring their OSS hats. If you could please ensure that the students have sun block protection on in the morning, then if need be, they can then reapply if we are going out after morning tea.

Gala Day sports begin Friday 20th March. If your child is selected, please ensure they have drink bottles, hats and appropriate footwear and $8 for the bus.

Camp is being formalised for the beginning of term three (August), and will be confirmed at a later date.

We are also organising a gold mining excursion and a trip to St. Helena Island to compliment our History units of study.

Regards

*Suzzi Bray, Deanna Forrester, Jenny Taylor and Michael Howlett*

**BEHAVIOUR MANAGEMENT NEWS**

Dear Parents,

As parenting can be one of the most challenging roles we are faced with I have included the following information from Parenting SA that may reassure you that you are doing your best.

Becoming a parent does not come with an instruction manual for all the things you will face. It is one of the most important and difficult things you can do. It is also one of the most rewarding.

To raise a child is a huge responsibility which is usually taken for granted and for which no training is required.

Parents grow into their role, and should not expect to be perfect and have all the answers all the time. Parenting styles differ, and as long as children’s well-being is ensured, the style that works best for parents is likely to make them feel more confident in their role. Most parents learn as they go, influenced by the way they were brought up, or by what they have read or watched others do.

We want our children to become healthy, happy, well-adjusted, successful, honest, caring, responsible adults who will be respectful of others’ feelings and property, be able to get along with others and to cope with difficulties! It is a lot to ask.

Your children and your community rely on you to do this well.

Becoming a parent does not come with an instruction manual for all the things you will face. It is one of the most important and difficult things you can do. It is also one of the most rewarding.

To raise a child is a huge responsibility which is usually taken for granted and for which no training is required.

Parents grow into their role, and should not expect to be perfect and have all the answers all the time. Parenting styles differ, and as long as children’s well-being is ensured, the style that works best for parents is likely to make them feel more confident in their role. Most parents learn as they go, influenced by the way they were brought up, or by what they have read or watched others do.

We want our children to become healthy, happy, well-adjusted, successful, honest, caring, responsible adults who will be respectful of others’ feelings and property, be able to get along with others and to cope with difficulties! It is a lot to ask.

Your children and your community rely on you to do this well.

This PEG uses ‘he’ and ‘she in turn. Change to suit your child’s sex.

Being a parent

As adults we are used to firstly looking after our own needs and adult relationship needs before coming to grips with the ‘family life’ phase (whether in a single or two parent home.)

Life with children is never still. Parenting is constantly changing as children grow and their needs change at each stage of their development.

For many adults the day-to-day demands of balancing the practical things and coping with often unexpected changes can be tiring. Being flexible and adaptable will help.

Your feelings

One of the most important things in parenting is your own attitude to it. Do you like it, do you feel scared about it or are you really enjoying it?
As a parent you will feel a range of emotions which are all normal and yet can feel like a roller coaster ride. You will feel love, joy and pride. You may also feel more frightening emotions which can be very strong, such as anger, panic, despair and hatred. Often parents feel that they are not appreciated by their children or valued by others.

- Such emotions can leave you feeling guilty or thinking you are not a good parent. Most parents at some time feel tired and upset and question what it is all about. It is important to remember you’re not expected to be perfect. All parents feel that they have made mistakes at some stage.

- Information comes from everywhere. Parents may feel overwhelmed at times by the amount of information given to them. Sometimes others such as family or friends may think their parenting practices are better and they have more experience than the parent. How advice is given, even if well intended, can add to parents feeling under-confident or a failure - which is not helpful.

- Faced with different ideas and advice, it is easy to question what you are doing. This may be a good thing as it is important to be open to ideas. Thank people for their interest and reflect on their advice. Try not to be defensive. Maybe try something that sounds as if it might work for you.

- Whatever the age of the children, parents can feel in a bind. They may want support from others and yet want to use parenting styles of their choice.

- For the most part, the law allows parents to bring up children according to their own values and beliefs without interference unless there are very good reasons and a child’s safety and well-being is at risk.

- It is so important as a parent to be able to ask for what you want from others and be confident to be yourself. Parents have the responsibility to raise their child and to practise what best suits their family.

Working parents

Work is now such a big part of our lives, that many parents feel they are in a constant juggling act, trying to balance work and family life - and doing neither as well as they’d like.

Many parents:

- feel guilty about not being able to ‘be there’ or having the time to do the things they’d like to do with their children
- worry about what to do when their children are sick
- worry about what others think of them when things go wrong
- can become stressed when faced with the unexpected that - can throw the daily routine out before the workplace day even begins
- feel pulled in both directions with competing pressures - from work and meeting children’s needs.

What you can do

It helps if you can plan and organise in advance how to manage time and look after yourself and your children. Where two parents are involved they need to talk about how responsibilities will be shared.

- Some things to think about:
  - what is the first priority?
  - who does what tasks?
  - what plans are there for sick children/school events - (who takes time off)?
  - finding special time to spend with partner/friends
  - making time for self/leisure activity
  - making time for family being together
  - giving special time to each child

It is important to look at ways to balance the load within the family while taking into account the workplace load. Often one parent can feel it’s unfair and lop-sided.

If you need alternative care for your children while you work, take time to choose care where your children have experiences that they enjoy. If you feel your children’s needs are being met you are less likely to feel anxious and guilty.

Children have an ongoing need for ‘connection’ with parents. There is often a danger that children find they have to compete for your time and attention. Children equate ‘love’ with the ‘time and connection’ with parents – not just being told they are loved or being given material things. If we are serious about our parenting, then we need to give as much time as we can. The more positive experiences parents share with children, the better the relationship is likely to be.

Things that might make parenting easier

Find out what you don’t know

- Understand how children grow and develop.
- Be aware that you can do things differently.
- Be strong enough to say you don’t know how to do some things.
- Be able to ask for information or advice.

Accept your feelings

Understand that mixed feelings are normal. At times of stress or change you can be swamped with a range of emotions. Sometimes you may feel fed-up or guilty. At these times it is important to reach out - speak to your partner, friends, or family members or to someone not caught up in the emotion.

Trust yourself

Everyone has their own ideas about parenting and sometimes it’s easy to become confused or to feel not good enough. Listen to other people’s ideas as this is how we all learn. Do what feels right for you and your children. Trust your own judgement.

Value yourself

You are doing an important job. Be proud of the effort you have put in through the day, no matter how small the tasks. When talking to friends about parenting, don’t moan and groan,
because this won’t change things - try new approaches. Never forget how important parenting is.

Look after yourself
Remember you are a person as well as a parent. Be careful not to expect too much of yourself and of others. Enjoy your own special talents. Praise yourself for simple things. Don’t dwell on mistakes as they are for learning from, not for making you feel bad. Try to find things to look forward to.

Reward yourself
Do at least one thing a day that makes you feel good. Ask someone to help so you can have ‘time out’ to do whatever you feel like doing even if it’s 30 minutes - have a bubble bath, read a magazine, kick a football, go for a walk, talk to a friend.

Talk to yourself
The way you talk to yourself matters. If you say to yourself ‘My child is trying to get at me’ or ‘Why should I put up with this?’ you will react very differently than if you say ‘What’s happening to my child to make him behave like this?’ Often you can change a situation just by changing the way you think about it.

Work out your own values
Clear values and beliefs are very important in forming the basis of a good foundation to raise children. Try to reach some common agreement with your partner if you have a difference of opinion. A shared and clear approach to parenting is less confusing for your child. If you and your partner differ, try not to put each other down.

Get support
Parenting is so hard to do without help from others. If you feel alone and can’t find support within your family, find someone to talk to about your concerns. Don’t be afraid to ask for help - it is not a sign of failure - it is the smart thing to do. You will often find that others feel the same as you.

Sorting and fixing
Being a parent is hard enough when things are going well, but so much more difficult when things are going wrong in other areas of your life. If you have violence in your home, money problems, ill health, arguments with neighbours or hassles at work, try to sort out the problem. Avoiding doing something about it will only make things feel worse for you. This may mean that, for the first time in your life, you need to seek advice from a professional if you have no success in sorting it out within your family.

Take care of your relationship
One of the best things you can do for your children is to look after your own needs for support and love. Your closest relationship will probably be with your husband or wife or partner, but it may be with a special friend. Make regular time for your adult relationship where you can be alone together, do things you enjoy together, talk about your day, share ideas and feelings and just relax. These times are really important to clear up any misunderstandings and one of the very best gifts that you can give to your children. Children learn about relationships by what they see happening with the people around them.

Managing anger
There are times in all parents’ lives when they feel very angry. Most of the time parents handle it well, but sometimes the anger can be in danger of getting out of control. Anger is always mixed with another feeling such as guilt, frustration, sadness, feeling unwanted or feeling used. Try to do something about whatever is causing the underlying feeling. Work out when you are most likely to lose your cool and plan to do something different at those times, e.g. when you first get home from work.

Get to know your own body signs when anger is building up and act before you lose your temper. Get some space, go outside, go for a walk or a run. If you have very young children and no one to mind them, take them with you.

You may not be able to manage your anger and may need help from a professional who is skilled in this area. Some parents are unaware of, or deny the impact their anger has on their family.

Note: If you have lost control and hurt your child or have been violent to others in your home it’s important to get help.

Reminders
- Parenting is forever, so make the foundation solid.
- Find out about child development so you know what to expect.
- As a parent you are the most influential person in your child’s life.
- Mistakes only matter if you keep repeating them.
- Plan, organise, communicate – so you can balance work and family responsibilities, and meet your children’s needs.
- Don’t waste time and energy feeling guilty - change what you are doing

Seek help from others, but keep on believing in yourself! I have included some information for parents wanting to attend parenting courses.

For more information see flyer
Kind Regards,

Carol Moores

GERMAN NEWS

Mystery solved: Frau Hay’s costume this year was of a ‘Socialjeck’ – a fool/clown type character connecting through the world of social internet.

A huge thank you to our teachers, Mr Howlett and Mrs Forrester, and mum Mrs Davie for accompanying the students and assisting with the fun and games on the day – it wouldn’t be possible without you.
Congratulations to our students for your excellent behaviour and your enthusiastic participation in the activities. And we won so many of the games!!

The official party Hoola hoop madness How far can you blow?

Winners Reno and Tianna

So dainty!!

Champion pancake tosser! Hitting the dance floor!

Children need to be able to hear sounds and articulate them before writing the letters that make the sounds. Activities which help students with hearing, discriminating and reproducing sounds include:

- Rhymes and songs – especially nursery rhymes
- Demonstrating how the sounds looks when you say them (e.g.: lips together when you say /m/)
- Does “dog” and “cat” start the same way?
- Odd words out – which word doesn’t belong? (e.g.: mice, dice, tree, slice OR pig, pot, dog
- Stretching words out to hear the sounds. Using blocks or counters to represent the sounds in words. (e.g: cat What sounds can you hear? /c/, /a/, /t/)
- Reading books which include rhyme and have your child finish the sentences
- Clapping the syllables (e.g: apple – 2 claps = 2 syllables

If you have any curriculum queries, please contact me at jmcco40@eq.edu.au.

Kind regards,

Julie McCombe

i Centre NEWS

Dear Parents and Families:

Reading is the most important skill you can teach a child. Of all the skills children learn, it is the one you can influence the most.

We invite you to visit our Scholastic Book Fair and experience a celebration of reading that provides families the opportunity to get involved in a universal mission: encouraging children to open a world of possible.

Our Scholastic Book Fair theme – Kings, Queens and Castles: Enter the Kingdom of Books! – surrounds students in the celebration of reading with hundreds of fun, engaging, affordable books for them to discover. Giving children access to good books and the opportunity to choose their own books will motivate them to read more, and like most acquired skills, the more children practice reading, the better they’ll achieve.

Reading is vital to every child’s success, and raising children as readers means getting involved while they’re young. Now is the time. Since there will never be a substitute for a parent’s direct involvement in his/her child’s education, please make plans to visit our Book Fair. Hope to see you there!

Book Fair Dates: March 10 - 13
Shopping Hours: 8:30am – 3:30pm Tues – Fri

Reading Regards,

Linda Langes and Maree Bawden

MUSIC NEWS

Strings Music

String Orchestra rehearses 8.00-8.45am every Thursday. All year 4, 5 and 6 students who are continuing strings this year,
are required to attend. Please be there from 7.45am to setup the room, unpack and tune up the instrument

Kind regards,
Allan Hall

PHYSICAL EDUCATION NEWS

District Swimming

Congratulations to members of our school swimming team for your efforts at the Beenleigh district trials last week. All our swimmers won at least one heat or swam a personal best time in an event. Heath R, Zane W and Jessica N were selected in the district team to compete at the South Coast trials this week.

Gala Day Sport

Selection trials have now been held for the upcoming Gala Days (commencing 13 March). Congratulations to those students chosen to represent our school. Permission notes need to be returned as soon as possible.

Cross Country

Our inter house cross country will be held on Tuesday 24 March. Students may like to do a bit of running (under parent supervision) in preparation for this event. A running club for older students (Years 4-6) will be held before school a few days per week leading up to the day. Exact dates and times will be advised through the daily notices.

Kind regards,
Peter Tyne

ADMINISTRATION REMINDERS

Lost Property

Lost Property is located outside of the administration building, could you please remind your child/children to check for any lost items. We have a large number of school jumpers which have not been named. Please ensure all drink bottles, lunch boxes, hats and jumpers are clearly labelled with your child’s name and class.

Kind regards,
The Administration Team

P AND C NEWS

Ormeau State School P&C Association Annual General Meeting

9 MARCH 2014

The Ormeau State School Parents & Citizen’s Association will hold its Annual General Meeting in the school office at 7:00pm on Monday 9 March 2014. New members are welcome to attend and participate or observe.

All positions will be declared vacant and office-holders elected. The open positions are listed below. Written nominations will be accepted at the school office until 3pm on Friday 6 March. Nominations can also be made in person at the AGM.

Nominations are called for the following committee positions:

President
Vice President
Secretary
Treasurer
Assistant Treasurer
Events Coordinator

Kind regards,
Ormeau State School P and C

COMMUNITY NEWS

Creative Dance Industries

ARE BRINGING AFTER SCHOOL DANCE TO ORMEAU STATE SCHOOL IN 2015!

Every Thursday starting from the 12th February
(join anytime)
Prep to Grade 2 Hip Hop from 3:10 - 3:50 pm
Grade 3 to Grade 6 Hip Hop from 3:50 - 4:30pm
Classes are held in the school hall
Come and try the first class for only $5 directly to the instructor on the day.

Enquiries call Beth 0413 313 072 or email to creativedanceindustries.asd@gmail.com
Check out our team in action:
http://youtu.be/S4NapRR16wE
Visit our website: creativedanceindustries.com.au