Qld Principal’s Conference

Twelve hundred Education Queensland principals attended the conference on Thursday and Friday, with the launch of two important documents being the focus for the two days. Firstly, all schools will develop a Pedagogical Framework for teaching and learning, and secondly, we will consult our whole community as we develop a Parent & Community Engagement Framework. The first framework is designed to enhance teaching and learning practices in our school, provide consistency, and ensure the continuation of our focus on improvement. (Pedagogy means the art of teaching). With regard to the second framework, our school was fortunate to be awarded an Empowering Local Schools Grant last year, the basis for which was our excellent parental school opinion survey results in 2011. These results were even better in 2012, and we thank you for your positive responses and your ongoing support for our school. We have many plans to offer courses and workshops to parents and carers (cooking, toy making, first aid to name a few), but we would really appreciate your ideas too!

Wet Weather Policy

In my absence last week, and due to the continuous inclement weather, the staff have developed a wet weather policy to ensure that students stay safe and dry, with opportunities for a break from school work, and ample time to eat. This policy will be implemented during all wet weather events in future.

Meet & Greet BBQ

Thank you very much to all the families who attended the Meet & Greet BBQ last Wednesday. It was great to see so many families supporting this annual event, enjoying the presentations by the choir and skipping team, and taking the opportunity to meet their children’s classroom teachers to learn about programs being conducted, pedagogy used, and differentiation activities designed to meet the needs of every child.

Insights Article this week

This week’s article focuses on the importance of encouraging your children to be the best that they can be, rather than comparing themselves to others. No matter how clever or capable we are, there will always be someone a little smarter or more capable, and others who have more challenges than we have to face. ‘Do not become vain or bitter, for always there will be those greater & lesser than you.” By setting ourselves challenges for improvement and goals to reach that are important to us as individuals, we can become the best that we can be!

Puzzle of the Week

Solution to last week’s word puzzle: Associated words – oil, rattle, eyes. Answer: SKY, sky rocket, night sky, and skylark.

This week’s puzzle: What is the common word that goes before or after each of these words: neck, snapping, dove?

Happy puzzling! Answer in next week’s message!

Joke of the Week

What do you get when you cross a sheepdog with a rose?  
A collie-flower!

Thought for the Week

One tree can start a forest, one smile can begin a friendship,
One hand can lift a soul, one word can frame a goal,
One candle can wipe out darkness, one laugh can conquer gloom,
One hope can raise your spirits, one touch can show you care,
One life can make a difference,
Be that one today!

Congratulations to our students of the week and Ms Watson our staff member of the week.

TUCKSHOP

Monday Orders - If you are ordering Tuckshop on Monday the orders go straight to the Tuckshop on Monday morning.

Friday Orders - When ordering Tuckshop on Friday the orders still come to the office. Orders for Friday tuckshop need to be in on Thursday so Mr Wells can have time to get the appropriate

Have a great week!    Chris
What is left in Term 1

1. School photos – Monday 18th March, please pay by Friday 15th March – once photographers are gone we cannot accept any orders. All correspondence will be with the photographers in Brisbane.
2. Monday 25th March – Arts Council
3. Book Club – If you wish to order anything from the current book club please return order forms to the office next Wednesday 13th March.

UNIFORMS
Winter uniforms have been ordered – they will be ready for the start of Term 2.

Warwick District Football Association - Sign Up Info
Registration is available online RIGHT NOW! Just go to www.warwickwolves.com.au and follow the instructions.
Registrations close 31/03/13 to enable time to finalise teams for the 2013 season.
All games played in Warwick on Saturday mornings.
Junior Cubs - Under 4/5's boys/girls $50
Juniors - Under 6 to 16's boys/girls $155
SignOn - help available on Sat 9th March at the Clubhouse at Queen's Park if you need assistance from 10am-12pm.
See website for information or to contact the club.
Warwick football - where everyone gets a fair game.

Kids Who Eat Breakfast May Have Slightly Higher IQs

Children who eat breakfast on a near-daily basis have significantly higher scores in verbal and performance IQ tests, according to new research from the University of Pennsylvania School of Nursing. For the study, researchers looked at data from 1,269 six-year-old children in China, where breakfast is highly valued.

The scientists concluded that children who did not eat breakfast regularly had, on average, 4.6 points lower total IQ scores than children who often or always ate breakfast. The two components of overall IQ also saw similar deficits. Kids who skipped breakfast scored, on average, 5.58 points lower on their verbal test and 2.50 points lower on their performance test. The study also adjusted for other variables in the childrens’ lives that may have offered alternative explanations for the differences, such as income and schooling.

IQ stands for intelligence quotient. An IQ test is a psychological test designed to test a person’s overall intelligence. It is comprised of two sub-scores — one measuring a person’s verbal abilities and one measuring a person’s performance skills.

“Childhood is a critical period in which dietary and lifestyle patterns are initiated, and these habits can have important immediate and long-term implications,” said lead author Jianghong-Liu, Ph.D., R.N., F.A.A.N., associate professor at Penn Nursing.

“Breakfast habits appear to be no exception, and irregular breakfast eating has already been associated with a number of unhealthy behaviors, such as smoking, frequent alcohol use, and infrequent exercise.” At age 6, a child’s cognitive ability — the ability to think and reason things through - is rapidly developing. Both the nutritional and social aspects of breakfast play an important role. After a whole night of fasting, breakfast serves as a means to supply “fuel” to the brain. The authors noted that mealtime discussions may also promote cognitive development by offering children the opportunity to expand their vocabulary, practice synthesizing and comprehending stories, and acquire general knowledge.

“Because adequate nutrition in early childhood has been linked to increased IQ through childhood, which is related to decreased childhood behavioural disorders, better career satisfaction, and socioeconomic success in adults, breakfast consumption could ultimately benefit long-term physical and mental health outcomes as well a quality of life,” said Liu. “These findings may reflect nutritional as well as social benefits of breakfast consumption on children and hold important public health implications regarding regular breakfast consumption in early young children.”

University of Pennsylvania School of Nursing by Traci Pedersen. Psychcentral.com February 10, 2013
The pitfall of using other children as benchmarks

Benchmarking children’s progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Have you ever compared your child’s behaviour, academic progress or social skills with a sibling or your friend’s children?

Comparing your child with others is a stress-inducing and ultimately, useless activity.

But it’s hard to resist, as we tend to assess our progress in any area of life by checking out how we compare with our peers.

When you were a child in school, you probably compared yourself to your schoolmates. Your teachers may not have graded you, but you knew who the smart kids were and where you ranked in the pecking order.

Now that you have kids of your own do you still keep an eye on your peers? Do you use the progress and behaviour of their kids as benchmarks to help you assess your own performance as well as your child’s progress? Or perhaps you compare your child to yourself at the same age?

Benchmarking children’s progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Kids develop at their own rates

Each child has his or her own developmental clock, which is nearly impossible to alter. There are slow bloomers, early developers, bright sparks and steady-as-you-go kids in every classroom. The slow bloomers can cause the most concern for parents who habitually compare children to siblings, their friends’ kids and even themselves when in school.

The trick is to focus on your child’s improvement and effort and use your child’s results as the benchmark for his or her progress and development. “Your spelling is better today than it was a few months ago” is a better measure of progress than “Your spelling is the best in the class!”

Gender matters

It’s no secret that boys’ and girls’ brains were developed by different architects. One major difference lies around timing or maturity. The maturity gap between boys and girls is anywhere between 12 months and two years. This gap seems to be consistent all the way to adulthood.

Quite simply, girls have a developmental head start over boys in areas such as handwriting, verbal skills and relationship skills. Boys benefit greatly from teaching strategies designed for their specific needs. They also benefit from having teachers and parents who recognize that patience is a virtue when teaching and raising boys, as it seems to take longer for many boys to learn and develop.

Kids have different talents, interests and strengths

So your eight-year-old can’t hit a tennis ball like Novak Djokovic, even though your neighbour’s child can. Avoid comparing the two as your child may not care about tennis anyway.

It’s better to help your child identify his or her own talents and interests. Also recognize that the strengths and interests of a child may be completely different to those of his or her peers and siblings.

Avoid linking your parenting self-esteem to your child’s performance

As a parent you should take pride in your children’s performance at school, in sport or their leisure activities. Seeing your child do well is one of the unsung pleasures of parenting. You should also celebrate their achievements and milestones, such as taking their first steps, getting their first goal in a game or getting great marks at school.

However, you shouldn’t have too much personal stake in your children’s success or milestones, as this close association makes it hard to separate yourself from them. It may also lead to excessive parental pressure for kids to do well for the wrong reasons – to please you!

The maxim “You are not your child” is a challenging but essential parental concept to live by. Doing so takes real maturity and altruism, but it is the absolute foundation of that powerful thing known as “unconditional love”.

---

[Image]
Live Well with Asthma Community Workshops
Do you or someone you care for live with asthma? Have you, or the person you care for ever:

— Woken up during the night coughing, wheezing or out of breath?
— Struggled to keep up with normal day-to-day activities?
— Used your blue reliever puffer more than three times a week?
— Felt uncertain or unsure about using your medications?

If so, these are all signs which may indicate that your asthma is not well controlled.

Asthma inhaler recall

Asthma Australia have advised that GlaxoSmithKline (GSK) and Alphapharm are undertaking a voluntary recall of several batches of Ventolin and Asmol inhalers due to a fault in the delivery mechanism of a small number of inhalers within each batch. This can lead to less than the full dose being delivered for each puff.

The only batches affected are as follows:

Ventolin Batch numbers KN7170, KN7173, KN7178, and KN7179
Asmol Batch Numbers KL6790, KL6795, KL6796, KL6797, KL6798, and KL6799

If you have an asthma inhaler (puffer) which matches any of the above batches, take the inhaler to your pharmacy and exchange it for a new one.

For more information contact your local Asthma Foundation on 1800 ASTHMA (1800 278 462)

Asthma Friendly Pharmacy Program

Asthma Foundation Queensland, in partnership with Terry White Chemists, is pleased to announce the Asthma Friendly Pharmacy program. Over the past few months, Asthma Foundation Queensland has conducted intensive asthma training with 50 pharmacists and pharmacy assistants from Terry White Chemists’ in south east Queensland. This training enables Terry White Chemists accredited team members to assist people with their asthma medications; to link them with their doctor for medical review, and to their local Asthma Foundation for asthma self management information and support.

Visit your local Terry White Asthma Pharmacist today to book a FREE asthma consultation, or book online at www.terrywhitechemists.com.au/asthma

For more information about the Asthma Friendly Pharmacy Program, contact 1800 ASTHMA (1800 278 462)

WARWICK SHOW – RYANIE FOR TYRES CHILDREN’S PET PARADE SCHEDULE

Entries: Saturday 6 April 2013 - Entries received 10.30 a.m. for 11 a.m. judging

STEWARD; Katherine Mauch JUDGE; Warwick Town & Country Vet ENTRY FEE; $1.00 per entry

PRIZES; 1st Place $10.00  2nd place $5.00  3rd place $3.00

1. All handlers must be capable of restraining their pet.
2. All handlers must be 15 years of age and under. Proof of age may be required.

OPEN SECTION

Best Dressed Pet Fluffiest Guinea Pig
Pet with Best Trick Best Dressed Guinea Pig
Pet that looks most like its owner Fattest Guinea Pig
Dog with the waggiest tail Most unusual Guinea Pig
Cuddliest Pet
Most Unusual Pet

$20 Gift Voucher – People’s Choice

The Committee extends its sincere appreciation to the following sponsors who generously support the Pet Section.
Ryanie for Tyres and Warwick Town & Country Vet