Warwick Central State School
Newsletter
12th August 2014

What’s on this term?

Friday 19th September - Last day of term
Monday 6th October – public holiday
Tuesday 7th October – school resumes

My child is absent……..

1. Phone absentee line 46604366 or
2. Send a note to school or
3. Complete absentee note at school office

Principal’s Message

Thanks so much for your support of our Interhouse Sports Day!

We were so lucky to have beautiful weather for our sports day, which was very successful, ran on time, and resulted in a resounding win for Canning House! We would like to thank Mrs Burrill, for doing a great job of organising the day while Mr Willing is on leave, Mrs Gilchrist, who recorded all the results single-handedly as Mrs Willing was away, all the staff who officiated at track and field events, parents and family members who came along to cheer, watch and encourage their children, the amazing P&C Association’s Noel and Sheree Wells, and their helpers Shirley Elwell, Christine Saville and Sharon Nicholson, who provided the delicious food for the day, (almost $2000 was raised!) and most of all, the students, for putting in a great effort and participating whole-heartedly in their events.

Students who meet qualifying times and heights will be nominated for the Southern Downs District Trials to be held on August 22nd.

Unfortunately, our medallions for age champions were not ready for presentation on Friday, but should be on track for presentation on parade next Monday, August 18th. We will inform the parents and carers of age champions so that they can be present at assembly.

Staff on leave

Mr Willing will be on leave for the remainder of Term 3. Mrs Burrill will continue to work as our HPE teacher. Mrs Walker is on leave for three weeks and is holidaying in Vietnam and Cambodia with her husband. Mrs Vicki McCullagh will be replacing her. Vicki currently works each Wednesday in Mrs Walker’s room, so the children know her well. Mrs Mitchell is cruising the Pacific Islands for a week, and has been replaced by Mrs Sue Spies. Mrs Willing has returned this week, so Mrs Gilchrist will return to her normal timetable. We welcome our relief staff warmly to our school.

Maximising Achievement Program(MAP) this week

I will be attending the Term 3 MAP meeting for principals this Thursday. Together we will share ideas and plan our next 50 days focussed on school improvement, particularly in literacy and numeracy. Mrs Thompson will be acting principal.

P&C meeting next Wednesday, August 20th at 5:30pm in the hall

Please come along to our August P&C meeting with your great ideas for our school. Items for the agenda include our Term 3 Disco & Trivia Night on September 5th, our Father’s Day raffle, and the Josh Arnold camp in the spring vacation, here at Central. Everyone is welcome and a light supper is provided!

Insights Article

This week’s Insights Article is focussed on raising calm kids, something we are all keen to do, particularly with research showing that levels of anxiety in young children are on the rise. Enjoy!

Principal’s Prattle

As the majority of our parents were unable to attend last week, yesterday’s Principal’s Prattle was focussed on 12 strategies for reading success, and included a handout to parents and carers on reading the text (literal comprehension), reading between the lines (inferential comprehension) and reading beyond the text (critical thinking strategies).

Next week’s Principal’s Prattle will focus on Learning Connections and Smart Moves, and the importance of these activities in assisting children to develop skills and improve their academic, social and sporting results.

Morning tea is provided, as well as opportunities to meet other parents and carers in an informal, positive meeting.

Interesting Trivia

A raconteur is someone who is very skilled at storytelling.

August 12th, 1981: Computer giant IBM introduces the first personal computer.

A group of giraffes is called a tower!

Joke of the Week

What did the duck say after it went shopping? Put it on my bill!!!

Thought for the Week

Anyone who thinks they are too small to make a difference has never spent a night in a tent with a mosquito!!!

Have a great week!

Chris
Day of brightness & butterflies at Warwick Central

A very big thank you to all Students, Parents & Staff, for supporting last Tuesday's fund raising day for the Deafness Foundation. We sold all butterfly badges and all cakes at the cake stall. A special thank you goes to Mrs Sue Spies and the school Project Club who promoted the day and ran the cake stall & to all the people who baked for the day.

The amount raised on the day was $169.05. Overall we raised $756.15.

Once again thank you all for your extremely generous donations

Margaret Gambrill
Support Teacher Warwick Central SS

From the Office:

1. Yo yo sales will finish this Friday – any left will then be returned to America
2. Tallbebudgera Camp for Year 6 - There are 2 options of payment. Pay all of it in November or pay a little at a time from now until mid November. Several families have already started paying it off.
3. Lost property has grown after the sport carnival – please check out your belongings and remember to name everything. Anything left at the end of each term is sent to a charitable collection agency.
4. Have you changed your phone number? Please let the office know of any changes

Choir Performances – have you put the dates on the calendar?

- Warwick Seniors Expo – WIRAC
  Thursday 21st August 10.00am til 10.30am
- All Schools Combined Concert Students – Warwick West State School: Wednesday 3rd September
  Students Arrive: 5.15 pm, Parents arrive at 6.00pm for a 6.15 start

Congratulations to our Age Champions

9 years  Dion Williamson & Skye Elliott
10 years  Shane Elliott & Sarah Henry
11 years  Sam Bakon & Bridget Noble
12/13 years Raphael Ngariki & Elouise Close

Father's Day Raffle
Multiple Prizes
Tickets $1.00 each
Drawn Friday 5th September
Extra tickets available from school office.
Tickets and money to be back by Monday September 1st

TUCKSHOP
How can I help out?
1. Be a volunteer
2. Orders for Wednesday in by Tuesday 3:00
   Orders for Friday in by Thursday 3:00
   Orders can still be handed in on the morning but the earlier the better for the ladies who work in the tuckshop

Apologies
We apologise for the incorrect number in the newsletter last week please find the correct absentee number below.

Absentee Line
If your child is away from school please call the Absentee Line 4660 4366 and leave a message.
This line is totally dedicated to receive calls from parents about their child’s attendance.

The advantages to using the absentee line:-
- Call any time day or night
- Do not need to wait for someone to answer
- Quick and efficient
- Easy to use
Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parenting Ideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ants in his pants. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety — especially in those under 75 — is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect — and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is mere balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad. You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

**TIPS FOR QUIET TIME**

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.

2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.

3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like sitting in and in which they can feel relaxed.

4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.