

School Road Bli Bli QLD 4560

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5 February 2021

PRINCIPAL'S NEWS

Term 1, Week 2

Dear Parents, Carers, and our school community,

Welcome back to the 2021 school year. It is a great privilege to write to you today as the Acting Principal for Term One.

Mr Quinn

After seven years leading Bli Bli State School, and almost 40 years working as a Principal, Deputy Principal and Teacher across Queensland, Mr Gerard Quinn has made the decision to retire this year.

Mr Quinn made this decision after many months of deep thought and reflection. His heart is deeply committed to our community and family. He continues to tell everyone he speaks to that the Bli Bli State School community is the greatest he has ever worked with, and he did not find this decision easy to make. His wife and teenage sons, however, are thrilled that he will have more time to spend with them now, sharing the soccer and after school runs. Hopefully he will also find some time to improve his handicap on the Maroochy River golfing green!

Keep an eye out for details around a few retirement events later in the term.

Our staffing arrangements will remain in place for this term, as the recruitment process for the position of Principal occurs. I will keep you up to date as appropriate.

It has been an honour and a joy to work alongside Mr Quinn for our Bli Bli community, and I wish him health and happiness in his retirement.



I'm looking forward to working with our Deputy Principals, Mr Trevor Durbidge and Ms Catherine Dolphin, as well as our Head of Curriculum Mr Joel Batson, and Head of Special Education Mrs Sandy Vella and our entire school community across the coming term.

New Staff

I would like to welcome our new families to our growing community and introduce to you our new members of staff.



Donna Adams, 3AB, is an experienced teacher who has most recently been supporting students at Yandina State School:

My name is Donna Adams and I am working in 3AB for 3 days per week. This is my first year at Bli Bli State

School, but I've been teaching for 32 years in both special needs and the classroom.

I have three 'children' – a 24 year old boy, 21 year old girl, and another boy aged 18. My philosophy of education is



that children learn best when they feel welcomed, happy and confident at school, and this will be my starting point from Week One.



Nathan Capps, 6C, joins us from Cherbourg State School, where he has been teaching for the past 4 years:

My name is Nathan Capps and I am joining the Year 6 teacher team this year. I am very excited to be at your

school. I have returned to the Sunshine Coast after teaching in country Queensland for four years.

I have a keen interest in diving, travelling and enjoy a variety of sports. I have taught a range of year levels and subjects and I am looking forward to getting to know my students and parents.

Please see my article under 6C News!



Kris Kearney, HPE Term One, Mr Kearney joins us as an experienced HPE teacher, most recently working at Palmwoods State School:

My name is Kris Kearney and I'm really looking forward to getting to know everyone and making a

difference at Bli Bli SS. I'm an experienced HPE Teacher who has spent the last 10 years on the coast and a few more years around other places as well.

My main focus at PE will be to help ALL students improve their skills and abilities, and along with that, improve their confidence and self- esteem within the PE learning area. My aim is for all students to achieve the best that they can.

Please see my article under HPE News!



Danielle Francis, Information Technology (IT), joins us from Sunshine Beach State High School where she has been providing IT and

teacher aide support the past year:

My name is Danielle Francis. I will manage and support Information Technology at Bli Bli State School in 2021. I'm excited to be working together with STEM teacher Linda Callender and the Bli Bli SS management team to provide a technology enabled learning environment, supporting teachers to enhance students' IT literacy and capability.

I have been working in IT for over 20 years and have my own IT consultancy business. In in my spare time you can find me hiking mountains and going to the beach with my children, Harry and Lily. I look forward to getting to know you all, and being a part of the Bli Bli school community in 2021.

The heart of our work

At Bli Bli State School, our mission is to ensure every child becomes their best self, so that they can confidently make their mark on our world. We do this through a strong foundation of our core values – commitment, creativity, character and community – with an unyielding focus on every student succeeding. We have used the lens of writing across the past three years, and this lens continues in 2021. Every student will receive multiple layers of support within the writing agenda, with their individual writing pieces analysed in order to determine the next step for teaching and learning. We continue this year to ensure our Teacher Aides are present in every classroom, with additional time dedicated to writing.

Across the school, in classrooms and in small group support sessions, we will also focus on ensuring our teaching is differentiated for each child. Not only will we continue to focus on this inside our classrooms, we continue to develop the support structures across the school to ensure every child is succeeding and progressing. Our extension programs (Stretch Maths, Stretch Reading, Stretch Writing) and our support programs (Mini Lit, Boost Maths, Boost Writing) work to compliment the differentiation occurring in each student's classroom.

Our Relationship

You are your child's first teacher, and their greatest advocate and supporter. We are honoured to work beside you in order to meet the needs of every student in our school.

It is essential that we - parents, carers and school staff - are able to work together for the benefit of each child. This requires us all to ensure a healthy relationship exists between the adults. In fact, the relationship between us - the adults - is just as important as the relationship between students and their teachers, sometimes even more so. A healthy relationship requires a few very important elements - honesty, trust, respect, open communication, effort and compromise.



As we journey together, across this year and into the future, we may not always see eye to eye, or agree on how to handle a situation. If we have worked hard to ensure a healthy relationships exists between us, these small bumps in the road will be more easily traversed if we feel we can trust and respect each other to all be working in the best interests of each child. We are committed to do our part in building strong, healthy relationships with you, our community.

Open and reliable communication

We believe that open communication is essential in strengthening our relationships with our community. In reflecting on our past year, we are committed to improving our communication at all levels.

We are working to streamline the many forums that are currently in use, to ensure that every parent and carer is easily able to access relevant, current information as required. We will be using email regularly to ensure key information, including school updates and permission forms, are sent directly to the nominated parent / carer. Every teacher has shared their professional email address with their class parents to enable ease of communication, and has already begun the year with a class newsletter sent earlier this week. Every teacher has set aside dedicated time in their week when parents are invited to set appointments so that more in-depth honest and open conversations can be had. We have established a Facebook page that all parents on social media are invited to like and follow - "Bli Bli State School". We will be using the page to share timely reminders, important information, and stories from classrooms. (We will be sending home a new media consent form in the coming week and require parents to complete the paper form for every child and return it to school.)



Our school **newsletter** will continue to be published online three times a term - weeks 2, 5 and 9.

Our community

Staying COVID Safe

I'd like to thank everyone for working with us to ensure a COVID safe start to the year. Until further notice, the 'new normal' will continue for us all. Please refer to my email sent home on 19 January which contains more detail on the restrictions and conditions in place for us all at school. Thank you for your continuing commitment to keeping everyone safe.



Maroochy North Shore Lions and our SafeST Committee

A huge thank you is again needed this year for the Maroochy North Shore Lions and our SafeST Committee for their massive efforts in ensuring a calm, safe and organised beginning to the school year. We are so very proud to be a part of the Bli Bli community.



Kyla Bonney
Principal (Acting)



DEPUTY PRINCIPALS' NEWS

Welcome to 2021

For most, we gladly welcome you back. For nearly 120 students however, we extend an extra welcome to you as you start

with us as your new school. Firstly, good on you! Thanks for choosing Bli Bli State School. Great choice! The start of the school year is a wonderful time and we are pleased to be here to start the school year with you all.

We are looking forward to a great year, our staff are getting to know their new students and we have already begun special events and all our routines. We are confident that the year ahead will encompass learning, growth, friendship development and personal achievement. As a team, we cannot wait to watch our children grow and learn from each other and from our amazing staff.

Please know that we are available to chat with you about any concerns or questions that you may have. We are a team, working together for each student. Please make an appointment through the Office. In order to ensure we are present and working in classrooms, we will be taking appointments Tuesday and Thursday mornings.

We are also available via email should these times not suit – Catherine cdolp1@eq.edu.au (Year 4 – 6) and Trevor tdurb2@eq.edu.au (Prep – Year 3).

Trevor Durbidge & Catherine Dolphin Deputy Principals

Before School Routines

At the start of the year some of our PBL (Positive Behaviour for Learning) lessons focus on transitions and routines, the before school routine is essential as it starts our day off the right way.

At Bli Bli, our expectation is that before school, students are in the **Under Cover Area** (Year 3-6 students) or in the **Annex Area outside the Hall** (Year 1-2). Students who are not in these areas are to be in the direct care of their parent/carer. Bli Bli State School has welcomed parents back on site, following the "New Normal" guidelines.

Our classrooms are not accessible before 8.40am. A member of the Leadership Team supervises play in the Under Cover Area and the Annex outside the Hall from 8.20am until 8.40am; students are then directed to their classrooms. Students are not permitted to play in any other areas of the school of a morning, as there is no supervision provided before school. Your support in following the before school routines enables your child to start their day settled and ready to learn.

Class Meetings

Every parent and carer will have received (via email) their individual 2021 Class Routines handout.

This handout provides valuable information specific to each class, we recommend you save a copy for reference throughout the year. Your child's teacher shared a range of information including our whole school focus on Writing, as well as information about the curriculum overview, Positive Behaviour for Learning, and our school Dress Code. They shared operational details of the class, including specific routines, Specialist Lessons, and homework responsibilities. Most importantly, this was an opportunity for your child's teacher to establish the best way to communicate so that we can all work together for the best outcomes for your child.

If you did not receive a copy of the email, please contact the office to confirm your email details and we will arrange for a copy to be re-sent to you.

Caring for all of our friends: Anaphylaxis

Anaphylaxis is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen to which they are sensitive. Signs and symptoms of anaphylaxis can include difficulty breathing, swelling of the throat and tongue and even loss of consciousness.

We would like to share with you, our school community of parents and friends, this important information for a number of reasons. Anaphylaxis is a very real and ongoing concern for all schools due to the number of children who do have severe allergic reactions to some common foods and substances. Here at Bli Bli State School, we have students with severe allergic reactions to milk, eggs, shellfish, dairy and nuts. This includes peanuts, cashews, pistachios and all foods that contain these nuts, such as peanut butter.

Whilst it is almost impossible to be a "nut-free" school, we are asking for your support and attention in ensuring our school is "nut-sensitive". Here at Bli Bli State School, we do everything we can to ensure that children do not share their food with each other due to possible food sensitivities in any child.



We closely monitor eating times, we remind our children to only eat their own food and we encourage our children to wash their hands around every meal. Despite all of this, a child sensitive to certain substances may be exposed through typical day to day activities. As an example, a child who has a nut allergy can experience a severe reaction if they drink from a water tap after a child who has eaten peanuts at lunch. Passing a water bottle between two children, where one has eaten nuts using their fingers and the other has a sensitivity to this, may cause a severe reaction. Please understand, we do not share this information with you to elicit anxiety. We are a close community here at Bli Bli State School and we take care of each other.

We ask that you pack your child's lunch box with understanding and patience for the needs of our friends. As the parents of a child with anaphylaxis will explain, they work tirelessly to educate their child to self-manage their allergies. These children are taught to monitor their reactions, to be careful around what they eat and touch, and to be aware of their body's needs. We can still help our friends by being sensitive to what is packed and sent to school in lunchboxes. We ask for your support regarding this.

If you have any questions, or require any more information, please do not hesitate to contact the school on 5458 2111 or visit one of the following websites:

Australasian Society of Clinical Immunology and Allergy (ASCIA)

http://www.allergy.org.au/

Anaphylaxis Australia –

http://www.allergyfacts.org.au/

We sincerely thank you for your support and attention to this.

Caring for all of our friends: Immunosuppression

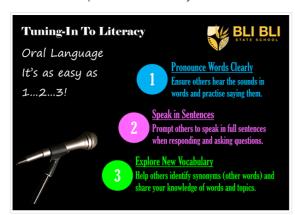
Immunosuppression is a reduction of the activation or efficacy of the immune system. There are a number of children within our community who are immunosuppressed, meaning these children have a lower immunity and cannot fight infections in the normal way. Viruses that cause measles, chickenpox and shingles could make these children extremely unwell. I would therefore be grateful if you contact the Office immediately if your child is found to have one of these illnesses. If we know there has been exposure to measles, chickenpox or shingles, medicine can be given to lessen the side effect of such an infection to these children. This medicine does need to be given as soon as possible after the contact has taken place.

HEAD OF CURRICULUM NEWS

Parents, I must sincerely thank you all for having your children ready to learn this year.

As I've visited classrooms of late, even from the very first day, students were settled and eager to undertake new learning. It was so great to see. This year will surely pass quickly (as they usually do) so I think we have started beautifully and are in good stead for success.

Just as a reminder, I've included below a graphic showing our school's approach to ongoing oral language development. It is so important that we consistently do these 3 simple things to help our students improve their literacy skills.



At the end of last year, we held an illustrators challenge to encourage creativity in our students' thinking about writing and how images support text. I can now announce the winners and share their pieces with you. Congratulations goes to Harry A – My Quest, Molli-Jean O – Earth and Beyond, and Hayley E – Time Machine.

Look out for more writing challenges throughout this year.

Joel Batson Head of Curriculum







OFFICE NEWS

Excursions & Events

The following permission forms went home early this week further copies are attached and are also available at the Office.

Please note the due dates for signed permissions and payments to be in by, noting that children who have not paid do not attend.

Should you wish to enter into a Payment Plan please contact our Business Manager, Jodie Lee.

There will be more permission forms coming shortly for Years 1-4 swimming lessons and Year 5 camp.

Grade:	Years 4-6
Excursion title:	Interhouse Swimming Carnival
Cost:	\$11.00
Date:	Wed 10 Feb 2021
Note / money due back by:	NEXT Tues 9 Feb

Grade:	Year 6
Excursion title:	Electricity Incursion
Cost:	\$8.00
Date:	Mon 8 to Fri 12 Feb 2021
Note / money due back by:	NEXT Mon 8 Feb

How to Pay?

A reminder that our preferred method of payment is via **QParents**.

The QParents web and mobile app provides an easier way for you to interact with our school.

Parents have secure, online access to their child's student information, anytime, anywhere, through a smartphone, tablet or computer.

QParents allows parents to connect instantly anytime to access and manage their child's student information, including:

- Attendance and absence details, as well as the ability to notify the school of an absence
- Behaviour information
- Academic report cards

- Class timetables
- Viewing unpaid invoice details, payment history, and making payments online
- Viewing and updating personal student details, including medical conditions and address
- Enrolment details
- Upcoming excursions

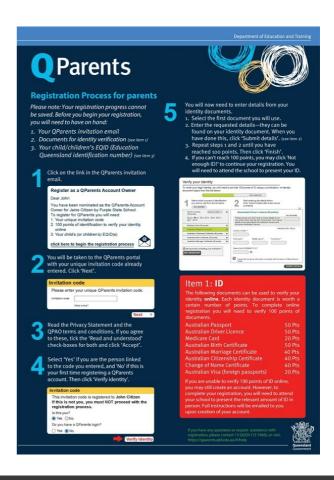
To register you will need your child's EQID number (which you will find on the bottom of your child's report cards) and your invitation code, (which has been emailed to you this week).

Click on the following link to get started today

https://qparents.qld.edu.au/

For assistance, you can call our Office on 5458 2111 or QParents help line on 13 74 68.





P&C NEWS

Meeting

Our first P&C general meeting of the year will be a good one.

Come along **Wednesday 10 February at 6.30pm** in the school staff room to hear news and information from the SafeST committee, fundraising team, Tuckshop news and more.

Everyone is welcome and for our first meeting we would like everyone who attends to bring a friend.

There will be light refreshments available and lucky door prizes to give away. If you can't make it in person you can join via Zoom – just email Clare at bliblipc@bigpond.com for the link.

Put Your Hand Up

Our community is filled with people who have fabulous ideas, valuable skills, creative minds and a willingness to help out - and creating a volunteer pool to call upon is crucial to making all events in 2020 a success.

Soon you will receive a letter asking if you can "Put Up Your Hand" for BBSS where we invite you to let us know what interests you and how you might be able to help out.

Clare Stampa
P&C Operations Manager

SAFEST COMMITTEE

School Book Drop Off

2021 was the second year the SafeST sub-committee provided the Bli Bli State School community the opportunity to deliver their children's stationary boxes to school early and avoid the

challenge of juggling stationary boxes with excited, but nervous, children on the first day.

We had an overwhelming number of parents/carers visit the two school book drop off zones over the three days in the week before school started, with 277 boxes safely delivered to classrooms ready for the first day of school. That's 56 more boxes than last year (or a 25% increase), well done Bli Bli!!

Parents/carers who used this service were very appreciative (we thank you for supporting this service). The teachers and teacher-aides were also thankful, as it allowed them to set up their classrooms earlier and focus on settling in the children faster on the first day.

We would like to acknowledge the following Bli Bli State School students and former students who gave up time out of their school holidays, in the Queensland summer heat, to serve you and deliver the boxes straight to the classrooms (they definitely got a workout but they were up for the challenge):

Lachlan D (6F), Emily C (6F), Paris H (6G), Izabella S (6G), Blake W (5W), Isabelle S (4/5MK), Zen D (4V), Thomas S (2B), Isla W (2D), William D, Kaitlyn D, Natalie D, Kai D and Hayden W.

We would also like to thank our wonderful parent helpers, **Katrina S and Jade A**, for volunteering their time, it was greatly appreciated.

Parking on the School Oval

We nervously waited to see if the oval would dry out enough for us to use as parking on the first day, luckily 26 January was a bright sunny day and the oval did dry out.

We partnered again with **The Maroochy North Shore Lions Club** who provided volunteers to assist with parking on the oval. Once again the oval was full, it was amazing to see. The Maroochy North Shore Lions Club volunteers did a tremendous job directing vehicles on the oval which resulted in reduced traffic around the school and a calmer morning.

Mr Evan Flower, of the Maroochy North Shore Lions Club, said "The Lions team were happy to help and were pleased with the way parents drove to minimise damage to the oval".



A huge thank you to the Maroochy North Shore Lions Club volunteers for your invaluable help, we enjoy partnering with you and seeing you around our school.

Also, a huge shout out to our awesome groundskeeper, Shane, for keeping an eye on the oval and ensuring it was safe to use on the first day.

It was wonderful to see so many use the book drop before school started and park on the oval on the first day, we hope this made your first day back to school for 2021 safe and stress free

We thank you for your patience, especially during peak school drop off and pick up times, and ask for you to keep modelling good driving and pedestrian behaviour for our children.

If you have any further concerns or questions please email the school admin@blibliss.eq.edu.au or the Parents and Citizens Association bliblipc@bigpond.com.

Tanya Cliff SafeST Sub-Committee

TUCKSHOP NEWS

The Busy Bee Cafe would like to welcome two new assistants to our team, replacing Tina - please pop in and say Hi to **Dee** and **Teresa!**

Our Term 1 Menu has been emailed out to all families, if you would like a paper copy please drop into the Office. A copy is also attached below.

We have missed having volunteers in the Tuckshop over the last year, due to Covid. Happily we are now able to welcome volunteers back!

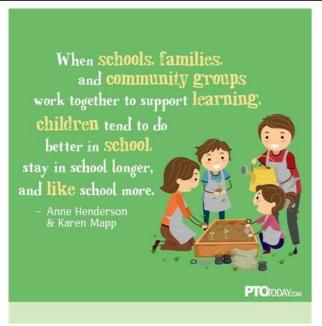
If you can spare as little as 15 minutes we can use your help, especially in the mornings.

We'll thank you with a smile and a coffee - and don't forget that your kids love to see you here!

Leanne Hayward Busy Bee Cafe - Tuckshop Manager



POSITIVE BEHAVIOUR FOR LEARNING (PBL)



Bli Bli SS is proudly a high achieving Positive Behaviour for Learning school

We have three school expectations:

- Be Safe
- Be Respectful and
- Be a Learner

Part of this approach is to teach these expectations through a weekly focus to all students.

What are Student Behaviour Expectations?

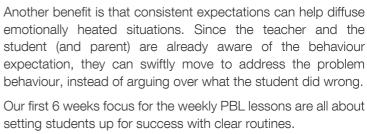
Behaviour expectations are procedures and rules that are taught, modelled and reinforced to students to encourage positive behaviours and prevent problem behaviours. They form important building blocks for a positive school culture.

These expectations can address how students treat each other and the teacher, and how they operate in the classroom. They can also address how students behave outside of the classroom, such as in the covered areas, playground, in the library, at assemblies, moving around the school, bathrooms, bus, and more.

Why Setting Consistent Expectations is the Key to Success

For maximum benefit, behaviour expectations should be consistent from classroom to classroom and teacher-to-teacher — just like academic standards.

With consistent expectations, students know what is expected of them throughout the school day. This allows them to feel more confident, engaged and connected to the school community. It also makes it easier for teachers to recognize positive behaviours, and to correct problem behaviours to keep small problems small.



Further, for students who may be experiencing challenges with

what's going on at home, this consistency and routine can provide the structure and stability they need and crave. In addition, it is particularly helpful with students who like to test the boundaries or "divide and conquer" staff members. If all staff members are on the same page — consistently

expectations school-wide - students quickly realise there's

no point to pushing the limits because the consequences are

communicating and reinforcing established

always consistent.



Wk	School Rule	Title	Buzz Chart Expectation	Supporting School Value	Purpose of Buzz Lesson
1	Be a Learner, Safe, Respectful	Tremendous Transitions!	I transition quickly to start my learning. ("Transitioning / Lining Up" expectations)	Commitment: We encourage our community to achieve their personal best through perseverance and commitment to learn.	Clarify, teach and practice agreed whole school transitions for learning. Set class-specific routines.
2	Be a Learner	Ready, Set, Grow!	I arrive on time and I am ready to learn. I have all my school equipment.	Commitment: We encourage our community to achieve their personal best through perseverance and commitment to learn.	Build sense of commitment. Setting clear school cultural expectations re attendance. Setting clear school cultural expectations re engagement.
3	Be Safe	Dressed for Success	I wear my full school uniform as per the uniform policy.	Community: We build a united community that nurtures and celebrates diversity and are proud of what we can achieve together.	Build sense of community. Consistent uniform implementation.
4	Be a Learner	Own it!	I am responsible for my own behaviour and make good choices.	Character: We foster the development of valuable members of society who demonstrate integrity, confidence and resilience.	Review / clarify process around traffic lights, thinking time and reflection class.
5	Be Safe	Keeping Safe- Evacuation and Lockdown	I follow the instructions of the supervising adult.	Character: We foster the development of valuable members of society who demonstrate integrity, confidence and resilience.	To practice a drill. This happens each term.
6	Be Respectful	Do the High 5!	I use the High 5 to keep myself and others safe.	Character: We foster the development of valuable members of society who demonstrate	School focus each term- ldentify and respond to mean, rude, or bullying behaviours

What you can do to help?

It is simple - support us by respecting and reinforcing our school expectations. Discuss with your children what the focus is this week. Share your positive stories or ideas around the weekly focus.

Janet Thomson
Student Engagement Teacher

6C NEWS

This week in 6C your child has been busy adjusting to the new routines of the classroom and beginning their new work. Your child has started their work in all of the subjects.

In mathematics your child learnt about using correct book work conventions and began to investigate prime and composite numbers.

In english your child created an explanation as to why Australia is important to them and discussed the personal significance Australia Day has to them.

In science we explored the uses of energy in society and we will continue to examine how circuits work. We began to investigate Australian Indigenous and Torres Strait Islander artwork. This term your child will be exploring how to write a letter using the correct conventions and your child has begun to identify what personality traits or factors in their lives that make them unique. In HASS your child has begun exploring the importance of Australia's Federation.

In technology we started the process of creating a Makey Makey poster. This poster is an interactive poster that will enable your child to explore the processes programming and understand how circuits work. The poster's focus will be on the school rules.

Thank you very much for your hard work in preparing your child to begin this year. We will continue working hard to allow your child to achieve in all of the subject areas. This year we have many important events coming up including school camp in Term 2 and the school swimming carnival which will be held in Week 3 on the Wednesday for Years 4 to 6.

Nathan Capps 6C Classroom Teacher



HEALTH & PHYSICAL EDUCATION (HPE) NEWS

I'm your new HPE Teacher this term and am really looking forward to getting to know everyone and making a difference at Bli Bli SS.

My main focus at PE will be to help ALL students improve their skills and abilities, and along with that, improve their confidence and self- esteem within the PE learning area. My aim is for all students to achieve the best that they can.

I intend on doing this by developing a great working relationship with every student and using my experiences to help each them

My expectation for all students is for them to come to PE with a positive attitude and a growth mindset. All the things that we will work on to improve at PE will benefit every student in other aspects of their life and in their future.

This term we will be focusing on ball skills and fitness. There will be a X-Country / Fun Run coming up and we will work hard to be in our best shape for that.

During the year, I will be advertising on the school facebook page the upcoming Nambour District representative opportunities for our students. These will be mainly for students born 2009 & 2010.

If you see me please stop, say hi and introduce yourself. I'm looking forward to getting to know everyone at this wonderful school and community.

Kris Kearney HPE Teacher

INSTRUMENTAL MUSIC (IM) NEWS

New Students in 2021 and Concert Band Rehearsals

New students learning a musical instrument this year will be starting lessons very soon.

Emails to new IM families were sent early this week regarding some important information. There were three forms attached to the email: An Offer, Enrolment and EQ Loan form. The Enrolment and EQ Loan form will need to be read, signed and returned by Week 3 or as soon as possible. Students will not be able to start lessons until these forms are returned. Lessons are scheduled to start Week 3.

Recruiting is still in process as there are more eager students wishing to learn an instrument. I will email all the families who have contacted (via the Expression of Interest form) me by the end of Week 3 or 4 to announce offers of placement or students moving to a waiting list.

Concert Band rehearsals for current IM students, commences from Friday, Week 2 at the Music Block. Please arrive at 7:50am to help set up. I have previously emailed families.



Thank you for your support for the Concert Band and also for your patience.

Yours in Music,

Christine Walton Multi-Instrumental Teacher

INCLUSION NEWS

Welcome back to a busy term one.

Mrs Sandy Vella will be the Acting H.O.S.E (Head of Special Education) this term while Mrs Catherine Dolphin continues in the Deputy Principal position. Our Inclusion Support Team for 2021 also includes teachers Mrs Jodie Rickard and Mrs Nicole Merritt with teacher aides Mrs Gayna Freeman, Mrs Jo Hayes and Mrs Michelle Everett.

Sandy Vella Acting H.O.S.E Supporting Prep, Year 1, Year 5	svell6@eq.edu .au
Nicole Merritt Supporting Year 2, Year 3, Year 4V	nmerr8@eq.edu.au
Jodie Rickard Supporting Year 4CW, Year 6	jrick28@eq.edu
Inclusion Support Teacher Aides:	Gayna Freeman Michelle Everett Jo Hayes

Back to School Tips

Here are some top tips to transition from summer holidays back into school life:

Support good sleeping habits

A good amount of sleep is incredibly important in a growing child's life, and has a direct impact on their performance at school. Make sure your kids are going to bed at consistent times that allow for enough sleep (between 7-10 hours a night) If they have trouble sleeping, consider a no-screen-time rule for 30 minutes before bed (or longer if possible), and make sure their bedroom is a relaxing environment (clean, tidy, and free from distractions and harsh lighting).

Talk (and listen)

Make time in your routine to talk one-on-one with your children. This could be meal time or on the drive home from school. Take interest in their day, and be supportive and engaged with what they have to say. Also try taking a moment to consider what positive things happened to them that day. This can encourage a sense of gratitude, which has been shown to have a significant relationship to life satisfaction.

Foster a love of learning

Rather than championing their result-based successes at school, praise the effort that goes into them. This will help them to become resilient in the face of disappointment, while also valuing learning for learning's sake — an important life skill that will continue to benefit them in their academic and professional pursuits.

Encourage extracurricular activities

The key to a good routine is creating balance - between school work, family time, exercise, socialising and play (among others).

This is especially important in the latter more academically rigorous high-school years, where students can easily become overwhelmed with stress from the pressures of exams. Encouraging them to take breaks from study to wind down will help to make the study process less overwhelming, and more enjoyable. Outdoor or creative activities are particularly good for both physical and mental health.

Keep organised

Setting up a calendar with important dates (including assignment due dates) will make sure they keep on top of things and avoid the stress of last-minute deadlines. Instituting

organisational practices into your routine will help two-fold, so try getting room cleaning, bag packing and other chores into their daily 'to-do' list. All of these positive processes will support each other, and be beneficial for not only your child, but also for the whole family. Just a few small steps each day can make schooling and home life easier, more productive and less stressful.

When things go wrong — don't stress! Slipping up on good habits from time to time is inevitable, and with those habits ingrained in your daily life, the slip-ups will be much easier to recover from.

Sandy Vella Acting Head of Special Education

CHAPPY NEWS

Are You OK? It's a question we all love to hear

It shows that someone is looking out for us. And while we appreciate being asked the question we can sometimes struggle to give a proper answer. In our current local world isn't that question really for a psychologist to ask who gets paid to hear my problems?

- I mean who really wants to hear how I really feel?
- Who here has 30 minutes to listen to my struggles and pain?
- What difference will it make anyway?

Part of a Chaplain's role in any school is to offer genuine care and concern for parents and staff as well as all the students. We are excited when people come to our door and say, "Hey can I have a chat." And it's never an inconvenience.

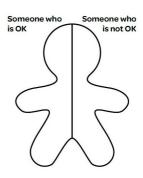
Studies have shown that chatting about our rollercoaster lifestyles whether we get anything sorted or not actually helps with lowering stress levels.

So I'm asking the questions, "How are you? Are you OK?" Come and tell me your answer... You can do that on any day and I or Chappy Emma will be happy to listen, chat, and coffee with you. Just make sure we are close by.

This year in September is the R U OK? national initiative, but I like to ask it every day.

Below is a simple self-check taken from RUOK free resources. Jot down your thoughts on what each side would look like and see which half currently looks more like you.

Tony Gibson School Chaplain



COMMUNITY NEWS

Brazilian Skills Soccer - Tuesdays at BBSS Oval



Bli Bli Soccer Club



Girls Soccer - Under 8s to 12s



Eumundi Dragons Rugby Union

Despite the disruptions surrounding COVID-19, the Eumundi Dragons were still able to maintain a number of teams and able to complete a pretty much full season.

This was to the delight of all concerned – players, parents, coaching staff and supporters.

To put the icing on the cake we even managed to put together a viable Reserve Grade team for our adult Dragons – for the first time in 101 years!!

The outlook for 2021 looks even better.

We are confident of nominating the following for Sunshine Coast Rugby Union competitions:

- U6s
- U7s
- U8s
- U9s
- U10sU11/12s
- Senior Male Reserve Grade
- Possibly a Senior Colts team U19s / U20s

Coolum Surf School

Term 1 Learn to surf programs - Surf groms (5-12yrs) starting week 2

1.5hr each week for six weeks program - all equipment provided cost is \$225.

Available Mondays or Fridays 330-5pm, Saturdays or Sundays 930-11am.

Fair Play government vouchers \$150 accepted.

Coolum Surf School 0438 731 503

http://www.coolumsurfschool.com.au/

Mudjimba Beach Boardriders



Nambour Hockey Sign On - 6 February



Palmwoods AFL Sign On - 13 February



Northshore AFL



Yandina Cricket Club



Suncoast Calisthenic Club



Parenting Program - Circle of Security



The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Circle of Security can be become a roadmap for how to respond to your child's behavior if at times you feel lost.

Learning Objectives of the Training

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- · Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

When

15 Feb; 22 Feb; 1 March 8 March; 15 March; 22 March

Where

North Shore Community Centre 701 David Low Way, Mudjimba

Time

10am - 12pm

Cost

Free

Registration

Tabitha at 5428 4200 tabitha.smith@uccommunity.org.au

unitingcareqld.com.au





Tween Girls Workshop - 20 February



Mypolice Blog

"Mypolice Blog" is a reminder for Sunshine Coast families to actively participate in being "crime wise" and keep abreast on criminal activity as well as promoting positive policing community events on the Sunshine Coast. Households can subscribe (no cost or commitment involved) to the Blog.

It is a great way for kids to read and learn about personal safety and being responsible with their property eg; locking up their bikes, also the "feel good" stories teach kids that police are there to help them and are approachable if they ever need police help.

Any thoughts, questions or inquiries regarding the Blog or crime concerns in general can be addressed to:

Sandy Atkinson Acting Sergeant

Sunshine Coast Crime Prevention Unit

Postal: PO Box 553 Maroochydore QLD 4558 Office: 2/47 Brisbane Road, Mooloolaba

Website: www.mypolice.qld.gov.au/sunshinecoast

Email: Atkinson.SandraL@police.qld.gov.au

Ph: 5475 2563







