Calendar of Events

SEPTEMBER
06 Seaworld Excursion P-2
10 Regional Athletics
19 Sausage Sizzle
20 Netball/Soccer carnival

OCTOBER
08 (Tues) Term 4 begins

P&C Association
Tuesday 10th September
3.30PM
All Welcome

Happy Birthday
05 Shannon Meier
07 Riely Black
10 Danny Hamblin
15 Aimee Kerwick

Note from the Principal, Mrs Kowitz …

I often get asked questions from parents, about how they can help their child to do better at school. In these days of changing curriculum and teaching strategies, parents can feel they are not well equipped to help out. Teachers often say that parents are their child’s first teachers. This can take many forms that don’t necessarily involve the school curriculum.

There are lots of ways that parents can help their child to learn at school. One of the most basic ways, is to simply teach your child about the importance of healthy nutritious food. Good food choices help children’s brains to be equipped to learn. Too much sugar, fat or junk food can easily send a small child’s blood sugar levels spiralling out of control, resulting in the inability to concentrate and often poor behaviour. Obviously these problems interfere with their capacity to learn.

So always start the day by giving your child a healthy breakfast. Just as importantly, a packed lunch that may include a range of interesting foods such as: sandwiches with a healthy filling, meat, salad, tuna, leftovers from the night before, a piece of whole fruit, yoghurt, pieces of cheese, vegetable sticks, and nuts etc. There are many parents who already do this and should be congratulated for their efforts.

However sometimes students try to pressure their parents into buying unhealthy items for their lunches. Here at Tent Hill Lower, students may not bring chips, lollies, chocolate or soft drinks to school. We also ask that students bring no more than one packaged item per day. Our staff always actively supervise eating times. We insist that students eat their healthy food first and that junk food is put away until last. Your child’s health and ability to learn at school are important to us too. So please stick continue to ‘stick to your guns’ and don’t relent if your child tries to coerce you into buy expensive and unnecessary junk food. Never underestimate the impact that a good quality lunch will have in helping your child get the most learning out of every day at school.

Around the Classrooms ..
Prep—Yr 2 (Ms Forbes/ Mrs Tessier) This week in English we have been focussing on identifying rhyming words and counting syllables. Students will benefit by reading small poems at home and finding the rhyming words.

Yrs 3/4 (Mrs Peach) In Maths we are working hard on mastering multiplication number facts. You can help your students by quizzing them. We are working on the 2x, 3x, 4x, 5x, 10x and we have just started the 9x table.

Yrs 5/6/7 (Mrs Kowitz/Mrs Martin) In English, we are starting a new unit of work on Historical novels. Students have already been reading ‘The Bombing of Darwin for homework. We will use that text to comprehend and analyse the purposeful language choices used by the author. There will be lots of learning about grammar in this unit.
SCHOOL NEWS...

Parent Teacher Interviews
It is now time to organise an interview with your child’s teacher for a Semester 2 progress report.

Interview will be held as follows:
P-Yr 2—Monday 16th—Thursday 19th September
(as per attached letter)
Yrs 3-4—Wednesday 18th September (from 12.00pm)
Yrs 5-7 Thursday 12th September 10.00—4.00

Please contact the school to choose your preferred time. Interviews will last 15mins as we now have many students in every classroom. Teachers will mostly focus on student progress in English, Maths, and behaviour. Please make sure you don’t miss out!

Playground Awards
On assembly this week, students who have made positive behaviour choices in the playground and have not needed any reminders about their behaviour over the last two weeks, were given a certificate. With two teachers on playground duty at lunchtime, students are being carefully supervised. Any issues are recorded on data sheets and used to inform which students have earned the ‘Buddy’ award for the fortnight. Students must have received at least one certificate to be entitled to the End of Term rewards which include: either participation in a sporting carnival for older students or a movie on the last day of term. Photos of winners are on the next page.

Teacher Aide Day 6 September
We celebrate Teacher Aide Day on the first Friday of September to recognise the great work our teacher aides do to support our students and teachers. The help they offer goes a long way in our classrooms, providing the extra attention some students need to get the most out of a lesson and supporting our teachers to organise engaging and educational activities each day.

This Friday we are asking everyone to say thank you to our wonderful teacher aides on behalf of our whole school community.

Student stationary items
Lots of students are running out of some basic classroom supplies. Could you please check with your child if they require any new pencils, exercise books, rubbers, whiteboard pens, highlighters, glue etc. The teachers would appreciate it if all items are also clearly named.

FROM OUR CHAPPIE...

12 coping strategies every child can use when life gets hard

Strategy 2 - Don’t let it spoil everything
Help your child to park his or her bad thoughts somewhere.

The ability to compartmentalize bad events and keep them from affecting all areas of life is a powerful coping skill. Resilient sports people such as golfer Greg Norman and former cricketer Shane Warne have the ability to segment their lives and prevent disappointment (in the case of Norman) or personal issues (in Warne’s case) from impacting on their sporting performance.

Somehow they park their HFD’s* for a time, and they revisit these issues when they choose. Similarly, kids can be encouraged to park their HFD’s for a time so that they can function normally and then revisit them when it suits.

For instance, if something negative happens at break time at school they need to make sure that it doesn’t spoil their whole day. They need to think about something else when they are in class and revisit their issue later on when they have space to think and talk to you.

This strategy requires kids to distract themselves, think about something else and focus on the job at hand.

What to say: “Park your problems for a while.”
“Don’t let this wreck your day.”

*Hardships, frustrations and disappointments

I will be away for a few weeks; I am taking leave to visit my daughter in the USA. See you in the new term.
Congratulations to all of the students who have made good behaviour choices in the Playground over the last two weeks as per the photographs below.

Yrs 5-7 winners

Data collection about school students with disability
All Australian governments have agreed to work together on the annual collection of data on school students with disability. The collection of this data will assist teachers, principals and education authorities support the participation of students with disability in schooling on the same basis as students without disability.
In 2015, the full national collection of data on school students with disability will be required in all Australian schools.
This new national data collection will reinforce the actions required of schools under the national Disability Discrimination Act 1992 and the Disability Standards for Education 2005.
This year, the Department of Education, Training and Employment is phasing in the collection of the data, starting with the collection of data from 10 per cent of Queensland’s state schools.
In this first year of phasing in the collection, Queensland state schools will only be providing aggregate level information, which will not identify any individual student.
In future years, the collection will require individual student information and information will be forwarded to parents at that time to allow them to make an informed choice about whether they want their child’s information to be included or not in the national reporting activity.

Triple P parenting course
A special offer for Tent Hill Lower Parents
Trouble parenting your 2-9 year old child?
Parenting now comes with a brief online instruction manual!
Researchers from the University of Queensland are offering FREE access to a brief online parenting program for 200 families as part of a research study. The newly developed program is based on the Triple P-Positive Parenting Program and offers simple solutions to common parenting problems like disobedience and aggression. If you are concerned about the behaviour of your 2-9 year old go to https://exp.psy.uq.edu.au/solutions for more information, email TriplePSolutions@psy.uq.edu.au or contact the project coordinator on (07) 3365 8870. You can also contact the school if you are interested.