Thursday, 20th November 2014

**Tent Hill Lower State School**  
Growing beautiful futures in the valley of opportunities!  
ph: 54 627 109      fax: 54 627 428  
www.tenthllwss.eq.edu.au

---

**Calendar of Events**

**NOVEMBER**
- 25 Dreamworld Trip
- 27 Swimming Carnival
  - Yrs 4-7

**DECEMBER**
- 1-5 Tallebudgera Camp
- 8 Ropehill Carols
- 10 School Concert

---

**P&C Association AGM and monthly meeting**

**Tuesday 10th February 2015**

---

**From the Principal…**

**Open Day**

Next week, we are planning to have an Open Day on Friday 28th November. Both current and potential new families are invited to visit us and to walk through our classes. It’s a great opportunity to see our students’ learning in action. Have you ever wondered what and how the students learn? Participate in a reading group or even take a number facts challenge against the students.

Starting Time: 9.00am  
Finish time: 11.00am

Please stay and have a sausage sizzle with us afterwards. We look forward to seeing you there.

---

**Playgroup**

Also new for 2015 will be a Tent Hill Lower State School Playgroup. This will be a free 2hr session where parents and their 0–5 year old children will be able to explore a variety of play based experiences each week. Playgroup provides an opportunity for children and their parents to develop friendships and life-long learning skills in a safe, supportive and friendly environment.

Our playgroup will be open not only to parents of our school but to the whole community. So if you have friends or family members with children in the birth–preprep age group please invite them to come along next year! Please watch this space for more information early next year.

---

**Report cards**

The teachers are now working on writing student report cards. Students are assessed against a set of year level standards. Report cards and then written, describing each child’s performance against these standards. A typical year level standard is described as being a ‘C’ rating and is considered the norm of what most students will achieve. Report cards will be released in the last week of the term.

---

**Retirement**

Mrs Natalier has announced her official retirement at the end of this year. She has been a Teacher Aide for the last 25 years. We have all come to know and love her dearly in that time and her work has been exemplary. There have been so many students that she has helped over the years and she will be very much missed at our school.

---

**Library bus will be here on Thursday 27th November 2014.**

---

**EVERYDAY COUNTS!**

Good attendance is vital to getting a good education as well as the law in QLD. Also, it is a requirement that absences need to be explained. Please phone us or send a note if your child is away. Holidays and other non urgent appointments

---

**SCHOOL HOURS:**

School commences at 8.55am  
School finishes at 3.00pm  
Drop off time: After 8.15am

---

**Around the Classrooms ..**

**Prep—Yr 2 (Mrs Samuelsen)**  This week we have been working on writing short stories. In maths we learning about data.

**Yrs 3/4 (Mrs Peach)**  This week we have been working hard on completing an assessment task in Science. We have been observing how heat transfers between various objects and water and discussing how this knowledge can be utilised in real life.

**Yrs 5/6/7 (Mrs Kowitz/Mrs Martin)**  This week we are completing our assessment task in English, comparing and contrasting the book and the movie of Storm Boy. The students have come up with lots of ideas of how the movie and the book are similar and different, and are now writing their final copy of this task at school.

---

**Question:**

**How many students can you fit in the back of a police wagon?**

Well Prep, Year 1 and 2 students discovered that all 16 of them could squeeze in, when Constable Amber came to visit! Everyone is very excited to adopt our very own cop: Constable Amber Belford. What a lot of fun!
This fortnight’s positive learning expectation is: “Use Buds”
“Stay focussed on your behaviour and academic goals”

Tent Hill Lower is a School Wide Positive Behaviour School!

SCHOOL NEWS…

PREP OPEN DAYS—NOW TAKING 2015 ENROLMENTS
Please remember the following days and times for our Prep open days this term.
8.30am - 11.30am
   Bring a hat, a piece of fruit and some morning tea
   Day 5 : 24th November
If you know someone who is planning on enrolling at our school IN ANY YEAR LEVEL next year please have them contact the school ASAP.

DREAMWORLD EXCURSION—NOV 25
A reminder for all students/parents attending the Dreamworld trip on Tuesday that the bus will depart the school at 7:15am sharp. Please ensure child have all their requirements as per the information sheet.

SWIMMING CARNIVAL YRS 4-7
Students born 2005—2001 will be participating in the Lockyer Small Schools Swimming Carnival to be held at the Gatton Pool on Thursday 27 Nov. There is a variety of swimming events to cater for all swimming abilities. Students are to be at the pool by 8:45am for a 9am start.
Normal swimming requirements apply. The carnival should conclude at approx. 12 noon.

ADOPT-A COP
Last Wednesday, we will officially adopting our new school Adopt-a-Cop, Constable Amber Belford,

P&C NEWS
P&C end of year get together on Friday 28th November from 4:30pm @ Killing Time with Coffee. Please text 0409063838 if you can make it, hour to see you there!

Mulitdraw Donations
Just a reminder that we need a donation from EVERY family to make our last fundraiser a success. Please send them in as soon as possible so we can wrap them for sale at the concert. Thanks in advance for your support.

ROPEHILL CAROLS
Ropehill Community Carols will be held at the Ropehill Community Sports Centre on Monday December 8. A BBQ with steak burgers, sausages and drinks will be on sale from 6pm, followed by the carols programme at 7pm.

Yrs 6 and 7 transition to Junior Secondary
Please note the next transition dates for the end of the year. Also there is an information session for families and students in Yrs 7& 8 on Wednesday 26th November from 3.30 pm — 6.30 pm.

Year level Orientation Day—
   all day
Year 6   Tues 9 Dec
Year 7   Mon 8 Dec

FROM OUR ADOPT-A COP… CONSTABLE AMBER

School holiday Internet safety
The festive time of year is rapidly approaching and I thought it was timely to encourage families to be vigilant when it comes to personal safety, including internet safety.
There has been an instance of late involving young people within our community participating in potentially unsafe activity on the internet. It is very important that we educate our young people of the dangers of disclosing personal details on the internet, in particular social media sites and mobile phone applications.
There are a number of websites that can be accessed providing education for varying age groups relating to surfing the net safely. I can highly recommend www.cybersmart.gov.au as there are interactive games available for young people and also information for parents and care givers. I encourage all students at the school to access the Cybersmart website and take the online challenge to see how Cybersmart you are. This is an excellent education resource for prep to year 12 students. You can also access the online help and reporting service via the Cybersafety Support link on this website. Safety is paramount for our families and I would like to wish everyone a safe and happy holiday. See you all in 2015

DR ADSETT’S RETIREMENT
Dr Adsett, paediatrician based in Toowoomba, has asked that schools advise families of his impending retirement as of the end of January 2015. He says: “It has been a pleasure and privilege to work in paediatrics in this community for over 30 years. I am confident that my good friend Jeff Prebble and my younger colleagues in private practice, Meng Kar Oon, Chamanthi Nanayakkara and Michael Parry will continue to provide a high standard of paediatric care to your students and their families.” We all wish him well in the future.
From the Chaplain... Chappy Margaret Thorpe

Are you amongst the 10 per cent of smart parents?  

By: Michael Grose

New research out of Queensland revealed that half of parents struggle with the stress of raising children, but only 10% regularly ask for help. They are the smart 10 per cent!

Twenty-first century thinking suggests that help-seeking behaviours are smart behaviours. Asking for help; sharing problems; taking advice; seeking out a coach, mentor or friend; building support networks and enlisting (and paying for) professional support when needed are the types of help-seeking behaviours that we need to encourage.

Of course, the reality is that ALL parents struggle from time to time coping with their children’s behaviours and attitude, or helping them manage difficult circumstances. We can all use some help from time to time, as it’s easy to get STUCK in your parenting.

It’s essential to build your network of support. Here’s how:

1. Start with family and friends. You need between three and five trusted, non-judgemental people who you can call on for help. Count how many you have right now. If you fall short, look for ways to build your social capital.

2. Add a layer of organizational support such as professionals and organisations that educate, care for and coach/teach your children. Add carers, teachers, coaches and other adults to your list.

3. Find counselling, parent education services and professional assistance services whether paid or free (such as Parentline) that you can go to when you need significant assistance. Foster a relationship with a professional (general practitioner, psychologist, specialist in a child’s disorder, social worker) that you can trust that you can return to over time.

4. Follow a voice you can trust. Part of modern parental stress comes from the plethora of information about raising kids. Answering the basic question “Am I doing a good job?” is now super-confusing. Parenting is now an industry, with many well-intentioned ‘experts’ who don’t always give wise, informed or research-backed advice. As someone who has been helping parents full-time for over twenty years, the paucity of good advice available right now concerns me greatly!

5. Don’t blaze trails. Many parents think like the Lone Ranger, they are blazing a trail through uncharted territory. Raising twins on your own? You’re not the first. Got a child with ADHD, another with autism and your 15 year old wants to get a tattoo? You’re not the first. Seek out like-minded parents or experienced professionals who have been down these paths, or have helped people navigate similar situations and get their perspectives. Trail-blazers are easily lost.
