Calendar of Events

APRIL
04 End Term 1 Sausage Sizzle  
22 Term 2 starts  
25 Anzac Day March

SCHOOL WATCH
13 17 88

Our school newsletter is published every fortnight and also available on our school website.

P&C Association
Tuesday 13th May  
School library  
3.30PM

From the Principal...

“Attitude Determines Destiny” is our quote of the week. Students in Years 5,6&7 were taught the meaning of this life changing and inspirational quote throughout all aspects of their Emu Gully Camp experience. Our school takes the upper class on camp each year to help build their sense of self and awareness of their own character. Students participated in many team challenges and problem solving activities. These tasks involved learning the importance of putting others ahead of themselves as well as developing resilience. All activities are centred around an ANZAC theme and students are also exposed to the power of stories and ANZAC legends with the themes of courage, sacrifice, mateship and perseverance. At the outset, students were asked to set some goals for their group. The students stated they wanted to develop their leadership skills, to work as a team, to have a positive attitude and to have fun. By the end of the two days, it was evident they have achieved all of these things.

School staff were asked to take a step back from their usual role of assisting the students with their tasks. This in itself is a challenge for us. However it gave us a good chance to step back and just observe the group dynamics and also individual reactions to challenging situations. One of the most interesting things was the way that all of the students stepped up each and every time. In all instances, the students far exceeded our expectations. The added complexity of the rainy weather did very little to dampen their enthusiasm and nobody complained even once. The camp staff did a great job of trying make the links between the character strengths learnt at camp and how that could be enacted at home and at school. So my congratulations to all of those students and a big thank you to their parents and the P&C for enabling this camp to happen.

Around the Classrooms..

Prep—Yr 2 (Miss O’Brien) Just a reminder that all students need to continue to bring their Bee Folder everyday. They are an important part of our literacy block and assist with student learning.  
Yrs 3/4 (Mrs Peach) As part of our English assessment for this term we are going to writing our own chapter for the book “Matty Forever”. We will be focussing on using descriptive language and appropriate punctuation.  
Yrs 5/6/7 (Mrs Kowitz/Mrs Martin) Students are busy trying to write the first chapter of a novel for their English assessment task. So far we have some fascinating stories taking shape.
This fortnight’s positive learning expectation is:
Solve problems peacefully by using your words

Tent Hill Lower is a School Wide Positive Behaviour school!

At Tent Hill Lower we reward our students who have demonstrated ongoing positive behaviours.
Participation in extra curricular activities and leadership positions are dependent on maintaining good behaviours.

SCHOOL NEWS...

SOFTBALL/ KANGA CRICKET CARNIVAL
As you are aware this carnival has been cancelled at this stage. Hopefully the carnival can be re-scheduled in the near future.

SCHOOL UNIFORM
It has been noticed recently the number of school uniform options been worn by the students. May I please draw your attention to the uniform section as per the school handbook.
Tent Hill Lower is a uniform school so students are expected to wear their school uniform each day. Students should present in a clean, neat and tidy appearance. Appropriate closed footwear & socks need to worn and kept on throughout the day. Our uniform aims to keep our school free of showy fashions and hairstyles.

Boys—Gold polo shirts with school emblem, black shorts.
Girls—Gold polo shirts with school emblem, black shorts or culottes. Bike shorts or short shorts are not acceptable.

Uniforms are available through the school by contacting the school uniform convenor—Karen Thomson.

* P & C NEWS *
We are coming to the end of the first term, hasn’t time flown.

We have a fundraiser on Sunday and require some baking and helpers to manage the stall. The “Ride the Range” bike ride is calling in at our school for a pit stop. We are to provide water and a toilet break as well as some individually wrapped baking eg Anzac biscuits, slices, etc which can be eaten while riding a bike.
Set-up is at 7am with the first bikes scheduled to arrive at about 8am and finishing around 11am when the last bikes have come through.

Please phone or message me on 0419 604 473 if you can help out.

With next week being end of term, helpers are required for the end of term BBQ, 2 people are enough so if you are available from 12pm to 1:30ish on Friday let me know, otherwise the kids will miss out.

Janetta

FROM OUR CHAPPIE...

ENERGY DRINKS: DO THEY REALLY GIVE YOU WINGS?
In the past 10 years there has been a significant increase in the consumption of energy drinks, particularly by young people. There has also been considerable debate about the contents of energy drinks and whether consumption of them is safe. This fact sheet provides information on caffeinated energy drinks and their effects, including when they are mixed with alcohol.

What are energy drinks?
Energy drinks are beverages that contain varying amounts of caffeine, taurine, guarana, amino acids, vitamins and sugar. Energy drinks are promoted as being beneficial in increasing stamina, and improving physical performance, endurance and concentration.

What are the ingredients of energy drinks?
Energy drinks typically contain a mixture of:
> caffeine—a stimulant that acts on the central nervous system to speed up the messages to and from the brain. Caffeine is the main active ingredient in energy drinks
> guarana—an extract from a plant that contains about twice the amount of caffeine as coffee beans
> theobromine—from the cacao plant. It has a similar effect to caffeine and is found in chocolate and many other foods
> theophylline—a drug used for the treatment of respiratory diseases and asthma, marketed under a variety of brand names. It is structurally similar to caffeine. It is also naturally found in tea at very small levels
> taurine—occurs naturally in food, especially in seafood and meat, and is necessary for normal skeletal muscle functioning
> ginseng—a substance that comes from a variety of plants and is believed to have medicinal properties, but has been found to interact with a number of prescription and herbal drugs.


EMU GULLY CAMP...
Before the Kokoda Trail activity...

During the Kokoda Trail...