FROM THE PRINCIPAL
Today we went to Brigalow School to participate in our shared curriculum days. We participated in story writing activities, hosted by Adele Jones.

Remember that Friday 20 May is Chinchilla Show Holiday, so the school will be closed.

On the 27 May, a proposed trip to Dalby Golf Club is scheduled for that day, from 11.00am (departure) to 3.00pm (arrival back at school). A letter will be sent out tomorrow regarding this.

On the 15 June, Chilli the snake man is coming to give a very interesting presentation regarding snakes, from 10.00am to 11.00am.

Please note some additions to the dates for this term, especially a meeting I have with Deloitte on Wednesday morning. I will not be available to supervise students who arrive before 8.30 am, when Mrs Hauff arrives.

Regards
Judy Angel

STUDENT OF THE WEEK
The following students were nominated by their peers for awards. Student of the Week has been awarded to Michael Wright.

Our school rule awards are:
Respect - Emma Wright
Being Safe - Andrew Rhodes

Congratulations to Michael, Emma and Andrew on receiving their awards.

REWARDS DAYS
Below are the expectations for rewards day this term. For Term 2 rewards day, the following criteria have been decided:
- Follow school rules - 2 yellow dots in the behaviour section of the data book (this is in line with our Responsible Behaviour Plan, which every family should have) This includes participating and completing work in class, as well as homework.
- good behaviour at home - >96% attendance at school (which means at least 50 days next term - as Term 2 is 11 weeks - 11 x 5 = 55; 55 - 3 (Anzac Day, Labour Day, Chinchilla Show Holiday) = 52. 96% of 52 = 50.) 2 days absent
While we realise there may be exceptional circumstances at times, these criteria are set to help the students with their behaviour, work ethic and attendance.
These expectations have been decided by students, at the start of the term, so they know what is expected of them to be able to receive the reward. This is revised each week in class, in the data book and in the progress reports which you receive at the end of the week.
If your children do not meet these expectations, then they are not eligible for the reward.

BULLYING NO WAY!
It doesn't matter whether it's physical, psychological or even cyber. Bullying is a concern that our school takes very seriously and is working to address.
If you suspect your child is being bullied, you should make an appointment with the teacher or school principal to discuss your concerns.
Some signs of bullying include:
- Loss of confidence
• Changes in eating or sleeping habits, possibly bedwetting
• Health problems such as headaches or stomach aches
• Unhappiness or mood swings with sudden temper tantrums
• Reluctance to go to school and changes in academic performance.

What you can do:
• Talk with your child about school and keep the lines of communication open so children are more likely to confide in you.
• Encourage your child to feel okay to ask others for help and to keep their own safety in mind.
• Ensure your child knows how to report bullying and to ask you for help when needed.
• Report the incident to a teacher. Don’t try to sort out the situation yourself.
• Make sure you are modelling healthy behaviours to your child, especially in relation to conflict resolution and anger management.
• Help protect your child from harassment and cyber-bullying by closely monitoring internet use and installing free internet filters.

For more information and ideas to understand and deal with bullying, visit the Bullying. No way! website [www.bullyingnoway.com.au](http://www.bullyingnoway.com.au).

Bullying can also be of a concern for staff, parents and community members. Bullying by parents/community members towards staff is also not tolerated. The complaints process is below and has been given to each set of parents in the Parent Handbook.

**COMPLAINTS**

During the course of your children’s school years complaints about an issue with your child’s education may arise.

Education Queensland is committed to ensuring that all complaints are dealt with in a fair and equitable manner. There are processes and support structures in place to enable parents/carers and students to work through any issues they may have with Education Queensland provisions.

When making a complaint, it is in the best interest of complaint resolution to ensure that you:

• provide complete and factual information in a timely manner
• deliver your complaint in a non-threatening and non-abusive manner and
• not make frivolous or vexatious complaints or include deliberately false or misleading information.

You should be aware that if you are making a complaint about a staff member, that in most instances the staff member will be told of the complaint and offered the right of reply. You also have the right to have a support person participate throughout the process.

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**P&C MEETING**

Next meeting Monday 20 June.

**TENNIS**

Some tennis fees are still to be paid from last term. Let the school know if you do not wish your child to participate in tennis and an alternative activity will be arranged.

Tennis continues this term for 9 weeks. Tennis lessons are on Wednesdays. Parent contribution will remain at $7.00 per lesson, with the school paying the remainder. This term the total parent cost will be $63 per student. Tennis fees are not optional if your child attends tennis lessons. Options are to pay in full or week by week. Again, if you do not wish your child/ren to participate in tennis lessons, please let the school know.

**SCHOOL BANKING**

School banking is again on Tuesdays this year. Please ensure the bank books are at the school on this day.

**EVERY DAY COUNTS**

As we continue the school year into Term 2, parents are reminded of the importance of sending children to school every day. Being at school every day counts, with one day absent each week quickly adding up to two months of missed lessons in a year. Unless your child is ill, it is expected that your child will be at school learning every day of the school year.


**ATTENDANCE**

Our attendance rate so far this term is at 94%. Remember, our target is 96% and above.

<table>
<thead>
<tr>
<th>He/She is only missing just…</th>
<th>This equals…</th>
<th>Which each year is…</th>
<th>and over 13 years of schooling that’s…</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day per fortnight</td>
<td>20 days per year</td>
<td>4 weeks per year</td>
<td>Nearly 1.5 years</td>
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<td>1 day per week</td>
<td>40 days per year</td>
<td>8 weeks per year</td>
<td>Over 2.5 years</td>
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<td>80 days per year</td>
<td>16 weeks per year</td>
<td>Over 5 years</td>
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<tr>
<td>3 days per week</td>
<td>120 days per year</td>
<td>24 weeks per year</td>
<td>Nearly 8 years</td>
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BIENNIAL JANDOWAE TIMBERTOWN FESTIVAL

The 2016 Festival is being held from Friday evening, 10th June, through to Sunday, 12th June. Attached to the newsletter is a colouring in competition associated with the festival. The colouring in competition entries are due on or before Monday, 16th May. Please post or return to: Donna Woollett Jandowae Prep-10 State School PO Box 60 Jandowae Q 4410 Alternatively, entries may be dropped into Innov8 Hair Style Beauty, 49 High St, Jandowae.

SCHOOL REVIEW

Our Quadriennial School Review is scheduled for Term 3, 2016 to be held from 11-Aug-16 to 12-Aug-16. The review will be conducted in a collaborative manner by a team of experienced educators appointed by the School Improvement Unit.

GET YOUR FAMILY EATING WELL AND ACTIVE

The online version of the PEACH (Parenting, Eating and Activity for Child Health) program is now available. PEACH Online is FREE for all Queensland families with a primary-school aged child and can be completed at home, in your own time, at your own pace.

There are 10 interactive sessions, with introductory videos, easy-to-navigate information, activities, tools, and links to recipes and resources. Families can also join weekly ‘live’ online chats with a dietitian facilitator and the online parent forum.

PEACH Online covers:

- **Nutrition** – lunchbox and snack ideas, reading labels and ingredients, dealing with fussy eaters, healthier takeaway choices, making healthy eating affordable and tips on planning ahead
- **Physical activity** – the benefits of exercise, how to be more active as a family, physical activity recommendations for children, and how to reduce screen time

The PEACH program is run by the Queensland University of Technology and is funded by the Queensland Government. Families can register for PEACH Online until 31 August 2016, and will have until 30 December 2016 to complete the program.

To register, free call 1800 263 519 or visit [www.peachqld.com.au](http://www.peachqld.com.au)

DO YOUR KIDS HAVE GOOD MENTAL HEALTH?

It seems strange to talk about promoting good mental health in children. Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.
Sadly, it doesn’t seem that way. A recent study from UNSW and Beyond Blue stated that one in six young Australians suffer from an anxiety condition, and as many as 45 per cent of Year 12 students reported high levels of anxiety.*

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are 5 ways to promote good mental health and wellbeing in kids:

1. **Model good mental health habits**
   If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. **Make sure they get enough sleep**
   Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of 9 hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. **Encourage your kids to exercise**
   When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. **Encourage creative outlets**
   Kids should practice creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

5. **Talk about their troubles**
   A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem, let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. See these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health.