# STARS OF THE WEEK

<table>
<thead>
<tr>
<th>Junior Orange Prep / 1</th>
<th>Nathan K</th>
<th>Axel H</th>
<th>Middle Blue Yr 3/4</th>
<th>Cooper B</th>
<th>Molly F</th>
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<tbody>
<tr>
<td>Junior Purple Yr 1</td>
<td>Serene P</td>
<td>Israel R</td>
<td>Middle Purple Yr 5</td>
<td>Austen Y</td>
<td>Monique K</td>
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<tr>
<td>Junior Green Yr 2</td>
<td>Jack W</td>
<td>Ann S</td>
<td>Senior Purple Yr 6</td>
<td>Osa O</td>
<td>Nash T</td>
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<td>Junior Blue Yr 2/3</td>
<td>Tahlia M-D</td>
<td>Robert T</td>
<td>Senior Green Yr 7</td>
<td>Baturay K</td>
<td>Tom N</td>
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<td>Middle Gold Yr 3/4</td>
<td>Marina G</td>
<td>Danni F</td>
<td>ICT / Library</td>
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<tr>
<td>H.P.E</td>
<td>Aja F</td>
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**PRINCIPAL’S AWARD:** Middle Gold - spectacular masks and learning & Happy Long Service Leave to Miss Cronin.

## Term 1 week 10

**Web Site**
[https://coolangattas.eq.edu.au](https://coolangattas.eq.edu.au)

**Administration**
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**Sharyn Mahony Principal**
the.principal@coolangattas.eq.edu.au

**CALENDAR OF EVENTS**

**Term 1**

- **Every Tuesday**
  - Breakfast 8:00 – 9:00

- 4/4/14
  - Cross Country

- Autumn Holidays
  - From 7/4/2014

- School resumes Tuesday
  - 22nd April

- 23/4/14
  - ANZAC Day Assembly

- 25/4/13
  - ANZAC DAY PUBLIC HOLIDAY

- 8/5/14
  - Mother’s Day Stall
  - Kirrahaven

- 29/04/2014
  - P-3 Afterschool Athletics starts

- 30/04/2014
  - $-7 Afterschool Baseball starts

- 13th, 14th & 15th May
  - NAPLAN Testing

- Yr 3, 5, 7

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**Value of the Week:** HAPPINESS

Being Happy is an emotion that makes us feel good about ourselves and the world. It is a sense of satisfaction and well being. Happiness is inside us all and comes about from an appreciation of the gifts that each day brings. It comes about from knowing we did good day’s work and that we get along with others. Happiness also comes about when we laugh and find the humour in things. We can’t always feel and be happy as some things make us sad or mad! But we can always look for the positive and the good things that make us happy again. It is a wish that we give everyone – have a happy day!

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School Wide Positive Behaviour Learning: HANDS OFF – the BE SAFE & BE RESPECTFUL RULES

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Junior Gold have done a great job creating a mask from the “Twits” for their Technology Assessment.

Each Student from each class signed their pledge – Bullying No Way at Coolangatta State School. Thank you Ms Cindy for preparing the wall of colourful bricks.
Dear Parents / Caregivers

Cross Country this Friday: We look forward to a day of friendly competition and house spirit with lots of cheering and encouragement from the school community. Tuckshop will be open and manned by Yr 5, 6, 7 parents as a fund raising venture for their camp at the end of term 2. Their Easter raffle will be drawn at the presentation of awards on the conclusion of the Prep event. We do hope you are able to join in the fun of the day, even for a short time. Dress in your house colour.

End of term: It is hard to believe that first term is almost over. Teachers and students have worked hard to ensure progress in learning towards targeted goals with you as parent, working hard to support homework and expected learning and having your child ready for each school day and on time. The coming vacation, brings a well deserved rest from routine for all!

Story Dogs Picnic: This Sunday afternoon our school is hosting the end of term get-together for the volunteers and their dogs from this end of the coast. Our Year 2 students look forward to Thursday and the opportunity to read to

Facility Works: Tree work as advised last newsletter will be done over the holidays. Cleaners will be undertaking their duties the first week of the holidays and the Mr Chris, groundsman, the second week Mon – Wed.

SCHOOL WATCH: Please be our eyes and ears over the vacation and keep our school safe from theft or vandalism. Report any unauthorised or suspicious behaviour to State Security at 13 1788.

Facility Works: Tree work as advised last newsletter will be done over the holidays. Cleaners will be undertaking their duties the first week of the holidays and the Mr Chris, groundsman, the second week Mon – Wed.

Hire of Tennis Court / Basketball Court: Families are welcome to use this school facility by booking and obtaining the key through Kirra Sorts Club.

First Week next term: School resumes Easter Tuesday, 22 April. The school ANZAC assembly will be held on Wed 23 April. Students are invited to participate in the Coolangatta – Tweed Community ANZAC parade on Friday, 25 April. They will need to assemble in Chalk St, Coolangatta approx10:00 for march off with conclusion of service approx. 1:00pm A form will go home at the start of term for families to indicate their participation in this special event.

School Nurse visit term 2 for all year levels P -7.

Vision checks are no longer done at school. It is important however that children have regular eye examinations through a local optometrist. Please see the article that is attached to the online version of this newsletter.

Developmental Delays e.g concerns of height, weight, speech, reaching expected milestones are to be referred as are all Hearing concerns. Please advise your class teacher if you wish your child assessed so the correct forms can be issued. The teacher may likewise contact you if they believe your child will benefit from this service.

Free After School Sport Term 2 : The P-3 free Tuesday afternoon sport activity will be athletics – field and track skills. Year 4 – 7 sport on Wednesday afternoons will be baseball / softball. Sign up forms will be provided at the start of term.

With best wishes for a safe & happy holiday and lots of Easter Joy !
Sharyn Mahony

P&C NEWS:
The next general meeting of the P&C is Monday, May 12, 9:00 – 10:30 in the admin block. All welcome.

STUDENT COUNCIL NEWS:
This Thursday is a FREE DRESS DAY. We are fundraising for the Currumbin Wildlife Hospital for Koala Care. A gold coin is required if you are taking the privilege of not wearing your school uniform. We hope everyone supports this cause. With the money raised we hope to ‘buy back’ the Koala that Tyler from Yr 7 last year painted, as our school nomination for the School’s Swell Festival Art Competition. He was a groovy Mr Harlequin Koala!

Chaplain’s Chat – Chappy Lisa
Here are 10 simple language techniques you can use to invite cooperation from your kids. Try these techniques out to see what works for you.
1. Describe the problem eg. “The living room is messy.”
2. Describe the problem PLUS+ eg. “The living room needs to be cleaned up before dinner.”
3. State the rule or the practice eg. “We clean one lot of toys away before getting another lot out.”
4. Describe what you feel eg. “I don’t like it when your toys are on the floor all day as I feel like everything is a mess.”
5. Put it in writing eg. “Dear Jeremy, please clean me up before dinner. I will feel much better if I can see some daylight. Regards, The Carpet. PS. it helps to sometimes clean up one mess before starting another.”
6. Tell them what you will do eg. “I will listen to you when you have calmed down.”
7. Choices eg. “You can stay inside if you are quiet. If you want to be noisy you can go outside.”
8. When … then eg. “When you have done the chores then you can turn the TV on.”
9. The invitation eg. “Can you help me out by clearing the table away after dinner?”

For more ideas to help you raise confident kids visit:
Parenting guide

Children’s vision and eye health
A message from Community Child Health Nurses:
Apart from regular optometrist assessments, here are some tips to support children to maintain their eye health:
• Encourage them to read in a room with good and even lighting and take regular breaks;
• Minimise UV exposure by having them stay out of the sun between 10 am and 3 pm and wear sunglasses and a broad brimmed hat when outdoors;
• When watching TV ensure even room lighting and do not allow them to sit in a completely dark room;
• Limit computer sessions to less than two hours, ensure the top of the monitor is at or slightly below eye level, and encourage them to regularly look away from the computer screen;
• For video games, encourage children to sit as far back from the TV as the leads allow.

For further information about children’s vision or to find your nearest optometrist, please refer to the Optometrists Association Australia website:
http://www.optometrists.asn.au/your-eyes/your-child%27s-eyes/resources-for-parents.asp
Senior Green : Mrs Ireland
Last week Coolangatta students from years 5,6,7 were invited to meet the Australia author Phil Kettle. This session allowed students to explore writing concepts and ask many questions about not only his works but also their own writing. It was a great insight into an author’s life and he gave our students some wonderful tips about improving their own writing. Some students will receive a notification this week regarding our class’s behaviour reward. This will only be for one session on Thursday and will be a celebration of good behaviour choices in Term One. I wish all our families a wonderful and safe Easter break! Mrs I

Senior Purple : Mr Vogel
Senior Purple had an enjoyable final Surf Ed Lesson where they practised their skills on a steep sandbar. English short stories are being published and will be shared with the class over the week. In other news Parents and Students are preparing for our big fundraising venture on Friday at Cross Country. Tickets are being sold for the Easter Hampers and parents and teachers are meeting to prepare the tuckshop stall, lucky games and the sausage sizzle (Parent Fundraiser Meeting Wed 2nd April in Senior Purple classroom).

Middle Gold & Middle Blue : Ms. Cronin & Mrs McEwan
Middle Blue and Middle Gold have completed their 2nd Geography assessment all about climate in different locations. We will be continuing our learning in Geography by comparing and contrasting the characteristics of our community with another community in the next week. Some students are experiencing great growth with their number facts in Maths and are very proud of themselves. Many students are doing a fabulous job with their home reading and returning their book to be changed on Friday’s. Reading daily at home gives your child a great advantage in the classroom. Please remember to make a Parent Teacher Interview time to discuss how your child’s year at school is going so far-notes have been sent home with the students.

Junior Blue: Mrs Calder
This week ends with our Cross Country event. Junior Blue students have been training very hard for this event. Parents, if you can, do come along and support your child. They are so proud of pacing themselves. Students are concentrating on sound boxes when spelling, and on adding endings to root words.

Middle Purple : Mr Stringer & Mrs Duffy
In this last week of term we are busy right to the very end with reviewing everything needed for assessment, finishing assessment or continuing our preparation for NAPLAN. As well as strategies and practice questions in all areas, students have been reviewing their ‘7 steps’ to great writing and a huge push in persuasive techniques will be our focus at the start of term 2! Please continue to read as much as you can with your child over the holidays. Many students are still struggling with their stamina in independent reading in class. Wishing you safe and happy holidays.

Junior Green: Mrs Collis
Junior Green is very busy this week finishing off assessment pieces in preparation for the school holidays which start on Friday afternoon. In English we are completing our Poetry Reconstruction Unit, in Maths we are finishing off our In the Toy Shop Window graphing unit and building our knowledge of number facts. In science we are developing our understanding of various materials and their properties as we plan the construction of our water resistant lunchboxes. Thank you to those families that have started sending recycled materials in. Keep them coming please!! Our Story Dog reading sessions have started and the students loved being able to read with Harvey the Wonder Dog. If your child has not yet returned his/her form please do so, so they can participate in this valuable opportunity. Don’t forget that Parent/Teacher interviews are happening for Junior Green this week- please complete your request from with your first three preferences and I will endeavour to organise a timetable that suits.

Junior Orange: Ms. Schmida
A reminder that my Student Progress and Achievement interviews for preps will be held in Week 2 Term 2, as I have met with all parents in the first weeks of schooling at enrolment interviews. I will have a timetable to schedule mutually convenient times on the first day back of school. Also, we will be presenting a short item on assembly this week and would like to encourage you to attend if possible to watch our short performance. Thanks once again for all your support. And wishing you all a safe, relaxing and happy break.

Junior Purple Mrs Winder & Mrs Waldon
The time has flown by so fast it is hard to believe we are at the end of term 1 already. Thank you to our families for showing such interest in your child’s learning by attending parent interviews. We always enjoy sharing your child’s learning journey with you. Our Cross Country Races are on this Friday, so come along and cheer the kids on. Finally we wish you all a safe and relaxing holiday; enjoying family time this Easter.

HPE News: Mr Stringer!
Cross Country 2014 Order of Events: times are approximate
9.00am Girls Born 2001/2002
9.15am Boys Born 2001/2002
(Remember9.30am Girls Born 2003
9.45am Boys Born 2003
10.00am Girls Born 2004
10.15am Boys Born 2004
10.30am Girls Born 2005
10.45am Boys Born 2005
First Break: tuckshop open
11.45am Girls Born 2006
12.00pm Boys Born 2006
12.15pm Girls Born 2007
12.30pm Boys Born 2007
12.45pm Girls Born 2008
1:00pm Boys Born 2008
1.15pm Prep Girls & Boys
Wear your house colours. Wear sturdy sports shoes. Wear your hat and sunscreen. Bring a water bottle
Presentations and the drawing of the raffle after the Prep race.

Library / ITC News
The end of term 1 is fast approaching. ALL library books need to be returned before the holidays. Last Friday, Author Phil Kettle met with students from grades 5-7. He engaged students with stories and events that inspired his own writing. He then gave them tips and ideas to help our students with their writing. A big ‘THANKYOU’ to Phil Kettle for his time and inspirational ideas!!!

REMINDER- ‘Why I love Where I Live’ writing competition opens on 22nd April. See your class teacher or Mrs Marshall for entry forms or further information

Website of the week
Check out http://philkettle.com/
For more information about Author Phil Kettle check out his website.
A message from Community Child Health Nurses:  
Children's vision and eye health  
More than 80% of a child’s learning is vision-based. Recent research has found that as many as one in ten Australian children have some form of long-term vision problem which can impact on their ability to learn. Children are often unable to recognise they have a vision problem because it develops over time and they’re unable to sense this change. Outward signs of vision problems may include excessive blinking, squinting or rubbing eyes. Children may also demonstrate behaviours such as losing their place when reading; using fingers to follow words in a book (not for a new reader); crooked writing or poor spacing between words; covering or closing one eye to read; holding a book very close; or tilting their head to view things.

The most common vision problems are those affecting children’s ability to see clearly and sharply. Short-sightedness and astigmatism are perhaps the better known conditions, and are usually correctable. Some other problems not so well known include poor eye co-ordination, turned eye, poor hand/eye coordination, eye movement defects, and difficulties focusing. Early detection and treatment is vital, not only to maximise children’s ability to learn but, in some cases, to prevent permanent vision loss.

The Optometrists Association Australia recommends children have their vision assessed at 6 months of age, 3 years of age, again at 5 years of age, and then every two years thereafter. These consultations are covered under Medicare and more than 95% of optometrists bulk-bill. You don’t need a referral to see an optometrist – just telephone for an appointment.

Apart from regular optometrist assessments, here are some tips to support children to maintain their eye health:

- Encourage them to read in a room with good and even lighting and take regular breaks;
- Minimise UV exposure by having them stay out of the sun between 10 am and 3 pm and wear sunglasses and a broad brimmed hat when outdoors;
- When watching TV ensure even room lighting and do not allow them to sit in a completely dark room;
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From your Guidance Officer Edith Saedt:
Talking through angry feelings
When children get angry, it can help if you really listen and acknowledge their feelings.

Let your child express negative feelings without judging them. Imagine if every time you were upset, some bigger, taller person looked down at you and said, ‘Don’t feel that way’.

Ask yourself, ‘Am I really listening to my child?’ Or are you waiting to tell your child what you think? Children often start to have a tantrum because they don’t feel heard. If you are thinking of what you will say while your child is talking, then you know you are not really listening.

Reflect your child’s feelings. For example, you might say, ‘Wow. You’re really cranky’ to a younger child. To a school-age child, you might try, ‘I can see how frustrated you are. Can you tell me what made you feel that way?’

Slow down the process. For example, you could say, ‘I need a moment to think about this’. If your child is being rude, or getting ready to have a tantrum you might say, ‘Ouch! That comment hurts my feelings’ or ‘I can see you’re upset. Let’s talk’.

Use this opportunity to problem-solve. If kids are fighting, you might say, ‘In this family we don’t hurt people’s feelings. Let’s try to solve this problem another way’. Then ask the kids for their ideas of what would be fair.

Ask your child to explain it again. Even if you disagree, you might say, ‘I need a moment to think about this’. If your child is being rude, or getting ready to have a tantrum you might say, ‘Ouch! That comment hurts my feelings’ or ‘I can see you’re upset. Let’s talk’.

Discuss the consequences of your child’s behaviour. You might say, ‘Yelling in the kitchen is not OK right now’, instead of, ‘How many times do I have to tell you to stop yelling?’

Set limits that your child will find comforting. A limit is not a punishment. Limits can help children learn how to calm themselves down. Limits are comforting and teach kids that the parent is in control.

Make consequences relevant – and explain them. Make the punishment fit the crime. If a kid spills milk (on purpose), the child has to help clean it up, not get a time out.

Source: Raising Children Network

Great masks from Junior Gold and students signing Bullying No Way brick wall.