Term 2 week 1
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CALENDAR OF EVENTS

Term 2:
Every Tuesday,
Breakfast 8:00 – 9:00

Swimming Year 4 / 5
Outstanding payments due now.

Surf Ed Years 6/7
Outstanding payments due now.

24/4/13
ANZAC Day School Assembly

25/4/13
ANZAC Day Holiday

3/5/13
National Maths Day

10/5/13
Mother’s Day Stall
Kirra Haven

14/5/13
NAPLAN
Writing, Spelling,
Punctuation & Grammar Test

15/5/13
NAPLAN
Reading Test

16/5/13
NAPLAN
Numeracy Test

23/5/13
Walk to School Day

26/5/13
National Sorry Day

31/5/13
Movie Night P-7

Value of the Week: COURAGE
Courage is the personal bravery in the face of doing things that are hard or fearful or scary. It is doing what needs to be done and going ahead when you feel like giving up. You need courage to try new things. You need courage to admit your mistakes, to face up to the consequences and to learn from your mistakes. Courage is the strength within you to make good choices.

COOLIE’S 2013 CROSS COUNTRY RESULTS

1st Place – Cook
2nd Place – Flinders
3rd Place – Oxley

<table>
<thead>
<tr>
<th>Age Champions</th>
<th>Girls</th>
<th>Boys</th>
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<tbody>
<tr>
<td>10 year old</td>
<td>Osa O</td>
<td>Cameron J</td>
</tr>
<tr>
<td>11 year old</td>
<td>Che M</td>
<td>Zion A</td>
</tr>
<tr>
<td>12 year old</td>
<td>Drew Y</td>
<td>Amadeus B</td>
</tr>
<tr>
<td>13 year old</td>
<td>Senna S</td>
<td>Kane R</td>
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Congratulations to all students who competed and scored points for their house.

Mrs Debbie Atherton P&C President, was recently awarded Karen Andrews, MP McPherson Community Achiever award for her long, dedicated service to Coolangatta State School. Congratulations and thank you Debbie from all of us at CSS
Dear Parents / Carers,

Welcome back to Term 2. The extended Easter Holiday was very welcome to rest and recharge ready for another wonderful term of learning and events. I look forward to working with you, the school staff and your child as we work for continual improvement – just getting better and better, going from average, to good to great!

School Cross Country: What a fantastic way to end last term! Well done to our new house captains. I am sure you would all agree that each house united in team spirit to create a fabulous atmosphere of encouragement, good sportsmanship and behaviour. It was a day to celebrate personal bests – every child who participated was a winner and I particularly congratulate those who crossed the line last. To finish and not give up and to give your best effort is highly valued. Thanks Mr Stringer for all you did to make the day such a great success – coaching, training, setting up and organising a great day – even the weather! Thank you to all parents and family members who could be there to make the day such a memorable one.

Calendar of Events: Please find attached our forward plan of this term’s events. Further details and any amendments to the calendar, additions and changes will be advised in future newsletters.

Email communications: If you have not already done so or if you have made recent changes, please advise the school office of your email address. We would like to forward enewsletters with hyperlinks to the school website as well as any other information that can be emailed to you.

New school email and web address: (also published on the front cover of the newsletter)
- admin@coolangattass.eq.edu.au
- theprincipal@coolangattass.eq.edu.au
- thepandc@coolangattass.eq.edu.au
- www.coolangattass.eq.edu.au This website, though still under construction, is available for general information,, I thank Mrs Sky Marshall, Teacher Librarian, for her hard work in setting our new website up.

Mobile phone numbers: The school has the capacity to SMS parents through a bulk messaging system. This is particularly important in an emergent situation or where quick information needs to be distributed either as a whole school, or whole class alert message. For this to work however, phone numbers need to be accurate.

Contact Details: Please always ensure that the school has your latest details: landline and mobile numbers where available for home, work and the people you have nominated for emergent contact, your medical practitioner and your address details. It is essential that we can readily contact you especially for those times when your child needs you. Simply ring up, write a note, email, and come to the office to amend details.

Term 2 Parent Teacher Information: Over this next week, class teachers will provide an overview of the terms work and of the core assessment to be undertaken so that you can support your child to attain their learning goals. Student Led reporting: You will receive an invitation to attend your child’s class in the last weeks of term, where they will proudly show you the work they have been doing and their achievements. A summation of term 1 and 2 student learning outcomes will be provided in a written report at the end of this term, the end of semester one.

Parent Teacher Interviews: Thank you to all parents / carers who have attended a term one meeting with your child’s teacher.

We believe that this early in the year meeting is very valuable in establishing the parent, teacher, and student partnership as we all work together for that one person who is most important to us, your child – our student. Please arrange a time to meet with your child’s teacher or to contact them by phone if you haven’t already done so or at any time you wish to discuss their progress or behaviour.

Attendance & Punctuality: Every day counts. Absence, late to school and early leaving is to be kept to a minimum so that continuity of learning occurs. All absence needs to be explained and must only be for a valid reason. It is a requirement that rolls are marked twice a day, morning (9:00am) and afternoon (12:00pm). Absence information is recorded electronically and becomes part of the child’s record. Thank you to the parents who always advise of the absence by note, phone or email. A term 1 attendance report will be soon issued. Being on time for class is essential. Being late puts the child at a disadvantage - and disrupts the class and the teacher. It is important that each child is at school by 8:50. This includes plenty of sleep, a good breakfast, and being stress free and getting to school on time with homework, notes and all requirements for the day. Thank you for giving your child the best start to their school day by being on time.

Staff News: Welcome back from maternity leave Sensai Vanessa Shimomura, LOTE teacher. I am sure Sensai will be looking forward to see how far our students have progressed in their cultural understandings of Asia and Japan in particular and their oral, reading and written skills in the Japanese language. I know I am impressed as unfortunately I do not have any other language other than English. Some of our students from overseas speak several languages. Learning another language, besides being a benefit in itself, also helps us to understand our own language composition and wires up our brains to work even better. It is also neurologically proven that learning to read and write music, another type of language, also makes brains smarter. Brains love learning new complex things that require different parts of the brain to work together.

School Resource Scheme and catch up payment invoices: Some families will receive payment information this week. Your early attention to this matter is appreciated so that finances can be distributed to your child’s learning.

I wish everyone a happy term 2 of Learning and Achieving. Best wishes,
Sharyn Mahony

PRINCIPAL’S PATCH

ANZAC Assembly: Parents and community members are invited to the school ANZAC assembly next Wednesday 24th.

Coolangatta Tweed Community ANZAC parade and March, next Thursday 25th April: Students are invited to participate. Please fill out the form below and return to school by this Friday if they are able to assemble in the designated area in Chalk St by 10:00 to march to Twin Towns for the 11:00 service. Students need to be picked up from the Jack Evans park on conclusion at approx. 12:15pm. Refreshments for students are provided after the service. Students need to be in full school uniform, with blue collared shirts, wide brimmed hat, and be prepared to march the distance in a respectful manner so that Coolangatta SS stands out for its exemplary conduct. Students also need to have a water bottle and to wear sunscreen.

I give my permission for my child / ren ___________ ______

to march in the Coolangatta / Tweed Anzac march on 25 April.

Name & Signature:

Thursday 25

Coolangatta Tweed Community ANZAC parade and March, next
AROUND THE CLASSROOMS

Special Education News - Karen Cavaye
Working with students who have a disability and their families has been a long term and rewarding opportunity for me. Here at Coolangatta State School, the staff strives together as a team to support and create opportunities for our students who have been assessed and meet the criteria set by Education Queensland. The focus for Term 2 is to support our students undertaking the NAPLAN testing and to consolidate specific individual goals for each student to work towards.

Curriculum Corner: Fiona Brimmer (Head of Curriculum)
Helping get ready for NAPLAN
During the second week of May Coolangatta State School children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). As a parent there are many things you could be doing on a daily basis to help prepare your children for this assessment.

Reading
It is important that your child is confident with a variety of different text types, for example recipes, newspaper articles, poems, brochures, catalogues, fiction and non-fiction. Here are some activities that may help you to support your child as they become confident readers of a range of texts and topics:

- Encourage your child to read every day, either independently or with you or a sibling - congratulate them on their reading efforts
- Encourage your child to think and reflect on texts they read and view, for example, Do you agree with what was written in that article? or What was the point/message in that television program?
- Read some of the same books as your child and talk about characters, storylines and themes
- Talk about new and interesting words that they have heard/found including words from different cultures
- Encourage your child to read a range of visual texts such as diagrams, tables, graphs, photos, cartoons and comics
- Share and discuss interesting parts of the newspaper, for example, cartoons, images and sports results
- Encourage your child to think and reflect on texts they read and view, for example, Do you agree with what was written in that article? or What was the point/message in that television program?
- Ask your child to assist with reading instructions and interpreting diagrams when assembling new purchases
- Encourage your child to read silently then ask your child a variety of questions about what they have been reading using the following strategy:
  - **Right There Questions**: Literal questions whose answers can be found in the text. Often the words used in the question are the same words found in the text.
  - **Think and Search Questions**: Answers are gathered from several parts of the text and put together to make meaning.
  - **Author and You**: These questions are based on information provided in the text but the student is required to relate it to their own experience. Although the answer does not lie directly in the text, the student must have read it in order to answer the question.
  - **On My Own**: These questions do not require the student to have read the passage but he/she must use their background or prior knowledge to answer the question.

P&C NEWS
*Please note TUCKSHOP is not open* this week. Please make sure your child has lunch and a drink bottle.
*Uniform shop will re-open next week. * School banking starts again 2/5/13.
*P&C meeting 29/4/13 at 9am in the Enrichment Centre.
* Woolies Earn & Learn promotion is now on. Please save as many stickers as you can and post the cards in the box in the office. Thank you for supporting Cooly kids.

Library/ICT News: Mrs Marshall
Bookclub will be sent home shortly, keep an eye out for the many great deals available. An amazing 20% commission from Bookclub purchases is given back to Coolangatta School. Please ensure your book club orders are returned to Mrs Marshall or Mrs Snow in the library by Monday 29th April, as all orders will be placed on this day. This term Writer’s club will be held on a Monday at first break, students interested in attending should see Mrs Marshall or Ms Schmida. Students will have opportunities to enter their work in competitions or just simply share their writing amongst the group. Borrowing has already begun. Mrs Snow is currently processing our new purchases. Please keep an eye out for these new books and keep up the great reading at home!!!!

LOTE: Minasan konnichiwa! Hello and welcome back to a new term. Thank you to Miss Redfern and previous language teachers for stepping in for me while I was on maternity leave. I am amazed at how much students have improved with their language skills and look forward to helping them advance more in the future. Once again this term, ‘J-Club’ will be running on Mondays at second break. Everyone is welcome. I am looking forward to a great 2013 at Coolie.

Chaplains Chat – Chappy Lisa
GO Club Sleepover – will be held 4-5 May. Notes will be coming home this week with further information. There will be no GO Club this first week of term and as next Thursday is ANZAC Day, the club will resume on Thursday 2nd May. A Family Fun Day will be held at Mallawa Drive Sports Complex Palm Beach on Sunday 28th April from 10am – 2pm and is supported by Palm Beach Neighbourhood Watch to celebrate their 4th birthday. Activities include face painting, jumping castle, emergency services vehicles, skill challenges in soccer, touch football and croquet, security info, first aid demos, GCCC info, music and a FREE sausage sizzle. All welcome.

From the Guidance Officer: Edith Saedt
1-2-3 Magic Parent Course - TERM 2, 2013
Guidance Officer Edith Saedt and Chaplain Lisa Wood are trained 1-2-3 Magic & Emotion Coaching Practitioners who are running this popular 3 session course at our school. Sign up for the course and learn:
- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the three choices
- Using emotion coaching to encourage good behaviour
- 7 tactics for encouraging good behaviour
The course runs on 3 Tuesday afternoons May 7, 14 & 21 from 5.00 to 6.30 pm in the Enrichment Centre at our school. The cost is only $6 to cover the workbooks. Sign up and join us for coffee & tea, and learn simple, effective ways to put an end to the arguing at home. Look forward to seeing you there!

Edith & Lisa
From the Guidance Officer: The Importance of Sleep

We all know how sleep affects our life – a good night sleep makes life’s dilemmas easier to cope with while a bad night’s sleep (or limited sleep) makes us grumpy and lethargic. Sleep problems in kids affect children’s health and development, including academic performance, growth and even immunity.

Sleep researcher and psychologist Dr Sarah Blunden, from the Centre for Sleep Research at the University of South Australia, told a recent psychology conference in Melbourne (2010) that sleep problems – which can be medical or behavioural – can affect memory, attention, thinking ability and behaviour. For children there are also studies that link bed wetting with sleep problems.

The most common cause of medical sleep problems is snoring and obstructive sleep apnoea (holding the breath), but sleep walking or night terrors, periodic limb movement disorder or restless leg syndrome and other conditions, such as asthma and eczema, can also affect sleep. Behavioural sleep problems can include difficulty falling or staying asleep, resisting going to bed, changing sleep hours (like teenagers do), and getting out of bed during the night.

So what is enough sleep?

- Toddlers need 12 to 14 hours sleep daily
- Primary school kids 10 to 12 hours.
- Adolescents need about 8½ to 9½ hours of sleep per night

Research suggests without this sleep, children don’t function as well. They’re more irritable, aggressive, hyperactive, fidgety, and can’t concentrate or remember information, compromising learning, and exhibiting delayed response time. They get sick more and have an increased risk of accidents. We as adults can also relate to these symptoms. Poor sleep can affect all of us at some time. Sleep experts recommend the following tips. Whether you be young or old or in the middle:

- Get into a routine - go to bed around the same time every night and wake up at the same time every morning
- Investigate if there are any fears or anxieties that might be keeping you/them awake.
- Before bed, do relaxation, breathing or visualisation exercises (imagine a happy place such as the beach or park)
- Do relaxing activities such as reading, drawing, listening to quiet music in the hour before bed to help wind down.
- Turn off the television (keep TV out of the bedroom), computer, electronic games and other activities in the hour before bed.
- Avoid strenuous exercise in the few hours before bed but make sure you/ your child gets plenty of exercise during the day.
- Avoid caffeine (soft drinks and coffee) and limit spicy or salty food which can cause thirst – and wake you/ your child during the night
- Encourage your child to fall asleep on their own (even from age six months - put babies down when drowsy rather when already asleep)
- Use reward systems (star charts culminating in a lucky dip or favourite outing) to motivate preschool and school-age kids, especially if they are getting out of bed or coming into your bed at night
- Install a hall or night light if your child is scared of the dark

If all else fails see a GP who can refer you/ your child to a medical specialist or psychologist to investigate why your child struggles with sleep.

Adapted from: ABC Health and Well Being – Kids Need a Good Night’s Sleep by Helen Carter KidsHealth

Attention Catholic Students

The Sacramental Program for St Monica’s and St Augustine’s Catholic Parishes is underway. One meeting has already taken place, but if you wish your child/ren to take part please contact Sister Sue Smith ASAP at the parish office on 55 982165. A second Parent’s and Children’s meeting is being held at St Monica’s Church, Golden Four Drive this coming Thursday the 18th of April at 6:30 pm. Confirmation is happening on 23rd May and First Communion will be on the following weekends.

Are you a parent of siblings who fight?

All parents of siblings who have children aged between 2 and 10 years with no more than 4-years separating the two siblings are invited to participate in a brief questionnaire available at www.exp.psy.uq.edu.au/siblings. Parents do not need to have children who are in conflict to participate. Contact John Pickering on (07) 3346 8743 or email j.pickering@uq.edu.au, or visit for more information.

Writing

This year as with last year the writing in NAPLAN will be persuasive. Your child will have been learning all about persuasive writing. We know they are often already very skilled at trying to persuade.

- Ask your child to explain what they have to do to write a persuasive piece, what do they need to include? What is important? How do they plan it?
- RESOURCES! Have a dictionary handy! A thesaurus? Grammar handbook? It not, shop together for books both of you like. Use them with care. For example, when you use a thesaurus, don’t take the first word on the list. Choose the word that’s just right!
- BE A WRITER YOURSELF! You don’t have to be writing a novel to teach valuable writing strategies – a simple grocery list can hold a dozen potential lessons on word choice, organization, and conventions. Good writing is always good writing!

Grammar and Punctuation and Spelling

- Use reading time to sometimes focus on the grammar, punctuation and spelling of some words.
- Play word games using the words your child is coming across in their reading
- Take the time to play games like Scrabble and have family challenges around using longer words
- Use the newspaper to look at punctuation and how the authors use it For example Why is there a full stop there?
Numeracy

- Practice and know the multiplication and division tables with your child, the more proficient they are with these the more time they can focus on doing more difficult mathematics.

- Practice and know the basic addition and subtraction facts, as with multiplication and division, the more proficient they are with these the more time they can spend doing more difficult maths.

- Always be positive about Maths even if you have difficulty yourself, our children will do better if they know we believe they are capable of doing it.

- Ask your child regularly what they learnt about in Maths lessons, it is important that they try to explain it to you as this will help them better understand what they have been learning.
To do this, the research team headed by Prof. Matt Sanders, would like to invite parents of siblings to fill out a brief questionnaire highlighting their experiences raising siblings. The researchers are interested to know how being a parent of siblings impacts your family? Do you receive enough support to deal with challenging behaviour? What sort of extra help do you think you need? And how best would you like to receive support? The information provided will be used to help develop a tailored parenting program for parents who are having difficulty with their children’s sibling conflict. Participating parents will also be invited to register their interest for the trial of the program once it is available.

Preparing your child for NAPLAN
During the second week of May Australian children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). The stated purpose of this testing program is to gain an overall picture of educational attainment levels to assist education policy and decision-making. Children and young people take their cues from their parents about how to handle many situations. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. Whether your child stresses or takes them in stride here are some tips to help prepare for the NAPLAN tests:
1. Take your cues from your child: If your child doesn’t worry about them then neither should you. Be careful not to create a problem that doesn’t exist by incessantly talking about, or worse, worrying about the test.
2. Focus on doing their best & trying hard: Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results. The only pressure on kids should be to try hard rather than to do well.
3. Listen to any concerns they have: If your child confesses to some nerves then validate their feelings, rather than shut them down with a ‘get over it’ response. “Yes, sometimes tests can be a little scary, but they get easier every time you take them.” Use this as an opportunity to develop some emotional smarts, which starts with recognising how kids feel.
4. Give them some relaxation ideas: Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.
5. Help them retain their perspective: One way to help children who become excessively anxious about an event is to ask what’s the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.
A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it’s going on school camp, joining a new club or sitting a NAPLAN test.