**STARS OF THE WEEK**

<table>
<thead>
<tr>
<th>Junior Orange Prep</th>
<th>Vida R-S</th>
<th>Middle Blue ~ Yr 3/4</th>
<th>Kael C</th>
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<tr>
<td>Junior Purple Prep / 1</td>
<td>Joshua C</td>
<td>Middle Purple Yr 4/5</td>
<td>Emily W</td>
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<tr>
<td>Junior Green ~ Yr 1</td>
<td>Kaya R</td>
<td>Senior Blue Yr 5/6</td>
<td>Henry F</td>
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<td>Junior Blue ~ Yr 1/2</td>
<td>Sonny C</td>
<td>Senior Purple Yr 6/7</td>
<td>Cruze B</td>
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<td>Junior Red – Yr 2/3</td>
<td>Kyla – Rose L</td>
<td>Senior Green Yr 6/7</td>
<td>Jennifer A</td>
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<td>Junior Gold – Yr 3</td>
<td>Levi T</td>
<td>LOTE - Japanese</td>
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<td>Library / ICT –</td>
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<td>Music</td>
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**Environmental Captains – Junior Green always doing the right thing with rubbish and clean port racks.**

**PRINCIPAL’S AWARD – JUNIOR GOLD, using high level thinking and inquiry. What is common both in the day and night sky?**

**Term 2 week 2**

**Web Site**

Web Site
https://coolangattass.eq.edu.au

Administration
admin@coolangattass.eq.edu.au
Sharyn Mahony Principal
the.principal@coolangattass.eq.edu.au

**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

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

20/5/13
Under 8’s week

**Value of the week: COURAGE**
The first ANZACs established a tradition of courage and sacrifice, of devotion to duty and of fighting for all that we hold dear – the right to live in peace, harmony and with justice. Other values which were forged, forever remain the values of all Australians – Care and Compassion, Doing your Best, A Fair Go, Freedom, Honesty and Trustworthiness, Integrity, Respect, Responsibility, Understanding, Tolerance and Inclusion. It is up to each one of us to live these values in our everyday lives, so that the sacrifice of all the brave men and women who have given their lives in war, has not been in vain. Lest We Forget.
PRINCIPAL’S PATCH

Dear Parents / Carers,

Classroom Learning: It is with great pleasure that I visit classrooms and see the learning adventures that teachers have planned for their students across the curriculum. I often wish I could be a student once again as the learning is fun, challenges thinking and inspires students to know even more! Teachers, in knowing their students well, cater for different student abilities in the class, leading students to achieve their personal best. Our students show pride in their work and in meeting with success.

ANZAC Day: A special school assembly takes place this Wednesday, 9:00 to which the community is invited. The assembly will be a solemn ceremony of remembrance, gratitude and national pride for all the soldiers, sailors, airmen and special forces, men and women, who have served our country and the United Nations in the quest for peace and justice. The assembly will be presented by students. Guests from the RSL and Kirra Haven will join us. Parents and community welcome.

Coolangatta Tweed ANZAC march: Students are invited to represent our school and to march with respect and pride, stepping out from Chalk St where they are to assemble by 10:00am, moving off to the Jack Evans Park cenotaph for the community service which will conclude approx. 12:00. Refreshments will be provided on conclusion. Students must be in full school uniform and wear their wide brimmed hat. Sunscreen and a water bottle are advised. Parents are required to advise the Principal when they pick the student up at the end of the service. Thank you for your support.

Are you able to commit? We highly value a strong parent partnership and are looking for parent involvement in the decision making of the following school committees:

- **Kidsmatter:** Last year the school made a commitment to implement Kidsmatter as an overarching framework to our school’s commitment to Learning and Wellbeing and Positive School Behaviour.

There are 4 components:
- Positive School Community
- Social & Emotional Learning
- Supporting Parents and Carers
- Positive Mental Health

The introduction of Kidsmatter, which is a national program, gives us the opportunity to review our current practices, further build on our success and to implement new best practice as we continuously strive to make CSS the best place it can be. Our kids do matter.

Together as parent and school, we continuously work together to ensure that we provide a safe, happy learning place that will realise the full potential of each and every student. If you would like to join our Kidsmatter action team please contact me or Debbi Atherton.

The team will be meeting next Tuesday afternoon, 30 April, 3:00 in the Enrichment room.

NAIDOC Committee: Parents of indigenous students are invited to a meeting next Thursday, 2 May at in the school resource centre, to plan activities and cultural events for our Aboriginal and Torres Strait Islander students who represent some 13% of our school population and to raise knowledge and understanding of indigenous perspectives in the wider school community. A special indigenous cultural day of activities is planned for the last week of term.

Warm regards and best wishes for a great week,

Sharyn Mahony

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**P&C News**

P&C meeting will be held on 29 April at 9am in the Enrichment Centre.

**Woolies Earn & Learn Stickers:** Please save as many stickers as you can & place the cards in the box in the school office. Thanks for your support.

**Tuckshop Roster:**
24/4/13: Amy & Debbie
26/4/12: Debbie, Amy & Michelle

School banking starts again on the 3/5/13.

**Disco:** School disco is on 2 May Prep – Yr 7
**Time:** 5pm – 7:30pm

We will need helpers on the night to help run & serve in the tuckshop. Please leave name & number at the tuckshop, disco menu will be in next week’s newsletter.

**Chaplain’s Chat: Chappy Lisa**

Support Chappy Lisa – Ks4Kids Walk

Join me on Saturday 1st June for a 10km walk from Palm Beach to Queen Elizabeth Park in Coolangatta. Rego forms are available in the office or from Chappy Lisa. Sign up before 4th May for the earlybird discount. This walk raises funds to assist keep the chaplaincy service available at Coolangatta State School. Sign up to walk with the Coolangatta State School team or donate at www.gs4kids.org.au

**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.

**Match your savings for school costs.**

Dollar for dollar, up to $500.

You may be eligible if you have:
- a Health Care or a Pensioner Concession Card
- some regular income from work (you or your partner).

To find out more phone 1300 610 355 or SMS your name and postcode to 1300 610 355, or emailsaverplus@bsl.org.au

**Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society, The Smith Family and other local community agencies. Saver Plus is funded by ANZ and the Australian Government.**

**Could you benefit from a family support service?**

The Family Centre is a community based not-for-profit organisation that provides a range of quality services for families and individuals who reside in the Tweed Shire. Our Family Services aim to increase the safety and wellbeing of children and young people and strengthen family relationships. Family workers can meet with families at our centres in Tweed Heads South and Murwillumbah, in client homes or at other agreed locations. For further information check out our website at www.thefamilycentre.org.au, contact us on: 07 5524 8711 or drop in during intake 15-17 Rivendell Tweed Heads South NSW between 9am - 12.30pm Monday to Friday.

**The Family Centre 0409 522 181, 5524 8711, PO Box 6301 Tweed Heads South NSW 2486**

nicolej@thefamilycentre.org.au
Senior Green & Senior Purple : Mrs Ireland & Mr Failes
Welcome back all parents and students. This term we have started a new literacy unit on Memoirs, the students are working towards writing a personal memoir of a past event focused around one abstract noun i.e. Friendship, ambition, loneliness. In Science we are continuing our units on change and water purification. In Maths we will be investigating 3D shapes, angles, fractions, algebra, place value, patterns and linear/non-linear relationships. As every day counts, we hope that all students and parents make the effort to be at school every day possible.

Senior Blue: Mrs Keil
The second term is off to a busy start and is progressing well. I’m pleased to report that Senior Blue students have settled very well into the new term and are showing that they can be responsible and independent learners. Thank you for providing your child with the resources required for their 2013 school year. However, there are a few children that still require additional items. These items include pencils, rulers, sharpeners and exercise books. Please check if your child needs any of these items. Reminder: Library day is every Thursday, so please ensure your child returns their library book on this day. Once again, please call in for a chat, if you feel the need arises.

Middle Purple: Mrs Cecil & Mr Stringer
We welcomed Miss Backo to Middle Purple last week as a prac teacher who was a great help! We have been studying The Riddle of the Black Panther in English learning how media can manipulate an audience’s point of view. In Science students have been discovering how animals adapt to their living environments both structurally and behaviourally. Students had to create their own creature and explain how it is adapted to its own environment. Year 4’s will participate in 4 Gold Coast Suns Shine Program lessons starting this Friday. The final lesson will take place at Metricon Stadium!

Middle Blue: Mrs McEwan
Thank you to those parents who have already made the time to attend a Parent Teacher time with me last term. If last term was too busy for you and we have not seen each other yet please contact me via phone or email: amcew26@eq.edu.au to arrange a time. This term we are studying ANZAC day as part of our History unit and students will be asked to write about their personal experiences on this day. It would be great if you can arrange to take them to one of the commemoration services on the actual day.

Junior Gold: Ms Cronin
Junior Gold have started Term 2 with a very positive focus. We have continued with Persuasive Writing and are discussing how to “Plan” for the task. We began a new unit of Science – Comparing the Earth, Moon and Sun and observing and investigating them. We are focussed on Reading. Congratulations to Martine, Ashley, Jessica, Brooke, Tylar, Eva and Ryan who have all achieved Blue Level – 25 books. Please come to the office and see our School Celebration Day foyer display.

Junior Red: Mr Vogel
Junior Red has had a great start to Term 2 with enthusiastic learners involving themselves in all lessons. Highlights have been modelling 3D shapes with play dough, finding and printing diagrams of the earth (in the Computer Lab), and reading both serious and humorous stories about non-stereotypical characters. We are also working on a wreath for ANZAC Day and are studying the Day and Night on Earth, for Science.

Junior Blue: Mrs Calder
This week sees us looking at and using interesting adjectives to describe a person. We are beginning with storybook characters. We have come up with some really outrageous descriptions. Our word of the week is ‘protrude’ which some of us have used in our writing. In maths we are learning to write three and four digit numbers.

Junior Green: Ms Benfer
We have been learning about the importance of ANZAC Day. We know that everyone has a special holiday on Thursday to honour all Australians who went overseas to fight in wars. In class we read the story Simpson and Duffy and students learnt about John Simpson. John Simpson was a very kind, helpful and brave man. He rescued many wounded soldiers. John was only young when he died, he was shot in the back and it hit his heart. During his time in Gallipoli John used a donkey to help him transport the wounded soldiers. His donkey was named Duffy.

Junior Purple: Mrs Winder & Mrs Waldon
Welcome back to all our students and parents. We hope you enjoyed time with your families over the East break. Thank you to all parents who have made time for our parent / teacher interviews. We enjoy sharing with you the learning and growth the children have made during term one – it has been amazing. This week we have been looking at the characters in the books we read. Instead of retelling the story and recalling what the character did, we have been looking at the characters in depth. Students are using existing knowledge to interrupt the character’s feelings, and how the characters change from the beginning of the story to the end of the story. The preps are representing their knowledge of characters through art, using painting and collage materials.

Junior Orange: Ms Schmidta
Welcome back to term 2!! Those of you, who have missed an interview, please come and see me to organise a suitable time to have a quick chat about your child’s achievements, progress and behaviour. A note regarding curriculum expectations for the term should come home this week.

HPE: Mr Stringer
Congratulations to all students who are training hard still for the District Cross Country Champs to be held at Pizzey Park in Wk 4th May. We will shortly be sending notes home for this event and requiring parental transport if at all possible on the day. Gala Day Interschool sports will be in week 7. Year 5 -7 students can choose to participate and train for Rugby League, Netball, AFL and Soccer. Training is on each Fri from 2-3pm so please ensure you wear appropriate clothing/shoes each Friday thank you!

Curriculum Corner: Fiona Brimmer (Head of Curriculum)
Helping get ready for NAPLAN: Writing
This year as with last year the writing task 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 - bed time, more pocket money, a sleep over, a treat! Ask them 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?

• 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?
• Develop the child’s vocabulary to use higher level words. Have fun with words. E.g list as many words that you can use instead of said, big etc What are some persuasive words and phrases?
• RESOURCES! Have a dictionary handy! A thesaurus? Grammar handbook? 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!

After School Tutoring, Wednesdays, 3:00 – 4:00. Due to tutors being unavailable, there will be no program this week. Christina, Smith Family Coordinator for Coolangatta SS.
Grammar and Punctuation and Spelling
- Use reading time to sometimes focus on the grammar, sentence structure, punctuation and spelling of some words
- Look for interesting words, expressions, metaphors
- 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.
- 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.

More from the Guidance Officer: Importance of 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:
- 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