Welcome back to all students and families for term 2! It’s been great to see the eager faces in the classrooms, focussed and ready to learn! This week we have welcomed a new family into our school community and extend a very warm welcome to Yuna and Tobias who have joined us in the senior classroom.

There has been a lot of work around our school facilities over the last few weeks that you may have noticed with some jobs being completed on the holidays. The waste management system for our school has now been replaced and in order to meet the safety code for students at school, the water dispersal area from the system a new fence that has been installed across the school grounds to limit student access to this area. We anticipate that this will be the perfect area for the chickens to spend their daytimes, foraging and scratching around and there are plans to plant some vines along the fenceline. In addition to the waste management system replacement, we have also had UV filtration systems installed on the water tanks to bring us up to standard for water filtration and this was recommended following water sampling and testing by Gold Coast City Council officers during the second half of last year. The flooring in our amenities block has been replaced with a higher-rated slip flooring to ensure staff and student safety. The flooring was upgraded due to concerns with the high levels of moisture in the air when the clouds/fist/fog are low lying resulting in moisture in the air condensating and running down the walls, pooling on the floor, creating a safety hazard.

At the end of last term, I was delighted to accompany three of our year six students to the Greenheart Cluster Leadership Summit hosted by Robina State High School. The keynote speaker for the summit was Dr Pete Stebbins, life coach and psychologist who presented to year six student leaders from Springbrook, Mudgeeraba, Mudgeeraba Creek, Clover Hill and Robina State Schools. His message for students was around personal wellbeing and resilience: in recognising the signs and symptoms of stress for children and how to reduce its effect and increase happiness. I’d like to congratulate our students on their exemplary behaviour as representatives of our school at this forum. Well done Arky, Angus and Will and thank you for getting up early to make it there on time!

Did you know that your child can get free Microsoft Office 2016 just for being a Queensland state school student? All Queensland state school staff and students can now download multiple free copies of the latest Microsoft Office to their personal home computers and mobile devices. All you need is your
child’s school email address to sign in! This isn’t a 30-day trial either - your complete Office subscription lasts as long as your child is a school student. Learn more and get started at:

The Cross Country event, hosted by Numinbah Valley State School was successfully at the end of last term with great success. Congratulations to all participants on a fantastic day! The weather was bit warmer than anticipated but that didn’t stop our efforts and we were successful in being declared the winning school (based on enrolments) for the second year running! Big thanks to all of our staff for ensuring the safety of our students in the warm conditions and to all parents for enabling student participation and cheering us on! We look forward to hosting the Cross Country next year and inviting the Numinbah Valley students to participate. Many thanks to the staff of Numinbah Valley SS and Mrs Smith (PE Specialist) for hosting a great event.

The Gold Coast City Council election was held just prior to the holidays and our P&C fundraised with a sausage sizzle and bake stall. Thanks to the efforts of our parent community and friends, there was an amazing array of baked goods and local Springbrook bananas (courtesy of Mrs Gilbert) and all were snapped up! The amount of support from our parent body in volunteering to either bake or man the bbq and stall was wonderful and through those efforts, P&C was able to raise a profit of just over $500! That’s an amazing effort and result for a very small school and we very much appreciate all community members and visitors who supported our P&C by purchasing a sausage or cake/slice/cookies or bananas.

The rescheduled P&C AGM and General Meeting has now been held and the new executive determined. The Executive for this year consists of:

- President: Karen Bennell
- Vice President: Natasha Lehmann
- Secretary: Daniel Maguire
- Treasurer: Sean Beasley

Many thanks to the outgoing executive for all their work and efforts last year and congratulations to the incoming executive committee members. I’m positive that it’s going to be another great year of collaboration and working together to achieve great things for our students and school.

ANZAC Day is coming up and our P&C is looking for volunteers to help with both the Gunfire Breakfast after the dawn service and the provision of lunch after the main commemoration ceremony. There is a special P&C Meeting on Monday at 3:15pm to organise the preparations. Additionally, all students are invited to join us in their school uniforms and march from the general store to the Cenotaph for the main morning ceremony on ANZAC Day. Details will be sent home with all students this coming week.

Sarah Jane Ash
Principal 😊

<table>
<thead>
<tr>
<th>Upcoming Dates</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>11/04/16 Welcome back for Term 2!</td>
<td>28/04/16</td>
<td>Guidance Officer visiting</td>
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<tr>
<td>18/04/16 3:15pm P&amp;C Meeting re: ANZAC Day</td>
<td>02/05/16</td>
<td>May Day public holiday</td>
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<td>18/04/16 Parent Teacher Meetings commence</td>
<td>07/05/16</td>
<td>mFest Celebration held in Springbrook SS grounds</td>
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<tr>
<td>18/04/16 Speech Language Pathologist visiting</td>
<td>08/05/16</td>
<td>Mother’s Day</td>
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<tr>
<td>20/04/16 School Banking</td>
<td>0905/16</td>
<td>3:15pm P&amp;C Meeting</td>
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<td>22/04/16 Book Club orders close</td>
<td>10/05/16</td>
<td>NAPLAN</td>
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<tr>
<td>22/04/16 2:15pm School ANZAC Day Service</td>
<td>11/05/16</td>
<td>NAPLAN</td>
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<tr>
<td>25/04/16 ANZAC Day public holiday</td>
<td>12/05/16</td>
<td>NAPLAN</td>
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<tr>
<td>13/05/16 NAPLAN catch-up day</td>
<td>13/05/16</td>
<td>NAPLAN</td>
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Is your teenager sleep-deprived?

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Many teenagers today are sleep deprived because they don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less. Sleep deprivation is akin to jet lag, where they don’t function at their optimum. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence. Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

Good sleep habits include:

1. **Regular bed-times** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. **Have a wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
3. **An established bed-time routine** that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
4. **Keeping bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.
5. **Maximising the three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night’s sleep.

Sleep tips for teens:

1. Allow them to catch up on lost sleep during the weekends.
2. Help your young person schedule their after school activities to free up more time for rest.
3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to recharge their batteries.
5. Make sure they go to bed early each Sunday night to prepare for the coming week.

Gold Coast Health Oral Health (Dental) Services

Gold Coast Oral Health Services are offering free dental check-ups to children in prep - year 6. This service will be provided offsite by Mobile Dental Clinic156A located at Mudgeeraba Ck SS. Hours of operation for this clinic are Monday - Friday 8am - 4.30.

To arrange an appointment for your child telephone:

The Oral Health Client Service Centre

1300 300 850
Monday - Friday 8.00 am - 4.30 pm
Excluding Public Holidays

Child Dental Benefit Schedule Vouchers are accepted. When your child’s $1000 cap is reached, there will be no out-of-pocket expenses provided your child meets *eligibility criteria.

* Eligibility - All Queensland resident children aged four years or older who have not completed year 10 of secondary school.

Further information on public funded oral health services can be accessed via URL: http://www.health.qld.gov.au/goldcoasthealth/html/services/oralhealth.asp

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P&C Meeting
Monday 3:15pm
Senior Classroom
FREE breast screening at
The Pines, Elanora

4 APRIL - 12 MAY 2016

Also permanently at
Treetops Shopping Centre
West Burleigh

Phone 13 20 50 to book your free breastscreen appointment*

Women aged 50 to 74 years strongly encouraged to attend.
* Women 40 and over eligible for a free breastscreen.

BreastScreen Queensland
Queensland Government
BUSH POETS AFTERNOON

WHERE:
NUMINBAH VALLEY SCHOOL OF ARTS HALL,
2148 NERANG-MURWILLUMBAH ROAD, NUMINBAH VALLEY.

WHEN:
SUNDAY, 24TH APRIL AT 12-00PM
ADMISSION: ADULTS $15, PENSIONERS $10.

WHY:
ALL PROCEEDS GOING TO “AUSSIE HELPERS” AN ORGANISATION DEDICATED TO ASSISTING DROUGHT STRICKEN FAMILIES IN OUR WESTERN REGIONS.

COME ALONG, BRING YOUR FRIENDS AND ENJOY A FUN FILLED AFTERNOON OF BUSH YARNS, LARRIKINS, COMEDY AND MUSICAL ENTERTAINMENT.

BRING A CHAIR OR RUG AND ENJOY A RELAXING SAUSAGE SIZZLE LUNCH WHILE LISTENING TO WANDERING MINSTRELS IN THE HALL GROUNDS. SAUSAGE SIZZLES $2.50. DRINKS & CAKES WILL ALSO BE SOLD.

LOCAL MUSICIANS WILL ALSO BE PROVIDING ENTERTAINMENT AS PART OF THE AFTERNOON PROGRAM.

YOU ARE WELCOME TO BRING AN ESKY AND ENJOY YOUR OWN DRINKS AND NIBBLES DURING THE PROGRAM AS ALCOHOL WILL NOT BE SOLD ON THE DAY.

RAFFLE TICKETS WITH GREAT PRIZES WILL ALSO BE SOLD.

POETS WILL INCLUDE RAY ESSERY & CAY ELLEM