FROM THE PRINCIPAL.....

It has certainly been a big couple of weeks for our students and their families! Last Friday we had a highly successful Mother’s Day stall for our students to purchase something for the significant person in the mother role in their life. All of the special somethings were hand crafted and donated to our P&C by wonderful supporters of our school. An enormous thank you must go to those who created the special items and to the parents who manned the stall on the day. We couldn’t do it without you or your support.

The following day was the annual mFest celebration and what a day it was! The weather was beautiful and couldn’t have been more perfect. Our P&C worked tirelessly with a supportive and dedicated group of volunteers to feed the hungry hordes over the entire day. Again, we had amazing supporters who baked goodies to be sold, manned the bbq, set up and packed up so that Mrs Ash didn’t have to do it, and were such supporters of our school and its fundraising efforts. Well done to all who were involved - it was truly a team effort!

It is timely that today, we recognise our amazing group of P&C parents. Today is National P&C Day where we recognise and celebrate the amazing work our P&C and their support for teaching and learning in our school. To our current P&C members and executive: Karen, Natasha, Dan and Sean, we say thank you and to our past P&C members and executive, thank you for the work and support that you volunteered freely to support our programs and initiatives. We couldn’t do it without your effort and support. The next P&C meeting is on this Monday afternoon, May 16th, starting at 3:15pm.

At this time of writing this newsletter, NAPLAN has now been and gone for another year and our test papers are on their way to Brisbane for marking. Our students did a fabulous job at reading the questions and doing their absolute best and we are eagerly anticipating the reports when they come in later in the year. The whole school breakfasts that were held each day of NAPLAN were enjoyed by those who came and big thanks to Mrs Boura and Mrs Northam for their assistance over the three days in preparing the bacon and egg burgers, the scrambled eggs on toast, the porridge and the pancakes!

Worm Warriors gardening club at school has been extremely successful on Tuesday and Thursday afternoons and the interactions with our parent community have been great! The gardens are now at a stage where they need reduced maintenance so Worm Warriors will now only be held on Thursday afternoons from 2:45-3:30pm. All students and their families are warmly invited to join us.
The Premier’s Reading Challenge begins on Monday next week and all of our students are invited to participate. The Premier's Reading Challenge is an annual state-wide initiative for state and non-state schools and home-educated students up to Year 9, as well as children (aged up to five years) enrolled in an early childhood centre, and individual home readers. The Premier's Reading Challenge is not a competition but aims to improve literacy and encourage children to engage in reading for pleasure and learning. The reading period for Prep - Year 9 students is 16th May - 26th August. Each student will be bringing home a record sheet that will need to be returned to school when completed. Prep to Year 2 student need to read or experience 20 books, years 3-4 students need to read 20 books and years 5-9 student need to read 15 books. Students are encouraged to select a range of fiction and non-fiction books suited to their reading ability. There are prizes up for grabs for schools with a 100% participation rate and we are aiming for that this year!

Each of our school families received a survey for completion during this week. The surveys came home with the oldest student in each family . Your opinions are extremely valuable to us in terms of information around what we are doing well and where we need to focus our energies as part of our unrelenting focus on improvement. These surveys are requested to be completed and returned to school in the privacy envelopes provided, by Friday this coming week. As part of our information gathering process, senior class students and staff members also have the opportunity to complete a survey and when the results are collated, they will be shared with our school community. We’d appreciate having input from each of our school families.

Next week, we have students nominated to attend Academic Excellence workshops at Robina SHS. Some students in years 4, 5 and 6 have been invited to attend and the permission forms need to be returned to the school office as soon as possible. If your child has been invited and is not going, we expect to see them at our school for a regular school day. If you are car pooling for transport, please remember that there are forms that require completion - one for the driver and one for the parent of the child you are driving down. These forms are a way of managing risk for our students and ensuring their safety and appreciate their completion.

District Cross Country is coming up on June 23rd this is the first year in my principalship that we have nominated students from Springbrook SS to attend! Good luck to Arky, Britt and Ryka - we know you will have an excellent day!

June 25th is National Simultaneous Story Day for “I’ve Got This Hat” and to celebrate, we are having a picture book Book Fair in our library. All students will be enjoying the story simultaneously with others around the country. Book Fair will be open Monday - Friday from 25th May through to 27th May and it is an excellent opportunity to purchase quality reading resources for your family members. The focus of this Book Fair is picture books for younger readers. Our much loved annual Book Fair will be held in Book Week between August 20th - 26th with the theme of, “Australia! Story Country.”

Sarah Jane Ash
Principal 😊

Upcoming Dates

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<td>16/05/16</td>
<td>Premier's Reading Challenge begins</td>
<td>23/05/16</td>
<td>Picture Book Book Fair starts</td>
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<td>16/05/16</td>
<td>3:15pm P&amp;C Meeting</td>
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<td>District Cross Country</td>
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<td>Year 6: Robina SHS Academic Excellence Day</td>
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<td>“I’ve Got This Hat”</td>
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<td>18/05/16</td>
<td>Year 5: Robina SHS Academic Excellence Day</td>
<td>27/05/16</td>
<td>Picture Book Book Fair finishes</td>
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<td>13/06/16</td>
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<td>20/05/16</td>
<td>Year 4: Robina SHS Academic Excellence Day</td>
<td>14/06/16</td>
<td>Athletics Carnival @ Pizzey Park</td>
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<td>16/05/16</td>
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<td>Report Cards distributed via email</td>
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<td>24/06/16</td>
<td>School holidays begin</td>
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Student Awards

Student of the Week
Roy - for always using your neatest writing and displaying excellent effort in class!
Jimi - for excellent dedication and showing ‘Be a Learner’ behaviours in class more consistently!

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<th>Literacy Planet Leaderboard Leaders</th>
<th>Mathletics Awards</th>
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<tr>
<td>Ethan</td>
<td>Bronze Award: Ethan</td>
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Gotcha Raffle Draw
Yrs P-2 class: Emma and Tarelle
Yrs 3-6 class: Tobias and Yuna

Gotcha Award
25 Gotcha - Ryka, Mika, Jimi, Aidan, Connor
Lashae, Asha, Chris, Grace, Isabelle, Georgia, Hunter, Zavier, Emerald and Abigail

Support our Fundraising

Entertainment Books are a fundraising initiative being undertaken by our school. Within the Entertainment Book, you can discover thousands of valuable up to 50% off and 2-for-1 offers for many of the best restaurants cafes, arts, attractions, hotels, travel, shopping and much more. The Entertainment Books are Available now. The NEW 2016/2017 Gold Coast and Northern NSW Entertainment™ Memberships sell for just $60 and you’ll receive over $20,000 in valuable offers you can use until 1 June, 2017. There is a book version and a digital version available to purchase now.
Parenting is place of great joy, but it’s also a place of great struggle.

We struggle with our role as it’s constantly evolving and changing.

We struggle with external factors such as the changing face of technology and it’s impact on kids’ daily lives.

We struggle with factors we can’t control such as the messages kids get from the media and their peers that we rather they didn’t receive.

But the biggest struggle for most of us happens within the grey matter between our ears. It’s the battle that goes on between our lizard brain (where the fight or flight response occurs) and our pre-frontal cortex (where reasoning and calculation occurs).

The pre-frontal cortex (put your hand on your forehead and you’re there) is a cool, calm and rational place. This article is being written from that space. The lizard brain sits way back in the middle of our brain and is programmed to take over from our pre-frontal cortex when we’re under threat or stress. If I took a phone call about an imminent bomb threat while writing this article my lizard brain would take over and I’d be out of my office in a heartbeat. Writing would become impossible, not to say stupid! Thank goodness for our lizard brain. When I’m safe and feeling calm my pre-frontal cortex can do it’s rational thing once more. This system has served us well, keeping us safe for an eternity.

Unfortunately our lizard brain, the simple creature that it is, can’t differentiate between a significantly stressful situation such as a bomb threat and an everyday stressor such as a noisy sibling fight that occurs right under our nose. Our limbic system responds in exactly the same way – the lizard brain takes over from our pre-frontal cortex so you’ll either fight (argue, yell, lash out) or flee (get away fast) regardless of the stress. Both situations would elicit the same type of physical response such as an increase in heartbeat, sweaty palms and shortness of breath. Only the severity and intensity of the response is different.

Just when we need to be at our parenting best

So the great struggle for many parents, and also the great irony, is that when we need to be at our parenting best (when we’re responding to poor behaviour or a child’s genuine cries for help) our lizard brain often takes over and we’re at our parenting worst.

That’s why most of us know how we want to respond and communicate with our kids when we’re calm but when we are under intense pressure not only can’t we find the words we need but we lose our cool as well!

The good news is your lizard brain can be tricked into working for you, not against you. It takes patience and practice. Here’s how:

1 Recognise the situations and the symptoms

Self-knowledge is the best knowledge you can have. When you understand the situations that cause you stress and bring you quickly to high emotion then you can prepare yourself in advance for such situations. Also when you understand your typical physiological responses you are well positioned to control your responses. Our physical responses vary: I generally feel nauseous; become physically agitated and my breath gets very high in my chest when I’m under intense stress. Knowing this has been a huge help to me staying calm in situations where I used to over-react.

more on page 2
Train yourself to STOP!
The lizard brain wants you to act fast – to get away, to lash out, to defend yourself – when you’re under threat or stress. So going against this natural urge is a challenge but it can be done. Develop the habit of doing nothing when you find yourself under parenting stress. STOP rather than act impulsively. Don’t let the lizard-brain win!

Step away and breathe
Deep nasal breathing is the quickest way to bring down your physical symptoms and rein in negative thoughts (“I’m going to &@** him!”) that feed your lizard brain. Step away or turn slightly away from the stressful situation to help you breath slowly and deeply.

Think of your Best parenting self
Inspire your pre-frontal cortex to trump your lizard brain by activating an image of your ‘best’ or ‘ideal’ self as a parent. First you need to work out when you’re at your parenting best – it maybe when you’re patient, caring, loving, calm… (You can learn this powerful process in my Parenting with the Meta-Moment course available in Parentingideas Club)
Your “Best Parenting Self” is the motivator to help you refrain from making emotional responses that you’ll regret later.

Now act!
Now that your pre-frontal cortex is winning again it’s time to think of the best possible response to a tricky parenting situation: which may be to ignore behaviour; use appropriate language or just listen calmly when your child is in distress.
So how often does your lizard brain win when you experience parenting stress? If it always comes out on top then you’ll find it hard to parent as you’d like. You’ll be fighting your limbic system as well as your kids. Get it under control and you’ll be better placed to respond to your kids as you’d like to in the cool, calm light of day.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FAQ weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.
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