FROM THE PRINCIPAL.....

It is full steam ahead for our Athletics Carnival scheduled to occur this coming Tuesday at Pizzey Park, Miami. All of our students, prep through to year 6 are expected to attend and participate in the day. Currumbin Valley SS have organised the program of activities for the day and it is always a great opportunity to mix with students from the Hinterland Small Schools: Numinbah Valley, Ingleside and Currumbin Valley. If the carnival is postponed due to weather, parents will be informed via text and email and notification will also be posted on our school’s Facebook page. In the event of cancelation or postponement, all students will be expected to be at our school for a regular school day.

As part of National Simultaneous Storytime, we hosted a Book Fair targeted at our younger readers. Thanks to the support of our school and playgroup families along and staff, sales of just over $800 were made. This resulted in approximately $160 worth of books to be chosen to add into our library resources. This is an amazing effort for our small school and students are already devouring some of the new titles! The next Book Fair is scheduled for August to celebrate Book Week and Australian literature with the announcement of the Children’s Book Council of Australia category winners. We will be showcasing the shortlisted titles in the weeks before.

School photo orders have been distributed to all families who placed orders. If you didn’t order an individual photo pack of your child or children, you are able to access the individual photo through registering for QParents. QParent student photos are stored in the cloud to and this year’s student photos have been uploaded in OneSchool. These photos are available for QParent registered parents to them to retrieve and add to their QParents accounts. With QParents, you can download a copy of the school photo whenever you like. Invitations for QParents registrations will be emailed out again this week.

Due to circumstances beyond our control, the Schools Officer (Grounds) position has become vacant. This is a casual position of 4 hours per week. The job application outlines the roles and responsibilities and the selection criteria that will be used to fill the position. Copies are on display in the school office and at the refuse station. Applications are due in by 3:00pm on Wednesday 15th June to the school office.

Last week, we had student representation at the Green Heart Cluster Public Speaking finals. Although our students did not place in the finals, they did us
and themselves proud by participating and presenting a well written and well rehearsed speech. Big congratulations to Aimee, Asha and Elvis on their efforts in representing our school!

This winter, Springbrook State School is again supporting Homeless Connect and will be collecting donations of non-perishable food items and personal hygiene items. This collection is an initiative of one of our Year 6 students and is the perfect opportunity to clean out kitchen and bathroom cupboards and drawers of appropriate items. Collection baskets are in the school admin office and the collected items will be delivered to one of the drop-off points at the start of the school holidays. On Tuesday next week, June 21st, we will be having a student free dress day with a cost of an item to donate to this worthy cause. We hope all school families are able to support this initiative and help those less fortunate this winter.

Report Cards are just about completed and are due to be distributed very soon. They will be emailed out to all parents/caregivers with a recorded email address. If you do not have a registered email address, a paper copy will be provided for you. All previous report cards are available for download for QParents and these ones will be as well! When reading your child’s report card, it is important to remember that the effort recorded is as important, if not more so, than the achievement level. The personalised comments will give an indication of strength areas for your child in the different curriculum areas along with some of the challenges. Our teachers work very hard to present accurate and purposeful report cards that reflect the individual performance of each student. It is timely to remember that a ‘C’ on a report card is for celebrating as it means that your child has met their year level achievement standards. As always, after you have received the report card, please come and see our teaching staff with any questions or to seek clarification if required.

Our P&C distributed the information and order forms for the Winter Pie orders last week and these are due back in on Tuesday this coming week. As Tuesday is our Athletics Day, they can be dropped off in person by Wednesday morning at the latest. The pies will be made fresh by the Mudgeeraba Bakery and will be ready for pickup from school the following Wednesday. P&C can accept a cash payment or a direct deposit into the P&C bank account. This is a great opportunity to stock up the freezer for the upcoming school holidays and support our P&C with their fundraising efforts.

Finally - please keep on reading and completing the record forms for the Premier’s Reading Challenge! Completed forms are due back into school by 26th August and our target is to have every student successfully completing the challenge. When that occurs, our school goes in to a draw to win some amazing prizes and we’d love to be in with a chance!

Sarah Jane Ash
Principal ☺

### Upcoming Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/06/16</td>
<td>Family Bush Dance at Springbrook Hall with Leaping Lizards</td>
<td>11/07/16</td>
<td>Term 3 begins</td>
</tr>
<tr>
<td>25/07/16</td>
<td>Speech Language Pathologist visiting Springbrook SS</td>
<td>25/07/16</td>
<td>Speech Language Pathologist visiting Springbrook SS</td>
</tr>
<tr>
<td>01/08/16</td>
<td>3:15pm P&amp;C Meeting</td>
<td>08/08/16</td>
<td>Evacuation drill this week</td>
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<tr>
<td>14/06/16</td>
<td>Athletics Carnival @ Pizzey Park</td>
<td>18/08/16</td>
<td>Proposed whole school excursion to Sciencentre, Brisbane - TBC</td>
</tr>
<tr>
<td>20/06/16</td>
<td>Report Cards distributed via email</td>
<td>26/08/16</td>
<td>Gold Coast Show Public Holiday</td>
</tr>
<tr>
<td>21/06/16</td>
<td>Free Dress for Homeless Connect</td>
<td></td>
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<tr>
<td>24/06/16</td>
<td>School holidays begin</td>
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Student Awards

Student of the Week
Chris - for always displaying ‘Be a Learner’ and ‘Be Respectful’ behaviours in class!
Connor - for excellent improvements in Homework completion, displaying ‘Be a Learner’ qualities!
Kyla - for displaying determination in completing all set tasks!
Asha - for approaching Maths tasks with an increased level of confidence!
Isabelle - for displaying excellent ‘Be a Learner’ behaviours in class, particularly with writing tasks!
Aimee, Arky, Asha and Elvis - for excellent preparation and presentation of public speaking within our classroom!

Literacy Planet Leaderboard Leaders

<table>
<thead>
<tr>
<th>Leader</th>
<th>Points</th>
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<tbody>
<tr>
<td>Emma</td>
<td>157</td>
</tr>
<tr>
<td>Aimee</td>
<td>241</td>
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<tr>
<td>Jimi</td>
<td>176</td>
</tr>
<tr>
<td>Roy</td>
<td>227</td>
</tr>
<tr>
<td>Jimi</td>
<td>385</td>
</tr>
<tr>
<td>Tarelle</td>
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Mathletics Awards

<table>
<thead>
<tr>
<th>Award</th>
<th>Winners</th>
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</thead>
<tbody>
<tr>
<td>Bronze Award</td>
<td>Britt, Aimee, Tobias, Will, Mika, Aimee, Britt, Aimee, Will</td>
</tr>
<tr>
<td>Silver Award</td>
<td>Will</td>
</tr>
</tbody>
</table>

Reading Certificates

25 Nights: Tarelle, Chris, Ethan, Zavier, Taijahna, Rob

Gotcha Raffle Draw

Yrs P-2 class: Chris and Zavier
Yrs 3-6 class: Aidan and Ryka

Gotcha Award

25 Gotcha - Emma, Rob, Micah, Roy, Taijahna

Ryka and Jimi

Term 1 Attendance Awards

Recognition of term 1 attendance rates between 95% and 100%.

95-99.9% Arwen, Jimi, Charlie, Emma, Zavier, Roy, Rob, Ryka, Will, Tarelle, Arky, Asha, Grace, Kyla, Micah
100% Ethan, Aimee, Britt, Lashae, Abigail, Angus, Isabelle, Aidan, Connor

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 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.
Sleep is an active phase of the learning process, which is why as parents the single most important thing we can do to help our kids be more effective learners is to ensure they get enough sleep.

During sleep the brain is very busy replaying the day’s activities extremely fast, picking out the key items it believes are most relevant for long-term storage in our memory banks, and tossing out the rest.

The amount of sleep children require varies with age and they require more sleep than adults. In primary school the recommended amount is between 10 and 11 hours per night. High school students need around 9 hours to function at their best. The challenge is how to fit everything into the school day along with homework and extra curricular activities such as sport, music and drama, have enough down time to chill and relax, and get enough sleep.

The best way to learn anything is to study the topic hard for a period of time and then go so sleep for 8 hours. While this may not be practical in our every day lives, the principle is pay attention to what needs to be learned and then use sleep to consolidate memory and deepen the understanding of the subject.

Talking with your child can help them understand why sleep is so important, not just to help with their studies but also to manage their emotions more easily. Anxiety or worry about academic performance, friendship issues and generally keeping up with everything can interfere with sleep, as can receiving text messages or snap chats during the night.

Our children spend many hours engaged with technology to help them study and for social connection. All these gadgets emit a blue light that fools the brain into thinking it is still daytime. Because the brain needs 2-3 hours to wind down and prepare for sleep, switching off the laptop or tablet late at night and then hopping into bed means it will be much harder for your child to then fall asleep.

The most effective way to study for a test is to space the learning. This requires studying the subject for a period of time and then putting it to one side to do something else. Later that day test recall of the subject by jotting down just the key points. Those that have been forgotten can be quickly revised. Repeating this process with increasing lengths of time between self-testing is an excellent way to strengthen memory because it makes the brain work harder to recall the information. This method has been shown to be far more effective than rewriting or highlighting notes.

Getting sufficient sleep ensures the brain is fully rested and refreshed to study more effectively. A tired brain finds it harder to concentrate, focus, remember or learn. Feeling grumpy or irritable doesn’t help either!

The temptation to stay up late and cram for a test or exam can be strong, especially if others are doing it. Encouraging your child to get a good night’s sleep instead means their brain will be far better prepared to enable them to deliver their best the next day. Trying to stuff more facts into a tired brain just leads to feeling stuffed, which isn’t helpful to anyone and not worth the one or two extra marks they might have been hoping to gain.
... Why effective learning starts with a good night’s sleep ...

Helpful tips to assist your young person to get enough sleep

1. Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.

2. If they are tired, suggest kids start going to bed 10 - 20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.

3. Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20 - 30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.

4. Many young people use their mobile phones as an alarm clock. If so, they can switch it to silent so messages from friends won’t wake them during the night. Or buy them a clock so they don’t need their phone at all!

5. There are a number of apps such as f.lux that will change the display light on computer screens to yellow, which doesn’t impact the brain disrupting sleep patterns.

Sleep is essential to better brain health and performance, which is why getting enough sleep is never negotiable.

Jenny Brockis

Dr. Jenny Brockis is the Brain Fitness Doctor. She speaks and writes about brain health and performance. Her new book Future Brain: The 12 Keys to a High Performance Brain is available online and at all good bookstores.

www.drjennybrockis.com

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

Wednesday 3rd August
Are you able to help?
People on the Gold Coast experiencing homelessness and people “at risk” of homelessness (women, men, children, young people, children and babies) will benefit from your donations of:

- Canned goods i.e. spaghetti, ect.
- Wet ones / cleansing wipes
- Feminine hygiene products
- Sunscreen, insect repellent
- Containers for hygiene supplies
- Face washers & bath towels
- Disposable nappies (all sizes)
- Baby, children and youth clothing
- Cleaning products
- Phone cards
- Gift cards (i.e. Coles, Woolworths)
- Hygiene supplies, i.e. shampoo, soap,
- Toothbrushes, toothpaste
- Shoes
- Underwear (new only)
- Tents
- Swags and sleeping bags
- Blankets
- Bottled water (600ml)
- Snacks (long life items only)
- Can openers, cutlery

To organise donation pick-up please phone 55720400

Thank you for your support!

This event is hosted by The Gold Coast Homelessness Network (GCHN)