We would like to welcome back all of our students, parents & staff for the final term of the 2016 school year. Hopefully you have had a safe and relaxing break especially after our productive pursuits in Term 3. We also saw fantastic achievements in classrooms with many students making significant improvement in various Key Learning Areas throughout the term. We hope to finish the year with a term that is full of diligence and commitment to learning, creativity and excellence.

**2017 Enrolments - IMPORTANT**

To ensure we have as accurate enrolment numbers as possible to start 2017, I have sent home a letter with the eldest in the family requesting information about your child/ren’s schooling for 2017. Children who are returning to Musgrave Hill are just as important as those children who are not, if you are taking an extended holiday and will not be returning on day 1 of the school year it is also important to ensure that we know this so we keep a place for your child/ren. I understand we all have very busy lives but by taking just a couple of minutes to complete this form it will make such an incredible difference to ensuring a smooth start to 2017. I thank you in advance for your support in this matter. Please return completed form to your class teacher. If you have more than one child at the school then please return to the oldest child's class teacher.

**Prep 2017**

We are currently being inundated with Prep enrolments for not only 2017 but beyond. It is wonderful to hear the feedback from members of the local community as they come to enrol their children. If you have a child commencing Prep next year, please ensure that you have lodged your enrolment forms. These are available from the office OR you can download them from the school website. (NOTE: you MUST bring your child’s Birth Certificate as part of enrolment).

**BASE (Be At School Everyday) Awards for Term 3**

We have just announced our Junior BASE awards winners for Term 3. Our Senior Base Award winners will be announced at the week 5 Senior Assembly. Our P to 2 winner was Jettah E who received a $30 dollar gift card that can be spent either at the Uniform Shop, on excursions or can be used to contribute to your child’s Student Resource Scheme. Please remember every day at school counts.
Independent Public School (IPS)
Prior to the holidays I started a consultation process around our school becoming an Independent Public School.

Essentially the difference between our current status and an IPS is that as an IPS we will have more autonomy to:

- Manage our own planning and review processes
- Determine our own staffing
- Decide which departmental policies and procedures best suit our school.

The school will also benefit from an additional injection of funds ($50,000 per year) which we can utilise for school specific programs.

It is very important to note the following points that have been taken from Education Queensland’s IPS Question and Answer Sheet:

- Our school will still be an Education Queensland “state school”. It does not mean we are becoming a private school. All Independent Public Schools remain part of the strong state school system. They need to operate within the system enacting the same core values, beliefs and priorities.

- All Independent Public Schools are required to have a school council. The school council has an accountability role and is responsible for informing and monitoring the school’s strategic direction. Members are responsible for approving strategic documents that set the direction, culture and tone of the school. School councils comprise of at least six, but not more than 15 members. A school council must include at least one elected parent member and one elected staff member (the number of elected parent members and elected staff members of a school council must be equal).

- The Parents and Citizens” (P&C) Association still has a support and advice role and is responsible for school fundraising activities. The Independent Public Schools initiative does not impact on the functions of P&Cs.

- Enrolments will not be effected as we currently have an enrolment management plan and thus only take students from within the catchment or who meet a specific criteria.

I presented this information at the P&C meeting on Wednesday night and they endorsed the school submitting an application at this meeting. Should you have any questions I ask that you first read the literature on EQ’s website [http://education.qld.gov.au/schools/independent-public-schools](http://education.qld.gov.au/schools/independent-public-schools) or you can talk to any of our P & C Executives and of course I am also very happy to answer any of your queries personally.

Julie-Anne McGuinness – Principal

MESSAGE FROM THE DEPUTY PRINCIPAL

Queensland Mental Health Week @ Musgrave Hill State School

This week at Musgrave Hill all students have been involved in primary school age based activities to help support wellbeing. The activities were delivered to help students celebrate the positives, connect with others and to grow by trying new things. Our staff planned activities each day to bring awareness to students on how we support them and how they can support others.
Chatterbox Art

One of the activities was making a chatterbox origami to encourage students to have a chat with someone they trust when their feelings are hard to manage. The first layer asked students to consider and list four people they feel comfortable talking to about their feelings such as a family member, teacher or friend. The second layer asked students to list feelings they would share with someone such as happiness, anger or confusion. The final layer asked students to list some of the issues they might need to chat about such as school, pressure or friendships. The resulting conversations helped our students to feel connected to others.

Butterfly Origami Art:
Symbolising setting your mind free

No Matter What

We also have celebrated across the different year levels in a variety of ways including ‘No Matter What’ mindful sessions through listening to picture book texts taught by Emma White (Guidance Officer). Also, mindful sessions with senior classes to promote a calm mind. All students were invited at lunchtime to create an origami butterfly for a larger art piece to symbolise ‘Setting your mind FREE’.

Odd Sock Day

Odd sock day aimed to symbolise to students that we all have odd days sometimes. It is important for children to realise that things go wrong in everyone’s day and it is our resilience to these small problems that can help our wellbeing. A big thank you to all students and teachers who supported this day.

5 Lilac Sculpture

The students from 5 Lilac have been involved in a project that created a sculpture for our school. This sculpture was installed and unveiled during the celebrations this week with the theme ‘Valuing your Mental Health’. We were delighted to be involved in the ‘Mental as Artything’ 2016 Project with Fiona Lyon (Artist). This beautiful art piece will continue to raise awareness of Mental Health and Wellbeing within our school.

Thank you

A big thank you to both Emma Chapman and Emma White who have helped to organise and support the 2016 Mental Health Program for all our students.

Mrs Melissa Newman – H.O.S.E.S/Acting Deputy Principal
Learning Tip

Reading for Better Understanding

- Understanding what you are reading is a good way towards making reading a fun and enjoyable thing to do.
- Comprehension involves combining the skill of reading with thinking and reasoning.

Gaining important skills

While your child is learning to read they are also learning to understand what they are reading and relating this to their everyday experiences. The comprehension skills your child develops – understanding and making sense of the words, stories, ideas and concepts they are reading about – will be put to good use throughout their schooling and throughout their life.

Reading with understanding means your child needs to know enough words and their meanings so they can understand what is important, what caused an event, or why certain things happened in a story. It involves:

- Decoding – understanding what the story is about as well as knowing what each letter and word is. Decoding is about navigating your way through what is actually written - the words, sentences and paragraphs - as well as what isn’t written, the ideas, feelings, experiences, theories and knowledge the words are trying to convey.
- Making connections between stories and life experiences – something that develops over time. The stories that your child reads can help them make sense of certain experiences or feelings that they’ll then be able to draw on in their future reading.
- Gaining new insights – thinking about what is being read and seeing how this relates to everyday life. This is where understanding comes into its own and the joy of reading is born.

What you can do at home

Some suggestions for what you can do at home when reading with your child are:

- Read stories or passages in short sections and let your child tell you what happened before you continue reading. This way you can check their understanding, without pressure, and help them understand how stories are put together.
- Talk to your child about the books they read at school and with you at home to help hone their comprehension skills. Ask your child probing questions about the book – ‘I wonder why they did that?’ or ‘how do you think they felt when that happened?’ or ‘what might have happened if they didn’t do that?’
- Where possible, connect events in the book to things that have happened in your child’s life. This will help them understand why a character does things and may help them to enjoy the story more.
- After finishing a book, ask your child to tell you the story in their own words. Even if they get some parts wrong or out of sequence, as long as they “get” what the story is about, they understand what they have read.
- Discuss the meanings of unknown words, both those your child reads and those they hear. Show them how to look up the meanings by using a dictionary or searching online.

Reading is supposed to be enjoyable. If we like doing something we are more likely to continue.
Parenting Tip

Life’s Ups and Downs

- Every day your child is experiencing new demands and challenges.
- To deal with these demands, your child needs resilience.
- You can help develop resilience to life's ups and downs in your child.

Resilience

As the end of the school year approaches, your child may be becoming quite tired from going to school every day. You may even be observing some different behaviour from your child. For example, your child could be happy one moment, unhappy the next. One day they may tell you everything that happened at school and the next day they may not talk at all, even when you ask direct open questions.

What’s happening is normal. Every day your child is experiencing new demands and challenges. Dealing effectively with whatever they encounter on a day-to-day basis, and to be happy and successful in school and satisfied with their lives, your child needs inner strength. We call this resilience.

Resilient children have learned to set realistic goals and expectations. They have developed the ability to solve problems and make decisions and are more likely to view mistakes and obstacles as challenges rather than as things to avoid.

Resilient children are aware of their weaknesses but they also recognise their strong points. They have developed effective interpersonal skills with peers and adults and seek help and support in appropriate ways.

What you can do

So, what can you do to help your child through the ups and downs of daily life? Here are a few hints:

- Be empathetic. Put yourself in your child’s shoes and see the world through their eyes. Empathy does not mean that you agree with everything your child does, but rather that you attempt to understand their point of view.
- As much as possible, continue to do the same things as you always have with your child. Having a time that is ‘theirs’ where you both do something special together – like reading a story before bed.
- Change negative statements. Every parent can remember when they repeatedly told or nagged their child to do or not do something with little, if any, positive response by their child.
- Listen to your child as they talk about how they feel, especially when things are not going so well. Let your child know you have heard what they’ve said and talk to them about ways of dealing with or solving their problem. This will help your child understand that they are valued and that you are taking their feelings seriously.
- Teach your child to solve problems and make decisions. Resilient children recognise problems, consider different solutions, attempt what they judge to be the most appropriate solutions and learn from the outcome.
- Help your child recognise that mistakes are experiences from which to learn. Resilient children tend to view mistakes as opportunities instead of failures.
- No-one is perfect and it isn’t always possible to be the best that you can be.

These are lessons that will hopefully stay with your child for the rest of their lives.
Coconut lemon slice is a classic no-bake slice that is always popular at fetes and cake stalls. Easy to make; it combines a strong lemony flavour with a sweet coconut topping.

Ingredients

- 2 x 200g packets Rich Shortbread biscuits
- 1 x 400g tin condensed milk
- 2 cups coconut
- 125g butter
- rind of 1 lemon, finely grated
- 2 cups icing sugar
- 30g butter
- 3 tbsp. lemon juice

Method

1. Grease a 20cm x 30cm slice tin with butter. Use a food processor to crush the biscuits. This takes 2-3 batches.
2. Place crushed biscuits, coconut, lemon rind and condensed milk in a large bowl. Melt butter and add to other ingredients, mix well. Press mixture into tray.
3. To make icing, sift icing sugar into bowl and stir in butter. Add lemon juice one tablespoon at a time until icing is a smooth, spreadable consistency.
4. Spread slice with icing. Refrigerate until firm and then slice into squares or triangles. Store in the fridge.

Candiece Ledwidge and Tamara Hall – Head of Curriculum

P & C NEWS

Welcome back after a beautiful Spring holiday, I hope all our families had a wonderful time. There is only one term left this year but I'm quite sure it’s going to be the best thus far starting off with our wonderful fete and leading up to our Christmas concert and then saying goodbye to our beloved year 6 students. A big thank you to all the staff, volunteers, our lovely little children and all the parents for an epic Fete. A great night was had by all. Due to all our vendors still working out their takings for the night we can't give you a final figure for what the school raised at this time, so keep an eye out for it in the next Newsletter.

On another note it was so good to see so many students at our disco last term, there were some real movers and shakers out there. On the night we had a great turn out and raised a whopping $1,500.00!!!!!

Please remember all money raised over the year goes straight back into our school. So again, a big thank you to all those who volunteered their time, it is greatly appreciated.

Tina Quirke – P & C President
COMES AND TRY TENNIS!!
As part of a grant from Sporting Schools Australia, I invite your son/daughter to come and try tennis this term on Thursday afternoons, straight after school! The program is FREE for students of Musgrave Hill SS and will commence Thursday 20th October (week 3), here at school from 3:00 – 4:00. Coach Glen Bowe will be running the program alongside myself. The program will run for 7 weeks, wrapping up in week 9 of the term. Any age group from Prep – Year 6 are welcome and we look forward to seeing you!

Due to the facilities available, I do need to cap this number to 35 students. Therefore if you are wanting your son/daughter to be involved, please collect a form from the front office, complete and return as soon as possible. The first 35 students to return the form will be able to commence next Thursday. You will receive notification of acceptance into the program next week.

Mrs Katie Halsall – PE Teacher
The 2016 Fete Art Competition was a success with many students entering their exhibits. I am very impressed, as most of these were done in the student’s own time. Well done to everyone who entered. Art works can be collected from Ms Doolan in the Arts room on Wednesdays or Thursdays. First, second and third places will all receive a ribbon and are as listed below.

<table>
<thead>
<tr>
<th>Prep – 2</th>
<th>Year 3 + 4</th>
<th>Year 5 + 6</th>
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</thead>
<tbody>
<tr>
<td>1st prize – Sophia from Prep Yellow</td>
<td>1st prize – Leo from 4 Ruby</td>
<td>1st prize – Mali from 5 Lilac</td>
</tr>
<tr>
<td>2nd prize – Elay from 1 Blue</td>
<td>2nd prize – Eva from 3 White</td>
<td>2nd prize – Julian from 5 Lilac</td>
</tr>
<tr>
<td>3rd Prize – Shirley from 2 Mauve</td>
<td>3rd prize – Misha from 3 White</td>
<td>3rd prize – Benny from 5/6 Maroon</td>
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</table>

I would also like to mention Kianu from 1 Jade. Kianu entered the FSG colouring competition in September. His entry was on display at Broadbeach as part of the colouring exhibition throughout the recent school holidays. Kianu received a rather large ‘art tub’ to help him in his future artistic endeavours! Well done Kianu. Congratulations!

Ms Doolan - Arts Teacher

Netts: Number Explicitly Taught Through Skills

An important part of NETTS lessons is having students set goals for the term. We use SMART goals as a way of doing this. Last term we watched a YouTube clip about SMART goals to help us to write our own goals.

At the start of Term 3 we looked at the results of our assessment from Semester 1 to write a goal for the term. Last week we reflected on our work for last term and whether we achieved our goals.

Many of the children achieved their goals, with some just needing more time. We acknowledged the students who achieved their goals with a little celebration. Students who have achieved their goals are setting new SMART goals this week.

Have a conversation with your children about where they are up to with their goals – we have a copy of them as books in the NETTS room.

If you would like more information about SMART goals, or your child’s goals in particular, please do not hesitate to email me or come in and see us in the NETTS Room in the library.

Yours in numbers,

Annette Vlaanderen - avlaa2@eq.edu.au
This is an exciting Term for 3 Navy and 3 Teal as the end of the 2016 school year approaches.

In English, we are enjoying learning all about the curious characters in our class novel for this term, Charlotte’s Web. We are also learning about writing, reading and following procedures and students will be ‘teaching’ the class about a topic of personal interest in our ‘Teach Me’ sessions starting this week.

In History, we are learning about who lived in Australia first. We are also exploring continuity and change in local communities. On our excursion to Jellurgal Aboriginal Centre at Burleigh Heads we heard some amazing Dreamtime stories about the creation of our local area. Some of us even got painted with ochre. Aboriginal people paint themselves with this during ceremonies and dance performances.

We have an Olympic theme in our Health unit where we are learning about Olympic values (A.S.P.I.R.E) and how success, challenges and failures can strengthen identities. We have made some fantastic posters displaying some of the Olympic values which are on display in our classroom. We are also learning how having respect and empathy for each other, as well as valuing diversity, can positively influence friendships and other relationships.

Mrs Katie Graham – 3 Navy/3 Teal Classroom Teacher
Five MHSS students enjoyed a camp and had tons of fun over the holidays! It was run by local School Chaplains, Church volunteers and Youth leaders.

Southport Church of Christ hosted the 3 days of fun that involved Art & Craft, Singing & Dancing, Ball games, Science experiments and lots of yummy food including a Pizza Party!

Keep a lookout as it was so successful we hope to plan another camp in the future...

National Disability Insurance Scheme

Rusanne (Rusty) Jourdan – Chaplain
As human beings it’s natural to recognise each other by our external appearance. For example, you might recognize someone by the car they drive, the way they look, or their personal achievements and accomplishments. Children, too, are taught to be recognized for their personal efforts and successes. Recognition like this can be a wonderful contributor to the development of a child’s self-esteem. However, to truly build confidence inside and out it’s important to create a strong mind-body connection.

Typical measures of success allow your child to feel good in the moment, but feelings derived from accomplishments tend to fade. The mind-body connection on the other hand will maintain your child’s confidence and resiliency for the long run.

Here are five ways to keep your child mind-body connection strong.

1 | PLAY
Making time for play no matter how old they are. Play brings up all sorts of emotions including excitement, frustration, and disappointment. It is an opportunity for your child to feel emotions and move through them at the same time.

2 | MUSIC
It’s no surprise music gives kids a clear connection between mind and body. It’s important to check in with the type of music they’re listening to. Take time to get to know the music your child listens to. Some hard rock music can actually be grounding for a child.

3 | EXERCISE
Whether it’s structured (e.g. sport) or unstructured (playground), exercise positively increases the movement of energy in your child’s body. It’s also a way to get your child to drink more water which further increases energy. Encourage and support any kind of movement through family walks, bike rides, or perhaps a membership to a gym. Regular exercise gives your child a chance to be in his/her body.

4 | NATURE
Getting kids and teens outdoors in all the elements (sun, rain, etc.) is one of the quickest and most gratifying ways to connect. This could be as simple as a walk to the bus stop or a regular time frame where no television or computers are allowed.

5 | HUGS
Human touch is one of the most powerful ways to connect with your child. And teenagers need hugs, too. Be sure to take time to give your child a pat on the back, or a gentle hug. It’s not so much what you say but how your child feels when you take the time to do this.

Adapted from the article: [http://www.parent.co/5-ways-to-help-kids-teens-stay-connected-to-their-soul/](http://www.parent.co/5-ways-to-help-kids-teens-stay-connected-to-their-soul/)

Emma White – Guidance Officer (Tues, Wed, Thurs)
Important Notice from your Coordinator

Welcome back to all our current families and new families. We hope you have all had a fabulous and relaxing holiday and are ready for the last term of the year.

Vacation Care was very busy with Incursions and Excursions during the holiday period. We were lucky to visit Thunderbird Park, and we had a visit from Gecko sports.

This term we are focusing on students’ self-help skills to progress their independence. We are hoping that our children are able to adjust to changes and resilience to any situation they may come across in their daily lives.

Our team are preparing to enrol in an Industry Graduates program to increase our skills set with current knowledge and practices.

Please contact us with any feedback you may wish to provide.

YMCA Musgrave Hill Team

Contact Details – Sarah Fahey

P. 07 55283490   M. 0439752168   E. amh@ymca.com.org.au

Attached to this email is a copy of the Autism Gold Coast Inc. September 2016 Newsletter.

Included in this newsletter is information about

- Support group meeting dates
- Make a Pokeball
- Sensory screening for families with special needs at Events Cinema – Robina
- Triple P – Stepping Stones - Positive Parenting Programs
- Pave the Way information

And much more ….
“This is a service provided when space permits. The school acts solely as a messenger and is not actually recommending any activities advertised”

Auskick

Musgrave Hill SS NAB AFL Auskick Centre
Sign on & 1st Session: - Tuesday 18th October
Time: 3:10pm – 4:10pm
Venue: Musgrave Hill SS Oval
Address: Musgrave Avenue, Labrador
Cost: $75

For more information contact: Tyson on 5594 5722
Or visit www.aflauskick.com.au

Auskick is for Boys and Girls!
Participants receive benefits which include: Football, lunch bag, hat and more!

TO REGISTER:

1. Register online & pay online at www.aflauskick.com.au
2. Please print your receipt and bring to the first session

Cost Only
$75.00!!