FROM THE PRINCIPAL’S DESK

This is the last newsletter for the Term so I want to take this opportunity to wish all of our students and families a restful, safe and enjoyable holiday and we look forward to seeing you all again in Term 2. Please note that Term 2 resumes on Monday the 11th April.

Parents as Role Models
The vital role parents/carers play in the life of a child is often understated and unassuming. We here at MHSS believe that our parents/carers are the most important link between school and home.

Parents serve as role models not only through direct interactions with their children, but through the examples they set within the family and in the outside world. By addressing their concerns, sharing their lives, and maintaining a constructive perspective, parents can contribute powerfully to their children's personal growth and development.

Communication with your child and staying active in their lives is the key to maintaining a positive balance. Our lives are busy and finding the time is often difficult but taking as much time as you can to listen and share in your child’s concerns can make such a positive impact on them. To teach through examples, respect and tolerance and to provide clear standards of acceptable behaviour helps students adjust more quickly to the rules and boundaries that they will face not only in the school environment but the outside world.

We here a Musgrave Hill value the job you do as parents/carers and together we can ensure our students, your children have the best opportunities possible to succeed. We thank you for all you do.

Drop Off and Pick Up
I cannot emphasise enough the importance of using the Drop Off and Pick Up zones correctly. You are to remain in your car at all times during this period and follow the instructions of the staff who are there to assist make this transition as smooth as possible. When people fail to comply it creates tension and frustration for others but even more importantly it can put our children at risk.

We are in negotiation with the Council to see what options we have for larger and clearer signage to help remind people of the times and processes for dropping off your children in the morning and collecting them in the afternoon.

Date Claimers

Monday 21st March
Assembly Years 3 - 6 at 2.00pm

Year 6 Leadership Day at Tallebudgera

Harmony Day/Bullying No Way Day

Thursday 24th March
Last day of Term 1

Easter Hat Parade in Hall Prep and Year 1 at 2pm

Friday 25th March
Good Friday

Monday 11th April
First Day of Term 2

STUDENT ABSENCES
If your child is absent from school please inform the Office on the day of the absence.
Absences can be advised by:
• email to absences@musghillss.eq.edu.au
• text to 0414 366 852 (no calls)
• phone on 5531 3919
• a note to the Office

Tuckshop/Uniform Shop
(07) 5527 1012

P & C meet the second Wednesday of each month at 5.30pm in the Staffroom
We ask for your patience particularly in the afternoons and we will continue to work with the Council and Police to ensure more regular patrols are conducted.

**Harmony Day and National Day of Action against Bullying & Violence**

Here at MHSS we are combining these two very important days into one day - Monday 21st March. We are asking children to either come in their traditional dress of their origin for Harmony Day or in an orange T-Shirt (plain no writing on it) to support the Action Day against Bullying and Violence. Otherwise they are to come in their full school uniform.

The National Day of Action against Bullying & Violence, is where schools shine the spotlight on bullying and violence and promote ways to reduce its impact in schools and the community. It is important to note that not all disagreements and conflicts between students constitutes bullying, but persistent and targeted behaviours designed to isolate, upset or threaten a person can be considered serious bullying issues. The best way to deal with a bullying situation at school is to bring these behaviours out in the open by reporting them to a staff member.

Musgrave Hill takes any actions which upset or threaten fellow students or staff very seriously and all students are encouraged to report issues immediately so that they can be dealt with. Musgrave Hill has a lovely tone and the cases of deliberate and persistent bullying are very isolated, but if we don’t know about it we can’t fix it. Our very structured school behaviour processes ensures that complex issues such as bullying are dealt with quickly, fairly and effectively.

Harmony Day has great significance as it provides us with the opportunity to recognise and celebrate cultural diversity. Harmony Day is about community participation, inclusiveness and respect - a time to reflect on where Australia has come from, while also recognising the traditional owners of this land.

We hope to witness a sea of orange and as many children as possible wearing their tradition clothing and be able to proudly talk about their country of origin.

Thank you for your ongoing support this term. Take Care

*Julie-Anne McGuinness*
Instrumental Music
Just a quick reminder to all Instrumental Music students that Junior Band Rehearsals are Mondays at 3pm with Ms Bowen and Senior Band Rehearsals are at 8am on Tuesday with Mr Denning. I would love to see all students at these sessions, ready to learn at the set time. If you have any concerns regarding the Instrumental Music program, please make an appointment to come and see me.

Easter Hat Parade Prep – Year 1
On Thursday the 24th of March all Prep and Year 1 students will be in the hall at 2pm. We would like to extend an invitation to all our Prep-Grade 1 parents to attend the event and to join in, singing Easter songs and seeing all the fantastic Easter hats that the children have made. We are hoping that we may have a visit from the Easter Bunny too! Hope to see you there 😊

Colour for a Cure
Everyday children and adults get the devastating news that they have leukemia, lymphoma or myeloma, and they’ll turn to the Leukemia Foundation for help. Our school did an amazing job on Friday 11th March and raised approx. $770 which is almost double our contribution from last year. A big thank you to our students and community for supporting this necessary and important event.

Our donation will go towards blood cancer research which is needed urgently to find better treatments and cures, as well as supporting families with practical and emotional support during their long and grueling treatment, free of charge. Well done Musgrave Hill School Community.

Here are photos of before, during and after!!!

Jenny Houston and Bridget Bartolo
Parenting Tip

Today's generation live in a world with an atmosphere of gadgets, digital devices and technology. As a parent, these tips below have been useful in finding a balance for my children to use technology efficiently and effectively.

1. Have clear guidelines for kids to follow. Like all rules for children, the clearer and simpler, the better.

2. Set time limits. A good rule of thumb for teens is two hours of screen time per day, including schoolwork. For primary school children, it's less. You should emphasise no screen time just before bedtime. Dr. Angela Viniarski, a paediatrician, recommends no screen time within two hours of bedtime. The brain, she said, is stimulated by the electronic activity, whatever it may be. A shower or warm bath, and a good book (the old fashioned kind, with pages), or listening to quiet music can be helpful for down time before bed.

3. Set place limits. Ban electronic screens at dinnertime, for example, or when the family is having a discussion or enjoying family time together. Many families find that for younger kids, it's best if the computer is in the family room—not in the kids’ rooms—and used only when an adult is present, monitoring.

4. Schoolwork comes first. Study and chores come before socialising and games.

5. Stress privacy. Explain to your children why you won't permit them to give out personal information about themselves or their family, to meet with strangers they've “met” online, or to spend money online. Just be realistic and firm.

6. Stress common sense. It is good sense not to allow downloading or uploading – music, movies, or photos for instance – without your permission. Show kids how their online words and pictures are, for all intents and purposes, permanent. Just as we watch what we say in our speech, we need to do the same thing online.

7. Be a role model. You're a role model in everything you do and say as a parent, including using technology. Let the kids see you using your computer, phone, and other devices to make your life easier, more efficient, and more fun. Show how you're in control of it, not the other way around: i.e. if you say no gadgets at dinner time, don’t pick up the phone yourself.

Health Tip

SLEEP IS IMPORTANT TO YOUR CHILD’S HEALTH

Sleep affects how children feel and function. By helping your child to get the recommended amount of sleep, you can improve your child’s health, psychological well-being, and safety. Sleep is key to your child’s growth and development as well as his/her ability to learn. The details below provide general guidelines showing how your child’s need for sleep changes with age. There may be individual differences between children:

<table>
<thead>
<tr>
<th>Age Daily Sleep Need</th>
<th>Preschool aged children 10-12 hours</th>
<th>School-aged children at least 9 hours</th>
<th>Adolescents (Teens) 9 hours</th>
<th>Adults 7-8 hours</th>
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</table>

HEAD OF CURRICULUM NEWS
Unlike pre-schoolers who may need naps, school-aged children usually get all of their sleep at night. Teens need more sleep than adults. In addition, adolescent body clocks shift to a later sleep-wake cycle, making it hard for most teens to either fall asleep or wake up as early as they once did, or as early as younger children and adults. This shift is due to changes in teen brains and bodies and is what makes it hard for many teens to fall asleep much before 11:00 p.m.

Why Is Sleep Important? What Happens During Sleep?
Adequate sleep is a central part of a healthy lifestyle. During sleep, your body and your brain actively work to support healthy brain and body function. Sleep helps your child focus and remember what he or she has learned. Memory is improved with sleep. Sleeping seems to enhance learning as if it were extra practice, whether your child is learning an academic subject like algebra, new physical skills like playing a musical instrument, dance steps, plays in sports, or how to drive a car. Sleep also is vital for your child’s physical health. As one example, sleeping well supports the immune system, which helps fight infections, and thus sleep may decrease your child’s risk of getting sick.

What Happens When My Child Doesn’t Get Enough Sleep?
Young people who do not get enough sleep may be overly active, misbehave, have problems paying attention, or suffer declines in school performance. Sleep-deprived young people may have difficulty getting along with others, may be angry and impulsive, or lack motivation. Sleep helps maintain the healthy balance of a number of hormones, including the ones that control appetite. Thus, loss of sleep may lead to increased appetite, overeating, and unhealthy weight gain.

How Can You Help Your Child Develop Healthy Sleep Habits?
It is important for your child to understand that getting enough sleep is a vital part of a healthy lifestyle. Make sleep a top priority and help your child to set a schedule that allows enough time for sleep. Developing a relaxing bedtime routine may help.

Recipe

ENERGY SLICE
Ingredients
½ cup sunflower seeds
½ cup unprocessed bran
¾ cup shredded coconut
½ cup wholemeal plain flour
¼ cup raw sugar
1 cup rolled oats
¼ cup sesame seeds
1 cup chopped pecans
(nuts can be omitted if making for school lunches)
¾ cup sultanas or chopped dried apricots
125g butter
1 tablespoon honey
2 eggs lightly beaten

Method
1. Preheat oven to 180 degrees
2. Combine all dry ingredients in a large bowl
3. Melt butter, combine with honey then add to dry mixture
4. Add eggs and mix thoroughly
5. Firmly press into a lightly greased lamington tray
6. Bake in a moderate oven for 25 minutes or until brown
7. Cool in tin before slicing.

Candiece Ledwidge and Tamara Hall – Head of Curriculum

ASSEMBLY AWARDS

Congratulations to the students selected as Aussies of the Month for March. The students received their certificates on Assembly and were rewarded with a $5.00 Tuckshop voucher.
STUDENT OF THE WEEK - YEARS 3 TO 6

<table>
<thead>
<tr>
<th>3 Navy</th>
<th>Magda Donovan</th>
<th>4 Lime</th>
<th>Gemma Dale</th>
<th>5/6 Maroon</th>
<th>Kurt Hartley</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>JJ Togashi</td>
<td></td>
<td>Emily Gillin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Purple</td>
<td>Daniel Kriedeman</td>
<td>4 Ruby</td>
<td>Luke Waldie</td>
<td>6 Gold</td>
<td>Jasmine King</td>
</tr>
<tr>
<td></td>
<td>Earnest Young</td>
<td></td>
<td>Caden Thomas</td>
<td></td>
<td>Tyra Vutoni</td>
</tr>
<tr>
<td>3 Teal</td>
<td>Araya Williams</td>
<td>4/5 Aqua</td>
<td>Beau Frazier</td>
<td>8 Onyx</td>
<td>Albert Pagtalunan</td>
</tr>
<tr>
<td></td>
<td>Alexander Amos</td>
<td></td>
<td>Emily Nott</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 White</td>
<td>Matilda Lubbock</td>
<td>5 Lilac</td>
<td>Hong Kai Zhang</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Beau Mogyorody</td>
<td></td>
<td>Darnna Allen</td>
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BEST SCHOOL ATTENDANCE

<table>
<thead>
<tr>
<th>Prep to Year 2</th>
<th>%</th>
<th>Years 3 to 6</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Silver</td>
<td>97.8%</td>
<td>3 Navy</td>
<td>98.2%</td>
</tr>
<tr>
<td>1 Blue</td>
<td>97.7%</td>
<td>6 Gold</td>
<td>96.9%</td>
</tr>
</tbody>
</table>

SCHOOL BANKING DAY REMINDER

Don't forget that school banking day is Thursday and students should bring in their weekly deposit.

For every deposit made at school, no matter how big or small, students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive school banking reward item in recognition of their regular savings habits.

Thank you for supporting the school banking program at Musgrave Hill State School.

SPORTS NEWS

Run Club Update

As the weather has been unfavourable of late, it has caused some confusion as to whether Run Club is on or not. We have decided to go with the following system -

Run Club will be on each Wednesday morning at 8am, unless you are notified by SMS that it has been cancelled due to wet weather. The SMS will come through on the Wednesday morning if it has had to be cancelled.

Thanks for your ongoing support - it's great to see so many happy faces completing laps around the oval!

Mrs Halsall – P.E. Teacher
I would like to wish our NEW EXECUTIVE COMMITTEE a wonderful year, and believe as a P&C we will only become stronger with time.

Please remember our P & C meetings are held on every second Wednesday of the month at 5.30pm in the staff room. We will occasionally hold meetings in the morning for those who can't make evening meetings.

Our new executives are as follows:

- **PRESIDENT** Tina Quirke
- **VICE PRESIDENT** Melissa Holland
- **SECRETARY** Michelle Cook
- **TREASURER** Kelsey Davies

**Fundraising Cross Country**

Attention all parents/carers - you would have noticed your child bringing home a SuperHero Fundraising sheet last Friday. This is a way for us to raise some funds for the school as well as putting a fun spin on the Cross Country which all students participate in. All funds raised will go directly back into the school. There is an online fundraising option for all students at [www.australianfundraising.com.au](http://www.australianfundraising.com.au) this will allow your family and friends from all over the world to sponsor them. Also the best class will receive a special prize.

All students participating will receive a ‘Super Fundraising’ Certificate and a Juice ice block on completion of their race. There are several posters around the school with all the amazing gifts you can fundraise towards. So please get behind a great cause and support our school. Also please remember if your child chooses to door knock to raise funds always make sure they do so with an adult present. All money and forms need to be handed in to the tuckshop no later than 22 April so we can make sure we get the prizes handed out in time.

**Rydges Raffle**

Rydges Resort Raffle tickets are due to be sent home early in term 2. It is a fabulous prize of 4 nights for 2 adults and 2 children with breakfast at any one of their locations throughout Australia and New Zealand. The prize can also be used over the school holidays – Tickets are only $2.00 each.

Again – all money raised will go back into your child’s school.

Tina Quirke  
P&C President

**TUCKSHOP NEWS**

As from term 3, all state schools will be introducing the next phase of the Smart Choice Healthy Eating Program which means our menu will change slightly, mainly with the introduction of vegetables in some of our home made meals.

If you would like to know more about the changes please come and see Sally or Ange at the Tuckshop.

Ange and Sally - Tuckshop Convenors
MATHLETICS ACHIEVEMENTS

<table>
<thead>
<tr>
<th>Highest Class Usage</th>
<th>Gold Certificate Achievements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior School – 5 Lime</td>
<td>Logan Banks</td>
</tr>
<tr>
<td>Junior School – 1 Green</td>
<td>Cayden O’Connor</td>
</tr>
<tr>
<td></td>
<td>Azra Pratt</td>
</tr>
</tbody>
</table>

CLASSROOM CAPERS – 6 GOLD

So far, so good…. 6 Gold have been frantically busy this term, establishing our routines, building relationships and developing our work expectations. The students are settling in beautifully to their new roles as school leaders and are already buzzing with excitement and some trepidation about the prospect of high school next year. One year at a time people! We have been working hard on our short story writing skills, maths, grammar and reading, as well as learning about electricity in Science and Australian Federation in History.

We have been utilising the new computers in the school lab and our iPads to work on our Mathletics and research for History. Last week, we had a professional Table Tennis coach give us a lesson, which was lots of fun and now we are looking forward to another session in week 9. Our classroom is super bright now that we’ve hung up our “I AM….“ art.

The students painted, then wrote all the things that make them who they are with I am statements. It’s hard to believe we’re saying this already but….

Have a lovely holiday! Mrs Kennon and 6 Gold

A MESSAGE FROM OUR CHAPLAIN

JUST A REMINDER TO DROP THE KIDS AND COME FOR A CUPPA……

MEET CHAPPY RUSTY…… 8:30AM – 9AM ON THE DECK BY THE SCHOOL HALL.

SEE YA THERE! Wednesday 23rd March

Rusanne (Rusty) Jourdan – Chaplain
Term 1 is almost over. Time to take a break… for little human beings it is so important for their minds to have time to recharge. Like a muscle, after training, it needs time to recuperate and become stronger so that it will perform even better next time; so do the growing minds of our children. For our students to perform to their best ability they need to rest so they can return from the school holidays refreshed and ready for Term 2.

Over the school holidays there are a bundle of activities run by the Gold Coast City Council, ‘Active and Healthy Gold Coast’. What a fabulous way to rest and recharge! Check out the website for dates and times; and guess what! MOST OF THE ACTIVITIES ARE FREE!


**School holiday activities**
Our school holiday program has a lot to offer, from indoor activities at City of Gold Coast (City) libraries to outdoor adventures. We've got everything covered for every age range – all activities are free or low cost.

**Libraries**
Find an exciting range of activities based at our City libraries in our Libraries' online calendar of events.

**Active & Healthy School Holiday Program**
Discover the great outdoors these school holidays so that your kids reap the benefits of unstructured playing, learning and being physically active in our many parks, beaches and natural playgrounds. There are hundreds of activities on offer these holidays for kids aged four to 18 years.

**NaturallyGC program**
We provide free workshops for anyone interested in exploring our unique and diverse environment, some of which take place during school holidays.
Parks
From interactive stories to movies under the stars, our parks offer plenty for the family to enjoy.

Broadwater Parklands
There is always something happening at the Broadwater Parklands. Download the calendar of events to find out more about the free community activities on offer.

For further information on any of the above activities, please see link below

Emma White – Guidance Officer

COMMUNITY NEWS

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

Benowa High School – Year 7 Enrolments

| Enrolments for current Year 6 students into Year 7 in 2017 are now open to families residing both in and out of our school’s catchment area. Please contact enrolments@benowashs.eq.edu.au should you require further information. | Opportunities for students seeking Scholarships in 2017 are now available in areas including academia, culture and sport. Please visit our school’s website for details: https://benowashs.eq.edu.au |
Come to the Botanic Gardens to enjoy Nature based activities these holidays!

**Grow That Plant**
*Friday 1 April 9:00 – 10:30am*  
Suitable 7 – 12 years
Learn how to grow your own native plants from seeds and cuttings. Take your plants home and help grow a habitat in your backyard.

**What Bird is That?**
*Tuesday 5 April 9:00 – 10:00am*  
Suitable 8 – 14 years
Identify birds that make the Botanic Gardens their home. Be part of a survey and take home your own bird brochure and booklet.

**Botanica Missions**
*FRIDAY 8 April 2 Sessions 9AM AND 10AM*  
Suitable 4 – 12 years
Complete the Botanica Missions with your NaturePlay Passport as you explore the Botanic Gardens. Take home your passport with more missions to complete in the natural world.

*All activities: $5 per child. Bookings essential Ph 0449 561 674*

Don’t forget to bring a drink bottle, hat, sun screen and wear enclosed shoes.
Meet on the verandah of the Friends Centre in the Mangroves to Mountains area of the Gold Coast Regional Botanic Gardens, 230 Ashmore Road, Benowa. These events proudly coordinated by the Friends of the Gold Coast Regional Botanic Gardens Inc.

**Tennis Coaching for all Abilities**

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**BREAKFREE FITNESS**
Tennis Training & Coaching

**Training Location**
The Mercure Resort  
Palm Meadows Drive,  
Coraway 4225

**Training Days & Times**
Mondays 6:30-7:30PM  
Tuesdays 5:00-6:00PM  
Saturdays 8:00-9:00AM

ALL ABILITIES WELCOME!

Contact Glen Bowe for more info:  
glenbreakpointtennis@gmail.com  
0425 899 537

www.breakpointtennis.net.au