Chaplain Week
This week we celebrate the amazing job Chaplains do in our schools. SU QLD chaplains, or 'chappies', provide a variety of support to the school communities. They are in the prevention and support business: helping students find a better way to deal with a range of issues. They provide a listening ear and a caring presence for kids in crisis, and those who just need a friend. They also provide support for staff and parents in school communities.

We are ever so fortunate to have Rusty as our Chaplain. She does an amazing job and we are truly blessed to have someone so passionate and committed to our school. Rusty we celebrate with you this week and thank you for the tireless work you do for all members of our community.

School Uniforms

Acceptable Footwear

![Acceptable Footwear](image)

We have been informing students, parents and the community about the changes for over 18 months now thus allowing ample opportunity for families to purchase the appropriate footwear. Unfortunately we are still having many of our students arriving at school in the wrong shoes. We ask that the situation please be addressed immediately otherwise consequences for the wearing of the incorrect uniform may be enforced. This also applies to jackets or jumpers. I appreciate your understanding and support in this matter.

NAPLAN
A big thank you to all involved in preparing our students for NAPLAN. The children all did the very best they could and I could not be prouder of their commitment and effort. To Ange, Sally and Kelsey thank you for preparing a very nutritious breakfast for all our Year 3 and 5 students.
**QSchools Mobile App**

The QSchools app is a convenient way to share up-to-date information with the school community. This app is designed to integrate with our School website. When we publish content on our website the app will automatically update with the latest news, events and newsletters.

We believe this app will provide a better way of communicating with our school community and provide more detailed information and notifications, therefore it is our intention over the next few weeks for QSchools to replace our Facebook page.

This app is compatible with the following devices - Android, Apple and Windows. For those community members without access to those devices the same information can be found on our website. A flyer about QSchools will be sent home in the near future.

**Staff Carpark**

The staff car park has seen an increase in numbers as it now houses the staff from the Southport Special School creating limited available spaces. To add to this congestion it appears the staff carpark is being utilised by an increasing number of parents which is creating parking issues and major safety concerns for our students. This has caused us to re-evaluate our processes and the special access we have at times provided for parents. On Monday or Tuesday the Boom Gate code will be changed and will only be available to school staff. We have more staff on duty in the mornings and afternoons at the drop-off and pick-up zone who are more than willing to assist parents or students who need that extra support. I apologise for any inconvenience this may cause but the safety of our students is paramount.

*Julie-Anne McGuinness*
Prep in 2017

If your child was born between July 1, 2011 and June 30, 2012 they are eligible to attend a full time Preparatory program in 2017. Musgrave Hill State School welcomes all parents and families to our Prep Open Days, held at our campus.

Information Sessions:

- School Tour, Coffee and Chat: Friday 3rd June 2016 at 9.30-10.30am
- Classroom Experience: Wednesday 7th September 2016 at 9:30-10:30am
- Information Sessions (please note that the following two sessions have the same content but will be delivered on two separate dates for your convenience):
  1. Thursday 25th August 2016 at 9:30-10:30am
  2. Tuesday 18th October 2016 at 5:30-6:30pm
- ‘Prep in 2017’ Transition Morning: Tuesday 22nd November 2016 at 9:30am-11:00am

RSVP your interest in attending the above listed sessions by either phone or email.

All students and parents will be required to attend an interview in 2016 prior to the commencement of Prep in 2017. These interviews will take place between September and December.

Please contact the school administration on 5531 3919 to put your name on the interview list.

www.musghillss@eq.edu.au

Mel Newman - Acting Deputy P-2 - HOSES
Learning Tip
Wanting tips to help you when reading with your child?

1. Sit side-by-side with your child.
2. Don’t ‘tell’ the words.
3. Move beyond ‘sound it out’.
4. Have your child re-read some passages for fluency.
5. Allow some mistakes to go uncorrected.
6. Allow the same book multiple times.
7. Keep reading to your child.

Below is a link to a clip that models these key tips for parents to understand when reading with their child. It is only 5 and a half minutes long but could be of great value to you.

https://www.youtube.com/watch?v=korfvEOQb14

Parenting Tip
Set Limits
Having a few basic rules and being prepared to follow through with consequences if one is broken is the way to teach your child how to handle the frustration of not always getting what they want as well as teaching them to take responsibility for their actions. "Your child might not always be happy about a specific outcome, but knowing that there are lines that they can't cross will help them feel loved and motivated to cooperate," says Dr Berman.

The key is to be both fair and age-appropriate. "Your first priority should be setting limits that relate to health, safety, and basic respect," says Dr Gallagher. That means things like always being buckled into the car seat no matter how short the ride and using an inside voice while baby brother is napping are non-negotiable. Be choosy about the other "no's." It might be nice to have a 4-year-old who says "excuse me" before they interrupt your conversation, but excessive regulations will make the key ones harder to enforce.

When your child breaks the rules, consequences provide an opportunity for them to learn the right behaviour and some self-sufficiency along the way. No matter how old your child is, a consequence should be immediate (don't cancel a playdate that's three days into the future), related to the "crime" (if they keep throwing Lego they can't play with the Lego anymore today), and consistent (every time your child forgets to wash their hands they have to put down their sandwich and go to the sink no matter how hungry they are). Once you've established your zero-tolerance policies, you may need to add other bad, irritating, or rude behaviour to your list, but don't do it in the moment. Take 24 hours to think through your commitment to regularly and effectively enforce your limits. The more thought and effort you're willing to expend on a rule, the more likely your child will be to follow it.

http://www.parents.com/kids/discipline/strategies/good-behavior-tips/
Health Tip

Weet-Bix Slice

Prep Time: 15 minutes
Cook Time: 15 minutes
Serves: 10

Ingredients:

- 4 Weet-Bix, crushed
- 1 cup plain flour
- 1/2 cup coconut
- 1/2 cup sugar
- 1 tablespoon cocoa
- 70g butter/margarine
- 1/4 cup of water

Method:

1. Preheat oven to 180C (160C fan-forced). Melt butter and mix into crushed Weet-Bix.

2. Add remaining ingredients and stir to combine.

3. Line a square cake tin with baking paper. Press Weet-Bix mixture into the base. Bake for 15 minutes.

4. To make icing, sift icing sugar into a bowl. Add milk gradually, stirring, until you have a smooth, spreadable consistency. Pour icing over slice in tin. Spread to cover completely. Allow to set. Slice.

Candiece Ledwidge and Tamara Hall – Head of Curriculum
**STUDENT OF THE WEEK - YEARS 3 TO 6**

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>Year</th>
<th>Name</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Navy</td>
<td>Oskar Mikolajewski Jacob Knight</td>
<td>4 Lime</td>
<td>Amily Promsenjai Jett Taylor</td>
<td>5/6 Maroon</td>
</tr>
<tr>
<td>3 Purple</td>
<td>Kobi Kennaugh</td>
<td>4 Ruby</td>
<td>Anabeli McWilliams</td>
<td>6 Gold</td>
</tr>
<tr>
<td>3 Teal</td>
<td>Russel Ronquillo Afrida Rahman</td>
<td>4/5 Aqua</td>
<td>Brady Briggs Kealy Kitkevics</td>
<td>6 Onyx</td>
</tr>
<tr>
<td>3 White</td>
<td>Sonny Stoddart-Pua J.P</td>
<td>5 Lilac</td>
<td>Ocean Collighan-Howden Mikhail Kolbasin</td>
<td></td>
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</tbody>
</table>

**BEST SCHOOL ATTENDANCE**

<table>
<thead>
<tr>
<th>Pre to Year 2</th>
<th>%</th>
<th>Years 3 to 6</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Green</td>
<td>94.86%</td>
<td>4/5 Aqua</td>
<td>97.74%</td>
</tr>
<tr>
<td>Prep Red</td>
<td>93.83%</td>
<td>5 Lilac</td>
<td>95.94%</td>
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**MATHLETICS ACHIEVEMENTS**

<table>
<thead>
<tr>
<th>Highest Class Usage</th>
<th>Gold Certificate Achievements</th>
</tr>
</thead>
</table>

Senior School
- 3 Purple
- 3 White
- 4/5 Aqua
- 5/6 Maroon
- 6 Gold
- 5 Lilac

Damon Ramma
Manaia McDonald
Zahleea Bartie
Aiden Dale

Junior School
- 1 Green
- 2 Mauve

Special Mention: Earnest Young has been the school’s highest point winner 4 weeks running.
Thank you to the school community for wishing us a happy P & C Day ....Our committee maybe tiny in numbers but huge in commitment, strength and desire to make your child’s school a better place.

**Fundraising**

All raffle tickets for the Rydges holiday have now been handed out, if you don't require any please send them back as there is a waiting list on extra tickets, thank you. If by any chance you have lost your tickets please contact Ange and Sally in the Tuckshop immediately.

**Fete**

We are now collecting books for our Fete book stall. If you are cleaning out your cupboards and book shelves please keep us in mind as we would love some good quality items.

Remember the Fete will be held on Friday 7th October from 3 - 7pm. There will be rides, food vans, a variety of stalls and a fantastic time to be had. We are also looking for any donations from local businesses for our Cent Auction.

Tina Quirke
P&C President

**TUCKSHOP NEWS**

**STATE OF ORIGIN** Spiders and Sundaes can be purchased on Wednesday 1st June for $1.50 or you can buy a Queensland State of Origin Cup filled with a spider and yours to keep for $4 (Limited amount available so get in quick).

**Uniforms**

Winter jackets are now available in the tuckshop for $47.

**Lost property Box**

We have our lost property box located outside the tuckshop in the yellow wheelie bin. Hats and jackets that have been found are kept in the tuckshop.

Ange and Sally - Tuckshop Convenors
4 Lime are powering through this term! NRL has started and the students are gaining skills and knowledge including how to care for yourself with good food, exercise and sleep.

In Geography we are “travelling” to the faraway continents of Africa and South America and learning much about the animals and vegetation of these amazing places. We are focussing on why some of these animals have become endangered and what people can do about this.

In Maths, the students have been inventing new shapes, turning themselves in human angles and will soon be learning about gathering and displaying data…so if a student in 4 Lime asks for your favourite ice-cream flavour, please tell us! We need your data!

We are also focussing on the key value of compassion and “considering others” before we act, to help us build positive relationships. We are putting the “Stop-Think-Do” strategy into practice whenever we can.

Have a great weekend!

Mrs Orr, Mrs Alderson – Classroom Teacher

We have had an exciting start to Term 2 in Prep Red. We have been very busy with continuing to learn our Jolly Phonics sounds, Sight Words, Maths Rotations, Reading Groups, NETT’s lessons, PMP, Music and more.

One of the highlights of the Term thus far was our Mother’s Day Pampering afternoon. We invited all Mums (and some Grandma’s) along to be pampered with massages, nail painting, hair styling, cucumber facials and biscuit decorating followed by a group Afternoon Tea. This was a lovely occasion for all Mums to be pampered by their little ones and a chance to see some of the fantastic work that has been happening in Prep this year. Even Ms McGuinness was treated to some lovely pampering by the students and left the Prep Area with a beautifully styled “do.”

Miss Aitchison - Classroom Teacher
This week Jamie Oliver (the famous English chef) is campaigning for his program THE FOOD REVOLUTION. The focus of this ‘revolution’ is to educate and encourage young people and their families to make better choices around food…

You might be wondering why the guidance officer is mentioning this……

Over the years it was only suspected the impact certain foods had on behaviour and moods. Even after completing a simple Google search around diet and behaviour this could be easily challenged. It is now a known fact the connection between food and the influence it plays on a child’s ability to think, concentrate, and manage emotions and moods.

Reducing certain foods, such as processed products, items high in saturated fat (check the nutritional information on the food label), and processed sugars, is spruiked by the many health professionals in our society.

There are some fantastic movie-style documentaries that help to educate and inform. Take the time to sit and watch with your kids:
That Sugar Film - http://thatsugarfilm.com/film/synopsis/

Supersize Me - https://www.youtube.com/watch?v=l1Lkyb6SU5U (watch the trailer here…this film is more suited for teenagers and older due to a couple of swear words and some sexual references)

It is crucial that little minds are nourished so that they are able to soak up the knowledge and skills passed on to them here at Musgrave Hill SS. As we live in a world full of fast food and processed goodies, I challenge each family to make 1 small change: swap one processed/packaged food for one piece of fruit per person, per day.

Strawberries are in season at the moment! Yum!
http://www.jamiesfoodrevolution.org/

Emma White – Guidance Officer
THANKS SO MUCH TO COLES AT BENOWA VILLAGE FOR THEIR GENEROUS DONATION IN SUPPORTING US WITH BREAKFAST PROVIDED TO OUR STUDENTS DURING NAPLAN WEEK!

Thanks from the MHSS Staff & Community

Centacare Program
Centacare will be running a 5 week program supporting students that are experiencing grief & loss. Please contact me if you or a student requires this support or any other support that I may be able to assist you and your family with.

School Chaplaincy:

DISPELLING myths & ANSWERING questions

Many people are not aware of what a school chaplain does…

What do school chaplains do?

SU QLD chaplains provide spiritual and emotional support to school communities. They are in the prevention and support business: helping students find a better way to deal with issues ranging from family breakdown and loneliness to drug abuse, depression and suicide. They provide a listening ear and a caring presence for kids in crisis and those who just need a friend. They also provide support for staff and parents in school communities.

School chaplains are unique:

- They are a support conduit – connecting students (and school staff) to specialist services in the community such as welfare groups, counselling services, medical services and community groups in consultation with School Principals.
- They build relationships with students (and staff). They are a trusted adult in the playground and in the classroom – offering a listening ear to students who want to share their problems and experiences.
- Their role is to contribute to the spiritual and emotional wellbeing of the school community.
- They are seen by students as an adult who is not a part of the school’s authority structure.

Please contact me at the school if you have any questions or I can be of assistance to you or your student(s)…

Rusanne (Rusty) Jourdan – Chaplain (Tuesday/Wednesday/Thursday)
“This is a service provided when space permits. The school acts solely as a messenger and is not actually recommending any activities advertised”

COMMUNITY NEWS

FREE PARENTING SEMINAR

Triple P, Positive Parenting

Take the guesswork out of parenting!

Want to see more of the behaviour you like, and less of the behaviour you don’t like? Triple P’s Power of Positive Parenting seminar can help you understand why kids behave the way they do. This life-changing 90 minutes is free for Queensland parents and carers of children aged up to 12 years, and is packed with strategies to help make raising kids easier – and more fun!

Triple P – Positive Parenting Program can help you:

• Raise happy, confident kids
• Manage kids’ behaviour
• Set rules and routines that everyone follows
• Get on well with your kids and argue less
• Balance work and family without stress

Register for your free parenting seminar:

Power of Positive Parenting
Date: Wednesday, 25 May 2016
Time: 11.30am-1pm
Venue: Southport Community Centre, 6 Lawson St, Southport.

Book your free place now at www.triplep-parenting.net