Welcome back to what I am sure is going to be another extraordinary term. We start the term with a staff change within the Administration Team. Mrs Jenny Houston has been given a wonderful and exciting opportunity as Head of Special Education at Berrinba East State School. Jenny’s contribution to Musgrave Hill State School has been remarkable and Berrinba East is extremely fortunate to have her as part of their school community. Mrs Houston begins her new journey on the 2nd of May. Susan Damro has extended her leave until the end of Term 2.

So what does that mean for Musgrave Hill State School? We have placed an Expression of Interest out for the HOSES/DP position which closes today so hopefully I will be able to announce who our new HOSES/DP for Term 2 will be in the next newsletter.

NAPLAN
NAPLAN is almost here. Our year 3 and 5 students will be sitting the long awaited NAPLAN tests on May 10th through to May 12th. While these tests are very important, NAPLAN is just one part of continuous and varied assessment which helps us plan, prepare and report on your child’s learning program. We will endeavour to make these tests as stress free and supportive for all students as possible. I am extremely proud of the positive way they have been approaching their NAPLAN practices and I wish them all the best over the three days of testing.

BASE (Be at School Everyday) AWARDS
We had our first BASE Awards winners for 2016. Each winner received a $30 gift card that can be spent either at the Uniform Shop, for excursions or it can be used to contribute to your child’s Student Resource Scheme. Our P to 2 winner was Sunny Bell and our Year 3 to 6 winner was Jade Cablay.

We have begun our fortnightly BASE Awards for Term 2. To receive a BASE award students must have 100% attendance in a 2 week period. Children who arrive after the scheduled start time for school will be excluded from receiving an award in that fortnight as every minute counts. Please ensure your child/ren are here at school each and every day.

MUSGRAVE HILL SPELL OFF CHAMPIONS
We held our first Musgrave Hill Spell Off this term. Initially each class had their own individual competition to find their best speller and then the class champions faced off against one another in a year level “Spell Off” to find the overall Spelling Champion for that year level. Everyone involved did an amazing job and towards the end we were forced to ask the students to spell words from 2 or 3 year levels above to find a winner because the competition was so tight. It was a fantastic event and below are the Class Champions and the overall Year Level Champions.
Year 1 Class Spelling Champions:
Lochlain Southam 1B, Lucas Duckett 1G (overall Year 1 Champion) and Kiana Davison 1J

Year 2 Class Spelling Champions:
Isabel Weis 2M, Chardonnay Pope 2V (overall Year 2 Champion) and Sarah Frecklington 2I

Year 3 Class Spelling Champions:
Alana Sumners 3N, Matilda Lubbock 3W, Rydah Tamehana 3T (overall Year 3 Champion) and Dilly O’Connor 3P

Year 4 Class Spelling Champions:
Hesed Lote-Felo 4R, Rocky Hohn 4L (overall Year 4 Champion) and Brady Briggs 4/5A
Year 5 Class Spelling Champions:  
Damon Ramma 5L, Oscar Lubbock 5L (overall Year 5 Champion), Hugh O’Hanlon 5/6M and Bryson Pope 4/5A.

Year 6 Class Spelling Champions: 
Joel Partridge 5/6M, Jade Manuel (overall Year 6 Champion) and Aria Arlidge 6O

REMINDER - HOW TO USE THE PICK UP ZONE

The passenger pickup zone/2 minute zone allows for quick pick up of children during congested peak school ‘let out’ times.

The Concept
- Vehicles move slowly along the loading zone towards the front of the queue.
- Children see the vehicle and are ready to get in.
- Motorists ‘give each other a fair go’.
- If your child is not there then you move to the front of the line and can stay there in your vehicle for a maximum of two minutes before you are required to move off and park or go around the block and re-enter the line.

Respect the Timing
- Do not stop for more than two minutes.
- Do not park in the zone and walk away from the car.

Pick up and Loading Bags
- You can get out of the vehicle only to assist the children to load bags.
- Never double park to pick up children – it is illegal and dangerous.

Julie-Anne McGuinness
ANZAC CEREMONY
Anzac Day is a time to honour the service and sacrifice of our original Anzacs, and the generations of Australian servicemen and women who have defended our values and freedoms in wars, conflicts and peace operations.

On the 21st of April, the students of Musgrave Hill State School gathered in the hall to honour past and present servicemen and women from both Australia and New Zealand. The student leaders coordinated the ceremony, and I was proud of the way that our student population showed their respect by listening, reflecting and speaking when appropriate to do so.

Captain Trent Williams from Southport Army Depot joined us for the ceremony, and he was able to speak to the students about what ANZAC day means in 2016.

Lest We Forget

FAREWELL
It is with great sadness that I announce that I am leaving Musgrave Hill State School, as I have been offered a role that is closer to home, and I need to accept that position for my own family reasons. I start my new role in week four of this term.

I am sad to be leaving as I have made some amazing connections within the Musgrave Community. I have truly enjoyed getting to know everyone in this fantastic school, which is full of amazing students, families and staff.

At this stage I am unsure who will replace me as HOSES here at Musgrave, however please watch this space as they will introduce themselves in the next newsletter.

Jenny Houston

HEAD OF CURRICULUM NEWS

Learning Tip
Turning maths into a story
By presenting mathematics as a story children can make links to their everyday life. Begin by reading books to your child that include numbers and counting.

Turn everyday events or objects into a maths story:

- Count the fruit in the fruit bowl.
- Cut fruit into six pieces.
- Count the pieces of toast you cooked at breakfast.
- Add the total of cutlery at the table.
- Count the number of people travelling in the car or the bus.

Encourage your child to draw and talk about the number of things in the pictures they have drawn. Write down your child’s ideas as a story. Here are some examples:

There are five pieces of fruit in our bowl. Three are apples and two are bananas.
**Parenting Tip**
HELP KIDS FEEL GOOD

**BUILDING SELF-ESTEEM**

Healthy self-esteem is feeling good about yourself, feeling that you are a worthwhile person. Self-esteem builds a solid foundation to help children and parents cope with life.

**What is self-esteem?**

Self-esteem is about valuing and liking yourself. It is also about believing in what you can do. Children develop self-esteem when:

- they feel they have a place in the world where they belong
- they are a part of a family where they matter
- they are encouraged to do things and succeed.

**Why is self-esteem important?**

- Self-esteem helps people feel they can develop their own skills and contribute to their community.
- When people have low self-esteem they don’t feel confident about doing things for themselves, or using their talents and abilities in the best way.
- Low self-esteem is also linked to stress, coronary heart disease and anti-social behaviours.

**What parents can do**

- Tell your child that you love them as they are.
- Show your child that you love spending time with them doing the things they like to do.
- Show respect by talking in a way that you would like to be spoken to.
- Listen in a way that shows you take your child seriously.
- Encourage friendships. Make their friends welcome in your home and get to know them.
- Help your child to explore any hobbies that they are interested in.
- When you play games with your child make sure they have opportunities to win.
- Celebrate your child’s achievements and successes.
- Show your child that you have faith in them. Don’t solve all their problems. Help them learn problem solving skills so they can manage things for themselves.

**REMINDERS**

- **Children are not born with self-esteem.**
- **Young children learn self-esteem through what they can do and what their parents think of them.**
- **Put down’ messages damage self-esteem.**
- **Giving time, hugs and smiles are very important to building self-esteem.**
- **Laugh with your children - not at them.**
- **Keep giving sincere messages that build self-esteem in your teenagers, even if they say they don’t believe you. These messages matter.**
- **Self-esteem is learned and can be changed.**
- **Take care of your own self-esteem.**

**Health Tip**

**NOODLE, CORN AND BACON LOAF**

**INGREDIENTS**

- 1/2 x 440g packet shelf-fresh Singapore noodles
- 1 tablespoon olive oil
- 1 small brown onion, finely chopped
- 2 garlic cloves, finely chopped
- 200g middle bacon rashers, trimmed, chopped
- 1 small zucchini, grated
- 1 cup frozen sweet corn kernels
- 1/2 cup reduced-fat grated tasty cheese
- 1/3 cup self-raising flour
- 5 eggs, lightly beaten

**METHOD**

**Step 1**
Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 10cm x 21cm (base) loaf pan. Line base and sides with baking paper, allowing paper to extend 2cm above edges of pan. Place noodles in a large heatproof bowl. Cover with boiling water. Stand for 1 minute. Separate noodles with a fork. Drain. Return to bowl. Using scissors, roughly chop noodles.

**Step 2**
Heat oil in a medium frying pan over medium heat. Add onion, garlic and bacon. Cook, stirring often, for 4 to 5 minutes until bacon is starting to brown. Set aside for 10 minutes to cool.

**Step 3**
Add bacon mixture, zucchini, corn, cheese, flour and egg to noodles. Season. Mix until well combined. Pour into prepared pan. Bake for 50 to 55 minutes or until golden and firm. Cool in pan for 15 minutes.

**Step 4**
Transfer loaf to a chopping board. Slice.

Candice Ledwidge and Tamara Hall – Head of Curriculum

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**2016 MUSGRAVE HILL’S NAPLAN BREAKFAST**

At Musgrave Hill State School, we believe in the importance of a substantial breakfast prior to students sitting NAPLAN tests. Their food choices for breakfast can impact their performance on test day.

We are proud to offer Year 3 and Year 5 students breakfast on the mornings of NAPLAN. On the menu is food researched for best academic performance.

**When:** Tuesday 10\textsuperscript{th}, Wednesday 11\textsuperscript{th} and Thursday 12\textsuperscript{th} of May

**Time:** 8am

**Where:** School Hall Deck

**What:** Scrambled eggs on whole grain toast and fresh fruit.

**Please note:** scrambled eggs will contain milk.

If your child has an allergy or has a dislike to the menu, we highly suggest they eat a substantial breakfast at home incorporating the foods listed below.

After breakfast, students will participate in Brain Gym activities inside the hall.
Research - What's the best breakfast on test days?

When scientists have tested the effects of breakfast, they have found that eating breakfast does make a difference to school performance. These studies have found that eating breakfast can:

- Improve speed in using short-term and long-term memory.
- Assist with problem solving.
- Help children be more creative.
- Improve alertness, which helps with memory and learning.
- Pay more attention in class.

Research shows for the best breakfast, include slow-release carbohydrates, such as whole rolled porridge oats, whole grain bread or low-sugar muesli, as they provide slow-release energy. Add a protein food, such as milk, yoghurt or eggs, to keep you feeling full for longer. On test day aim to include a portion of a food rich in long-chain Omega-3 fats, such as smoked mackerel, as they are believed to have brain-boosting properties.

ASSEMBLY AWARDS

Congratulations to the students selected as Aussies of the Month for April and Years 3 to 6 for the month of March. The students received their certificates on Assembly and were rewarded with a $5.00 Tuckshop voucher.
**MATHLETICS ACHIEVEMENTS**

<table>
<thead>
<tr>
<th>Highest Class Usage</th>
<th>Gold Certificate Achievements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior School – 5/6 Maroon</td>
<td>Tyler Brown-Ryan</td>
</tr>
<tr>
<td>Junior School – 2 Mauve</td>
<td>Hong Kai Zhang</td>
</tr>
<tr>
<td></td>
<td>Uma Hurem</td>
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</tbody>
</table>

**INTRODUCING OUR MUSIC TEACHING TEAM**

**My name is Alana Bowen,** and I'm the Monday afternoon Instrumental Music Teacher at Musgrave Hill SS. Along with teaching instrumental music students I also conduct the beginner band. This band is for students who have just commenced tuition. I am a classically trained bassoonist with a passion for performing with orchestras.

What I love most about teaching music is seeing students light up when the seemingly impossible happens, watching the children encourage each other in band and during lessons and the feeling of friendship and belonging that being part of the music program offers students.

I have high expectations of my students and am always willing to encourage, foster and help students through every step of the musical journey. I look forward to getting to know the students here at Musgrave, and I see great things ahead for the dedicated music students.

**My name is Jodie Ralph,** and I teach the string students at Musgrave Hill State School. I am at your school on Monday mornings and teach approximately 40 students.

I love teaching music because it teaches students organisational skills, literacy and numeracy skills, social skills such as resilience, teamwork; and above all, research has proven that learning a musical instrument makes your smarter. Knowing that I am helping students to learn is great! When we all work together (parents, teacher and student) the outcomes are amazing.

**My name is Andrew Denning,** and I am so pleased to be the new Instrumental Music teacher (Band/ Multi) at Musgrave Hill State School. I am replacing the legendary Miss Deb Body and am at Musgrave Hill on Tuesdays this year.

I am currently teaching at five schools on the Gold Coast and have recently moved from the Brisbane region, where I have taught music since 1999. I am loving the Gold Coast lifestyle and the warm and friendly culture at Musgrave Hill. I enjoy playing tennis, swimming and taking our boat out onto the Broadwater. Most of all, I love music and teaching children how to make great music together.

Even if you don't see me, you will usually hear what I am doing with the senior band on a Tuesday morning. I'm very excited to be a part of the Musgrave Team.
Facebook
We are excited to have our own Facebook page now so you can keep up to date with any P & C news and activities.

Fundraising
Fun Run
All forms and money should have been handed into the tuckshop by Friday 22nd April for the Fun Run; prizes will be handed out soon.

Mother’s Day Stall
*Wednesday 4th May* at 8am in the hall, there are fantastic presents for Mum & Gran for $5 and under plus one lucky student will win a surprise gift for mum. Have a look at our Facebook page to see pictures of the presents that will be on sale.

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

Fete
*Friday 7th October from 3-7pm*

Each year level will be holding their own stalls so please support them with any donations.

Book Donations - We are now accepting books for our fete stall so if you have any in good condition that you would like to donate please hand them into the tuckshop.

Tina Quirke
P&C President

LUNCHTIME CLUBS

Below is our Lunchtime Club timetable. There have been a few changes and Running Club has been added.

<table>
<thead>
<tr>
<th>Day</th>
<th>Club</th>
<th>Open to</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Rugby League</td>
<td>Years 3 and 4</td>
<td>Oval</td>
</tr>
<tr>
<td>Monday</td>
<td>Art</td>
<td>Prep to Year 6</td>
<td>5L</td>
</tr>
<tr>
<td>Monday</td>
<td>Singing</td>
<td>Prep to Year 6</td>
<td>Music room</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Construction</td>
<td>Prep to Year 6</td>
<td>1B</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Running Club, 8am</td>
<td>Prep to Year 6</td>
<td>Oval</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Art Club</td>
<td>Prep to Year 6</td>
<td>Music Room</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Basketball</td>
<td>Years 5 and 6</td>
<td>M-P Courts</td>
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<tr>
<td>Wednesday</td>
<td>Dance Club</td>
<td>Auditions</td>
<td>Hall</td>
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<tr>
<td>Thursday</td>
<td>Run Club</td>
<td>Prep to Year 6</td>
<td>Oval</td>
</tr>
<tr>
<td>Thursday</td>
<td>iPad Club</td>
<td>Prep to Year 6</td>
<td>Netts Room</td>
</tr>
<tr>
<td>Friday</td>
<td>Rugby League</td>
<td>Years 5 and 6</td>
<td>Oval</td>
</tr>
</tbody>
</table>
Check out our new winter warmer

Butter chicken with rice. Price is $3.80 or you can have it as part of a meal deal with a bottle of water and a fruit ice block for $5.80

Smart Choice Healthy Eating
The latest update on the Smart Choices Healthy Eating Program is that the program will now begin in 2017 and not in term 3 as was originally stated in the last newsletter.

Uniforms
With the cooler weather fast approaching I would encourage parents to purchase a winter jacket from the tuckshop for $47, we also have some pre-loved bottle green jumpers and track pants for $3 each.

Bargain
We have brand new girl’s skirts that are old stock in sizes 4, 12, 14 for only $10 each until sold out. These skirts are only available at the counter and not through Flexi schools.

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

CLASSROOM CAPERS – PREP ORANGE

'Caring, Sharing, Learning Together!'

Prep Orange is very busy again this term. On the first day of Term 2 the preps had a visit from the AVA PetPEP team. AVA PetPEP is the Australian Veterinary Association’s Pets and People Education Program. It teaches children about responsible pet ownership, safety around animals, healthy living (pets and people) and the welfare of animals in the community. The preps had a fantastic time during this visit!

Several Prep Orange children are enjoying Run Club on Wednesday mornings before school. What a fantastic way to start the day!

The preps are looking forward to pampering their mums for Mother's day on Wednesday 4th May. It should be a great afternoon!!!!!!!!!!!!!!!!!!!!

Mrs Burke – Classroom Teacher
It might be a surprise to some of us adults but kids worry about stuff as well....

Kids don't have to pay bills, cook dinners, or manage carpools. But — just like adults — they have their share of daily demands and things that don't go smoothly. If frustrations and disappointments pile up, kids can get stressed or worried.

It's natural for all kids to worry at times, and because of personality and temperament differences, some may worry more than others. Luckily, parents can help kids learn to manage stress and tackle everyday problems with ease. Kids who can do that develop a sense of confidence and optimism that will help them master life's challenges, big and small.

What Do Kids Worry About?
What kids worry about is often related to the age and stage they're in.

Kids and preteens typically worry about things like grades, tests, their changing bodies, fitting in with friends, that goal they missed at the soccer game, or whether they'll make the team. They may feel stressed over social troubles like cliques, peer pressure, or whether they'll be bullied, teased, or left out.

Because they're beginning to feel more a part of the larger world around them, preteens also may worry about world events or issues they hear about on the news or at school. Things like terrorism, war, pollution, global warming, endangered animals, and natural disasters can become a source of worry.

Helping Kids Conquer Worry
To help your kids manage what's worrying them:

Find out what's on their minds: Be available and take an interest in what's happening at school, on the team, and with your kids' friends. If your child seems to be worried about something, ask about it. Encourage kids to put what's bothering them into words.

Show you care and understand. Being interested in your child's concerns shows they're important to you, too, and helps kids feel supported and understood.

Guide kids to solutions. When your child tells you about a problem, offer to help come up with a solution together.
Offer reassurance and comfort. Sometimes when kids are worried, what they need most is a parent's reassurance and comfort. It might come in the form of a hug, some heartfelt words, or time spent together. It helps kids to know that, whatever happens, parents will be there with love and support.

Highlight the positive. Ask your kids what they enjoyed about their day, and listen attentively when they tell you about what goes great for them or what they had fun doing.

Be a good role model. The most powerful lessons we teach kids are the ones we demonstrate. Your response to your own worries, stress, and frustrations can go a long way toward teaching your kids how to deal with everyday challenges.

Using pictures and diagrams to explain about worrying can also be helpful for some kids...


Emma White – Guidance Officer

CONGRATULATIONS HUNTER

Over the Easter school holidays, Hunter Leitch (6 Gold and our school captain) competed in a number of dance competitions both on the Gold Coast and Sunshine Coast. These competitions included Get The Beat, Starbound and Step Up Surfers Paradise Entertainers Festival. Hunter performed his Hip Hop solo in the under 12 section of these competitions. He won 1st place in both Starbound and Get The Beat SC and came in the top 5 (out of 30) in Step Up. Hunter was also offered a hip Hop scholarship at House Of Sole which is a Sunshine Coast based exclusive Hip Hop studio. An awesome effort! Hunter is a passionate dancer who trains eight different styles and 15 hours every week.

Best of luck Hunter for all the competitions that are coming up in the next few months. One day we hope to see you on So You Think You Can Dance and Australia’s Got Talent....
I hope everyone has a lovely long weekend. Two in a row!

Please let me know if I can ever be of any support to you or your families. You can call the office or reach me at school on Tuesday, Wednesday and Thursday.

Be safe and have fun!

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If I Had My Child To Raise Over Again

If I had my child to raise over again,
I'd finger paint more, and point the finger less.
I'd do less correcting, and more connecting.
I'd take my eyes off my watch, and watch with my eyes.
I would care to know less, and know to care more.
I'd take more hikes and fly more kites.
I'd stop playing serious, and seriously play.
I'd run through more fields, and gaze at more stars.
I'd do more hugging, and less tugging.
I would be firm less often, and affirm much more.
I'd build self-esteem first, and the house later.
I'd teach less about the love of power,
And more about the power of love.
It matters not whether my child is big or small,
From this day forth, I'll cherish it all.

Diana Loomans

www.LearningStationMusic.com

Rusanne (Rusty) Jourdan – Chaplain
The healthy, fun and PINK way to start your Mother’s Day
Register today for Australia’s largest breast cancer fundraising event
Sunday 8 May 2016, Pratten Park, Broadbeach, 7.30am

Mark Sunday 8 May in your diary and register now for the Women In Super Mother’s Day Classic, the fun way for family and friends to start a meaningful Mother’s Day.

We would love you and your team to join us on Sunday 8 May 2016. This event provides a great opportunity to build a fitness program, but team morale and community spirit. It’s a terrific way to get families, students, alumni and the broader community involved to celebrate Mother’s Day. Your team will be eligible to win the Largest Team Trophy for the state. At the same time you’ll be making a difference to future generations of women diagnosed with breast cancer.

What started in 1998 as a way to support women and their families affected by breast cancer has grown into Australia’s largest breast cancer fundraiser with over 130,000 participants around the nation, raising vital money for the National Breast Cancer Foundation. Increasingly, the colourful, dress-up festival has become a way for groups to participate in a healthy, fun activity to kick off their Mother’s Day.

Gold Coast MOTHER’S DAY CLASSIC
4km/8km walk or run
A fun morning of exercise and entertainment for all ages and fitness levels.
It doesn’t matter if you walk or run, it just matters why.

This year we’re hoping to raise $4 million for breast cancer research – that’s $50 from every participant. You’ll find lots of fun, low effort idea to raise some cash towards your team’s total.

Visit www.mothersdayclassic.com.au to register and set up a team page. We look forward to seeing at the start line.

Mother’s Day Classic Gold Coast Contacts:
Gold Coast Committee Chair: Elishia Gauld, 0419 575 330, egauld@hostplus.com.au
Gold Coast PR & Media Manager Volunteer: Kylie Carre, 0424 582 049, kyliecarre@live.com.au
Follow us on Twitter and Instagram: @MDC_walk_run | Connect on Facebook and LinkedIn: Mother’s Day Classic

mothersdayclassic.com.au
I hear there's a new Community Services Directory online?

Correct.

Now there's one place that puts people in touch with the right support service at the right time.

Oneplace brings over 30,000 community service organisations, providers and experts together across Queensland for easy access to support and advice.

Together, we're stronger. Adding your voice will ensure more people can find your service and get the support they need. Be a part of it - spread the word about oneplace and let us help you promote your service.

Get started! Download and post these to your organisation's Facebook page.

Print

Share

Posters for your workplace

Posts for your Facebook

Queensland Family & Child Commission

oneplace.org.au

You are receiving this email as you are promoting your service through oneplace - Community Services Directory is an initiative of the Queensland Police and Child Commission. If you do not wish to be de-registration oneplace or QFCC program, please unsubscribe by emailing us.