FROM THE PRINCIPAL’S DESK

Preparing to receive your child’s semester one report card
Report cards will be emailed home on Wednesday 22nd June, it has been reported to me that a number of service providers see the report card mail as spam, causing the email with the report card to be delivered into people’s junk/spam folder rather than their inbox. Please add OneSchool.application@dete.qld.gov.au to your ‘safe senders list’ so your child’s Semester 1 report card will be delivered to your inbox at the end of the term.

If the email address on your enrolment form has changed, please let the office know by Friday 10th June. Changes received after this date may mean that your child’s report card is not delivered on time. Provisions will be made for those families who do not have access to the internet.

Positive Behaviour Initiative
As a school we are faced with the challenge of supporting students to develop academic, social and emotional competencies despite the growing number of challenges impacting on our students and their families. Curriculum content remains an essential part of what we need to teach but if a child is to be successful we also strive to develop personal qualities such as resilience, persistence, the ability to prioritise, problem solve and self-regulate. Social competencies as simple as the ability to be safe, responsible and respectful are also high on the agenda.

Explicitly teaching a child the expectations surrounding appropriate behaviours, modelling these behaviours and acknowledging what is appropriate behaviour is the foundation behind this new initiative. It requires all stakeholders however to buy in to the idea that discipline is the provision of instruction or intervention designed to mould or perfect desired behaviours. Discipline seen solely as a set of punitive measures will not support success long term. So, we are setting out on this new adventure to assist students to understand that every day will not be perfect but if armed with knowledge, proactive strategies and the right support students will continue to flourish.

The Positive Behaviour/Expectation lessons are linked to our School Values. Lesson 1 which was implemented across Prep to Year 6 recently was “Consider others before I act”. I have provided an outline of the lessons to date so you are aware of the kinds of content delivered in this program.
Outline of Lesson:- There are times when we all need to take a breath, think about our next decision so we can make the appropriate choice and do the right thing for ourselves and others. It is important to have strategies to do this. When we stop to think we give our mind an opportunity to consider ourselves and others before taking that next step. Considering how others may be impacted by actions shows compassion and helps build positive relationships.

PREP Enrolments and Early Entry to PREP
We have started to take prep enrolments for 2017. It is pleasing to see so many new families coming in and especially pleasing to hear that the enrolling parents have heard such positive things about our school!

We have had a few enquiries about early entry. Education Queensland policy clearly states that: Children who are younger than the prescribed age for Prep may be enrolled in Prep if:

- They turn 5 years by 31 July in the year of proposed attendance; and
- The principal is satisfied the child is ready for education in Prep, having regard to their attributes (including ability, aptitude, social and emotional competence, physical development, and level of knowledge and understanding).

Not all children who turn 5 years of age in July will be eligible for early entry to Prep. The child must also be considered by the principal to be ready for education.

To determine readiness for early entry there is a process that must be followed. Your child will need to participate in developmental assessments with the Deputy Principal or our school Guidance Officer. You will also need to fill out additional paperwork and attach a letter from your child’s pre-prep provider outlining their support for the early entry with regards to the areas listed above.

More information is available on the department’s website: http://education.qld.gov.au/schools/school-operations/early-delayed-entry-prep.html

Julie-Anne McGuinness - Principal
Keebra Park Excursion
On Monday our Year 5 and 6 students travelled to Keebra Park High School to participate in an Arts celebration day. Keebra Park kindly organised all of the lessons, the bus and lunch for our students. It was a great day and gave our students the chance to experience a snippet of what high school is like. There were five different workshops provided for our students to participate in. They were:

Music - Students used computer software to compose a musical piece, learnt to sing ‘Flashlight’ by Jessie J and learnt to play ‘Lanterns’ by Birds of Tokyo on guitar. The students then performed these songs in front of their peers to showcase what they had learnt throughout the day.

Drama- Students learnt about performance elements, specifically focussing on mime. They then created a scene and acted out a bank robbery for the audience.

Dance- Students learnt and rehearsed a choreographed routine to the song ‘Sorry’ by Justin Bieber. This culminated in a performance at the end of the day.

Visual Art - Students learnt about and applied colour theory to produce an individual piece of artwork to take home.

Textile Technology - Through the design process, students designed and produced their own cushion cover.

St Helena Excursion
Last Friday our Year 5 students travelled by bus and ferry to St Helena Island as part of their History unit. St Helena Island is Queensland’s most historic island. This beautiful National Park is located four kilometres from the mouth of the Brisbane River and became Queensland’s first jail in 1867. The Island is rich in Australian history and has a fascinating and colourful past. Students were shown around and learnt about the island’s fascinating history.
This year Musgrave Hill SS will again take part in the Premier’s Reading Challenge. The Premier’s Reading Challenge is an annual state-wide initiative for students up to Year 9. The Premier’s Reading Challenge is not a competition but a way to encourage students to develop a love of reading for life. Through the challenge children and students are given an opportunity to develop their appreciation of the English language and are encouraged to explore and enjoy a wide range of literary texts.

The reading period for Prep to Year 9 students will commence on Monday 16 May 2016 and finish on Friday 26 August 2016. For a student to successfully complete the Premier's Reading Challenge they must read or experience the number of books indicated in the table below. Experiencing a book can include classroom or at home activities such as shared reading, listening and reading along with a book, or being read to. The requirement for Year 5 through to Year 9 students to read 15 books rather than 20 books acknowledges that older students are likely to select longer, more complex books that may take them longer to read.

<table>
<thead>
<tr>
<th>Year level</th>
<th>Number of books</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep - Year 2</td>
<td>Read or experience 20 books</td>
</tr>
<tr>
<td>Years 3 - 4</td>
<td>20 books</td>
</tr>
<tr>
<td>Years 5 - 9</td>
<td>15 books</td>
</tr>
</tbody>
</table>

**Prep 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 at 2 Nakina Street Southport.

Please note dates for ‘Prep in 2017’ Information Sessions:

- 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.

**Bridget Bartolo – Deputy Principal**
Learning Tip
Reading and writing go hand in hand

Learning to write begins with scribble and drawings. This is an important first step and should be encouraged. Support your child to read their writing aloud. Create somewhere to store and display their writing.

Use your child’s experiences to create links between talking, writing and reading. Here are some steps to follow:

- Ask your child to talk about an experience or something that interests them.
- Ask your child what part of the conversation they would like you to write.
- As your child is talking write down their ideas. Use the child’s language.
- Ask your child to read back the writing.
- Your child may want to draw a picture or create something to match the writing.

Like reading, writing becomes an everyday activity at home. Let your child see you writing.

Try some of these writing ideas at home:

- Write a shopping list or add items to the list and tick off the items as you buy or unpack them.
- Keep a board to write and read family messages.
- Give your child a pad of sticky notes to write reminders for themselves.
- Plan and write your weekly menu together.
- Write captions for photographs in your family photo albums.
- Write labels for your child’s art works and creations.
- Make words using magnetic letters and stick them on the fridge.
- Make and write greeting cards, birthday cards, and thank you notes.
- Keep a family calendar on display and write down family events. Talk about upcoming events with your child, for example, where, when, and who will be there.

Parenting 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 the 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:

Age Daily Sleep Need
Preschool aged children 10-12 hours
School-aged children at least 9 hours
Adolescents (Teens) 9 hours
Adults 7-8 hours
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.

**Health Tip**
With cold and flu season rapidly approaching now’s a good time to stockpile a number of delicious soup recipes to help serve a bowl of love.

**Jamie Oliver Chicken Garden Soup**
Really warming and wholesome with lots of veg

**Serves** 6  
**Cooks In** 1H 40M  
**Difficulty** Super easy

**Ingredients**
- 6 carrots
- 6 sticks celery
- 2 onions, peeled and roughly chopped
- 2 bay leaves
- sea salt
- freshly ground black pepper
- 4 whole peppercorns
- 1 roast chicken carcass, with leftover chicken attached
- 1 large knob butter
- olive oil
- 2 cloves garlic, peeled and finely sliced
- 4 shallots, peeled and finely sliced
- a few sprigs of fresh flat-leaf parsley, leaves picked, stalks finely chopped
- 2 handfuls seasonal greens, such as kale or cavalo nero, washed and shredded
- 200 g spinach, roughly shredded
- 1 lemon
Method
For this recipe, you will need 1 roast chicken carcass, with leftover chicken attached.

Even the chicken carcass can be used as the base for a lovely and satisfying meal. Adding just a few extras will result in a comforting soup.

Wash 2 of your carrots and 2 of your celery sticks and roughly chop them. Add them to a large saucepan with the onions, bay leaves, peppercorns, a pinch of sea salt and the chicken carcass. Fill the pan with cold water so that everything is covered, then place on the heat and bring to the boil. Reduce the heat to a simmer and cook for 1 hour, skimming off any scum that rises to the surface from time to time.

About 20 minutes before your stock is ready, crack on with the base for your soup. Peel your remaining carrots, wash your remaining celery, and slice them nice and evenly, about ½cm thick. In another large saucepan on a low heat, melt your butter with a good lug of olive oil. Add the garlic, shallots and chopped parsley stalks and cook for 5 to 10 minutes until soft but not coloured. Add the carrots and celery and cook for a further 5 minutes.

When your stock is ready, remove the chicken carcass, pull off any remaining pieces of meat and leave to one side, then discard the carcass. Strain your stock through a sieve into the pan with your softened veg. Bring to the boil then simmer for 20 minutes. Add your seasonal greens and cook for a further 10 minutes, adding the spinach for the last minute. Finish the soup by squeezing in the juice of your lemon, then taste and adjust the seasoning if necessary. Divide between bowls and top with any leftover shredded chicken, a sprinkling of parsley leaves and a good bit of freshly ground black pepper.

Read more at http://jamieoliver.com/recipes/chicken-recipes/chicken-garden-soup/#bmcq2HssEilm6MGo.99

Candiece Ledwidge and Tamara Hall – Head of Curriculum

ASSEMBLY AWARDS

Congratulations to the students selected as Aussies of the Month for May. The students received their certificates on Assembly and were rewarded with a $5.00 Tuckshop voucher.

AUSSIES OF THE MONTH FOR MAY – PREP TO YEAR 2

<table>
<thead>
<tr>
<th>Prep Orange</th>
<th>Prep Red</th>
<th>Prep Silver</th>
<th>Prep Yellow</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grace Anemaat</td>
<td>Daniel Andrews</td>
<td>Isabella Tierney</td>
<td>Layth Amri</td>
</tr>
<tr>
<td>1 Blue</td>
<td>1 Green</td>
<td>1 Jade</td>
<td>2 Indigo</td>
</tr>
<tr>
<td>Evie-Rose Kerslake</td>
<td>Lucas Duckett</td>
<td>Connor Hendry</td>
<td>Sakura McFadyen</td>
</tr>
<tr>
<td>2 Mauve</td>
<td>2 Violet</td>
<td>2 Mauve</td>
<td>2 Indigo</td>
</tr>
<tr>
<td>Jack Keesing</td>
<td>Tyler South</td>
<td>Jack Keesing</td>
<td>Jack Keesing</td>
</tr>
</tbody>
</table>

AUSSIES OF THE MONTH FOR MAY – YEARS 3 TO 6

| 3 Navy | 3 Purple | 3 Teal | 3 White |
| Zipporah Pea-Felo | Phoenix Morrison | Chelsea Smith Akasha Li | Reilly Sherlock-Clark |
| 4 Lime | 4 Ruby | 4/5 Aqua | 5 Lilac |
| Koza Sionepe | Lasjanne Cogle Alice Hirose | Owen Finucane | Pace Svetko |
| 5/6 Maroon | 6 Gold | 6 Onyx | 6 Onyx |
| Hugh O’Hanlan | Nikayla Ellison | Rianna Sabas | Rianna Sabas |

BEST SCHOOL ATTENDANCE

| Prep to Year 2 | % | Years 3 to 6 | % |
| Prep Red | 97% | 3 Teal | 96.82% |
| 1 Green | 94.8% | 6 Onyx | 94.81% |
MATHLETICS ACHIEVEMENTS

<table>
<thead>
<tr>
<th>Highest Class Usage</th>
<th>Gold Certificate Achievements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior School</td>
<td>Ruth Clark</td>
</tr>
<tr>
<td></td>
<td>Benny Banhalmi</td>
</tr>
<tr>
<td></td>
<td>Mali Taylor</td>
</tr>
<tr>
<td></td>
<td>3 White</td>
</tr>
<tr>
<td></td>
<td>3 Purple</td>
</tr>
<tr>
<td>Junior School</td>
<td>Darna Allen</td>
</tr>
<tr>
<td></td>
<td>Michael Flynn</td>
</tr>
<tr>
<td></td>
<td>Maddy Glewis</td>
</tr>
<tr>
<td></td>
<td>Harley Hansell</td>
</tr>
<tr>
<td></td>
<td>2 Mauve</td>
</tr>
<tr>
<td></td>
<td>1 Green</td>
</tr>
</tbody>
</table>

P & C NEWS

Our next P & C meeting will be held on Wednesday 8th June at 5.30pm in the staff room. All are welcome.

I would like to thank Ange and Sally and all the little elves for their commitment to fundraising, this is a very thankless job ... so in saying that please support any fundraising as all money that is raised is returned to the school to benefit your children.

**Fundraising**

Tickets are due back by the 10\(^{th}\) June at the latest. The prize will be drawn on 20\(^{th}\) June. If you have any unsold books please return them as soon as possible as we have families waiting on additional books.

Tickets are only $2 for a chance to win 4 nights away for 2 adults and 2 children.

**Fete**

Friday 7th October 3 - 7pm

The Tuckshop is taking donations of good quality books and we are also collecting little prizes for our stalls for example; pencils, small toys (must be new), your help would be very much appreciated.

If you are interested in holding your own stall (not food), please come and see Ange and Sally at the tuckshop

Tina Quirke
P&C President
We have a new item on our Tuckshop menu

**CHICKEN, CHEESE AND AVOCADO TOASTIE** available every day for $4.50

**Uniforms**
Winter jackets are available for $47 each. We also have some pre loved winter jumpers and track pants for only $3 each.

**Lost Property**
We have a Lost Property Bin located outside the Tuckshop - please come and look through it if you are missing anything as the bin will be emptied by **Friday 10\textsuperscript{th} June**. Lost jackets and hats are kept at the Tuckshop.

Ange and Sally - Tuckshop Convenors

---

**CLASSROOM CAPERS – PREP YELLOW**

Prep Yellow are amazing! We are all working very hard and trying our best in all that we do. We can follow the four steps of listening and make good choices to stay on the smooth road.

In Geography, we have been exploring special places and have been mapping places we know like our bedroom, the classroom and the Prep playground.

In Numeracy, the students have been learning about patterns, some patterns we explored were repeating, while others were growing. We have been working on describing patterns and then predicting what would come next.

In Literacy, we are focusing on reading and writing and our learners have become sound detectives. We have been listening to words, we can segment them and break the words up using our d-u-c-k h-a-n-d-s. Through our sound detective work we discovered that letters are clever and can make more than one sound! Also, we are working very hard to learn our M100 sight words and many students are rapidly progressing through the colour levels. So many learners have passed their Golden Words that I am pleased to say that I have nearly run out of certificates!

Ms Stokes – Classroom Teacher
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.
Musgrave Hill SS has been lucky enough to form a relationship with a wonderful department who will be presenting Positive Parenting Seminars at our school – this chat is called *Changing Problem Behaviour into Positive Behaviour*.

**WHERE:** Science Lab in the Library

**WHEN:** Week 3 Term 3 (27th July) AND Week 4 Term 3 (4th August)

Wedn 12:30 – 2:30pm

Thurs 9:00 – 11:00am

**WHO:** A parent/carer with a child who has a disability or a suspected disability

**WHAT:** The below information provides a brief outline of this wonderful service available to you

**Triple P seminars**

Whether you just need reassurance that you are on the right track or maybe you are noticing a few problem behaviours that are becoming difficult to manage – Triple P seminars are a short, yet valuable introduction to positive parenting strategies.

Three 90 minute seminars help you feel more confident and ready to deal with the common child behavioural and emotional issues.

The seminars are interactive and allow plenty of time for you to ask questions about what you are experiencing and how you are feeling. Your accredited Triple P leader will be happy to discuss your family’s individual concerns and help and support you to work out positive parenting solutions for your family.

Seminars are a great way to cover key areas and get help with problems, including:

- why children tend to behave in certain ways
- what methods children respond to best
- dealing with behaviours such as aggression and disobedience
- recognising and managing less obvious situations such as sadness, anxiety, difficulty with separation and problems mixing with other children

Register your name with me at emwht207@eq.edu.au (Emma White) or add your name to the list at the front office.

Emma White – Guidance Officer
My name is Rusanne “Rusty” and I am the Chaplain at Musgrave Hill State School. Our Annual Fundraiser Walk/Run for Gold Coast School Chaplaincy is being held on Saturday, 18th June, 2016 at Coolangatta. (see flyer below)

All of the information to walk/run/donate or volunteer can be found at www.ks4kids.org.au. Please consider supporting the event and coming and joining us to raise awareness and funds for the work chaplains do in our schools.

We’d also love if you can join us at MHSS on Wednesday, 15th June at 8am where the students/staff/parents will walk the oval in support of chaplaincy – Donations welcome! Or you may want to sponsor Chappy for the big walk on the 18th…..

Please consider joining us on the big day… You can volunteer, walk or run…. Check it out at https://suqld.goregister.com.au/ks4kids2016/fundraise/

To donate and support our Chappy Rusty at Musgrave Hill State School, go to our team page at: https://suqld.goregister.com.au/ks4kids2016/fundraise/pages/

Rusanne (Rusty) Jourdan – Chaplain (Tuesday/Wednesday/Thursday)
Just recently, several students represented Musgrave Hill SS at the Broadwater District Cross Country. I was extremely proud of the way in which they conducted themselves at the carnival and as a school, this has been our most successful year to date, in terms of results. All students completed the course, with our best female, Zahleea Bartie finishing in 41st position for her age group and Hong Kai finishing as our top male in 42nd position for his age category. Below is a list of all students that competed, once again, congratulations to those students – both your sportsmanship and performance on the day were exceptional.

Rianna Sabas, Zahleea Bartie, Annabelle Harris, Mackenzie Kelly-Coombes, Tyra Vutoni, Lasjanne Cogle, Maddie Glewis, Mia Collins, Hunter Leitch, Issak Robinson, Hong Kai Zhang, Mekhi O’Riley, Blake Hughes, Pace Szvetko, Spencer Cleary and Thomas Robinson.

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

Certificate 3 in Education Support (Teacher Aide or Child Care)
Gold Coast Table Tennis

The fun, safe & friendly exciting sport of TABLE TENNIS!

Free Come and Try Day

Saturday 18th June 2016 10AM - 12NOON
Gold Coast Table Tennis Centre
Lot 1 Herbertson Drive Molendinar

For more information visit www.goldcoasttabletennis.org.au
(07) 5597 1833
S.E.Q Foster and Kinship Care Service

Kalwun S.E.Q Foster & Kinship Care need Aboriginal & Torres Strait Islander families to become Foster Carers for our children in care.

Currently 70% of our children are placed in non-Indigenous placements. We NEED Aboriginal & Torres Strait Islander Foster Carers to provide a safe & secure home. Provide and maintain cultural connections for all our children.

Kalwun S.E.Q Foster & Kinship Care, now service areas between Logan, Inala, Beaudesert, Beenleigh, Gold Coast, and surrounding areas.

Who can become Foster & Kinship Carers?

- Couples—with or without children
- Singles—with or without children
- Aunts, Uncles, Grandparents, extended family members
- Same Sex Couples or Singles – with or without children

Kalwun S.E.Q Foster & Kinship Care Service welcome the opportunity to come & have a yarn on how you can make a real difference in our children’s lives.

Please Contact Lee on
P: 07 55 208 600
E: Lelvin@kalwun.com.au
EXPERIENCE A NEW CULTURE

MAKE NEW FRIENDS AND LEARN A NEW LANGUAGE at home

HOST FAMILY OPPORTUNITIES

In June and July 2016, students aged 15 – 18 years from over 25 countries will be arriving in Australia to study at local schools for 3-10 months. Opportunities are available to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide each student with the chance to study and experience life in Australia. This is a great way to practice your language skills, share your stories, learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.

Our students bring with them their own spending money, health insurance and a wonderful attitude and desire to learn about their new host country. They are eager to try our local sports, traditions and food. Your whole family...and your relatives and friends...will grow and learn as you all get to know your new ‘son’ or ‘daughter’ from another land. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia New Zealand on 1300 135 331 or visit our website. http://studentexchange.org.au/host-a-student
Runaway Bay Little Athletics

Sign On

Runaway Bay Little Athletics

Sign on Dates 2016
Weds 31st August 4.00pm – 6.00pm
Fri 2nd September 4.00pm – 6.00pm
Sat 3rd September 1.00pm – 3.00pm
Weds 7th September 4.00pm – 6.00pm

Friday 9th September – First Night of Competition

For more information:

www.rbba.com.au Facebook.com/RunawayBayLittleAthletics
info@rbba.com.au

1300 559 436 www.laq.org.au

---

STRIVE

MUSGRAVE HILL STATE SCHOOL

TO EXCEL