FROM THE PRINCIPAL’S DESK

As mentioned in last fortnight’s newsletter, Jenny Houston has taken up a wonderful opportunity at Berrinba East State School therefore a replacement needed to be found. I am happy to announce that Melissa Newman will be back filling the role of DP/HOSES until the end of the term. Mel has been a member of the Musgrave team for a long while now and she brings with her a wealth of knowledge and experience. We are fortunate to have someone of Mel’s calibre in the role allowing us to keep moving forward without missing a beat.

MOTHER’S DAY

I hope this Sunday all our amazing Mothers, Grandmothers and Carers in our school community have a wonderful Mother’s day because every mum deserves to be spoilt rotten for the magnificent job they do each and every day. Thank you to everyone for your great support of our Mother’s Day stall and we certainly appreciate the wonderful job our P & C do to ensure events such as this can occur in our school.

ANZAC DAY CEREMONIES

ANZAC Day now goes way beyond the anniversary of the landing on Gallipoli in 1915. It is the day we remember all Australians who served and died in all wars, conflicts, and peacekeeping operations. The spirit of ANZAC, with its human qualities of courage, mateship, and sacrifice, continues to have meaning and relevance for our sense of national identity.

Words cannot express how grateful I am to Mrs Newman, Mrs Bartolo and Ms Kelsey Davies for the outstanding job they did with the organisation of our ANZAC ceremonies. It was a truly moving ceremony and it was wonderful to see our students all in the one place, respectfully paying tribute to an event that holds so much significance in Australian history. I was extremely proud with the many comments given to me about how wonderful our ceremony was and how well behaved our students were throughout the entire service. Special thanks need to be given to our student leaders who ran the ceremony and the school singing club who worked so hard to ensure the true spirit of the ANZAC shone through.
3 WAY INTERVIEWS

Thank you to all the parents/carers who attended the 3 Way Interviews this week. It is a unique concept that allows for the student, teacher and parent to all be involved at the same time in the educational journey. I know we all have busy schedules so we do appreciate the time you give to such important events.

CROSS COUNTRY

Last Friday 29th April, Musgrave Hill students competed in our annual Cross Country event. It was touch and go there for a while with the weather but I am glad we soldiered on as it was a wonderful day. I just wanted to take this opportunity to thank Katie Halsall for the great job she did organising what can only be described as one very successful Cross Country.

To our groundsman Tim and to Kelsey thanks so much for your hard work in setting up the course. A big thank you to our staff who assisted on the day, your efforts certainly assisted in the smooth running of the event. It was wonderful to see the huge support from our parents this year and your cheering not only for your child but all the children who ran was greatly appreciated. I think the one thing that stands out the most for me was the number of students who participated on the day. Some may not be long distance runners but they gave it a go to help gain points for their sporting house. There were a lot of red faces, smiles and genuine excitement shown by our students and as always they conducted themselves well.

Congratulations to the Koala House who were the overall winners on the day.

ATTENDANCE = SUCCESS

At Musgrave Hill State School our goal is to have a daily attendance rate of 95% and above in each year level, as you can see below we are still falling way short of our targets in all classes except 3 Teal. We must continue to make Every Day Count so please send your children to school.

School Attendance as of 22/04/2016

<table>
<thead>
<tr>
<th>Junior School</th>
<th>Senior School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep O-: 88.48%</td>
<td>Year 3N-: 94.31%</td>
</tr>
<tr>
<td>Prep R-: 94.37%</td>
<td>Year 3P-: 91.94%</td>
</tr>
<tr>
<td>Prep S: 94.86%</td>
<td>Year 3T-: 95.62%</td>
</tr>
<tr>
<td>Prep Y-: 93.59%</td>
<td>Year 3W-: 93.46%</td>
</tr>
<tr>
<td>Year 1B-: 94.71%</td>
<td>Year 4L-: 93.46%</td>
</tr>
<tr>
<td>Year 1G-: 91.80%</td>
<td>Year 4R-: 94.08%</td>
</tr>
<tr>
<td>Year 1J-: 93.52%</td>
<td>Year 4/5A-: 91.36%</td>
</tr>
<tr>
<td></td>
<td>Year 5L-: 94.24%</td>
</tr>
</tbody>
</table>
UNIFORM

As we have had some colder mornings, I am noticing many of the jumpers students are wearing to school are not in line with the Dress Code Policy and therefore students may be asked to remove the jumper as it is not school uniform. Please support us and your child by ensuring they are aware of the dress code expectations and are in full uniform each day. A full copy of the dress code can be made available at the office for those who require it.

School Uniform:

- Jade green skirt, shorts or skorts (Available at Tuckshop)
- Musgrave Hill golden yellow polo shirt with jade green collar, with “Musgrave Hill State School” Emblem. (Available at Tuckshop)
- Hat – broad brimmed available at the tuckshop
- Footwear- fully enclosed black shoes and plain white socks.

Winter Uniform:

As above plus the following options:

- Jade, gold and white jacket (Available at Tuckshop)
- Bottle green jumper or tracksuit (Available at Leading Retailers)

Please note the following:

- Jewellery such as rings, necklaces and long dangling earrings are not permitted as they can be lost easily or ripped out when playing.
- Nail polish is not allowed

Julie-Anne McGuinness

MESSAGE FROM THE DEPUTY PRINCIPAL

CROSS COUNTRY AGED CHAMPIONS

A big congratulations to all students who competed in the annual Cross Country last Friday. It was great to see the wonderful team spirit on display throughout the day.

Below are the students who ran a place in each of the age groups.

<table>
<thead>
<tr>
<th>Girls Under 12’s</th>
<th>Boys Under 12’s</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Rianna Sabas, 2nd Zahleea Bartie, 3rd Annabelle Harris</td>
<td>1st Hunter Leitch, 2nd Isaak Robinson, 3rd Albert Pagtalunan</td>
</tr>
<tr>
<td>Category</td>
<td>1st</td>
</tr>
<tr>
<td>-------------------</td>
<td>------------------------------------------</td>
</tr>
<tr>
<td>Girls Under 11’s</td>
<td>Mackenzie Kelly-Coombes, Tyra Vutoni, Harmony Redaouia</td>
</tr>
<tr>
<td>Boys Under 11’s</td>
<td>Hong Kai Zhang, Mekhi O’Riley, Blake Hughes</td>
</tr>
<tr>
<td>Girls Under 10’s</td>
<td>Lasjanne Cogle, Maddison Glewis, Mia Collins</td>
</tr>
<tr>
<td>Boys Under 10’s</td>
<td>Pace Svetko, Spencer Cleary, Thomas Robinson</td>
</tr>
<tr>
<td>Year 4 Girls</td>
<td>Stevie Beale, Sienna Hodgkinson, Alice Ferguson</td>
</tr>
<tr>
<td>Year 4 Boys</td>
<td>Ethan Glasgow, Jayden Carson-Brown, Samuel Brown and Joshua Pekar</td>
</tr>
<tr>
<td>Year 3 Girls</td>
<td>Jaya Lowe, Tara Revell, Kitty O’Hanlon</td>
</tr>
<tr>
<td>Year 3 Boys</td>
<td>Chad Cahill, Rafferty Cleary, Kynan Everett and Cain Luther</td>
</tr>
<tr>
<td>Year 2 Girls</td>
<td>Imogen Whiteman, Sakura McFadyen</td>
</tr>
<tr>
<td>Year 2 Boys</td>
<td>Aiden Tillotson, Bailey Willits, Brandon Beveridge</td>
</tr>
</tbody>
</table>
Next week our students in Year 3 and 5 will participate in the annual National Assessment Program-Literacy and Numeracy (NAPLAN) testing. These tests assess their skills and understanding in the areas of language conventions (spelling, grammar and punctuation), writing, reading and numeracy. Students across Australia will participate in NAPLAN next week. An individual NAPLAN report for each child will be sent home later this year. Results provide additional feedback for parents, carers and teachers on how students are progressing in key curriculum areas.

Below is the timetable of when each test will take place.

<table>
<thead>
<tr>
<th></th>
<th>Tuesday 10 May 2016</th>
<th>Wednesday 11 May 2016</th>
<th>Thursday 12 May 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Year 3</strong></td>
<td>Language conventions 40 minutes</td>
<td>Reading 45 minutes</td>
<td>Numeracy 45 minutes</td>
</tr>
<tr>
<td></td>
<td>Writing 40 minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Year 5</strong></td>
<td>Language conventions 40 minutes</td>
<td>Reading 50 minutes</td>
<td>Numeracy 50 minutes</td>
</tr>
<tr>
<td></td>
<td>Writing 40 minutes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Good luck to all of our Year 3 and 5 students next week.

**Bridget Bartolo**
As you would already know, from the last newsletter, Jennifer Houston has left the Musgrave family to work in a school closer to her home.

I would like to take this opportunity to introduce myself to those families and students who may not know me. My name is Mel Newman and I will be Acting HOSES and Deputy Principal (Prep-2) for this Term. I am happy to say that I have enjoyed many years teaching all year levels at MHSS. I began this year writing programs and teaching intervention lessons as the HOD (Head of Differentiation).

I am excited about this new role and look forward to working with students and families. My door is always open if you need support. Please don’t hesitate to contact me and make an appointment.

This week I have been invited to my first official event - ‘Prep Mother’s Day Afternoon’. I am looking forward to helping make some delicious iced biscuits and having my hair done by the gorgeous prep students. I hope that all Mums are spoilt this Sunday for all that you do.

Email - mnewm57@eq.edu.au

Mel Newman

LEARNING TIP

Measuring things

- Use a wall measuring chart to measure the height of people in your family.
- Cut a piece of string for your child, any length will do. Use the string to measure the objects in your house to find out what is longer or shorter than your ‘string measuring tape’. Ask your child to identify anything that is the same length.
- Explore other ways of measuring using a cup, jug, teaspoon, icy pole sticks, foot prints or hand lengths.
- Build a tower of blocks that is taller than a favourite toy. Ask your child to count the total blocks to measure the height of the tower.

PARENTING TIP

Catch Kids Being Good

Have you ever stopped to think about how many times you react negatively to your kids in a given day? You may find yourself criticising far more often than complimenting. How would you feel about a boss who treated you with that much negative guidance, even if it was well intentioned?

The more effective approach is to catch kids doing something right: “You made your bed without being asked — that’s terrific!” or “I was watching you play with your sister and you were very patient.” These statements will do more to encourage good behavior over the long run than repeated scoldings.
Make a point of finding something to praise every day. Be generous with rewards — your love, hugs, and compliments can work wonders and are often reward enough. Soon you will find you are "growing" more of the behavior you would like to see.

**Set Limits and Be Consistent With Your Discipline**

Discipline is necessary in every household. The goal of discipline is to help kids choose acceptable behaviors and learn self-control. They may test the limits you establish for them, but they need those limits to grow into responsible adults.

Establishing house rules helps kids understand your expectations and develop self-control. Some rules might include: no TV until homework is done, and no hitting, name-calling, or hurtful teasing allowed.

You might want to have a system in place: one warning, followed by consequences such as a "time out" or loss of privileges. A common mistake parents make is failure to follow through with the consequences. You can't discipline kids for talking back one day and ignore it the next. Being consistent teaches what you expect.


**HEALTH TIP**

**Coconut Flour Banana Bread**

**Prep Time:** 10 minutes  
**Cook Time:** 45 minutes  
**Yield:** 1 loaf (8-10 slices)

**Ingredients:**

- 3 bananas  
- 4 eggs  
- 1/4 cup honey  
- 1/3 cup coconut oil, melted  
- 1/3 cup coconut flour  
- 3 T arrowroot starch  
- 1 T cinnamon  
- 1/2 t baking soda  
- 1/4 t salt

**How To Make It:**

1. Preheat oven to 350°F.  
2. Grease a 7.5” by 3.5” loaf pan with a bit of coconut oil.  
3. In a large mixing bowl, mash the bananas and mix in the eggs, honey, and coconut oil.  
4. Add the coconut flour, arrowroot, cinnamon, baking soda, and salt, then mix well.  
5. Transfer to prepared loaf pan.  
6. Bake for 45-50 minutes, or until a toothpick inserted near the centre of the loaf comes out clean.  
7. Let cool a bit, then remove from pan. Either let cool all the way and serve room temperature or chilled, or slice and serve warm.

Candiece Ledwidge and Tamara Hall – Head of Curriculum
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 10th, Wednesday 11th and Thursday 12th 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.

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**DAY OF EXCELLENCE**

A letter went home last week with information regarding the Day of Excellence at Keebra Park High School for Year 5 and Year 6. Please note the date should be Monday 30th May **NOT** 20th May as stated in the letter.
CLASSROOM CAPERS – 3 TEAL & 3 NAVY

“20 marbles to the students for the amazing effort you just put in during this lesson. Great work!”

These are the words the students in 3 Teal and 3 Navy work really hard daily to hear from their teachers. The rules are simple. If the students have earned ALL the marbles by Friday at big lunch, the students go out and play soccer or have free time inside for the last session. However, if the students are missing as much as one teeny weeny marble, everyone stays inside and does work until the bell rings to go home. You’d be amazed how well-mannered and generous with compliments students are when it is 12.30pm on Friday and students still have a few marbles left to earn.

Examples of how to earn marbles: work really hard as a class, make the right choices, do our best with our work, show each other respect, tell the teacher she looks pretty.

Examples of how not to earn marbles: make the wrong choices, annoy each other in class, being disrespectful, being silly when walking in lines.

In our class this system is a win-win for everyone as the teachers get well-behaved students and the students get a fun Friday afternoon (if everything goes well). In addition, the hunt for the marbles also serves as a common goal for everyone in our class to work towards.

Have a great weekend and hold on to your marbles! Catrin Alban & 3Teal/Navy

P & C NEWS

Next meeting will be at 5.30pm on Wednesday 11th May in the School Staff Room, hope to see you there. Please remember to go on to Facebook and look for our new ‘Facebook Group’ this will keep you up to date with all things P&C and Tuckshop.

Tina Quirke
President
**FUNDRAISING NEWS**

Thank you to all children and parents who raised money for our Cross Country, you are all Super Hero Fundraisers. Altogether our school raised an amazing $1800 and means that, as a school, we get to keep $1200. All our classes did an amazing job however one class raised a whopping $225 and that was Prep Yellow, well done guys. The prizes should arrive within the next two weeks, so keep an eye out. Thanks once again on a great effort.

In some other exciting news this week your children will be bringing home our amazing Rydges Raffle Tickets. Each family will receive one set of books to buy or sell. The tickets are only $2.00 each and there are 10 in a book. First prize is an amazing four day holiday for two adults and two children at any Rydges Hotel in either Australia or New Zealand, you can even use this on school holidays. You will also receive a complimentary breakfast each day. All money and books need to be returned to the tuckshop to either Ange or Sally before 10th June and the Raffle will be drawn at assembly on 20th June at 2.00pm. Please remember if you are not interested, return your books as other families may require more to sell.

**SCHOOL FETE**

*Friday 7th October from 3-7pm*

We are accepting all good quality pre-loved books for our Book Stall.

**TUCKSHOP NEWS**

Hey guys State of Origin is coming up so that means Sundays and Spiders. All are $1.50 and will be available both Little Lunch and Big Lunch on Wednesday 1st June.

**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

**A MESSAGE FROM OUR GUIDANCE OFFICER**

**Bullying**

Sometimes we don’t see it or hear it but it does not mean it isn’t happening – Everyone has a right to feel safe…
Ginny, aged 12 years, did not want to go to school. She felt sick in the stomach. Ginny’s Dad thought she should go to school, but Dad did not know what had been happening. Crystal and her group had been spreading rumours about Ginny. Ginny had seen them looking at her and whispering to others when she walked past. Now no one wanted her to sit at the same table with them in class. Even if she tried to act friendly towards them, they were mean to her. One of them had written ‘weirdo’ on her school bag. Ginny’s older sister said to ignore them, but that didn’t seem to work. They just got meaner and tried harder to upset her. Ginny did not know what to do. She worried that if she told the teacher or her parents it would make things even worse.

What is bullying?

Bullying involves deliberately and repeatedly attempting to hurt, scare or exclude someone. It can include hitting, pushing, name calling, or taking someone’s belongings.

Bullying can also be more indirect, for example, deliberately leaving someone out of games, spreading rumours about them, or sending them nasty messages.

Cyber-bullying involves using mobile phones and the internet to bully others. The main purpose of the bullying is to have power over someone else.

Bullying is a mental health concern because it causes distress and can lead to loneliness, anxiety and depression. Bullying can also affect children’s concentration and lower their achievement at school.

When children have been bullied they may:

- not want to go to school
- be unusually quiet or secretive
- not have friends
- seem over-sensitive or weepy
- have angry outbursts.

You may notice that their property has been damaged or is missing.

Responding to bullying

How parents and carers can help

If your child is being bullied:

- listen and provide support to your child
- try to understand what has been happening, how often and how long
- encourage social skills, like being assertive, telling the bully to stop and seeking help
- support your child to think through different ways they could deal with the problem
- talk with your child’s teacher and ask for help
- keep talking with the school until your child feels safe.

If your child tells you about bullying he has seen or heard at school:

- encourage your child to stand up for the child who is being bullied
- encourage your child to report what he/she has seen or heard to school staff

If your child is doing the bullying:

- make sure your child knows the bullying behaviour is inappropriate and why
- try to understand the reasons why your child has behaved in this way and look for ways to address problems
- encourage perspective taking (eg “how would you feel if …”)
- help your child think of alternative paths of action.
To help prevent cyber-bullying:

- supervise children’s use of electronic devices
- teach children about ways of keeping safe when using the internet and mobile phones


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**A MESSAGE FROM OUR CHAPLAIN**

Happy Mother’s day to all of the mums, grandmothers, carers and all who look after and care for our Musgrave Hill students! I hope your day is special and super happy.

Rusanne (Rusty) Jourdan – Chaplain

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**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”*

**Found**

A very tame yellow budgie in Musgrave Dog Park on Monday 2 May. Phone 0412296362

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**KEEBRA PARK STATE HIGH SCHOOL**

Junior Secondary Parent Information Evening

2nd June 2016 5pm  Library

Year 6 students and parents welcome

Enrolment Information for 2017