Principal’s Message

It is halfway through the term and I think this is a perfect opportunity for all of us, students, staff and parents to take a moment for ourselves. Being mindful of how much sleep you are getting. Taking time out for yourself is very important to maintain the persistence, dedication and quality of energy that is needed to continue throughout this term and in turn, the year.

Earlier in this week, the Prep/Year 1/Year 2 students experienced a meditation and yoga session. Yoga research has proven to help us move from our amygdala (fight-or-flight response) to our prefrontal cortex (regulating emotions and problem-solving), so that we are able to think more clearly and make good choices. Our ultimate goal at school is to help our children (and ourselves) to regulate big emotions before we hurt ourselves or our loved ones mentally or physically. This all comes under our school expectations of ‘safe’ and ‘respectful’. Attached to this week’s newsletter is a few poses the student’s practiced in class and I encourage them to practice them at home with you as well.

Parent Surveys

Thank you to all the parents who have completed our online school opinion surveys already. The more parents that complete these, the better our data will be to help improve our school in the future. You are welcome to come up to the school while the students have their tennis lessons to complete on the computers in the classroom. All Year 3/4/5/6 students will complete their surveys this week as well.

Reminders

★ Please remember for health and safety of our kids, no dogs are allowed on the school premises without Principal permission. Please ensure all dogs (whatever their size) is on a leash at all times. Especially if they are with you at pick up time.

★ When picking up, volunteering at school or just dropping in, please remember to park in the designated parent parking (outside of the school grounds) and sign your child out from the office.

Missed our art display at Tiaro’s Art Festival?????

Come up and check out school Art Gallery, under the office building. The students have been working hard this term on their creativity and want to share their products with you - their family!

Miss Rebecca Brown
Building Respectful Relationships

How can you get involved in this?
Simply come volunteer your time at school. It is all about sharing our experiences and supporting one another, accepting our differences and having fun.

• Try yoga afternoons on Monday 2-3pm in the library.
• Come help in the classroom: reading club or in maths/science lessons.
• Attend parade and share tuckshop with us
• Gardening with the kids
• Christmas cooking and craft activities in Term 4
• Attend our Cricket match on Friday 25th August
• Enjoy our German Experience and Plays on Monday 11th September, 9-11am

TUCKSHOP
Friday 18th August
Thank you Toni Doss

CALM DOWN ANGER WITH YOGA

I AM AN ELEPHANT
I CAN BEND OVER AND RELEASE MY ANGER.

I AM A JACKAL
I CAN EXHALE AND LET GO OF MY FRustrations.

I AM A CROCODILE
I CAN FEEL MY BODY CALMING DOWN.

I AM A HIPPO
I AM “OKAY”. I AM SURROUNDED WITH LOVE.

I AM A LION
I AM SAFE. I CAN FEEL MY WHOLE BODY RELAXED.

Thank you for supporting our Day for Daniel last week, we raised $52 for the Daniel Morcombe Foundation.

Upcoming Events

School Parade: 2017

Term 3 Events
• WTGG Cricket Match – 25th August
• Year 3/4/5/6 Camp – 7-8th September
• Play Presentations/German Language Comp – 11th September
• Milo Cricket Challenge – 14th September
• Science Day @ Woolooga State School – 15th September

PD for Staff
• Regional Principal’s Meeting – Miss B 29th August
• Reading – Ms Dakin, Miss B 30th/31st August
• Fierce Conversations – Miss B 1st/2nd September

Reminders to Parents
• Discuss what your child played at lunch break, was it safe?
• Come play some cricket with us on 25th August
• Pay for senior camp ASAP, all fees are due by 30th August 2017.

Reminders to Students
• Practice your spelling bee words at home
• Bring in all your Woolworth stickers and place in the box outside the classroom.