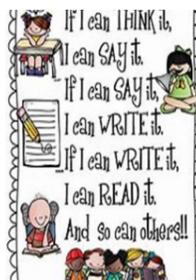


From Deputy Principal Prep - Year 2

GETTING EXCITED ABOUT WRITING!

We are working on writing at Silkstone and helping our students get excited about being writers. During assembly each week, we have had 'Writers of the Week'. This is a lovely way to celebrate our student writers and grow our excitement about writing around the school. We are also spending time looking at books we love and thinking about how authors write these so we can learn how to be authors too. Once we have written a piece of writing, it is then lovely to share this writing with each other. Ask your child to share a piece of writing they have been working on with you.

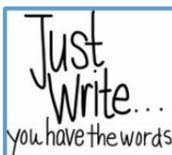


Writing at home is also a great way to help students improve their writing skills as more practice grows confidence. Children need to be encouraged to have a go at writing and not to worry too much about getting every word spelt correctly. To begin it is more important that we come up with ideas and start to write down these ideas. Even authors just focus on getting all of their ideas written in their first drafts and leave it to later drafts to repair spelling and grammar. Here is a simple way to help children get started with writing. Ask them to;

1. Think about an idea (think it)
2. Talk about the idea (say it)
3. Write down their ideas in sentences (write it)
4. Read their writing to someone else (read it)

A LEARNING STORY FROM PREP

In Prep, we are learning how people use letters and sounds to make words and then we are learning how we put words together to tell or write a message. We spend a lot of time talking about our ideas and then we work hard to share our ideas in sentences when we are speaking.



A LEARNING STORY FROM YEAR ONE

In Year One, many children are using drawing as a way to plan their ideas for writing. They then write a few sentences to tell the story about their picture. This is a fantastic way to help children to use their imagination and to begin to experiment with new and interesting words in their writing. Children love showing their classmates and adults their pictures and sharing their writing with them.

Alex in 1C drew a picture of himself playing soccer and then wrote "We are playing soccer. I am having fun with Saxon."

Tune in 1C drew a picture of a fire truck and then wrote "This is me. I am in the fire truck."

A LEARNING STORY FROM YEAR TWO

We are learning about poetry in Year 2. We are reading poems and talking about what they mean and how authors or poets use rhyme and repetition in their poems. During writing, we are having a go at writing our own poems as well.

Chifley in 2D wrote:

What Am I?

I have short sharp teeth.
I live in a coral reef.
I swish and swish with my tail.
I am usually white and pale.

Kellie Stanton
Deputy Principal



From Deputy Principal Year 3 & 4

National Day of Action Against Bullying and Violence – 16 March 2018

This Friday is the National Day of Action Against Bullying, to acknowledge this day and highlight our commitment to saying "No" to Bullying at Silkstone State School we are asking all children, parents and staff to wear an orange shirt as a symbol of our solidarity towards this important message. We will also be holding a special assembly from 9:00am in the hall to reinforce the message to all our students. We encourage parents and carers to come and join us for this assembly.

At our school we aim to create a safe and supportive school community for everyone.

Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying.

ou are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

If your child talks to you about bullying:

1. Listen calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child

2. Reassure your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all.'

3. Ask your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

4. Visit www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

5. Contact the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.

6. Check in regularly with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

Thanks for your support to make our school a great school for everyone

Congratulations to Year Three and Year Four Award Recipients:

Every Wednesday Year Three and Four have a year level assembly, the purpose of this assembly is to celebrate the great achievements of students in Year Three and Four who have been identified as students of the week for their class by their teacher and share key messages around the school expectations. Check out our award recipients for this week:

Year 3



Have a lovely week!

Katrina Harris
Deputy Principal

Year 4



Lost Property

Please make sure you label your children's clothing and check the lost property box on a regular basis.



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SILKSTONE STATE SCHOOL

Newsletter

15 March 2018

Term 1 Week 8

Mission Statement: We at Silkstone State School, in partnership with the community, aim to create an environment of active learners. We believe all children are capable of reaching their full potential. We commit to building resilient students who strive for excellence and become responsible, respectful citizens.

Principal's Report

Dear Parents and Carers,

I am pleased to report that since we started our message, "If you hurt, you go!", we are now seeing a drop in the number of physical incidents in the school. This is good news as our target should be zero physical incidents. No child should ever come to school and expect to be hurt. Our Deputy Principal, Ms Harris, has written an article for this newsletter which refers to Friday's National Day of Action against Bullying and Violence in Schools. We encourage all our students and staff to wear something orange on the day. It is the only day of the year that my bright orange polo shirt gets to leave the wardrobe, but I'll be wearing it with pride on Friday. We will achieve our target of zero physical incidents if we all give the same message to our students, your children. Bullying and violence is simply not ok in schools.

In the last two weeks of this term, our teachers will be inviting parents to participate in parent – teacher interviews. This is a golden opportunity for parents to be informed, in detail, about how children are progressing in the Australian Curriculum. You can find out what they have been learning, how they have done on term 1 assessments, how they are travelling in reading etc, etc. At the end of term 2, your child receives the semester 1 report card, which will provide the grade of achievement (A, B C etc.) The report card in 2018 will also provide a general comment about your child in class and school. There will not be detailed comments about each subject area in 2018. The parent teacher interview is the opportunity to discover the details about your child's performance in each subject.

At the recent P and C AGM, we elected a new executive. Congratulations and thank you go to the following people for being elected into their respective positions:

President: Darren Richards
Vice President: Troy Spelman
Vice President: Kasey Marshall
Secretary: Nichole Coad

We were unable to fill the position of Treasurer. This is an important position on the P and C, so if you would like to make significant contribution to the P and C and to the school, why not consider putting your hand up for this position. You will be well supported by current members. Our next meeting is on Tuesday 27 March at 7pm.

With only 2 weeks left of school, it is important that our students are in attendance, on time, every day. Learning continues right up until Thursday 28 March.

Good luck to all our sporting teams who start their inter-school competitions this Friday! Go Team Silkstone.

Have a good fortnight,
Mike Sawbridge
Principal

Parent/Teacher Interviews

Interviews are scheduled for weeks 9 and 10. Booking sheets were sent home on Monday. Please complete and return to the class teacher to secure your timeslot. If you didn't receive one, please see the class teacher.

School Class Photos

OUR SCHOOL PHOTOGRAPHS WILL BE TAKEN ON

Tuesday 24 April and Thursday 26 April
Order now go to www.advancedlife.com.au and enter the code LVG FYY G6H

Year 5 Camp

Year 5 camp will be held at the Sunshine Coast Recreation Centre at Currimundi from Monday 21 to Wednesday 23 May. Please ensure your medical and permission forms are returned and payment is finalised by Friday 4 May.

Music Notes

Did you know that singing in a choir is incredibly good for your health and well-being?

"Exercise is one of the few activities in life that is indisputably good for us," writes Daniel H. "Choral singing might be the new exercise. Choral singing calms the heart and boosts endorphin levels. It improves lung function. It increases pain thresholds and reduces the need for pain medication." It also seems to improve your outlook, boosting mood and self-esteem while alleviating feelings of stress and depression.

These aren't simply effects of singing. "People who sing in a group report far higher well-being than those who sing solo," he notes. It's about synchronizing with others. (from the article "Singing in a Choir Could Be 'The New Exercise'" by Jonathan Blumberg

I believe the same can be said for those who learn an instrument and play in a band/ensemble!

Year 2 Choir

Interested Year 2 children will have brought home a letter regarding Year 2 Choir starting up in Term 2. The children will be practising every Wednesday 1st break. There will be assembly opportunities as well as the Christmas Concert later in the year. Please note there is no Variety Concert this year in Term 3. **Children are only invited to perform at an upcoming event if they have good attendance at practices. You will be notified should this be a concern. Also please note that commitment for Year 2 Choir, like all of Silkstone's choirs, finishes at the end of the year, after the Christmas Concert.**

Term 3 Performances

We are currently preparing for:

- School Anzac Service – Girls' Choir
- Cameron's Park Anzac Service – Years 5 and 6 Harmonies Choir
- Ipswich Junior Eisteddfod – 23 and 24 May:
Harmonies Choir, BRASS Boys' Choir,
String Ensemble and Concert Band
- Band Fanfare – String Ensemble and Concert Band

Letters will come home for all activities.

Linda Weatherhead

Music Teacher

Dental Clinic

The Silkstone School Dental Clinic is opening after the Easter long weekend to offer dental examinations and treatment to students of Silkstone SS. Dental forms will be issued this week to Year 3, 4 and 5 students. Forms for the other year levels will be issued through the school in due course. If your child has a dental emergency or concern please phone our Business Service Centre on 1 300 763 246, regardless of their grade.

P & C Association

Welcome to 2018 and congratulations to all our new committee members. Congratulations to Darren, Troy, Kasey and Nichole on the new positions. The P&C is excited to be looking forward to 2018. The P&C can confirm that it will be running the fundraising at this stage as it's a big job to get all of our exciting activities organised. As we are so close to the end of the term, we apologise for not being able to have our regular Disco and will keep you updated as to our Term 2 events.

We are looking for parent help for our fundraising activities. If you are able to commit to even an hour, please contact the P&C via email sspcsecretary@gmail.com

The next P&C meeting will be held on 27 March at 7.00pm in the staffroom. All welcome!

Nichole Coad

Secretary 0499 974 578

A Note from the Chaplain

Hi Silkstone Community,

I hope you are having a great first Term. Isn't it flying by? Here is a little info I found online about the importance of eating meals together as a Family. Please enjoy reading this little article and the benefits and importance of Family time.

By [Becky Hand, Licensed & Registered Dietician](#)

"Come and get it!" It may be dinnertime, but when was the last time your family sat down and enjoyed a meal *together*? With music lessons, ball practice, play rehearsal, and work schedules, it can be tough. Rounding up the troops for an evening meal can be almost impossible! However, research is beginning to show that eating as a family has great benefits for your children and teenagers. Here are 8 more reasons why you should try to sit down together 5-6 times a week, whether for breakfast, lunch or dinner.

Reason #1: Communication and Well-Being

Conversations during the meal provide opportunities for the family to bond, plan, connect, and learn from one another. It's a chance to share information and news of the day, as well as give extra attention to your children and teens. Family meals foster warmth, security and love, as well as feelings of belonging. It can be a unifying experience for all.

Reason #2: Model Manners (and more)

Family mealtime is the perfect opportunity to display appropriate table manners, meal etiquette, and social skills. Keep the mood light, relaxed, and loving. Try not to instruct or criticize—lead by example.

Reason # 3: Expand Their World...One Food at a Time

Encourage your children to try new foods, without forcing, coercing, or bribing. Introduce a new food along with some of the stand-by favorites. Remember that it can take 8-10 exposures to a new food before it is accepted, so be patient. Trying a new food is like starting a new hobby. It expands your child's knowledge, experience, and skill. Include foods from other cultures and countries. **Select a new vegetable from a local farmer's market.** Have your child select a new recipe from a cookbook, web site, newspaper, magazine or check out the recipes on SparkPeople.

Reason #4: Nourish

Meals prepared and eaten at home are usually more nutritious and healthy. They contain more fruits, vegetables, and dairy products along with additional nutrients such as fiber, calcium, vitamins A and C, and folate. Home cooked meals are usually not fried or highly salted, plus soda and sweetened beverage consumption is usually lower at the dinner table.

Reason #5: Become Self-Sufficient

Children today are missing out on the importance of knowing how to plan and prepare meals. Basic cooking, baking, and food preparation are necessities for being self-sufficient. Involve your family in menu planning, grocery shopping, and food preparation. Preschoolers can tear lettuce, cut bananas, and set the table. Older children can pour milk, peel vegetables, and mix batter. Teenagers can dice, chop, bake, and grill. Working as a team puts the meal on the table faster, as well as makes everyone more responsible and accepting of the outcome. Improved eating habits come with "ownership" of a meal.

Reason #6: Prevent Destructive Behaviours

Research shows that frequent family dinners (five or more a week), are associated with lower rates of smoking, drinking, and illegal drug use in pre-teens and teenagers when compared to families that eat together two or fewer times per week. Even as older children's schedules get more complicated, it is important to make an effort to eat meals together. Scheduling is a must.

Reason #7: Improve Grades

Children do better in school when they eat more meals with their parents and family. Teenagers who eat dinner four or more times per week with their families have higher academic performance

compared with teenagers who eat with their families two or fewer times per week.

Reason # 8: Save Money

Meals purchased away from home cost two to four times more than meals prepared at home. At present time the restaurant industry's share of the total food dollar is more than 46%. Due to scheduling, commitments, and activities, families eat out several times each week.

It is time to bring the "family" back to the dinner table. Sharing dinner together gives everyone a sense of identity. It can help ease day-to-day conflicts, as well as establish traditions and memories that can last a lifetime.

BREAKFAST CLUB DONATIONS;

Any donations of tinned Spaghetti or spreads are very welcome. Please leave them at the office.

Don't forget Breakfast Club is on Friday Morning at the Hall and all are welcome.

Feel free to contact me on my email or call the School to be put through to me on the phone. I am at School Monday, Thursday and Friday.

Have a great week everyone.

Chappy Claudes claudeanu@chappy.org.au

Week 8!

From Deputy Principal Year 5 & 6

This term seems to be flying by and we are now at the time where Term One units are being assessed in classrooms. This is a time where students need to show great persistence and self-belief. Whilst not many of us like having to complete assessments, it is important to know that these tests and tasks are the way that students can show teachers exactly how much and what they have learnt this term.

Parents, can you please support your child by asking them questions about these



assessments and their learning as a way of reducing any anxieties there may be for your child. Assessments are a normal part of schooling (and life!) and the results from this term will inform teachers for report cards at the end of Semester One. If you would like to know more about how your child is going with their schooling, parent/teacher interviews will be offered for the last two weeks of this term.

Year 5 and Year 6 have been engaged in some wonderful learning this term and when I popped into classrooms, I have seen lovely calm spaces where students have been set learning goals and are working hard to achieve those. In 6C, students are working on choosing a book to read that will challenge them. In 6D, students are enjoying working on their fraction knowledge and applying that to word problems and in 5C, I took part in a lovely conversation about 'Saying No! to bullying'. Enjoy the last part of this term,

Shannyn Taylor
Deputy Principal



Coming Events

March

Thurs 15 German Day (German classes only)
Fri 16 Interschool Sport Commences
Mon 19 Parent/Teacher interviews commence
Tues 20 Prep celebration of learning 9.15am
Thurs 22 Principal's Morning Tea 10.15am
Tues 27 District Beginner Strings Workshop
Wed 28 Year One Easter Hat Parade 9.30am
Fri 30 **Good Friday**

April

Mon 16 **Student Free Day**
Tues 17 **Term 2 commences**
Tues 24 School Class Photos
Wed 25 ANZAC Day Public Holiday
Thurs 26 School Class Photos

May

Fri 4 Final day for camp payment
Mon 7 Labour Day Public Holiday
Fri 18 Ipswich Show Holiday
Mon 21 Year 5 camp

September

Wed 12 Extra Curricular Photos

Money Window

Open Monday to Friday 8am - 11am (only)
EFTPOS is available

Direct Debit Payments

BSB: 064-417 Account Number:00091102
(Include child's name and what payment is for)

Uniform Shop

Terms 1 & 4 Monday 8-10am & Thursday 1.30-3.30pm
Terms 2 & 3 Thursday: 1.30-3.30 pm
(Cash and EFTPOS are accepted)

Accompanying Handouts

Dentist forms for years 3,4,5 (including siblings)
Yr 2 choir letter
Harmonies choir Anzac Service letter
Yr 1 Easter Hat Parade

Payments due

Student Resource Scheme—first instalment to be paid before end of term.

Interschool sports fee—You will receive an invoice via email when this is ready to pay. Full payment is due before the last game of the season.

Year 5 camp—to be paid in full no later than Friday 4 May