From the Principal’s Pen.....

Praise for our students.
On Friday 3rd May the Year 4/5 and 6 students went to a production of “Hairspray” at the Redlands Performing Arts Centre. Eight adults, being teachers and parents, accompanied the students on this excursion. Special thanks to our parent volunteers Dr Kathy Townsend, Lisa Jackson, Mandy Blivett and Elisha Iselin for supporting the students. The manager of the event congratulated our school for the excellent behavior and respect shown by our students during the performance and at the intermission. We were very proud. The students enjoyed this cultural experience and the performance by Sheldon College was excellent.

Attendance
As we enter into the middle of term 2, parents are reminded of the importance of sending children to school every day. Being at school every day counts, with one day absent each week quickly adding up to two months of missed lessons in a year.

Unless your child is ill, it is expected that your child will be at school learning every day of the school year. Parents are to explain any students absences and an absence phone message bank has been set up for convenience of leaving messages. ABSENCE PHONE NUMBER 3349 6320. More information on the importance of regular school attendance is available at http://education.qld.gov.au/everydaycounts/index.html

Road Safety
Could I ask parents and caregivers to speak with their children regarding road safety. Some students are still riding to school without bike helmets and not crossing the road correctly. Students are to ride to the pedestrian crossing and cross the road safely under the direction of the Queensland Transport employees. Every student is to keep safe and cross at the crossing. Students who do not adhere to this will be reported to the Principal and the School’s Responsible Behaviour Management Policy will guide the consequences for students who refuse to comply, for their own sake.

Premiers Reading Challenge
“Research shows that young people who read for pleasure excel in a range of learning activities. Reading widely will bring untold benefits throughout their lives”.

This week I will send out an invitation to encourage all students to participate in the reading challenge and I ask that parents and teachers encourage participation in this challenge for our students learning and improved life chances. PRINCIPAL

Thank you to everyone who supported the Mothers Day Stall—It was a great success!! Next P & C Meeting 20th May (the 3rd Monday of every month)
Everyone welcome
Amy Shell, President
**EVERY DAY COUNTS**

Don’t forget the importance of attending school every day!

More information on the importance of regular school attendance is available at http://education.qld.gov.au/everydaycounts/index.htm

**YEAR 4/5—THE NIGHT SKY.**

The Year 4/5 class are studying the night sky in this unit of science. On Wednesday 7th May a special guest visited our class to speak to the class about the Indigenous stories of the night sky and the indigenous names for the planets and star constellations. We are now labelling the solar system with the newly learnt indigenous names. We would like to thank Mr Joshua Walker for passing on his knowledge to us.

**Students Speak by Year 3**

**I love my mum because……..**

- She makes good dinners and can be funny. Jakobi.
- She helps me with my homework when I need her. She is very funny and beautiful. Sol Shilling.
- She takes me places and buys me stuff. Darren Mazzoni.
- She feeds me and looks after me. I love her just because she is my Mum! Karna
- She helps me with my homework and she watches my footy games. Kuruwyerna
- She takes me to my friends houses. Denzel
- She helps me cook delicious meals and also she helps me to do great drawings like trees and butterflies. Krystal.
- She takes me to her work and to the beach. Marcus.
- She helps me with my homework and she comes to my football games. Darren
- She takes me shopping and she is very funny. Alexis
- She teaches me new games with cards. My mum makes me nice lunches and dinners. I love my mum because she helps me cook. Ryan
- She makes me delicious dinners and some breakfasts. Satchi
- She makes good dinners and buys me toys. Sasha.
- She is nice to me, she helps me with work I need to finish and she loves me. Maya

**I love my nan because……..**

- She always helps me do my homework. Krystal
- She is the best nan in the world. She loves my drawings and she loves me. She also loves her new puppy dog. Keely.

**Congratulations to our Students of the Week**
**Help Needed**

As part of the core priority of literacy the school has purchased new PM Readers and Flying Start Reading Kits. To protect these books we need them covered.

If you have time to help us cover books, please call the school office.

Thank you in anticipation

**Hat Reminder**

Please check to see if your students have a hat to wear during play.

NO HAT NO PLAY

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**Students Speak—Hairspray**

Last Friday years 4, 5 & 6 went to a performance of “Hairspray” I was very surprised of how they sang and I loved their costumes. Their synchronisation was very good. I liked how Link posed when the spotlight was on him. I really enjoyed the show and I hope we can see another show like Hairspray. I like the show better than the movie. They were all in year 10.

by Piper Blewitt.

The musical was fantastic last week. I loved the superb young actors at Hairspray because they were colourful and exciting. My favourite part was when Link saved Tracy from jail. The actors in the play were on time, funny and great singers. I would like to thank the school for letting us go to this exciting fun musical. By Zane

Last Friday the year 4/5 and Year 6 went to watch the Hairspray performance. I loved watching them act and especially listening to them sing and dance. Their costumes were colourful and it moved along quickly and I never got bored. I’ve never seen a show so good before and the way they acted was unreal. I thought it was funnier and better than the movie. I would like to thank all of the teachers that organised it for us.

Thank you. By Kiara

Hairspray was a fantastic show everyone enjoyed the dancing and the singing. Their synchronisation was fantastic too. My favourite part was when Link was showing off and they were all on time. We all sat down quietly and were well behaved throughout the show.

Thank you Ms Wilson for organising this for years 4/5 and 6. Reo Wall

The costumes in Hairspray were colourful bright and surprising. My favourite character was Link because he was funny and talented and always in time. It was a great performance from such young people and it was fast and entertaining. Yullu

Hairspray was really funny and creative. It was amazing that such young people had wonderful voices and nobody seemed nervous to perform in such a big crowd. Their dresses were colourful, bright and nice to look at. The singing and music were in time and they put together a great show for us! It wasn’t boring and they had to practice for a week! Thank you Ms Connell, Ms Wilson, Ms East, The Calypso and thank you Sheldon Collage for putting on a show!

Mimi

On the way home in the boat it was very windy and hairy.
TUCKSHOP NEWS

Yes We Need You
Thank you to Sue Jenner, Elisha Iselin and Delvene Cockatoo-Collins for offering to help.

We still need more helpers

PLEASE CONTACT FIONA IF YOU CAN HELP 3409 6333

10th May 23rd August
7th June 6 September
19th July 18 October & 22 November

We still need more helpers PLEASE CONTACT FIONA IF YOU CAN HELP 3409 6333

MEAL DEAL
Cake & Milo, Sandwich or Pasta & Popper $7

NEWSFLASH—TUCKSHOP THIS FRIDAY
TO RAISE MONEY FOR INSTRUMENTAL MUSIC

Morning Tea
Chocolate Banana Cake $2
And a Warm Milo $1

Big Lunch
Creamy Chicken and Bacon Pasta $4
Toasted Ham and/or Cheese Sandwich $2
Poppers $1.50

At the Play Bell at Big Lunch
Jelly Cups 50c

FROM THE GUIDANCE OFFICER

Resilience through Problem Solving

Children with good social and problem-solving skills are more equipped for life. In fact intelligence alone is not enough and it is these skills that lead people to be successful in life. Children who have learnt these skills are comfortable in new situations. They are friendly to others and join in activities. They cooperate and compromise. They trust others and others develop trust in them. They handle conflicts well and respect differences of others. They apologize when they are wrong, but will assert themselves when they believe they are right. They are clear in their thinking. They are liked.

For children with poor resilience and/or at risk of depression, often these skills are lacking.

When children are young they depend on parents to help them solve problems, but as they grow they will need to learn skills to handle the problems they face. Seligman in his book The Optimistic Child provides 5 steps your child needs to follow, in order to solve problems effectively.

1. Slowing Down – STOP before acting impulsively, then start thinking. How we handle a problem depends on what we are thinking. Replace hot thoughts with cool thoughts. Hot thoughts often lead to loss of control. Cool thoughts result in solutions that are non-threatening. How we think affects how we feel and what we do.

2. Stand in another’s shoes – understand what the other person was thinking or why they acted the way they did. This is easy to do by meeting with the person, looking at their face, and asking non-threatening questions to get answers (use of technology won’t achieve true understanding). Stay calm.

Set Goals – If you have a problem, how would you like things to end? For example if you have a fight with your friend, is your goal to restore friendship or have a stand-off.

As your child sets a goal, they should list as many ways as possible to reach it.

4. Choose a Path – which is the best solution. Look at the pros (any good outcomes that might happen) and the cons (any bad consequences) eg. speaking nicely to someone versus yelling at them.

How did it go? Did it work – if not then don’t give up. Pick another solution and give that a shot.

Notice that all these steps are about you, the parent, training your child in the art of problem solving. It is not about you finding their solutions nor is it about you rescuing them. Our aim as parents is to have well adjusted, social, and happy children who are equipped to handle life in all its forms.

Adapted from Seligman, M – The Optimistic Child