



# WOODHILL WHISPERS

## Upcoming Events

Under 8's Day  
Wednesday 25<sup>th</sup> May

Athletics Carnival  
Thurs 2<sup>nd</sup> and Fri 3<sup>rd</sup>  
June

1,2,3 Magic and  
emotion coaching  
parent course  
7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> June

## FROM THE PRINCIPAL'S DESK



### **DISTRICT CROSS COUNTRY**

Congratulations to all of our students who participated in this event at Rivermount College last Friday. Your behaviour and endeavours were exemplary. Thank you to Mrs Dimmick for training this squad and to both her and Mrs Phillips for looking after them on the day.

### **PROFESSIONAL DEVELOPMENT**

Mrs Butler and I will attend a wellbeing conference on Thursday and Friday of this week.

This is becoming a major factor in managing and understanding all students' behaviours.

### **NAPLAN**

This went well without any hitches with the majority of students not being fazed by this event. We deliberately keep it low key as it is only one form of assessment.

It does however give us a good overview of any gaps in the students' learning and the data is then used to inform teaching to improve academic outcomes.

## **ATTENDANCE.**

With sickness and an abnormal amount of families taking time off to travel overseas, our attendance rate has slipped below 92% which is disappointing. Under the law you must make sure your child is enrolled and attends school on all school days unless there is a reasonable excuse. Schools must monitor attendance of students and follow up with parents and caregivers any unexplained absences. Across Australia, a considerable number of students are having their opportunities to perform to their potential adversely affected by parent-condoned absences.

Once it was the case that students only missed school when they were genuinely ill, but now that seems to have changed. Students are being allowed to stay away for an ever-increasing number of excuses, including:

- A day off for their birthday
- A day because relatives are visiting
- A day off to be with parents at home
- A day off to go shopping

Every day a student is away, they are losing a learning experience. Over time, their knowledge base will be full of holes like Swiss cheese.

A sobering fact is that in Australia today, the average student will lose one year of education (200 days) through parent-condoned absences over their school career from Prep to Year 12. After love and care, the most important thing that we as parents can give our kids is an education.

## **UPCOMING EVENTS**

There are a number of exciting events coming up in the next few weeks.

These include:

### **Days of Excellence**

Our next Day of Excellence is centred around Indigenous culture, garden art and instrumental music and is on June 1.

These days occur at several schools within the cluster and are targeted at several grades.

Selection for these days is dependent upon your child's individual talents as well as behaviour as they will be representing our school as well as your family.

### **World of Maths**

Years 1 to 6-Monday May 23.

### **Under Eights Day-**

Weds 25<sup>th</sup>, until morning tea.

## **SCHOOL REPORTS**

End of semester reports will be emailed to families at the end of this term. Please ensure that the school holds your current email address.

## **UNIFORM**

With the cooler weather upon us it is timely to remind parents and carers as to what is considered acceptable to wear to school as part of the winter uniform.

**Plain black or bottle green jumpers – this means the jumper should have no advertising, patterns or designs or stripes on it.**

**Plain black tracksuit pants – no advertising or patterns or stripes.**

Of course there are school jumpers/ jackets and tracksuit pants available for purchase from the uniform shop as well as a limited supply of secondhand items. Microfibre tracksuit pants are only \$10 but are only available in limited sizes.

## **FACILITIES**

Mr Marios is replanting gardens to ensure the safety of our students.

He is also repainting the railing around the wheelchair access path and removing any welding tags that could cause an injury.

In the interests of safety he has also removed from temptation the ability to cut down the hill between the Resource centre and the under covered area.

## **READING WORKSHOP**

Mrs Lovegrove will be facilitating a workshop to support our parent volunteers who assist with reading. You will develop strategies that will not only help you assist children in the classroom but will also be of benefit when reading with your own child at home. Please complete the attached form if you are interested in participating in this worthwhile workshop, alternatively you can register your interest by contacting the office.

## **UNDER 8'S DAY**

Woodhill's Under 8's Day will be on Wednesday May 25<sup>th</sup> beginning at 9.00 and running until approximately 10.30.

Children from the C and K kindy will join with our students from Prep, Year 1 and 2 for a fun filled morning.

Parents are encouraged to attend to allow the teachers to work with the activities. Younger brothers and sisters are welcome.

### **QPARENTS**

QParents website allows parents of Queensland state school students to access information about their child and communicate directly with the school. You will have access to your child's reports, their absence details, any outstanding invoices you may have and positive behaviour records. Registration details have been emailed to our families already. If you have not received this email please contact the office to update your email details and your access codes will be emailed to you. Qparents also enables you to advise the school of upcoming absences and to provide 'explanations' for any unexplained absences. Further information can be found at <https://www.qld.gov.au/education/schools/information/pages/qparents.html>.

### **CHILDREN ARRIVING BEFORE 8:15**

Duty commences at 8:15 a.m. If you are unable to provide adequate supervision for your child till this time each day, please contact P.C.Y.C. They run an excellent before and after school care program.

### **BILLY CART DERBY**

Our annual Billy Cart Derby will be held on Saturday the 23<sup>rd</sup> July. This is a fantastic day where the community comes together for a fun day of rides, stalls, food and of course billy cart races. To add to the atmosphere we are looking for a band or DJ to donate their time and talent to the day. If you can be of assistance, please contact the office.

### **MAGIC 1,2,3 AND EMOTION COACHING AND PARENT COURSE**

Mrs Maggie Butler, our Guidance Officer, will be facilitating a parenting course commencing on the 7<sup>th</sup> June (refer to the attached flyer) This course includes topics such as

- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the three choices

- Using emotion coaching to encourage good behaviour
- 7 tactics for encouraging good behavior

If you wish to participate, please register your interest by filling in the attached registration form. Forms are also available in the office.

### **TUCKSHOP**

Tuckshop has commenced. Orders need to be received at the office on Wednesday morning on a brown paper bag for processing and Tuckshop is open on Thursday. The menu has been sent home and is also available on the website. Thank you to all the wonderful volunteers who make this happen each week. <https://woodhillss.eq.edu.au/Supportandresources/Formsanddocuments/Documents/Tuckshop%20Menus/Tuckshop%20Term%202%202016.pdf>

### **STUDENT COUNCIL**

Student Council is still selling lemonade ice blocks at Tuesday lunchtime for \$1 each as part of their fundraising for the year. Due to the time constraints during lunchtime, students are only allowed to purchase one ice block for themselves and are not permitted to purchase ice blocks for their friends.

### **MAKING AN APPOINTMENT TO SEE YOUR CHILD'S TEACHER.**

We, as parents are always anxious about our children. If you have some concerns please see your child's teacher outside school hours. Please don't set your child's and their class up for failure by "chatting" to a teacher as they are attempting to take the students to the classroom. Teachers, by their nature are a polite bunch and feel obligated to respond to you when you say-"just a quick one". However whilst you have the teacher's attention the class is not being adequately supervised, often leading to small niggly behaviour with the potential to turn into a major incident-something that could be avoided if correct protocol and procedures are followed.

### **WOODHILL COMPLAINTS PROCESS**

If you have an issue or query regarding your child, please make an appointment to see your child's teacher. Teachers are obviously very busy with their students in the morning so please don't monopolise their time when they are

trying to get organised for the day. They are more than happy to see you at a scheduled time and to arrange an appointment please contact the office. If you are not satisfied with the outcome of that meeting, then an appointment can be made with the principal.

If you have discussed your complaint with the principal and still feel that you have not reached a resolution, you have the right to contact your local Department of Education and Training office. More information can be found on our website: [support](#) and [resources/documents/making a complaint](#).

### **HOMEWORK**

We are a homework school. As well as homework going home with your child you can also find it on the webpage. This alleviates the problem of homework going missing.

### **STOP, DROP AND GO/PARKING**

If you will be using Stop, Drop and Go, please let the school know if you need a new name sign for your car.

The guidelines for using stop drop and go can be found on the school website [www.woodhillss.eq.edu.au](http://www.woodhillss.eq.edu.au)

A reminder that the school carpark is still part of the school, and as such, is a NO SMOKING area.



### **SCHOOL WEBSITE**

Woodhill School has a website full of great information. If you go to [www.woodhillss.eq.edu.au](http://www.woodhillss.eq.edu.au) you will find your child's homework, upcoming events, current and previous newsletters, school policies and a variety of other helpful information. The P and C also operate a Woodhill School facebook page which is well used and also a great source of information.

### **QSCHOOLS APP**

A new app has become available that allows parents to receive notifications from the school as soon as they have been uploaded to the school website. Search for the app 'Qschools' and download to your mobile device. **To receive**

**automatic updates you will need to ensure that Qschools push notifications are enabled on your device.** Search for Woodhill State School and select it as a favourite.

### **NEWSLETTERS**

Our newsletter is produced fortnightly and will be available on the school website. Newsletters will also be emailed to families this year so please ensure your email details are up to date. If you don't have access to a computer, you can request that a paper copy be provided.



### **LATE ARRIVALS/EARLY DEPARTURES**

School schedule

8.40am	First bell to line up
8.45am	Bell to go to class
10.45am	Eating break starts
10.55am	Eating finishes and play break starts
11.15am	Play break ends
1:15pm	Eating break starts
1.30pm	Eating break ends, play break starts
2.00pm	Play break ends.
3.00pm	School finishes

Students are expected to be at school before the first bell and remain at school until 3pm. Please try and schedule appointments outside of these hours. If this is not possible, please send a note to your child's teacher advising what time the student will need to be collected. If you are late for school or need to leave early you must come to the office to sign your child in/out and receive an arrival slip or a departure note. Please contact the school **BEFORE 2PM** if you need to change your child's transport arrangements in the afternoon.

### **ABSENCES**

If your child is away from school please contact the office or send a note in to your child's teacher. If we don't have an explanation for the absence it will be logged as an unexplained absence. Once a month a report is generated detailing all unexplained absences and a letter will come home asking for an explanation for the absence. This is Education Queensland policy.

## **PAYMENT DAYS FOR INCURSIONS/EXCURSIONS**

You can pay for your child's excursions and incursions online or at the office on **Thursdays** and **Fridays**. As these are the only days that we can get to the bank any moneys sent on other days will be sent home. The school bank account details are

**WOODHILL STATE SCHOOL BSB 064 400 ACC 00090138.** This account can be used for incursion and excursion payments. To pay for uniforms and any other P and C related costs including fundraising please use the P and C account BSB 064 400 ACC 00900276.

## **SCHOOL BANKING**

School banking is run through the Commonwealth bank and an account for your child can be set up on line through the Commonwealth website. Banking is collected every Thursday and we would like to thank Saskia for continuing to give up her time to coordinate this service.

## **UNIFORM SHOP**

Uniform shop is run by the P and C and is open on Tuesday and Friday mornings . You may place an order at anytime during the week and our wonderful volunteers will fill the order and send it home on Friday. Thank you to Kylie who volunteers her time to run this facility.

## **LOGAN LIBRARIES**

The Logan Libraries website is an excellent educational place to visit. Not only can you utilize their online tutor program but you can also access online educational sites such as Literacy Planet. All you need is a current Logan Library card and go to [www.loganlibraries.org](http://www.loganlibraries.org).

## **MEDICAL INFORMATION**

Woodhill State School is committed to supporting students' health and wellbeing. We would appreciate parents/carers providing the school with any relevant health information that is required to support the student at school. This information is also collected at enrolment but needs to be updated regularly, or if a new health condition develops.

Information about medically diagnosed conditions such as allergies, asthma, diabetes and epilepsy and other health conditions that

may require school staff to provide support to students, including administering medication and performing health procedures, should be provided to the school along with a **Medical Action Plan** from your doctor.

Information should be provided in writing, and any specific health plans (only to be completed and signed by the medical practitioner) should be included. Please contact the school to discuss any specific requirements.

Please inform the school office staff of any changes to contact details or the contact details of the people nominated as emergency contacts. Thank you for your assistance in this regard. All information is kept confidential and only disclosed to the relevant staff required to support your child.

More information regarding medical conditions and administering medication is attached.

## **BEHAVIOUR POLICY**

Woodhill State School participates in the School Wide Positive Behaviour programme which, in simple terms, means that we ensure that our consequences as well as our positive behaviour rewards are consistent throughout the school. Our behaviour consequences grid is available on the school website <https://woodhillss.eq.edu.au/Supportandresources/Formsanddocuments/Documents/Consequence%20Grid.%202015.pdf> This demonstrates to parents and carers, the consequences attached to a particular behaviour.

## **FOCUS FORTY**

"Focus Forty" is a program which aims to actively and directly teach the skills necessary for children to be accepted into and participate effectively in the variety of group situations they will encounter in school. Each week a new topic is introduced and taught to the students. We will advise you of the Focus Forty focus for the week so you can re-iterate those values at home.

Have a great week



### MAY BIRTHDAYS

We hope you all had a great day!!!

Grace A	Connor B
Billy C	Bailey C
Christopher C	Max C
Kiera D	Ethan D
Khyla D	Sophie H
Alex H	Levi K
Sophie L	Layla M
Tallon S	Eloise S
James W	Rya W
Kaya W	

### STUDENTS OF THE WEEK - WEEK FOUR TERM 2

Year Level	Student
Prep D	Tyler C Samuel L
Prep 1/L	Max C Bailey C
Year 1/2 D	Hayden K Tremayne R
Year 1/2R	Oscar C Jessy S
Year 2 D	Chloe G Noah L
Year 3 D	Sophie H Anita J Lily P Aiesha I
Year 5/6 K	Mia B Kai B

### STUDENTS OF THE WEEK - WEEK FIVE TERM 2

Year Level	Student
Prep D	Charlotte K Noah M
Prep/1 L	Lleyton G Lily R
Year 1/2 D	Tyron K Annameeka T
Year 1/2R	Isaac G Stephanie T
Year 2 D	Amber D Khyla G
Year 3/4W	Kaleb G Shanae N
Year 4/5 F	Keeley U Ella W
Year 5/6K	Jack C Caitlyn F

### ORAL HEALTH SERVICES

If your child requires a dental check up, please contact Metro Oral Health Services on 1300 300 850 to make an appointment. This service is free for

- 2-17 year olds who are eligible for the Child Dental Health Benefits
- All children aged 4 to grade 10
- Children whose parent's hold a current Health Care Card, Pension Concession Card or a Centrelink Card

Appointments are also available in the school holidays.



### FOCUS FORTY

Week 6 and 7: Build ups/encouraging: Look for the good things in other people, tell people what you like about them, encourage someone if you see them trying.

## FROM MAGGIE BUTLER – Guidance Officer

Do your kids have good mental health habits?

It seems strange to talk about promoting good mental health in children.

Shouldn't all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn't seem that way. A recent study from UNSW and Beyond Blue stated that one in six young Australians suffer from an anxiety condition, and as many as 45 per cent of Year 12 students reported high levels of anxiety.\*

As a parent it's useful to reflect on the mental health habits that you promote in your kids. Here are 5 ways to promote good mental health and wellbeing in kids:

1. Model good mental health habits If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It's worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of 9 hours. One of the single most powerful strategies to improve kids' abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise When my mum would tell me all those years ago to turn

the television off and go outside and play, she didn't know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour's movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets Kids should practice creativity if for no other reason than it helps them experience the state of 'flow'. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It's energizing and helps take stressed and worried kids out of themselves.

5. Talk about their troubles A problem shared is a problem halved. Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what's inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem, let him know that his concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

These ideas are basic common sense. However, as kids' lives get busier these essentials get squeezed out. See these habits as the building blocks of mental health. Don't ignore or trivialise them. Talk to your children and tie these activities to their mental health.

Taken from: [www.parentingideas.com.au](http://www.parentingideas.com.au)