

Springwood Road State School

Sharing and Working Together



Newsletter

www.spriroadss.eq.edu.au

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FROM THE PRINCIPAL

Mini-Olympics

Our Mini-Olympics and Multi-Purpose Area opening was a great success. It was nice to see so many parents participating in the morning and sharing in the success of our community effort. This is just the start of many events in and around our new Multi-Purpose Area. I hope all children brought home their commemorative ribbon.

Variety Night

Variety Night is just around the corner. We look forward to seeing you all there on Tuesday August 26.

Springwood High Hall
6.00pm for a 6.30pm start

Welcome

Welcome to Ms Natasha Kuth, who is replacing Mr Morton, in year 4M.

Responsibility

Our value this fortnight is Responsibility. I have included some questions below that may help parents have a conversation with children around responsibility.

- ☞ *What does it mean when someone is described as being a 'responsible person'?*
- ☞ *Do you consider yourself a responsible person? Why? In what ways?*
- ☞ *How can acting irresponsible hurt people's friendships?*
- ☞ *What is good about being a responsible person?*

P&C Meeting

Fundraising committee is meeting Wednesday August 20 at 9.15am in the staff room. Our P&C meeting is also this Wednesday at 7.00pm in our school staff room.

Japanese Exchange Students

Welcome to our visiting Japanese Students and Teacher who will be with us for the next 10 days.

Pet Pep

Tomorrow and next Wednesday the Pet Pep team will visit our Prep – Year 3 students. The team consists of vets, wildlife rangers and Logan City Council officers who talk with children about responsible pet ownership and caring for our local wildlife. The sessions are free but if children would like to bring a gold coin donation it will be given to the RSPCA to support the great work they do.

Wednesday August 20 Prep D, LH, N, Year 2B
Wednesday August 27 Year 1/2C, 1/2E, 1/2SR, 2/3H, Year 3

School Opinion Surveys

We still have 13 outstanding School Opinion Surveys, please return them as soon as possible.

Chocolate Drive

Chocolates and money were due back last Friday, if you still have yours at home please return them to the office as soon as possible.

Lesley Vogan

Principal

19 August 2008

Newsletter in Brief...

- Mini-Olympics
- Variety Night
- Welcome Ms Kuth
- P&C Meetings
- Japanese Exchange Students
- PetPep
- School Opinion Surveys
- Chocolate Drive
- Value of the Fortnight—Responsibility
- Bright Ideas for Lunches
- Safety in the School Grounds
- Parade Awards
- Regional Basketball
- Parent Hot Spot
- Congratulations Daniel!

What's on...

20 August

- ☞ *Fundraising Meeting 9:15am*
- ☞ *Pet Pep, Prep & Year 1*
- ☞ *P&C Meeting, 7pm*

26 August

Variety Night

27 August

Pet Pep, Year 2 & 3

28 August

Extra curricular photos

3 September

Open Day, 9:15am & 6:30pm



Look out for the Year 7 Aerobics team on Variety Night!

WELCOME
open door
policy

Parents are invited to call or drop in should they require assistance at any time.

Principal & Deputy Principal Awards

Each fortnight Mrs Vogan and Mrs LeBrese give out 1 special bookmark award to 1 child in each class who has displayed a high level of the current value being focussed on. Congratulations to the following children for being the most responsible member of their class.

Taleah PD, Alicia PLH, Brihanne PN, Benjamin 1/2C, Luke 1/2E, Bethany 1/2SR, Yasmine 2B, Eleena 2/3H, Isaac 3B, Samantha 3D, Se Hyun 3P, Molly 4A, Zai 4J, Nadine 4M, Joshua 5DP, Kirsty 5J, Louise 5R, Jacob 5/6S, Taylah 6T, Sarah 6/7L, Jessica 6/7N, Shannon 7D, Blake 7M

FROM THE DEPUTY PRINCIPAL

Value for the fortnight

RESPONSIBILITY is the value for this fortnight. What Can I Do as a Parent?

Being responsible is an attitude as well as a skill. It can and must be taught. A child won't know to put their toys away unless they are taught. An adult won't know how to return something he has borrowed or be at work on time unless he was taught. It is absolutely necessary that all humans are taught responsibility. The best way a parent can teach a child responsibility is little by little, day by day. Here are some tips to help you teach your child responsibility.

- ✓ Do not teach a child anything when they are tired or hungry.
- ✓ Criticism is poison when it is combined with teaching.
- ✓ Be patient, it takes time for anyone to change their ways.
- ✓ Start when a child is very young. When a child can walk they can pick up their toys. At age 3 or 4 they can make their bed. At 5 they can set the table and clear it. By age 8 they should have a list of jobs they do each week.
- ✓ Give them instructions and then let them do it. Don't keep nagging - just have a natural or monetary consequence follow if it is not done.

✓ Give tons of praise and encouragement.

http://www.essortment.com/all/responsibilityc_mbw.htm

Bright Ideas for School Lunches

The ideas listed below might help you when trying to think of different foods to tempt your child's appetite at school.

Everyday: Fruit, sandwich or similar item and 2 extra items.

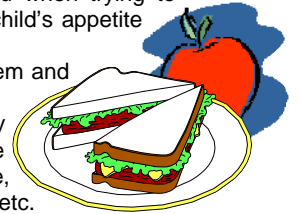
Bread: Different breads are great. Try pita, lavash or flat breads for a change rolled around different fillings – cheese, vegemite, cream cheese, salad fillings etc.

OR make a triple decker sandwich using 3 slices of bread and 2 fillings – crusts cut off for ease of eating (club sandwich).

Safety in the School Grounds

The top carpark near the Admin block is often a busy area. This is for Staff, Delivery and Emergency vehicles only. Children are never to walk through this carpark and parents are reminded that children are not to be dropped off or collected from this area unless permission has been sought through Admin.

Alisha LeBrese



Well done to Maggie and Kieran for their efforts at the recent Regional Basketball Trials. Both performed well within district team that ran second in the competition. Congratulations to Kieran who has progressed to the National Championships in term 4.



Congratulations Daniel!

Daniel takes out double gold, at the Federation of International Gymnastics State Championships on the weekend of 8 - 9 August. He won the 10 & under section in the National Open B Aerobics section. Daniel also won the pairs section with Sarah Cox. That makes him a State Champion for the second time this year. Daniel will attend the National titles for the Federation of International Sport Aerobics and Fitness, to represent Queensland in the Mini Male and Mixed Pairs. Congratulations and good luck at the Nationals.



P&C MEETINGS

Wednesday 20 August

FUNDRAISING MEETING

9:15am Staffroom

P&C MEETING

7:00pm Staffroom



PARADE AWARDS

Year 4 - 7

Mitchell
Zoe
Jasmine
Mitchell
Sam
Krystal
John
Eliza
Tylania
Kennedy
Zach
Zac



Logan Aquatic Swim Club Sign-on

Sports Drive, Underwood

Friday 5 September 4:00 - 6:00pm

Saturday 6 September 8:00 - 10:00am

Any enquiries contact Glenda on 3209 7094 or Patti-Anne on 3427 0064.

INDIANS BASEBALL CLUB

(Dew Street, Runcorn)

COME AND TRY DAY 31ST AUGUST

STARTING 1PM

WITH A SPECIAL VISIT FROM

NOVA 106.9 SANDMANS

CONTACT - 0401 258 685



Thank you to our sponsors: **Southside Fruit Market and Deli**

3267 Logan Road, Underwood, Phone: 3841 1125

After School Special! (must present this voucher)

10% off Fruit & Vegetables between 3—6pm weekdays

NEWSLETTER AWARD

My child in class

..... gave me the Newsletter to read.

Signed:



Parent Hot Spot 3: Managing Angry Feelings

Last time, in Parent Hot Spot, I wrote about helping our children manage strong emotions. Our children learn most from watching how we handle our own emotions. Often the emotion we find most difficult to deal with in ourselves and our kids, is anger. Anger is often viewed as a 'bad' feeling, one we *should not* feel. Remember a feeling is a feeling, neither good nor bad. Angry feelings are actually important because they tell us something is wrong that needs to be worked out!

It is the behaviour that comes from angry feelings that can be determined as good (desirable, acceptable) or bad (undesirable, unacceptable). It is important we make the difference between feelings and behaviour clear to our children. The message we need to get across in our families is this:

'It is OK to *feel* angry but it is *not* OK to hurt people, yourself or things, when we are feeling angry.'

Expressing our anger in hurtful, destructive or violent ways does not help us deal with the feelings and the situation that made us feel angry in the first place. Some things to model and encourage our kids to do are:

Acknowledge when we are feeling angry to ourselves.

It is likely that we will have to go and calm down a little first before we can deal with the situation in a rational manner. Finding things that help us cool down a little is important as we cannot expect someone to listen to us if we are likely to become abusive or aggressive. Calming things may be going to another room, lying down, listening to music, having a drink, going for a run, etc.

Try to talk to the person concerned using an I statement ie Start with the words "I feel angry when..." This is less threatening then starting with "You make me feel angry when..." tell them what it is that you want to change. Pick a time when the person you are cranky with seems calm and ready to listen.

You still may not be able to get things the way you want them but you will have communicated your feelings and over time the other person may be able to see things from your viewpoint and be ready to negotiate.

Till next time,

Ros Green (Guidance Officer)

Laura
Springwood Road State School
Springwood Road
SPRINGWOOD 4127

14 August 2008

Dear Leisel

My name is Laura and I have been watching you compete in the Olympic Games.

It was fantastic when you won a gold medal.

When did you start swimming?

I like swimming too. I started to learn to swim last Christmas. I am really good at the dolphin races. You are the best athlete. I hope I can swim as good as you one day.

From Laura



Matisse
Springwood Road State School
Springwood Road
SPRINGWOOD 4127

14 August 2008

Dear Leisel

My name is Matisse and I have been watching you compete in the Olympic Games.

I was excited when you won a Gold Medal.

How old were you when you started competing?

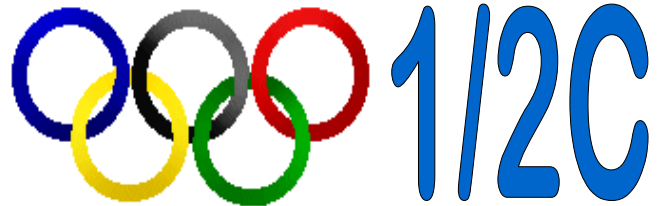
I like swimming too. I do swimming lessons and my teacher says I am good at it. We do races and sometimes I come first.

I also like watching the rowing and the diving.

From Matisse



1/2C students have written
some 'hero-grams' to
our Olympians.



Samantha
Springwood Road State School
Springwood Road
SPRINGWOOD 4127

14 August 2008

Dear Leisel

My name is Samantha and I have been watching you compete in the Olympic Games.

I was excited when you won the Gold Medal.

When did you start swimming? How old were you when you first competed in the Olympic Games?

I love swimming too. I wish I was a good swimmer like you.

Your proud fan
Samantha



Lisa
Springwood Road State School
Springwood Road
SPRINGWOOD 4127

14 August 2008

Dear Stephanie Rice

My name is Lisa and I have been watching you compete in the Olympic Games.

I was happy when you got a gold medal.

I love swimming too. I can swim butterfly wiggles and back stroke. My favourite stroke is butterfly wiggle. I can swim 200 metres now.

When I grow up, I hope I can swim as good as you.

From LISA

