

Springwood Road State School

Sharing and Working Together



Newsletter

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FROM THE PRINCIPAL



Variety Night ... Tonight
Springwood High School Hall
6.00pm for a 6.30 start
GOLD COIN DONATION

Interviews

This term we will be holding Parent Teacher Interviews in the last week of term. If you would like to have an interview with teachers to check on your child's progress, fill in the slip below and return to school. Teachers will then send home an interview time. Interviews in term 4 will only be held at parent requests.

Tall Trees

This Thursday our Golden Strings, Senior Clarinet Trio & Year 5/6 Flute Duo will be off to Tall Trees Retirement Village to entertain the residents. Good luck students!!!!

Congratulations

Congratulations to all our students who competed in the Regional Athletics Carnival. Special congratulations to Corey Wiles who will be moving to the next level and representing our region in High Jump in the State Athletics Carnival.

Knitting Club

Knitting Club is going well with a number of children starting to master their knitting and others volunteering their help. We are looking for donations of knitting needles. If you have any spare at home please send them along to the school office.

Gardening Club

When I gaze out of my office window now I have the pleasure of seeing two scarecrows and an occasional chicken passing by. Our gardeners are turning the area behind the administration shed into an urban vege patch. All children are very keen and continue to turn up on the cold mornings. Well done gardeners!!!!

Extra Curricula Photos

Extra Curricula photos will be held this Thursday. Children who need to wear special uniforms have been informed.

Fete

Good News!!! We now have a Fete Committee and a date for our FETE in 2009. **17 October 2009.** Mark it down now.

Lesley Vogan

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



Mini Olympics - a gold medal performance!

26 August 2008

Newsletter in Brief...

- Parent Teacher Interviews
- Tall Trees
- Congratulations Corey
- Knitting club
- Gardening Club
- Extra-Curricula Photos
- Fete
- Value of the Fortnight
- School Lunch Ideas
- Extra Curricular Photos
- Springwood High Open Night
- Springwood Road Open Day
- Aluminium Can Collection
- Parent Hot Spot
- Parade Awards
- P&C Fundraising News

What's on...

- 27 August**
Pet Pep, Year 2 & 3
- 28 August**
Extra curricular photos
- 3 September**
Open Day, 9:15am & 6:30pm
- 4 & 5 September**
Father's Day Stall
- 10 September**
P&C Meeting, 9:15am
- 12 September**
Discos
- 17 September**
 ⚡ *3/4 Sports Carnival*
 ⚡ *Rockin' Rangers — P - 3*
- 20 September - 5 October**
Spring Vacation
- 6 October**
Term 4 commences
- 20 October**
Student Free Day
- 23 - 24 October**
Year 4 Camp

| Parent Name: | | Contact Number: | | |
|---------------|-------|-----------------|--------------|-------------------------------------|
| Student Name | Class | Before School | After school | Days that <u>DO NOT</u> suit |
| eg John Brown | 3K | ✓ | | Monday & Friday |
| | | | | |
| | | | | |
| | | | | |

FROM THE DEPUTY PRINCIPAL

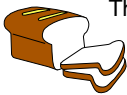
Value for the Fortnight

KINDNESS is the value for this fortnight. The following is a quote I found which sums up kindness beautifully:

"Kindness is the oil that takes the friction out of life."
(Dustin Hosterler, Fish N Kids Foundation)

Please take some time this week to discuss with your child/ren ways they can be kind, not only to others but also to themselves.

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.

Instead of sandwiches or extras

- Rice cakes or corn thins with or without a spread eg butter, vegemite, cheese
- Finger salad with any of your child's favourites – lettuce, carrot sticks, cheese, sliced pineapple, etc
- Small container of spaghetti or baked beans with a spoon

PARADE AWARDS

| P - 3 | Year 4 - 7 |
|----------|------------|
| Kiana | Cecilia |
| Tyjharne | Azer |
| Harmony | Cooper |
| Elexi | Tayla |
| Luke | Liam |
| Kirra | PJ |
| Abdul | Derwin |
| Curtis | Storm |
| Jayden | Brandon |
| Jake | Brooke |
| Rhys | Dylan |
| Megan | |
| Maysha | |
| Aidan | |
| Hayley | |
| Joseph | |
| Mitchell | |
| Reece | |
| Tiah | |



P&C Fundraising News

Father's Day Raffle Tickets (\$1 each) are going home today and will also be on sale at the Variety Night Concert tonight.

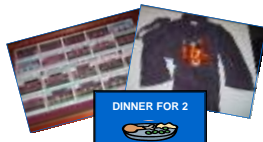
First Prize: **Commemorative Framed Photo of "20 Years of State of Origin"**

Second Prize: **Luxury Bathrobe and Male Skin care products valued at \$180**

Third Prize: **Dinner for two to the value of \$100 at Springwood Tower Hotel**

Once sold please return ticket butts and money as soon as possible. The raffle will be drawn at school on **Friday 1 September**.

Father's Day Stall Next Week
Thursday 4th & Friday 5th ... Gifts \$2—\$10



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

Extra Curricula Photos

Photos will begin at 8:15 am this Thursday with Junior Band, Senior Band and Senior Strings being the first photos. Please ensure that children with special uniforms and/or equipment have these on Thursday for their photo.

Springwood High School – Open Night

Springwood High School will conduct their Open Night on Monday 1st September. An optional tour of the school is scheduled for 5.00pm. From 5.30 – 6.30 pm there will be an Enrolment & Specialty Subject Selection Evening.

Our Open Day

Our Open Day sessions for Springwood Road Primary will be on Wednesday 3rd September. The first session will be held in PREP at 9am. The evening session will be held in the library at 6:30pm. If you know of families wanting to enrol in our school for 2009 please let them know about these sessions.

Aluminium Cans

Don't forget to recycle your aluminium cans in our collection bin which is located inside the school grounds directly behind the large school bins in the parent car park.

Alisha Le Brese

Parent Hot Spot 4: Zzzzzzzzz... The Importance of Sleep

Did you know...

- Hyperactivity in some young people may be due to a sleep problem?
- Snoring can affect school work?
- Most sleep problems occur in teenagers and the elderly?
- Ten percent of teenagers have clinically significant anxiety causing sleep problems?
- Over a third of primary school-aged children experience problematic night fears?
- Lack of sleep can cause hallucinations?
- Nine out of ten people who play a computer game, dream of it that night?



Sleep, or lack of it, is probably one of the most popular topics amongst parents. The quality and quantity of sleep affects the well-being of everyone in the household—it's the difference between being cheerful, alert or feeling like a member of the walking dead!

Sleep is very important to an individual's well being. Despite some individual differences, most kids' sleep requirements fall within a predictable range of hours based on their age. As a general rule, 6-9 year olds require 10 hours sleep a night; 10–12 year olds, at least 9 hours; teens 8-9.5 hours per night. Ideally routine contributes to better sleep ie going to bed at the same time every night and waking at the same time.

The type of sleep your child has is as important as the amount. The link between a child's lack of, or poor sleep, and his or her behaviour isn't always obvious. Snoring or holding the breath during sleep will affect oxygen flow and cause disruption to sleep patterns. Tossing and turning, talking in one's sleep, constant moving, waking regularly or sleep walking indicate an active mind and body which again works against restful sleep. When adults are tired, they can either be grumpy or have low energy, but kids can become hyper, disagreeable, and have extremes in behaviour. Concentration and general behaviour are affected and in the school setting this can be dire.

There isn't one sure way to raise a good sleeper, but every parent should be encouraged to know that most kids have the ability to sleep well. The key is to try, from early on, to establish healthy sleep habits. If you have concerns seek help from your doctor. Happy parenting, **Roslyn Green** - Guidance Officer

DICSO REMINDER - 12 September

Orders in by 9 September

KIDS NIGHT OUT MINI OLYMPICS

Grades 4 - 6

FRIDAY 29 AUGUST

Springwood Church of Christ

6:30 - 8:00pm

Gold Coin Donation

Call Danni 0401 451 552 for more information



NEWSLETTER AWARD

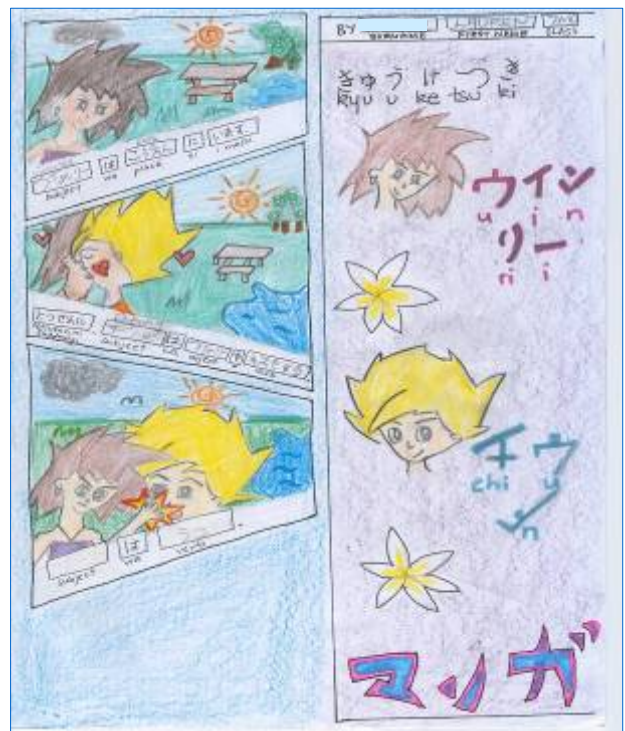
My child in class

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

Signed:



Year 6s and 7s in the Japanese Option have been learning about verbs and Japanese sentence patterns in order to create their own manga comics. They have written completely in Japanese and illustrated beautifully with Japanese-style cartoons.



LOTE