November 11, 2015

Yangan State School News Update

Welcome to Week 6 of Term 4

Principal’s Message
Dear Parents and Students

Our school is very grateful for the volunteers who give up their valuable time to support our students in their learning. Your efforts contribute greatly to the pride that the Yangan community holds for this school. Your hard work with student support, maintenance and beautification of the school makes it the envy of many other schools in the district. In particular, I would like to thank the parents who assisted at the P/1/2/3 Excursion last week to Underwater World and Nudgee Beach Environmental Centre. Your support and assistance was highly appreciated by staff.

I would also like to acknowledge our students for their excellent behaviour and effort on the excursion.

Thank you also to the staff for the organisation of a great excursion.

Remembrance Day
This year marks the 97th anniversary of the signing of the Armistice on 11th November 1918 signaling the end of World War I. Remembrance Day each year is an important time for reflection and an opportunity to remember the sacrifices made by the thousands of men and women who gave their lives or suffered or served in wars, conflicts and peace operations over the past 96 years.

A special Remembrance Day commemoration was conducted at our school today. During the day classes participated in discussions about World War 1, Armistice and the symbols of commemoration ceremonies. The whole school honoured this important day with a minutes silence at the special time of 11:00am.

Sun Protection for Student
Our school is strongly committed to providing students with a safe learning and play environment. As the weather warms up, parents can help us to achieve this by ensuring that children are protected from potential sun damage.

Sun smart ideas recommended by the Queensland Cancer Fund include:
- Making sure your child wears a broad-brimmed or legionnaire-style hat that covers the head, neck and ears
- Apply a high protection sunscreen each morning – preferably SPF 30+, broad spectrum and water-resistant. It can be applied to all areas not covered with clothing.
- Outside of school hours, students can be encouraged to wear shirts with a collar, and preferably three-quarter length or long sleeves. Avoid v-neck shirts. Encourage your children to wear sunglasses that meet Australian Standard 1067. Wrap-around styles offer children the best protection.

Our education programs emphasise the importance of sun safety and we encourage students to use shaded areas for outdoor activities.

We appreciate any help you can give us by reinforcing these messages at home by following the sun smart recommendations of the Queensland Cancer Fund.

If you have any queries or concerns regarding your child’s education or any other school related matter, please have no hesitation in contacting the school (4664 8224) or emailing me at the.principal@yanganss.eq.edu.au

Have a great week.

Regards,

Ian Rathmell
Enrolments for Prep are Now Open at Yangan State School
If you need more information about Prep for next year please contact the school 4664 8224. There are only two Pre-Prep Orientation Mornings for students attending our school next year: Tuesday 17th & 24th November from 9:15am to 10:45am. Come and enrol your child in Prep now.

Next year the school will be offering a cheaper alternative to the existing school hats. There are currently 2 hats on display at the school office. Come in and have a look. Let us know what you think. Your feedback will help decide which of the hats the school will offer for sale. The current school hats will continue to be available also.

Gotcha Value Awards

- **Improving** – Kirili McConville - in your positive leadership skills! Well done!
- **Contributing** – Liam McKinney – in a positive manner towards our celebration night performance.
- **Caring** – Blake O’Dea - Ensuring neatness and tidiness of room on a regular basis
- **Caring, Contributing and Improving** - P/1/2/3 classes – displaying excellent behaviour and effort an Underwater World and Nudgee Beach.

Congratulations to Kirili, Liam, Blake and P/1/2/3 classes as the recipients of these special awards. They received their awards for their personal achievements and assisting and supporting fellow class members. Well done!

Achieving Goals

Shar Cook – Completing weekly TOPs report. Improved ball skills and throwing and catching.

Bridget Eastwell – consistent accuracy of 90% and above with TOPs report.

Jarrett Powell - 100% accuracy in spelling 3 weeks or more.

Hannah Upton – improved pronunciation of French words.

Jorja Longhurst – Accelerated Reader goal of 80 000 words.

Brinshard Cook – improvement with spelling approximations.

Megan Kelly – Accelerated Reader 1 000 000 words.

Lauren Hutchinson 100% accuracy with numbers.

Beau O’Dea – finish green sigh words.

Shania Skinner – to make a powerpoint.

Charlotte May – write an interesting information report.

Lilly Kerlin – Read 25 000 words in Accelerated Reader.

Reading Eggs

Marley Skinner – Map 2

Word Wizard

Hayley Burnett – Violet and 100 words

Bridget Kerlin – Indigo

Chrisson Gillespie - Green

Gotcha!

Reece Lamb – positive effort with technology personal organiser.

Hanna McIvor – positive effort with environmental narrative.

Jana Webb – effort and attention with personal reading and Accelerated Reader.

Look at the Preps in their new t shirts!
Bright and cheerful and painted all by themselves!

A big thank you goes to the Student Council for paying for the t shirts.

Mums, the shirts are painted in good quality fabric paint and should last for a long time. Apparently some of the Year 6’s still have theirs! Please wash them carefully in cold water.
WSHS TRANSITION DAY - Wednesday 9 December 2015

We look forward to welcoming the future Year 7 students of 2016 to Warwick State High School. A program has been planned that aims to enable students to meet students from other schools, meet some of their teachers, establish relationships with Peer Leaders and to navigate their way around the school campus.

**What to Bring:** Morning tea and lunch from home or money for canteen (students are encouraged to use the canteen on the day – no other students are here so they get to line up and see how it operates without the older students). School Bag, Water Bottle, Pencil Case – with pens, pencils

**What to Wear:** Primary school uniform and hat.

**Where to Go:** The Hall (Victoria Street) Students will all be directed to the hall from approximately 8:40am. They should bring their bags with them to the hall.

**End of Day Pick-Up:** Buses run from the high school from along Victoria Street. For parents collecting students, they will be dismissed from the hall at 3:10pm. (please pre-organise where you will be meeting your child)

**Parents:** You are invited to come along with your child and meet some of the staff. Parents are welcome to stay for the first session held in the hall until 9:15am and then attend a morning tea and tour of the Junior Secondary building (U Block).

If you have any queries regarding the day, please don’t hesitate to call the high school.

---

**HELPFUL IDEAS**

**WHY TEACH SELF-TALK TO KIDS?**

by Michael Grose

Self-talk is the foundation strategy to teach kids to shift their thinking about a negative event. Let me explain.

A negative event happens such as a child’s sibling won’t share a much loved toy. The child immediately feels anger.

He thinks, “Not again! I hate her! She never shares and it’s not fair”.

This thinking feeds his anger, which starts to spiral. In a heartbeat he’s lashed out at his sister for inflicting such an injustice on him.

**Here’s what happens…..**

Our thoughts, often reflected through self-talk, change when we experience and emotion. We tend to focus on the event that caused the emotion. Anger shifts our attention outward to the thing, person or event that caused it. Sadness shifts our attention inward toward the loss. Our emotions change how we see the world. We are usually more optimistic when we are happy and more pessimistic when we’re sad.

**The key is to change your self-talk.**

By changing the chatter in your brain from something negative, catastrophic or unhelpful to something more realistic, positive and helpful, can help get you through a challenging situation. Positive self-talk examples include:

“Stuff happens, I can cope”

“It’s no big deal”

“I’ve put up with worse than this”

“I may want it but I don’t need it”

Help children develop age-appropriate self-talk scripts for a variety of common situations they meet so they can avoid an escalation of their emotions. Then encourage them to change the monkey-brain tape in their heads when they catch themselves saying negative, catastrophic or down-right regretful things.

---

**COMMUNITY NOTES**

WARWICK REDBACKS AFC - 2016 Season

2 FOR 1 PLAYER REGISTRATION FOR NEW OR INTRODUCED PLAYERS

(i.e Bring a mate along and get both registrations at half price)

FOR ALL GRADES:

UNDER 8, 10, 12, 14, 16,

SENIOR WOMEN & MEN

Contact Keith on 0417 746 595 for more details

DIRECT DEBIT PAYMENT AVAILABLE

Yangan & District Progress Association

Christmas Party !!!!!

Sunday, 13th December

12PM-4PM

Yangan Park/Playground

**Entertainment**

Soft Serve and Slushies

Sausage Sizzle

Fairy Floss

Heavy Horse Cart Rides

Jumping Castle

Family Games

DJ Vince

Raffles

Visit from Santa!!!

---

**Yangan & District Progress Association**

Christmas Party !!!!!

Sunday, 13th December

12PM-4PM

Yangan Park/Playground

**Entertainment**

Soft Serve and Slushies

Sausage Sizzle

Fairy Floss

Heavy Horse Cart Rides

Jumping Castle

Family Games

DJ Vince

Raffles

Visit from Santa!!!

---

**HELPFUL IDEAS**

**WHY TEACH SELF-TALK TO KIDS?**

by Michael Grose

Self-talk is the foundation strategy to teach kids to shift their thinking about a negative event. Let me explain.

A negative event happens such as a child’s sibling won’t share a much loved toy. The child immediately feels anger.

He thinks, “Not again! I hate her! She never shares and it’s not fair”.

This thinking feeds his anger, which starts to spiral. In a heartbeat he’s lashed out at his sister for inflicting such an injustice on him.

**Here’s what happens…..**

Our thoughts, often reflected through self-talk, change when we experience and emotion. We tend to focus on the event that caused the emotion. Anger shifts our attention outward to the thing, person or event that caused it. Sadness shifts our attention inward toward the loss. Our emotions change how we see the world. We are usually more optimistic when we are happy and more pessimistic when we’re sad.

**The key is to change your self-talk.**

By changing the chatter in your brain from something negative, catastrophic or unhelpful to something more realistic, positive and helpful, can help get you through a challenging situation. Positive self-talk examples include:

“Stuff happens, I can cope”

“It’s no big deal”

“I’ve put up with worse than this”

“I may want it but I don’t need it”

Help children develop age-appropriate self-talk scripts for a variety of common situations they meet so they can avoid an escalation of their emotions. Then encourage them to change the monkey-brain tape in their heads when they catch themselves saying negative, catastrophic or down-right regretful things.

---

**COMMUNITY NOTES**

WARWICK REDBACKS AFC - 2016 Season

2 FOR 1 PLAYER REGISTRATION FOR NEW OR INTRODUCED PLAYERS

(i.e Bring a mate along and get both registrations at half price)

FOR ALL GRADES:

UNDER 8, 10, 12, 14, 16,

SENIOR WOMEN & MEN

Contact Keith on 0417 746 595 for more details

DIRECT DEBIT PAYMENT AVAILABLE

Yangan & District Progress Association

Christmas Party !!!!!

Sunday, 13th December

12PM-4PM

Yangan Park/Playground

**Entertainment**

Soft Serve and Slushies

Sausage Sizzle

Fairy Floss

Heavy Horse Cart Rides

Jumping Castle

Family Games

DJ Vince

Raffles

Visit from Santa!!!
Prep to Three Excursion to Nudgee Beach and Underwater World

At 6:00am last Thursday, a bus full of excited children, parents and teachers left Yangan bound for Nudgee Beach and Underwater World for their long awaited excursion.

Nudgee Beach Environmental Education Centre welcomed us and after a quick snack we began our activities. We explored mangroves, discovered various marine habitats, learnt about the water cycle and how to keep our waterways clean. We even got close and personal with some big mud crabs.

Our next stop was Underwater World. As the public left, it became our home for the night. We were treated to our own personal seal show, were amazed at the variety of sea life in the tunnel, discovered facts about many sea creatures in the aquariums all around Underwater World. We even had a sneak peak at their hospital and fed the incredible sharks.

After dinner and showers it was time to settle down for the night. Many of us were rather excited to be sleeping with the sharks and stingrays but we eventually all went to sleep.

The next morning we visited the touch tanks and then it was time to leave.

After an exciting play at the beach and an amazing morning tea in the park, we travelled to McDonalds for lunch and then home to Yangan.

We had the best time! We made memories that will last forever and we learnt so much about our precious marine environments.

Thank you to Mr Rathmell for allowing us to have this experience. Thank you to the P and C for helping to fund it and thank you to all of our wonderful parent helpers. We couldn't have had this experience without you!

A note from the teachers - We were so proud of all of our students. What a pleasure to take away!