Principal's Report

Yummo Lunch Day was a definite success. Thanks to Margo, Bec and Tim for putting on a sensational spread. Staff and students are eagerly counting down to and saving up for the next Yummo Lunch Day next Friday.

Every year at this time the school undergoes an internal audit process in part to update our policies and procedures to remain compliant. As part of this review, we have looked very closely at health and safety regulations.

As a result, it was unanimously agreed by staff that we need to take a stricter view on shoes and hats. Some students are coming to school without shoes or taking them off on the playground. Also, students are coming to school without hats which poses serious skin risks under our tropical sun. In the interest of the health and safety of students, we will be strictly enforcing a shoes and hat policy for play as of next week.

During the next few weeks students in all classes will be completing writing tasks, math investigations, science experiments and various displays of athletic, artistic and academic feats to demonstrate how much they have improved and achieved this semester. Attendance is always important but it is particularly important that you avoid any unnecessary absences during this time or contact your child’s teacher so that arrangements can be made to ensure they don’t miss out.

We will be issuing official report cards at the end of this term and offering parent teacher interviews again in late July. In the meantime, we’re always happy to field your questions, concerns or compliments about our school.

Cheers,
Amelia Jenkins

Term 2 2015

DATES TO REMEMBER:
- Monday 8 June, Queen’s Birthday Public Holiday
- Friday 12 June, Yummo Lunch Day
- Wednesday 17 June, Small School Sports @ Bloomfield River SS
- Rossville Community Markets, Sunday 14 June, 10am—2pm
- Laura Aboriginal Dance Festival, Friday 19 June—Sunday 21 June

Weekly Activities:
- French with Mme. Jo Tuesday mornings
- Chappy visits us every Tuesday
- BOOST! Tuesday afternoons at 1:20 pm
- Art Electives, Wednesday afternoons at 1:20 pm
- Circle of Security, Wednesday’s from 2:30—3:30pm
- Library open Thursday at 1st lunch
- Parade every Friday afternoon at 2:00 pm

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REMEMBER: Every Day Counts!
Senior Class Capers!!

Yeah we earned some marbles in the jar so we got to go for a bush walk to Home Rule Falls. All agreed it was great fun with a few adventures along the way. What a great day! Check out the photos.

For the rest of the term in Maths we are concentrating on two main areas. We will keep working towards learning our times tables. The kids are enjoying the last 5 minutes of Maths where they complete a page of times tables. Everyone is putting in a great effort and we are starting to see the rewards.

In our main lessons we will be revising what we have covered in Maths for the Number area of Mathematics. This is numeration, operations and fractions. If your child would like extra practice at home they are welcome to ask for some activity sheets or I can email them to you if you contact me at hcarr51@eq.edu.au.
Junior Class Capers!!

**The Dragon!**

It’s eyes
Helps its disguise.
Its teeth
Help it eat beef.
Its fire
Goes higher.
Its legs
Can chase Megs
Its tail
Chases males.
It soars
And goes ROAR!
*By Willow Footer*

**The Snake**

The snake
Tried to take
The cake
While I was awake
*By Rushon*

**The Pretty Turtle**

It has a hard shell and the sand goes crunch crunch.
The shell is hard.
and it protects it like a guard.
The tail
is as hard as mail.
*By J.K.B*

**The Kangaaroo**

The kangaroo did a jump
and hit a bump.
The kangaroo likes grass
And he goes to mars
And eats mars bars.
He has sharp claws
On his paws.
*By Eli Carroll*

**THE ZEBRA**

My zebra has a soft head
Like a bed.
His body is spotty
His tail
Is as big as a whale.
*by Sam Cox*

**THE SOFT KOALA**

Her head
is as soft as a bed.
Her feet
Can stomp a beet.
BOOSTED! Mind Techniques

The following describes what the students have been practicing in BOOST! These techniques are designed to lift you out of your emotional mind and give you more strategies and perspective for a focused mind.

Body Scan

This is where you simply stop in the middle of what you are doing and check-in with your body sensations. Starting at the top of the head and working down to your feet you mentally label each body part and observe the sensations you are experiencing. Then if you want to, you can ask yourself what feelings and thoughts are going on in your mind. This will alert your mind and refocus yourself. It also is useful for calming emotions. Smiling Minds is a website that anyone can join where they give audios for these different types of techniques.

P.S. Parents – They are especially useful if you have a child who has difficulty settling to sleep. “The Bubble Journey” is the students’ favourite one so far.

Labelling what is going on in the mind

Instead of trying to stop what some may label as bad thoughts or feelings, a more powerful technique is to observe and label what is going on in your brain. What we have focused on in BOOST! so far is to label the right brain and left brain and what they are doing. SO next time you are feeling overwhelmed, just say to yourself, “That is my right brain taking over and I would like my left brain to start describing how I am feeling.” If you start worrying or having unhelpful thoughts you may say to yourself, “That is my worrying wiring in my brain taking over again.” This technique is designed to give perspective and realise that there are lots of ways your brain works that are difficult to control and that does not make you a bad person.

In the coming weeks we will be looking at how to deal with different emotions.