I can’t believe it is nearly holiday time again! Thank you to everyone for your ongoing support in making 2016 the best and most exciting year yet! We are all working hard to make Rossville State School into a place of growth where all children flourish academically as well as emotionally, developing valuable life skills to prepare them for high school and beyond. I was encouraged by the discussion at yesterday’s P and C meeting where we talked about ‘Growth Mindset’ and about how challenges can become opportunities to learn. Our BOOST! Program teaches the Growth Mindset concept with methods taken from the latest research in neuroscience and child development. Miss Heidi and Chappy’s passion for this program are a great asset to our school.

As part of the Boost Program and as a class reward, on Tuesday the senior class went on a bushwalk to the ‘Rock of Knowledge’ to overcome the physical challenge of a hot and hard walk. I’ve heard there were tears, blisters and cries to give up but by the end, everyone made it and were treated to lunch at the top as well as the great view.

In other news, next Wednesday we will travel to Cooktown for the AFL and Netball Gala Day. As always, carers are welcome to attend to join in the fun. Cross-Country will be held at Rossville State School on the Friday of Week 2, Term 2. This is always a great day as we showcase our school to all the other cluster schools and a great fundraiser for the P and C. Preps to 8 years will run 800m, 9 and 10 yrs will run 2km, and 11 and 12 yrs will run 3km.

Lastly, congratulations to last fortnight’s award winners Ben Quin, Jimmy Wright, Jackson Barker, Ella Tome, Skye Houghton, Daniel Lickiss, Kenneth McIvor, Eli Carroll, Pippa Stephens and Lincoln Miller.

Cheers, Amelia Jenkins
Better than Best! This term for the Seniors has been mainly about becoming better than your best! And the students are responding. Now we have students who are more focused with their learning, producing more writing, producing better quality writing, completing tasks quicker and following instructions even if they don’t want to.

You can help at home by expecting of your child more than what they normally do. For example: Could they do one extra job?, Could they hand in their homework every week?

As a result of our "Better than Best" campaign students have improved their writing. Each student has a specific goal that they are working on and receiving new goals when they achieve their previous goal.

Indigo Wright has improved her writing dramatically through effort and goal setting. The following is the result of her work, which includes literary devices, a persuasive writing structure, high modality words, technical vocabulary, very clearly written and convincing.

**Should Junk Food be Banned?**

I think that Junk food should and shouldn’t be banned, because some junk food is very healthy and some is between bad and good.

First of all, some junk food or fast food, can cause obesity, diabetes and tooth decay. Also some fast foods can be healthy for example Subway is pretty big in health. I guess that there isn’t very much fat in Subway food; awesome in nutrients though.

I think that maybe we could control our addiction and become responsible. We can limit our time with confectionary food and become healthier and less fat. We could decrease obesity and increase the number of healthier people. Then we humans will live a healthier and much, much fitter life. Obesity is not funny. It is quite bad. It makes you feel horrible, disgusting and not welcome. It is like you are isolated by junk food. They could make themselves sick. That is why we need your help to decease obesity and we need to increase health.

That is why junk food should not be eaten so much in Australia. We could make Australia the healthiest and fittest island on earth.

Homework!: You can help your child

Help your child do well on their Maths test! On Tuesday 23rd March, the Seniors will be completing a term Maths test. The homework will be a practice of those questions. So those students who work hard completing their homework will do better on this test.
Junior Class Capers

Age Appropriate Learning
Some parents know that last year our school took part in a university study into age appropriate learning — in simple language, letting kids learn in a fun way that is appropriate for kids. Last year’s study was focused on the Prep class, but we have taken the lessons we learned and are applying them in the Junior class.

Miss Melissa comes into the Junior room 2 mornings a week to help us learn sounds with fun games; we use play-dough to practise times tables and use a variety of materials to make numbers and letters for practising sight words and number facts.

Family Tree Homework
Thank you to all the parents and carers who have been helping with our family tree homework over the past weeks. Some families have obviously put in significant effort. Our class maps are under construction!

Photos: Top: Year 1s used beading to learn about 10s and 1s
Middle: Not sure what is happening here! But it is one of the games visiting PE teacher Miss Carly has played with us.
Bottom left: our class map is underway. Where do you come from?
Bottom right: Kenneth was extremely proud of his beading. He counted 10 beads 3 times to make 30.
In BOOST! Chappy showed the difference between a 1950s pit stop, 67 seconds and modern pit stop, during a car race. The difference is phenomenal! The school discussed that there were lots of changes that needed to be made to make these improvements. This is just like people. To change and become a better person effective changes need to be made. This is where growth mindset comes in. This term we have introduced the concept as well as looking at our emotions but next term we will focus on GRIT and the growth mindset.

You can help your child grow by being aware of the type of praise you give. Praising your child is great but by specifically praising the behaviour not the result you will get more long lasting results.

For example:
“You are so smart!” → tells the child to value your praise and they need this reassurance every single time.

“You worked so hard on that!” → tells your child that effort is valuable and they will be further rewarded their own future efforts.

It is difficult to change the way you do things but think about much it will help your child believe in their own abilities and value growth and not just giving up because it is too hard.

Please fill out the BOOST! survey. It will help us and your child immensely!