One of the reasons that I became a teacher was to make school more fun and expose students to the joy of learning. You also want the best for your children. That’s why it’s so hard to hear your child complain that school is boring.

We share your desire to give your children a “happy life”. We care about their feelings and don’t want them to experience unpleasantness. Unfortunately, sometimes life is tough and even the most fulfilled person will experience low moments or boredom. We do children no favours by setting up an expectation that they must always be entertained.

We have found that often when students complain about school being boring, that they are really complaining about the unpleasantness of a particular task or activity. Learning is hard work and tackling a difficult problem can be tedious. So when your child tells you they’re bored, often what they’re really saying is that they are being challenged in new and sometimes uncomfortable ways.

So next time your child complains of boredom (at home or at school) help them to identify exactly the feeling they are experiencing and congratulate them on learning a valuable life skill.
Senior Class Capers!!

How Far We Have All Come

Now that we are half way through the year, it is a great time to reflect on our progress in that time. During the first few weeks of the year with the new year three and four students in the class and no year sevens, it was a very different scene to the year before. Students were keen but needed direction on how to operate in the senior classroom. Students had difficulty listening, figuring out how to do things for themselves and how to conduct themselves in a discussion. Now it is great to realise how everyone has matured and how they have come together as a class.

Now we are able to have mature discussions in our lessons and although they can be about sensitive issues the students are really improving in taking turns in a conversation, saying their opinion without putting people down and listening to others. This makes for some really interesting discussions and learnings in History, English, Science and SOSE.

Out in the playground students are able to engage with a variety of age groups. They are able to play and help younger children as well as organise their own large games of soccer, “Rossville tennis” or basketball. They develop their own agreed rules and rarely need a teacher to assist. What a great bunch of kids we have in the senior class. It is a wonderful honour to witness their growth.

Now I can’t wait to see the progress that the next six months brings!

Joke Corner

What do you call a skunk that won the lottery? Stinking Rich

What tool should you always take to math class? Multipliers

Who invented algebra? An x-pert

Why do religious studies teachers love swiss cheese? Because it’s holey

What did the pencil say to the rubber? Take me to your ruler
Junior Class Capers!!

The Juniors are currently answering the question ‘Where should we explore?’ We have used science and geography to learn about different environments around the world. Our last job is to write a persuasive piece of writing to convince readers to explore our place. Some of the Juniors have had a practise doing this job together, and they earned an A+++!

A rainforest is a place with lots of trees. The rainforest smells fresh. It looks very green. It is wet and cool. People need shelter to survive. If a person did not have shelter it could get very, very cold and wet. People need food. People can get food from the rainforest People cut down trees from the rainforest to make paper. That could hurt people in the rainforest. Animals live there. You could kill the animals to eat and you could get the water. It might be hard to survive because there might be SNAKES!

You should come to the rainforest. There are lots of trees and it is pretty. It is green, bushy and cool. Rainforests are very good for you because you can explore. There might be a waterfall just up the road.

Written by Zahli, Willow, Sam, Eli, Jackson and Ella. Picture by Jackson

On Tuesday we had a visit from Hillcrest College, a private college on the Gold Coast. The visiting high school students are part of the school's leadership program. They are touring small schools to develop their leadership and teamwork skills, running activities with younger kids and taking on 'community service' tasks. The high schoolers conducted self-development activities with our kids around the theme of 'courage'. The Junior classroom was over-run with courageous little lions! The leadership tour is a wonderful concept and we are very grateful to have been included on their itinerary. Thanks go to Chappy for bringing them here.
Our Amazing Emotions!

Emotions are part of the essence of life. They make life worth living but they can also make us feel terrible. Understanding what emotions are, how they present themselves to us and what we can do with them has been the theme of BOOST! in the last few weeks.

Most of us are fine dealing with emotions that make us feel good but some feelings and some people find the yucky emotions difficult to deal with. There are a few key ideas and concepts that are helpful to understand when thinking about these yucky feelings:

- It is a normal part of everybody to feel yucky emotions
- Yucky emotions do not make you a yucky person
- All emotions change – that one emotion being felt right now will not be with us forever
- The more we talk about how we are feeling – give it a name and tell someone about it – the easier it is to deal with emotions and life

Some people need help in understanding how they feeling are why

All children benefit from role models at home and in the community being able to demonstrate how they are feeling and talking about their feelings. Regularly asking your child how they feel will help them in being able to acknowledge and discuss their feelings. When children are feeling down and not sure what to do or say, one idea is to describe to them how their body looks and state how you think they are feeling. For example, “Your face is covered, your arms are folded into your body and your legs are tucked up. To me it looks like you might be feeling sad. It is okay to feel this way. Is that how you are feeling?”

People who can label and understand their emotions are more likely to use their emotions to display helpful behaviours. People who are unaware of what is going on and who feel they are a “bad” are more likely to exhibit behaviours that are unhelpful.

How are you feeling today?

We have used images like these for the students to help identify and discuss their emotions.

Students monitoring their “internal weather” as part of BOOST!