Principal’s Report

Last week I had the privilege to attend our school’s 50th birthday celebrations. I was incredibly proud of our students who entertained, served, welcomed and assisted members of our wider school community. Many thanks to staff who prepared our students for their performances as well as parents who assisted with the last minute preparations.

The launch of the new school song, “Reach for the Stars” was definitely a highlight of the day and it also provided us with information about a school song that had laid hidden for many years. Thanks to a Music teacher from many years ago we will have the words and sheet music of the previous school song to keep for historical purposes.

Special thanks to Mrs Jeanette Thomas, her band of merry helpers (or coerced volunteers!), QUT students and our current P&C and parents who worked hard throughout the day to make it such a success.

World Teachers’ Day

Our wonderful teachers were spoilt last Friday for World Teachers’ Day. Great work School Captains and Leaders for putting together a very thoughtful celebration of our great teachers. Our teachers go ‘above and beyond’ in their support of our students and their families. You only have to look in the staff car park at 7:30 am or 6 pm each day to see teachers working well outside of their paid hours to do the best job they can for our students.

2017 CLASSES

Please assist us arrange our classes for 2017 by advising us if you will be transferring to another school. This data feeds into our teacher numbers and therefore class compositions for next year. If at all possible the proposed 2017 classes will be posted on the hall doors on 09 December. These classes may change however as we are sitting on the very cusp of a 6th teacher which will alter our class compositions considerably.
School photos were sent home this week. If you did not receive yours please contact the school office. We will be determining if we should continue with this photography company in 2017 so any parent feedback is very welcome - please drop me a line at jbann7@eq.edu.au or leave a note at the office. At the P&C meeting next week we will also be deciding if the annual photographs should be taken at the end of first term.

Year 6
All Year 6 students are required to be enrolled for high school. If you haven’t yet enrolled your Year 6 student in their 2017 school please finalise the enrolment as soon as possible. I am required to report student destinations to Regional Office.

Positive Behaviour for Learning
Our staff recently began writing explicit lessons to teach behaviour expectations in each class. Students will have a clear understanding of what each expectation means in specific settings at school. Rather than rules we have expectations of behaviour. We will be: SAFE, TRUSTWORTHY, ACTIVE and RESPECTFUL. Our updated Responsible Behaviour Plan will be presented to the P&C for final sign-off in 2017. Parents will have the opportunity to provide feedback prior to this time through participation in forums or reviewing the written documents.

Class Round-Up - Senior 1
Graphing - This term we have been learning how to collect information and organise it into graphs. We have learnt how to interpret and create different types of graphs to represent different information. Do you remember Snr1 coming in to your classroom to conduct a survey? Well with all of the data we collected we can confidently say that BLUE is the most popular colour at Somerset Hills. And if you don’t believe us come look at our graphs in the classroom.

Different Relationships in Different Environments
Year four have also been busy investigating life cycles and how non-living and living things interact within different environments. We have learnt that non-living factors, like the sun, rain and temperature impact all environments. And the living things in the environments must adapt to these living conditions. Also, did you know that living things depend on other living things! We call these the relationships. We have made these food-webs that show these relationships between all the different living things in different environments. This one looks at a Grassland environment and shows how the lion is the King of the food chain!

Other News
Former student Dana Lavita was recently captain of the Queensland U15 Volleyball team. Queensland won the overall title at the National Championships and Dana’s team won the silver medal. Dana was named one of the best players in the National competition and is currently part of the Australian team’s training pool.

Stafford Futsal (indoor soccer) Club will hold a FREE come’n’try at the Stafford Indoor Sports Hall for four weeks for girls 5 years to 12 years
Start Date: Sunday 13/11/16 running for 4 Sundays
Times: 9:00am to 10.00 am
Where: Stafford Indoor Hall, Salvation Army Centre
23 Hayward Street, Stafford.
To register or enquire: Go to facebook.com/StaffordCityFutsalClub or email vince@australianfutsal.com
50th Memorabilia

Did you miss out on some 50th Memorabilia or want a keepsake for the kids? You’re in luck, we have limited stock left. Available from the uniform shop from next week.
Pens $3
Water bottles $8
Mugs $12
Shirts $25

Chappy News

This week I was reading a great newsletter on shifting our child’s mood. We’ve all experienced our child coming home from school and being in a really bad mood or our child just waking up in the morning in a grumpy mood. It is normal for all of us to feel extreme emotions, but it doesn’t mean that we have to stay in those states. None of us have to be the victim of our moods and with some knowledge and a bit of effort, we can change our bad mood to a more pleasant one.

Here are three practical strategies from Michael Grose that kids can use to shift their moods:

1. “Take a breath…. take a few actually”
This is perhaps the simplest way for a child to feel better. Taking deep breaths releases dopamine into our systems and helps to settle our nerves and reduce anxiousness. Take 3 or 4 deep breaths and this will immediately help to move your child from an anxious stressed state to a more relaxed state.

2. “Picture yourself…. ”
Give your child a picture or photograph of a favourite thing. It could be a pet or a person or a place they enjoy going to. Pictures have the ability to impact us on a deep emotional level. We all know how good we feel when we look at a photograph of a loved one. So teach your child to look at the picture when they feel grumpy and it may help them to move to a happier state. If they are feeling anxious, send them to school with the picture and encourage them to look at it when they’re feeling anxious.

3. “DO something…. ”
Young children tend to act out their feelings, if they are happy they dance, if they are angry they may become aggressive or more active. We need to teach our children to use action to shift their mood to a better place. If they are angry encourage them to run or play an active game to get rid of that aggressive energy. On the other hand if they are sad and lethargic, action or physical activity can move them to feel more energetic and enthusiastic.

These are three simple strategies that you can teach your child to use that will help them regulate their emotions and will be way more effective than worry, acting out or self-blame.

And remember Voltaire said: “The most important decision you make is to be in a good mood.”