I hope you enjoyed a restful break from the usual school routines. By the end of week 2, holiday activities almost seem a distant memory! A very big welcome to Kathryn Haylock. We are very happy to have you join our Southbrook family and hope you enjoy your time with us. Kathryn comes back from maternity leave and was previously based at Bowenville.

If you receive my weekly Sunday emails, you will already be aware of many of the items below. You will find an attached form to update your contact details. The reasons for this are listed below in my news items. Please complete this form, even if your details have not changed and return back to school by Friday 29th July. We will be checking all our current details against the returned forms to ensure our recorded details are perfectly correct.

**Park and Pick at School**

We are all aware that the designated Pick-Up and Drop-Off area for students is at the side of the school on Oberhardt Rd. Thank you all so much for taking care when you park outside of the school. Please remember, that “nose in” parking is the accepted form of parking when parking your car. Please don’t park on the opposite side of the road as this creates the potential for exiting cars to back into those parallel parked. The road is not wide enough to allow for both styles of parking at this stage.

**Parent Opinion Survey**

Thank you to the parents who have completed the survey so promptly! For those who have not yet had a chance, it doesn’t close until the 29th July. You still have time! If you did not receive a form and would like to take part in this “once a year” survey, please send me a quick email or see me through the week.

**Absenteeism Changes**

You may have seen the evening television news last week, highlighting school attendance policy changes for State Schools. Schools must have notification of absenteeism on the same day or before, your child/ren is away or will be away. In order for this to policy to be implemented well and successfully, parents are asked two things.

- Please notify the school either before or on the day your child will be absent. This can be done in a few ways: phone call, email to me or SMS to me or your child’s teacher. Sending a note on the following day is no longer effective. NB: The school must be advised each day your child is absent. If possible, an advance notice of absenteeism via email or phone call is a very effective form of communication. Thank you to those parents who already do this.

- Please ensure your email and phone details are up-to-date. This is extremely important as a staff member will need to contact you if we are not advised as to the reason your child is not at school. ‘Personal Contact Details’ form is attached.

**Ride Run Race for Research**

The school has been invited to be part of the Ride Run Race for Research bike ride occurring next Saturday. This is a great opportunity to lift the profile of our small school to the wider community.

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**Dates to Remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>26th July</td>
<td>Visit from Tallebudgera Beach School</td>
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<tr>
<td>4th August</td>
<td>Cluster Meeting—Principal off campus</td>
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<tr>
<td>5th August</td>
<td>Bunya Track &amp; Field Athletics Trials</td>
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<tr>
<td>8-12th August</td>
<td>Year 5 &amp; 6 students at Tallebudgera Beach Camp</td>
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<tr>
<td>16th/17th August</td>
<td>Regional Principals’ Business Meeting</td>
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<tr>
<td>17th August</td>
<td>Regional Principals’ Data Roadshow</td>
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<td>18th August</td>
<td>P&amp;C Meeting</td>
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<tr>
<td>22nd August</td>
<td>Book Week</td>
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<tr>
<td>23rd August</td>
<td>Josh Arnold Video Launch</td>
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</table>
community and to provide some assistance to a worthy cause. A huge thank you goes once again to our P&C for being willing to take this on. You will find a flyer attached. If you are able to assist on Saturday, please contact Peta Lovell. Our school is the designated food, water and rest station for the 80km Gran Fondo ride. Thank you once again to our wonderful parent community who are donating a variety of goodies for the riders to snack on. People have sent in home bake and lovely fruit platters. Further donations will be gratefully accepted on Saturday morning for those who would still like to contribute. You can see more information on the RRR for Research website. http://www.rrr4research.com.au/gran-fondo/

QParents Update

Our school’s QParent application goes live this term. I will be sending home an introductory brochure for your information as soon as these promotional materials are received. As I work through my stages of release, I will then forward step by step instructions for registering as a QParent. One of the first steps in my process is to ensure that all contacts – email and phone is up-to-date. This is another reason (in addition to the absenteeism changes) that your contact details need to be correct.

Southbrook Hall Call-Out

We had a visit from the President of our local Southbrook Hall Committee at our recent P&C meeting. He was asking if there would be interested volunteers to join their committee or even a school representative who would be interested in being part of their committee. Many of the current Hall members are seeking fresh ideas and membership to prevent the closure of our local hall. Current Southbrook Hall members have been part of the committee for many years and will be exiting their roles in the near future. Please contact Allan Petersen on 0428 790 066 for further details or/and even better…attend the next Hall Committee meeting on 21st July, 3pm at the Hall.

P&C Meeting Outcomes

We had another successful P&C meeting last week with a great turn up of parents once again. During the meeting we received the exciting notification about our successful application in the Community Grants for $26 000. This grant is to be spent on beautifying the student lunch area. Well done to the partnership of Maree Andrews (our grant writer) and Peta Lovell for their tenacity and “eyes for detail”. Their efforts paid off so beautifully. The iPads are getting closer to the classroom. We’re awaiting the Sys Tech to ready our Mac Mini and synchronise/load apps onto all the iPads. In addition, we’re awaiting the protective covers and charging dock for the iPads. The P&C meeting saw plenty of great discussions about a variety of topics that you will be able read when the minutes are uploaded to the website. These cannot be uploaded until they are validated at the beginning of the following P&C.

P&C Student Insurance

The following is information that is of use for all families. Did you know that the P&C pay for student Personal and Accident Insurance every year for your child?

The policy cover is provided whilst a student is at school and or undertaking school based activities. In addition, the scope of coverage also includes necessary direct journey travel to and from such activities and or the school.

If you would like more information about this, the P&C have left an information booklet in the staffroom for you convenience or you can access further information from this web address.


Warm regards

Terri-Anne

School Uniforms

As the cool weather descends upon us, it is timely to remind you that our uniform shop is freshly stocked with winter uniform items. We strongly encourage all students to be in correct uniform for the following reasons.

The Southbrook Central State School student dress code assists in providing a safe and supportive school environment by:

• Allowing ready identification of students;
• Eliminating distraction of competition in dress and fashion at school;
• Fostering a sense of belonging; and
• Developing mutual respect among students through minimising visible evidence of economic or social difference.

There is also a range of second hand uniforms, especially good for those students who are in their last year.

Every Day Counts

Every day at school is an important day for your child’s education.

If your child will be absent from school for more than 10 days, it is a requirement by law that parents contact the school to complete a Student Exemption form. If your child is unwell or will not be attending school for the day, parents are required to notify the school of absences on the same day. Any of the following options may be used:

• Telephone the school on 46910142 and speak to someone, or leave a message on the answering machine
• Speak to your student’s teacher
• Email: the.principal@soutcentss.eq.edu.au
Do your kids have good mental health habits?

It seems strange to talk about promoting good mental health in children. Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood. Sadly, it doesn’t seem that way. A recent study from UNSW and Beyond Blue stated that one in six young Australians suffer from an anxiety condition, and as many as 45 per cent of Year 12 students reported high levels of anxiety. As a parent it’s useful to reflect on the mental health habits that you promote in your kids.

Here are 5 ways to promote good mental health and wellbeing in kids:

1. **Model good mental health habits** If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. **Make sure they get enough sleep** Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of 9 hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. **Encourage your kids to exercise** When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. **Encourage creative outlets** Kids should practice creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

5. **Talk about their troubles** A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem, let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. See these habits as the building blocks of mental health. Don’t ignore or trivialise them. Tie these activi-
Support our Local Businesses

The P&C and school would like to thank Clint Roberts for cleverly making and erecting the new P&C Notice board. We thank Kenneth and Wendy Thornber for providing the materials for the steel frame.

ABC Reading Eggs ✓
Student Insurance ✓
iPads and Apple mini ✓
Camp subsidy In progress
New School Sign In progress
P&C Noticeboard ✓
Reading Books ✓

Grant Projects

Children’s Lunch area beatification project ✓

This year our P&C volunteers are raising funds for the following items for our school:

Tuckshop News
TUCKSHOP HELPERS NEEDED FOR TERM 3 PLEASE

<table>
<thead>
<tr>
<th>Date</th>
<th>1st break 9-12pm</th>
<th>2nd break 12-3pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>29th July</td>
<td></td>
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<tr>
<td>5th August</td>
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<td>26th August</td>
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<td>2nd September</td>
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<td>9th September</td>
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TUCKSHOP
Term 3 Tuckshop commences Friday 29th July. Please Do Not staple brown paper bags for safety reasons.

Amy McNab and Kerri Train

School Community Items

Southbrook Possums Playgroup
We meet at the Southbrook Sports Grounds every Monday between 10am and 12 and welcome any new members with children aged from birth to 5 (prior to starting prep).

Playgroup is a place for you and your child to interact with other parents/caregivers and their children, providing opportunities for play and learning.

Playgroup also develops new skills and helps gain confidence by interacting with other children.

Please contact Kerrie on 0409055679 for further details.
**Southbrook Central 2016 School Priorities**

**Every student succeeding in Reading and Numeracy**

<table>
<thead>
<tr>
<th><strong>Reading</strong></th>
<th><strong>Numeracy</strong></th>
<th><strong>Curriculum, Teaching and Learning</strong></th>
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</thead>
<tbody>
<tr>
<td>Effective use of student data to differentiate the teaching of Reading</td>
<td>Effective use of student data to differentiate the teaching of mathematics</td>
<td>Review and update the School Wide Pedagogy Framework and Assessment Schedule</td>
</tr>
<tr>
<td>Consistent use of the CAFÉ Reading Framework across the school</td>
<td>Continued focused Professional Development on the teaching of Mathematics.</td>
<td>Continue to develop Small Schools Curriculum Plan.</td>
</tr>
<tr>
<td>Focused professional development on the teaching of reading</td>
<td>Consistent approach to the teaching of Problem Solving</td>
<td>Continued Professional development opportunities to improve teaching and learning.</td>
</tr>
</tbody>
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**Southbrook Central’s 5C’s — Values**

- **Consideration**
  - Thinking about others

- **Courage**
  - Knowing what is right and acting upon it

- **Commitment**
  - Always doing my best

- **Care**
  - Looking after:
    - Ourselves
    - Our school

- **Courtesy**
  - Using manners in all situations

The value for Week 1 is **CARE, CARE**. Is caring for ourselves, our school, our community. Look after and put away belongings. Be safe. Clean shoes inside. Rubbish in bins.

Below are the processes around our PBL reward system at Southbrook Central:

- We have fortnightly focus on one of the 5 values throughout each term.
- Coloured Pentagon tokens are given anytime, anywhere to acknowledge any good efforts/behaviours that demonstrate any of the 5 school values. Eg. Student continues reading over holidays and records this in reading diary, the teacher would reward that student with a “Commitment” pentagon for demonstrating commitment to learning.
- The focus value for the fortnight will attract double rewards of that particular token.
- Students collect all pentagon tokens and save these to trade for vouchers sold at the V-Shop.
- Vouchers range from 25, 50, 75, 100, 200, 250 pentagon tokens thus allowing regular reward for students who need this and also allow students to ‘save’ for a more significant voucher reward.
- Participation in end of term Golden Pentagon Celebration day — Students participate upon receiving an invitation. Students excluded from receiving an invitation will have behaviour records in One School for that term. These records are produced through our current behaviour slips/data collection methods which are aligned to our Behaviour matrix consequences. Criteria for which students are excluded from the Golden Pentagon day will be - three or more minor behaviour breaches or one major behaviour breach. This will result in that student not receiving their invitation to attend the golden pentagon reward day and instead, work on goals for next term.
- 3-6 Classroom daily point systems will result in the reward of a pentagon every time students reach 5 points. Pentagons are given at the end of the day. Classroom Jobs in the 3-6 class are categorised under the school values and will be paid in pentagons at the end of the week.
- ‘Student of the week’ rewards continue to be selected by the teacher and will result in a pentagon token reward as well as a certificate during assembly.
- Reading awards will attract a Commitment pentagon every time a student reaches the milestones outlined in their reading diaries. Number fact and spelling post test results will result in a pentagon reward when achieving set target scores.

**Sporting Schools**

**Term 3 - Week 3**
- Commences— 25th July
- Monday—Golf
- Wednesday –AFL
- Thursday-Softball

We rely on 15 students to continue this program each activity day.

**Term 3 & Term 4**

NO HOMEWORK CLUB

ON THURSDAYS

**Classroom Reminders**

Choc chip biscuits for Tuesday— 50 cents each.
CONGRATULATIONS! Frances Cattle, Ammara Boyce Reagan Collin, Xavier Gordon, Campbell Alexander, Lucy Roberts and Alice Train for Homework Reading and reading over the holidays.

Well Done! Reagan Collin, Xavier Gordon, Campbell Alexander and Alice Train for completing their homework and handing it in last week of Term 2.

Homework Reading Awards
WELL DONE! Waylan Smith, Trenton McNab, Chelsea Train.

Student of the Week

Well Done! Taliah Dancey, Campbell Alexander, Malachi Garratt, Karley Timm. Absent—Ammara Boyce

Southbrook Inter School Equestrian Team
Jasmine Roberts won on her Horse ‘Sparky’ Queensland Interschool Equestrian Association’s 2016 Primary Show Jumping Champion Trophy and 2016 Darling Downs Interschool Equestrian Championship Primary 70cm Show Jumping Champion. CONGRATULATIONS!! Jasmine

Southbrook School Equestrian Team
Phoenix Mason, Jasmine Roberts, Lucy Roberts, Jessie Friedrichs and Georgina Roberts.

CONGRATULATIONS to Georgina Roberts, 8 year old (Georgina has just turned 6) Champion Rider.

WELL DONE! GEORGINA ROBERTS
On the Friday she participated in 14 events, won 11 events and Champion 8 year old Rider. She won a bag of feed and a trophy. Saturday she competed in dressage and finished 3rd overall. Sunday, she ended up with another 3 wins, couple of seconds, thirds and a forth which left her overall 3rd placing in the 7 year old group.
From Our Chaplain

Reminder:
Homemade cards for sale at office. Please come up and check them out. A steal at $2-00 each!
Apple Juice for sale $5-00 bottle in aid of Chaplaincy.
Karen.

Community Notes

St. Stephen’s Catholic Parish Pittsworth
Sacramental Program 2016/2017
Expressions of Interest are requested for people and students in year four and above, who wish to undertake the Sacramental Program in 2016/17.
The sacraments being offered are as follows:

- Reconciliation beginning Thursday August 18th
- Confirmation beginning in Term 1 - 2017
- First Eucharist beginning in Term 1 – 2017

Please send contact details by emailing to: ststephenspittsworth@gmail.com
Enrolments close 31st July 2016.

Amy Nab and Kerrie Train would like to express a BIG thank you to all the people that supported the recent Pie Drive – it was a huge success! And we hope you enjoy your pies!

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Southbrook Hall Association will be holding a Spring Ball on the 3rd September.
Mark this date on your Calendar and Watch This Space!!!

Are you stressed out? Struggling with depression or anxiety? Lacking energy? Not sleeping well? Have low self-esteem?
Want to lose body fat? Improve strength and bone density?
Regular exercise has been proven to help these things. Imagine yourself leaner, healthier and happier! With unlimited energy to play with your children, giving your whole family the best life!

At Ministry of Movement we have 2 free classes every week for the community, they are run in conjunction with Toowoomba Regional council’s The Change Project.
Every Tuesday night 5:30-6:30pm Body Pump class (Barbell weights workout for everyone looking to lose weight, improve bone health, get toned, total body workout, great music) And Body Balance every Saturday morning 9:30-10:30am (combine the best of yoga, Tai Chi and Pilates, a flowing class reinforcing flexibility and strength, brings your mind and body into perfect harmony) Both classes are taught worldwide and choreographed and an instructor takes you through the entire class. Please just arrive 10-15 mins before class to fill in form and get setup.

If you would like to look and feel great when summer arrives, now is the time to get fit and lose weight. Any questions please call or come in and see us.,
16 Evans Street, Pittsworth
Phone 46933772.