



# SOUTH JOHNSTONE STATE SCHOOL NEWS 'N' VIEWS



ISSUE 07, 16TH MAY 2017

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**Building a Better Future**

## Dates to Remember

Date	Event
18 May	Under 8's Day
19 May	Athletics
23 & 24 May	School Review
26 May	Young Performers
02 June	Young Performers
14,15, 16 June	School Camp

## Mother's Day Raffle

Thank you to those families who donated gifts for our raffle and purchased tickets. The winners are:

**1st Richard Dodson**

**2nd J Read**

**3rd Robert Boswell**

## UNDER 8'S

On the 18th May 2017, South Johnstone will be hosting Under 8's day with over 150 students attending on the day. The 4-6 class will be utilised to help with the rotations through stations (they are very excited).

Thank you to the following families for returning tickets in the raffle:

Koops, Boswell's, Harrison, Mizzi, Darveniza, Stephens, Gunnell, Butler's

Thank you to Deb Koop for the Seafood Voucher and to everyone that donated a gift.

## ATHLETICS

The annual SJ/Mundoo Athletics Carnival will be held on the 19th May 2017. A tuck shop order form has been sent home.

## Write for Fun

I am very please to inform you all that one of our students has successfully progressed to the finals of this competition. Rhiannon Harrison submitted a short story into the competition; she received an Achievement Award for her piece. Read her winning story in the Senior News section. Congratulations Rhiannon I am super proud of your effort.



## Working Bee

**Thank you to Robyn, Tamara and Olivia Mizzi , Rebecca and Angus Fels, who helped on Saturday as well as Robert and Robbie Pascoe who helped out both days .** Also, thanks to Vince O'Brien for organising the Work Camp to level the Anzac Garden area.

## Camp

Our whole school camp is not too far away. Pricing per student for this camp at Daradgee is - \$126.25 for Juniors and \$130.25 for Seniors. Mrs Hofmann will be invoicing this week. Parents may make payment plans via myself or Mrs Hofmann.

Christine Pascoe, Principal



### Inside this Issue

- ⇒ Principals Report
- ⇒ Calendar of Events
- ⇒ Classroom Reports



Phone 13 17 88

## DAILY PROCEDURES AND TIMES (taken from Parent Handbook)

School commences at 8.50am. Children need to be at school at least 5 minutes before the bell is rung so they can be prepared for the day ahead.

8.50am		School Commences
11.00am		Lunch
11.45am		Middle Session Commences
1.15pm		Second Break
1.45pm		Afternoon Session Commences
3.00pm		School Finishes

All children should be collected from school by 3.10pm.

If a parent is delayed, a phone message to the school is required to inform us of this. Children are to wait at the bus seat, quietly seated. In the case of heavy rain, they may wait under the school.

### Tips for turning up

#### Don't think about it

Just do it, go to school. Sounds simple, because it is. School attendance should become a habit.

#### Get to bed early

Yeah, we know it sounds preachy, but it's important. Go to bed late on weekends, that's what they're for. During the week, though, be sensible: hit the hay early. It's a sure way to make the most of your school day.

#### Dream big

What's this about? It's thinking possibilities, more importantly your career and work possibilities. Whatever your dream is, school is important in making sure you achieve it.

#### Teamwork

Check in with your friends to make sure they're turning up, and hopefully they'll do the same for you.



## Junior Journal

Hi everyone

Last week for homework (and from now on) the years 1, 2 and 3 students will be having an extra page of homework to help them learn their spelling for the week. Every Monday we have a pre test and students only have to practise the words they got wrong on the new sheet. The first activity is Look, Say, Cover, Write, Check and students have to look at their word, say it out loud, cover it over, have a go at writing it and then check they got it right. The next activity is rainbow words and this is where every letter is written in a different colour. The next activity is called consonant/vowel, where consonants are blue and vowels are red e.g fresh. These activities are also practised in class so children should have no trouble doing them. Please make sure homework is completed and handed in by Friday morning. Home reading is still to be completed every night and brought in every day, signed by an adult (if your child does not finish the book, please still sign and write what page they are up to). Reading is so important to practise!

Thanks!

Regards,

Mrs Butler and Mrs Dodson

## Senior Stories

Hello all! Just a quick note about **HOMEWORK—this needs to be completed by Friday and handed in at 8:45**. some students are coming to school on Friday to complete homework.

### Rhiannon's Story

Survival

I stood up on the mountain wondering where they had gone. My family no longer by my side, it had been 2 weeks since the plane had crashed, but still no-one out looking for survivors.

We were flying over to an island paradise, when suddenly the plane cabin started to fill with smoke. We started to come down, I knew I would not live, but somehow I'm still here.

Now I am alone, no mum, no dad not even any siblings. I now live in a tepee made of sticks and wide leaves, I'm still in the same ripped and tattered blue dress from the day of the crash. I looked out over the water from the top of the mountain, I saw a bright orange boat floating in the ocean.

All I could hear was, "Hello, we are SES, if you have survived please come to us."

I climbed down the mountain as fast as I could, but by the time I got to the bottom the boat was gone. Tears ran down my face, fear pumped through my blood. I climbed back up the mountain and lit my fire, then I went to the creek. I found and caught a fish for dinner. Later that night a bright light shone down at the water, I knew they'd come back I thought. I waved my arms in the air and yelled out, "Help I'm on the mountain, I survived!"

Now the bright light faced me, I kept waving and yelling, it came towards me, a surf rescue officer kept reassuring me that I would be okay, I was up in the helicopter safe.

They took me straight to hospital, I fell asleep in the bed and when I awoke I saw my Aunty. Still no sign of my family in the crash, all I thought was I survived.

# News & Notes

## Well Women's Clinics

(These clinics are available to Medicare eligible clients)



Innisfail Hospital – Monday 29<sup>th</sup> May – Ph: 4226 4812

Mamu Innisfail – Tuesday 30<sup>th</sup> May – Ph: 4061 5102

Service includes Pap Smears, Sexual Health Screening, Breast Awareness, also info on Contraception, Continence, Menopause, Lifestyle Issues, Domestic Violence, etc. All services are provided by a specially trained Women's Health Nurse.

### 5 Ways to Help Children Manage their Anger

**Recognise it** – help children recognise the signs of anger, what are they thinking, physically feeling

**Name it** – help children develop words for their emotions e.g. annoyed, peeved, frustrated, annoyed etc. (google mood meter for more ideas)

**Choose it** - help children recognise that they have a choice to stay in control or lose control when they get angry

**Say it** – encouraging children to express how they feel is okay as long as not one is hurt. The use of 'I statements' is one way of letting others know how they feel. "I feel really mad when you say nasty things about me..." Try this for yourself next time you feel yourself getting angry or annoyed

**Shift it** – help children shift their anger to a more pleasant and less aggressive place. Moods can be shifted by modifying thoughts or altering physiology. Go for a run, play a physical game, pour their anger into a protest letter, drawing or make a calm bottle (google to find out more)

**Have Anger Rules:** Its ok to feel angry BUT

1. Don't hurt others
2. Don't hurt yourself
3. Don't hurt property
4. **DO** talk about it

For help/ideas chat to your Parenting Promotion Officer: Jolene 0488321605 [F](#) everyfamilycassowarycoast

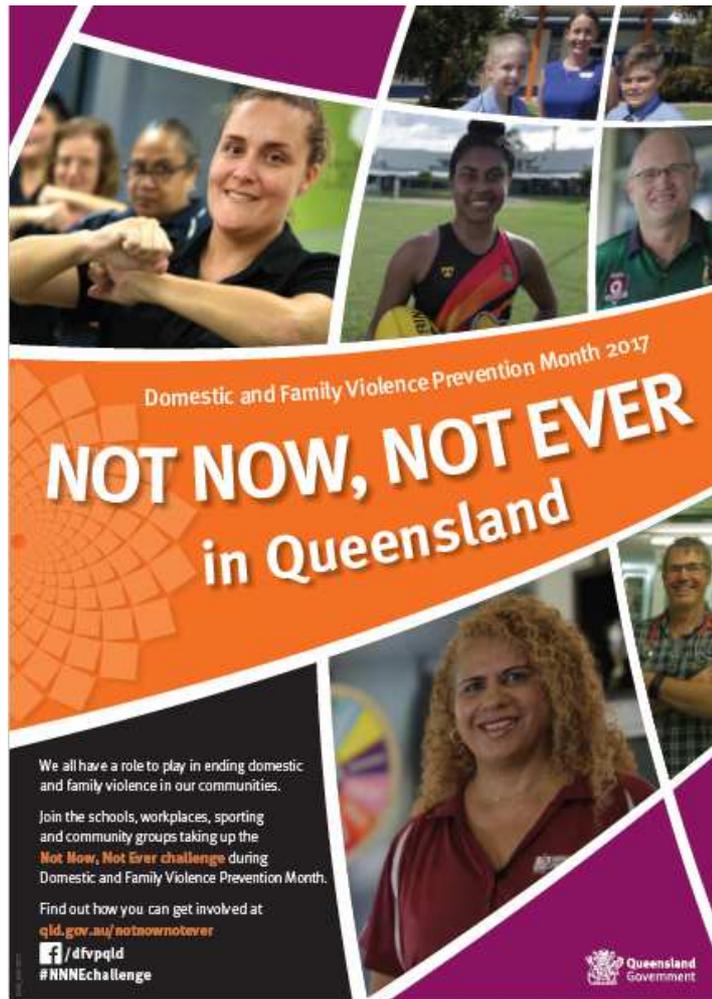


**THANKYOU!!!!!!**

### CLOTHING FOR PAPUNYA

A huge thank you to the generous families who donated clothing for the children at PAPUNYA - N.T.

We have enough clothing now and Mrs Rutter has started posting bags weekly. Once again, thank you for your kindness.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15	Newsletter Day 16	17	Under 8's Day 18	Athletics 19	20	21
22	School Review 23	School Review 24	25	Young Performers 26 Parade 2.45pm	27	28
29	Newsletter Day 30	31	01	Young Performers 02	03	04