06/10/2016

Welcome Back
A very warm welcome back to all students, parents and school staff for Term 4. I hope you had an enjoyable holiday with family and friends. I would also like to welcome the new students and families who have joined the Sandy Strait State School community this term.

We have a number of staff members on leave this term. The staff currently on leave are:

Helen Forbes – Long Service Leave (Return Wk 2)
Heather Laud – Long Service Leave (Return Wk 4)
Wendy Mason – Long Service Leave (Return Wk 7)

New Shade Structure
Earlier this year our school applied to the Gambling Community Benefit Fund to build a new shade structure over our Year 1-3 Playground Equipment. I am pleased to advise that our grant application for $25 000 was successful! We look forward to installing the shade structure as soon as possible. I would like to thank our BSM Tanya Brady for the considerable time and effort she put into our application for funding.
News from the Principal—Mr David Hillhouse

Every Day Counts
This year our attendance target at Sandy Strait is 93%. As we reach the end of week 1, our current attendance rate for the year is 92.64%. I would like to remind parents of the importance of sending children to school on every school day unless there is a reasonable excuse for the student to be absent, such as illness. Research shows that students who have a good attendance record are more likely to achieve high results and develop strong friendships with their peers. Going shopping, visiting family, staying up late, being tired or extending school holidays are not acceptable reasons to be away from school.

Pre-Prep Program
At Sandy Strait we believe it is important to provide our students with the best possible start to their first year of schooling.

News from the Senior School Deputy Principal—Mr Bruce Jackson

Welcome Back
We have less than 50 school days left before we say goodbye to another school year. However, Term 4 can be a term full of distractions. The warmer climate signals that the summer holidays are just around the corner. Christmas decorations start appearing in shopping centres and advertisements promoting Christmas toys and gifts saturate the television. All these things have the potential to draw students’ attention away from learning. Here are some tips to help our students avoid distractions at school and focus on learning.

Before School
Get a good night’s sleep. Students should get at least nine hours of sleep each night. Set a bedtime routine, and go to bed at the same hour each night.

Eat a healthy breakfast. Eating a nutritious meal in the morning gives you fresh energy for the day. Two simple slices of toast, fresh orange juice (with pulp, if possible) and a nice serving of hard-boiled egg(s) is an example of a good breakfast.

Avoid Distractions
Avoid sitting with friends. Chatting with friends (in class) is not going to give you the focus you need to stay on top of your learning. If you feel the urge to speak with a fellow classmate, yet are seated in an assigned location, talk to your teacher about getting your seat moved.

Rid yourself of any other distractions. Distractions can keep us from learning. Is that water bottle catching all your attention? Immediately remove it from your desk. How about that ruler you are tapping on the desk? Put it in your tidy tray. Eliminate these distractions (even if you don’t want to) and you’ll soon find your attention immediately going to the teacher each class.

During Class Time
Look at the teacher, and make eye contact. Your teacher is not just standing up there babbling; they’re obviously trying to give you an acceptable education. Show them that they have your full attention, by looking them in the eye, and observing their movements.

Know your learning goal. Teachers will tell you the learning goal at the start of the lesson. If possible, write down this objective the minute you hear it.

Take notes. By taking accurate notes, you’ll be able to “get into” the lesson.

Get involved in class discussions. This is a good way to become a more focused, successful student.

Ask a question. If you don’t understand something, never be afraid to ask.

Do your best. When you walk into that classroom, put a smile on your face and some confidence in your pocket. Be the best that you can be at all times, and show your true potential!

Still More on GRIT
GRIT refers to that combination of emotional resilience and persistence. It is according to psychologist Angela Duckworth, the best predictor of success; even better than IQ.

In our recent newsletters, we have been focusing on GRIT and what we can do to help our students become grittier.

This week is: **Welcome boredom and frustration**
Success rarely occurs on the first try. In fact, there’s usually a pretty long road peppered with all sort of bumps and potholes to navigate along the way. Being confused, frustrated, and sometimes completely bored out of your mind is part of the journey. And when kids understand that learning isn’t supposed to be easy all the time—and that having a tough time doesn’t mean they’re stupid—perseverance comes easier.

Teach It:
Instead of jumping in with a solution when your child hits a roadblock, see if he can come up with a way around it on his own. Say he’s struggling to build a school project. Resist every urge to do it for him. Then if it’s clear he’s at a loss, talk him through the problem: “It looks like you’re really having a hard time getting that roof to stay in place. What do you think might work instead?” Help him to think through what the steps might be instead of telling him what they are. “It’s so much more powerful for a child to be able to deal with adversity and overcome it,” says Paul Tough, author of How Children Succeed. “What the child takes from that experience is, ‘Hey, I can solve things.’”

2017 Student Leadership
Our Year 5 students are invited to consider applying for a student leadership position for 2017. The students are reminded that the leadership roles are ones of honour and responsibility. All leaders will be expected to display positive leadership skills and uphold school values and beliefs in the classroom, playground and all school related activities. Applications close this Friday 7th of October 2016.
**News from P&C**

Welcome back to the last term of the year and to new parents and students starting with Sandy Strait this week.

On Sunday, 23 October, 2016 we are holding a Professional Family Portrait Fundraiser. The cost of the portrait sitting is $20 and you will receive a 10 x 13 inch family portrait and keyring. Please see flyer for more information.

Thanks again to our school community for their ongoing support of the P&C Association.

Kylie Dinte
P&C President

**News from Helping Hands—OSHC**

Hi to all the families of Sandy Strait State school,

At helping hands, we are growing in numbers and we want your children to join in on all the fun. We run before school, after school and vacation care. You don’t have to use us all the time, if you are running late from work, held up at an appointment or extending a long lunch, a quick text is all it takes to have your children in the session you need. Or you can book your children in on certain, regular days.

We are super flexible and always here to help. We pride ourselves on creating quality relationships with the children at Sandy Strait State School.

Monday, 17 October—Pupil Free Day. If you are requiring care on this day please contact us.

Please feel free to pop in and have a chat or send me an email, and I am happy to let you know your individual prices in relation to Child care benefits etc.

Contact: Jade – Co-ordinator of Sandy Strait State School
0439730544
sandystrait@helpinghandsnetwork.com.au

**News from Chaplain**

I don’t know about you but the holidays went so sloooow…It was a great time to do some activities with the kids and delve into their growing minds. I am continually surprised as to what they say and do. Either I am getting old or they are growing up toooo fast.

So Term Four, here we are nearly at the end of the year. This term there are some great things happening to help develop student’s confidence, social skills and build their emotional resilience.

My Life Rulz Program—Starts again this term and will run for 10 weeks, every Wednesday after lunch. It is a great way to build emotional resilience in each child.

Wednesday Chappy activities—continues this term and boy there are some great things we are going to do. A great space for students to make friends or just to feel safe.

Breakfast club—Looking forward to having those early morning conversations around toast and jam. It’s great to see those young minds ticking.

Definitely a jam packed term.

Enjoy

Chappy J

**Community News**

**HERVEY BAY SOFTBALL**

needs players for their Tball and under 12 competition starting on 14/15 Oct
Tball plays on Friday afternoons from 4 to 5 pm.
Fees are $45 (no more to pay). All gear supplied.
Under 12 play in Maryborough on Sat mornings.
Fees are $67 (no more to pay). All gear supplied.
Ring Geoff on 41282103
OR sign-on on Sunday 9 Oct from 11 to 1 pm.
Maryborough Heritage
CraftFest 2016
Proudly Presented By
Maryborough Artisans Inc.
To be Held at
Maryborough City Hall, Kent Street
3, 4, 5 November, 2015
Open: 9am to 3pm each day
Official opening
10 am Thursday, 3rd November 2016
Entertainment by students of the Arts Program,
Maryborough Special School
Entry $3.00
(Children under 12, free with paying adult)
2016 CraftFest Beneficiary:
Town & Country Community Options
* Variety of Specialty Stalls
* Lucky Shopper Gifts
* Lucky Draw Prizes
* Apron Challenge
* Multiple Prize Raffle
For more information contact: craftfest@live.com.au
www.facebook.com/MaryboroughHeritageCraftFest
Sponsored by

Junior Race Calendar
RACE 1 - 20th August 2016 - Duathlon - Riverheads Sports Reserve
RACE 2 - 16th October 2016, 7am - Triathlon - Gatton Bay Foreshore
NEE BAY SCHOOL TRIATHLON - 12th November - Triathlon -Scarneys
RACE 3 - 27th November 2016, 7am - Triathlon - Seaford Oval, Mooloolaba
RACE 4 - 12th February 2017, 8am - Triathlon - Seaford Oval, Mooloolaba
RACE 5 - 26th March 2017, 7am - Triathlon - Seaford Oval, Mooloolaba
RACE 6 - 7th May 2017 - Off road duathlon - TBA
RACE 7 - 19th June 2017, 8.30am - Duathlon - Riverheads Sports Reserve

For all your questions regarding DISTANCES, AGE GROUPS and EVERYTHING YOU NEED TO KNOW please go to our website: www.herveybaytriclub.org.au
Check out our Juniors page and Events Calendar page. Find us on facebook
For those more competitive juniors 12 years + you can partake in FREE training sessions with our accredited Triathlon QLD Development Coach and QLD Schools Triathlon Coach Brian Harrington.
Swim squad training also available (fee applies)
See our website www.herveybaytriclub.org.au for full details.