From the Principal...

Swimming

This week concluded the swimming lessons for the term. I would like to thank Kelly Webster for her fantastic lessons and the parent helpers for their valuable assistance. The kids certainly enjoyed and benefited from the swimming days in St George.

Congratulations

Congratulations go out to Harry, Olivia and Walter. All three represented Bollon at the Balonne district swimming carnival in St George last week. Harry won age champion and was selected in the Balonne District Team, Walter swam a personal best and Olivia participated in all the various swimming events. Well done and congratulations again.

Thank you

Thank you to the parents who have carooled the students into St George for the weekly swimming lessons, jumped in the pool to assist the students, helped at the Rugby training sessions and come in to class as volunteer parent helper. We wouldn’t be able to do the many wonderful things at the school if it wasn’t for your generosity and kindness. Could you please be sure to sign the Volunteer Register located in the foyer of the admin building? This Register remains valid for 12 months and saves you having to sign in each time. Any volunteers other than parents of students are required to provide proof of a current Blue Card.

Rugby

The senior boys have been training for the rugby try outs next week. I would like to thank Bec Steer for organising the training, Jodie for her assistance and most importantly Laurie and Mr Steer for coming and working with the boys. The boys have worked hard and learnt some new sporting skills. Good luck for next week boys.

School Chaplaincy Program

You may well have noticed that our School Chaplain, Mr B, has been very conspicuous around our School, participating in a host of School activities. No doubt this will continue to be the case. The Chaplaincy Program is an extremely valuable component of our School’s Pastoral Care Program. Keep an eye open for the ‘Chappy’s Chat’ article in our fortnightly newsletters.

Parent teacher meeting

Both the Junior and Senior classes will be holding parent teacher meetings in week six to discuss the students’ diagnostic results and learning goals. Letters will be sent out next week detailing available times.

Leadership ceremony

The four school leaders; Olivia, Bobby-Jo, Jack and Harry will be participating in a leadership training day on Friday in week 6. The day will conclude with a leadership ceremony during the school parade starting at 2:30pm. The school leaders’ parents will receive a letter next week with the more details. Parents and community member are encouraged to come and watch the ceremony.

Regards

Miss Vanessa Sumner

2015 TERM CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>FEB 23</td>
<td>Mon  BDPSSS Rugby League Trials</td>
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<tr>
<td>MAR 02-06</td>
<td>Mon-Fri Parent/Teacher Meetings</td>
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<td></td>
<td>02-06 Mon-Fri Book Fair</td>
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<td>03</td>
<td>Tues Cross Country Training starts</td>
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<td>06</td>
<td>Fri Leadership Ceremony</td>
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From the Principal Continued...

Assessment Calendar

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Key Learning Area and Assessment</th>
<th>Due Date</th>
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<tbody>
<tr>
<td>All Year Levels</td>
<td>Reading</td>
<td>Week 8</td>
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<tr>
<td>Year 3 and 4</td>
<td>English– written</td>
<td>Week 5</td>
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<tr>
<td>Year 5 and 6</td>
<td>English– written</td>
<td>Week 5</td>
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<tr>
<td>Year 5</td>
<td>Mathematics– written</td>
<td>Week 4</td>
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<tr>
<td>Year 6</td>
<td>Mathematics– Short answers</td>
<td>Week 4</td>
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<tr>
<td>Prep</td>
<td>Mathematics– Interview</td>
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<tr>
<td>Year 1</td>
<td>Mathematics– Observation</td>
<td>Week 5</td>
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<tr>
<td>Year 2</td>
<td>Mathematics– Observation</td>
<td>Week 5</td>
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Through a written response or creation of a new chapter, trick or plan, students develop alternative behaviors and actions for a character.

Students complete a comprehension task about a particular short story and other short stories they have read.

Digging into data- To classify and interpret data and pose questions to gather data.

Data decoder- To interpret, compare and analyse data displays to make reasoned decisions.

Students complete an interview where they demonstrate Counting Principles and early number understanding.

Longer and shorter- Collect information about students’ understanding of comparing objects based on length using informal units.

Counting capers- Collect information about students’ ability to recall the ones, twos, fives and tens counting sequences; count in 1s, 2s, 5s and 10s to quantify a collection and identify the missing element in a familiar counting pattern.

Week 5 Focus Expectations:

Be Respectful

* Wait my turn

Week 6 Focus Expectations:

Be Safe

* Walk inside
Junior Class News

First of all, thanks to the parent helpers who have been in to help us with our reading, sight words and maths activities. The roster is on the door please feel free to add your name as often or as little as you feel comfortable. All help is greatly appreciated.

In English we have continued work on our oral presentation and will present our talks to the class next week. Our hard work in reading groups continues and this week’s focus strategy has been if you don’t know a word you can skip it and read on until the end of the sentence, at the end of the sentence you need to come back and re-read. This helps the children determine the word as the rest of the sentence may give context to the word that is unfamiliar to them. The preps are working very hard on learning their alphabet letters and sounds and have now learnt the alphabet! In grammar we have focused on verbs and simple sentence structure.

Our maths work continues to be around number knowledge and simple operations with number using addition and subtraction. Next week we move on to time. For prep this will be sequencing events in the correct order. Year 1 and 2 will look at the days of the week and the months of the year.

History has seen us looking at the stages of life and how stories are passed from generation to generation.

With Mr Bryant in Science the seeds we placed in glass jars with cotton wool have germinated so we have planted them in some soil. We are waiting for them to break through the surface as we learn about how to care for living things and their life-cycles.

Yours in education— Mrs Jones

Senior Class News

Sizzling starts

The students this last fortnight have been learning about sizzling starts. A Sizzling Start is a start to a piece of writing or story that really engages the reader and makes them want to read more in the story. It could be an action scene or something funny – anything that makes the reader want to keep reading more.

A tip for at home: Next time you are watching a movie with your kids, see how the movie begins with lots of action to grab your attention. Adventure movies (e.g. James Bond) are especially good at this.

Science Focus for Term 1 (Life and Living)

Year 3/4

In this unit, students will understand what constitutes a living thing, and that living things can be distinguished from non-living things. They justify groupings of living and non-living things according to observable features, and recognise once-living things. Students investigate lifecycles and examine relationships between living things and their dependence on the environment. By considering human and natural changes to the habitats, students predict the effect of these changes on living things, including the impact on the survival of the species. Students recognise where people use science knowledge in their lives. Students describe situations where science understanding can influence their own and others' actions.
Year 5/6

In this unit, students will explore the structural features and behavioural adaptations that assist living things to survive in their environment. They will use simulations to plan and conduct fair tests and analyse the results of these tests. Students will investigate the relationship between the growth and survival of living things and the physical conditions of their environment. They will investigate factors that influence how animals survive in extreme environments.

History

This unit brings together historical understandings, knowledge and skills from the Australian History curriculum for Years 3 to 6. The content provides opportunities to develop historical understandings through the key concepts of sources, continuity and change, cause and effect, and significance.

Year 3/4 In this unit, students will:

- develop an understanding of the significance of celebrations and commemorations from Australia and other places around the world
- examine the historical origins of celebrations and commemorations and explore a range of perspectives on the historical events that we remember when we celebrate or commemorate
- recognise connections between world history events and the history of Australia
- investigate the journeys of the great explorers from the 1400s to the late 1700s and how these resulted in colonisation and the building of empires around the globe
- use provided sources to examine the journeys that led to Australia’s colonisation by the English through the arrival of the First Fleet, the establishment of the first settlement in Sydney Cove and the early days of the colony
- describe the experiences of a convict who travelled on the First Fleet and identify how life changed.

Year 5/6 - In this unit, students will:

- investigate the nature of the colonial presence in Australia and the significant changes that occurred during the 1800s
- identify and locate a range of relevant sources to explore reasons for the establishment and growth of the colonies and the impacts of colonisation, including on the environment and daily life
- sequence key events to demonstrate an understanding of the significance of colonisation and the development of Australia as a nation, including Federation
- compare information from a range of sources to examine the changes in Australian society throughout the nineteenth and twentieth centuries
- develop a historical description, based on information identified from a range of sources, using historical terms and concepts to communicate changes that shaped a society.

BOOK FAIR

Will be held before & after school in the Resource Centre during the week Mon 2nd March - Friday 6th March. All welcome!

BOOK CLUB

Issue 1 is out now!

Please return orders by Friday 27th February with payment - cheques to be made out to Bollon State School.
**Music News**

**Music Lessons 2015**

- Week 5 - Wednesday
- Week 6 - No lesson
- Week 7 - Tuesday
- Week 8 - Wednesday
- Week 9 - Wednesday
- Week 10 - Tuesday

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**P&C News**

**TUCKSHOP** - Has been a hit so far. Just to clarify to the parents who have to bring extra home bake and savoury plates for morning tea, you need only make enough for 15 serves.

**School Banking News… Welcome to 2015 SUPER SAVERS!!!!**

For new parents, School banking is processed weekly (usually on a Monday). The program's emphasis is on developing good saving habits - NOT on the amount saved (you can deposit as little as 50c). For this reason, students are eligible for a reward (a small incentive such as a handball, pencil case etc) every 10 deposits.

To participate, new students are encouraged to open a youth saver or ‘dollarmites’ account with the Commonwealth Bank. I will leave some ‘new parents packs’ on the fridges at school. Complete this paperwork and take it into a Commonwealth Branch. But please make you first deposit through the school, this allows the P&C to get the $5 commission for the new account. In fact, we get:

- $5 for every account activated via the program
- 5% of every deposit made at school (up to a maximum of $10 commission per individual deposit) or; A minimum commission payment of $25 per quarter (provided at least one deposit or new account is received from the school per quarter).

Last year $149.32 was raised in commissions for BSS P&C through the school banking program!

If you have any questions, come and talk to Alex. Happy banking $$$

**Chappy’s Chat**

It’s been a great first few weeks at school and I’m really looking forward to the rest of the year. One of the things I’ve personally enjoyed every year is meeting new students. One of the things they often ask when I introduce myself is “what is a chaplain?” What I usually tell them is that I am here to listen to people: that if there is ever a time when they just need to talk to someone about something then I’d be very happy to listen. I tell them that my job is to have time for them and to make sure they’re doing ok when hard stuff is happening. I also tell them that I’m a Christian and I love to talk about God and life or pretty much anything. So, that’s some of what a chaplain does. And the chaplain is here to serve the whole school community so if you have something you need to talk through with someone, or even if you’d like some prayer I’d be very happy to hear from you.

May God bless our school and our families this first term of 2015.

Aaron Barlow

**CROSS COUNTRY TRAINING**

Will commence on Tues 3rd March. All welcome.

It will be a 2-3km program and the program will be altered to suit age and ability.

Supervision and support for the younger children would be greatly appreciated.

For times and more information please see the Bollon Active Facebook page or contact Jacqui Tinkler.
Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parenting ideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and mug about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led to some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

TIPS FOR QUIET TIME

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.

2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.

3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
Playgroup News...

Just a reminder that the clothes drive is on again. Kids clothes, linen and miscellaneous will be available on Friday 20th of February (today) and adults clothes etc on Friday 27th of February. We will be there from 2pm till 5:30 at the latest. This will be the last of the clothes drives for now, so bring your shopping bags!

We are off to the library on the 3rd of March, otherwise it will be Playgroup as normal every Tuesday. Jenny Blockland, the child health nurse will be at Playgroup every third Tuesday of the month.

See you there!

Bec, Carly and Cassie.
BOLLON HOTEL Kitchen Hours
Mon - Thurs: 6pm-7.30pm
Friday: 6pm-8pm
Saturday: 6pm - 7.30pm
Sunday: Closed
To avoid disappointment for small or large groups, a phone call is very much appreciated.

MYSTERY BINGO - Last One The envelope or the box?? Sunday, 22nd March 3.30pm start.

*** GIVE AWAY***
Arab grey mare 18 yrs. Make good pet. Ok for 'walk outs' but sour when asked to do more than that (hence give away). Contact Alex 0447 086 607.

BOLLON HEALTHY AGEING
Healthy Ageing will recommence on Wednesday 4th March starting at 10:00am. Cost is $2 per meeting. Everybody is welcome. Please bring a plate. We meet the first and third Wednesday of the month at the CWA Rooms.

Any ideas for things that may interest our members are welcome. Contact Barb Turner 46256358 or PO Box 87.

BOLLON QCWA MEETING
Thursday 12th March at 9.30am
Agenda:-
• Community Meet & Greet
• Photography/art/sculpture/wine/cheese show
• Country of Study – English Midlands
• Anzac Day – WW1 Centenary Commemorations
• Cottage Landscaping & upgrade

BUGLE ADS
Please email to tkemp74@eq.edu.au with a cc to tnrton36@eq.edu.au.
Next advertising deadline is Thurs 5th March.

Cost for sm classifieds is $2.50, bigger ads are negotiable. Organisations are encouraged to pay an annual lump sum. This helps fund the cost of production and ensures the wider community can enjoy the Bugle. Your support in this matter would be much appreciated.

RECIPES WANTED
Barb Turner is compiling a cookbook for starters, if people can kindly send in any recipes for nibbles, soups, dips etc it would be much appreciated, these books will be sold at the Cancer Biggest Morning Tea.

Please email: jbtturner1@bigpond.com or phone 46256358

If the date for the Cancer Biggest morning Tea clashes with anything please let Barb know as the date can be moved to anytime in May.

International Women’s Day Luncheon

We invite you to join us to enjoy a day out with friends; to be inspired and celebrate women’s success.

Where: St George RSL
When: Wednesday 4th March 2015
Cost: $25.00/person 2 Course Meal
Time: Market Stalls from 10.30am, Formal Proceedings commence 11.30am - 2.00pm

Individual /Full Table (10) Tickets to be pre-purchased by 4.30pm Friday 27th February 2015 from Care Balonne, 84-86 Victoria Street, St George

Raffle Tickets also available at time of booking.

BNC NEWS
Open 8:30 - 4:30pm
Clinic opening hours are 8.30am - 4.30pm with a lunch break around the middle of these hours. Emergencies as always are seen any time. If difficult to attend these hours please phone the clinic on 46256105 to make other arrangements. Most routine home visits for HACC patients will be scheduled between 10am and 2pm Wed. Please phone the BNC 46256105 if an appointment out of these hours is required for nurse consultation and or wound care.

DOCTOR’S CLINICS are TUESDAY and THURSDAY from 9.00am - 11.00am
Bring your medicare card and Healthcare cards... All patients are bulk billed.

CHILD HEALTH NURSE:- TBA
PHYSIOTHERAPIST:- TBA
WOMENS HEALTH NURSE:- TBA
For any questions please phone Jenny at the BNC on 46256105.

Community Calendar

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<th>FEB</th>
<th>Fri</th>
<th>Playgroup Clothes Drive for Kids (2-5pm)</th>
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<td>27</td>
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<thead>
<tr>
<th>MAR</th>
<th>Tue</th>
<th>Cross Country training commences</th>
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<tr>
<td>03</td>
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<tr>
<td>04</td>
<td>Wed</td>
<td>Healthy Ageing recommences</td>
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<td>04</td>
<td>International Women’s Luncheon in St George</td>
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<tr>
<td>12</td>
<td>Thurs</td>
<td>Bollon QCWA 1st Meeting for the year</td>
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<tr>
<th>MAY</th>
<th>Fri</th>
<th>Cancer Fund Biggest Morning Tea</th>
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