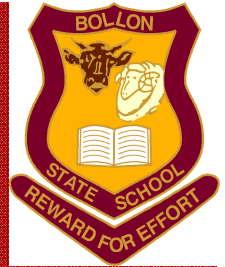




# Bollon Bugle



Join the Partnership

VOL 05, MARCH 24TH 2017

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## PRINCIPAL

MISS VANESSA SUMNER

PO BOX 39

BOLLON 4488

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07 4625 6139

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07 4625 6247

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principal@bollonss.edu.au

FIND US ON THE WEB!

WWW.BOLLONSS.EDU.AU



1885 - 2017

## From the Principal...

### School attendance

Currently the school attendance rate is **94.05%**. Well done everyone, we would like to keep this high attendance rate going for the rest of the year. Remember if your child is going to be away please contact the classroom teacher via phoning the office, seeing the teacher or e-mailing them. Remember it's not okay to be away.

### School Holidays

The Easter school break dates are 3<sup>rd</sup> of April to 14<sup>th</sup> of April. School resumes on Tuesday the 18<sup>th</sup> of April.

### Swimming

Thank you to all the parents and guardians for driving the students into swimming lessons these past few weeks. Also thanks to the parents who jumped in the pool and assisted the staff and students, it was much appreciated. Miss Scott was very impressed by the progress the students had made over the term.

### Easter hat parade

The Easter hat parade will commence at 9am on Thursday the 30<sup>th</sup> of March. Parents and community members are invited to attend the event and share in the fun of the morning. Materials to make hats were sent home with the students last week.

### Reading Counts

Have your kids been reading?

Why is reading on a daily basis so important? Evidence suggests that children who read for enjoyment every day not only perform better in reading tests than those who don't, but also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures.

### Student Leaders and Student Council

Congratulations to the student leaders and student council who received their badges last fortnight. We had a meeting last week to discuss what the focus for the students was going to be for the year and to brainstorm some fundraising ideas. The students were very enthusiastic and came to the

meeting full of great ideas. The first fundraising activity for the student council in conjunction with the P&C is the Easter Basket and Sea Food raffle. Tickets are available for \$2 and the raffle will be drawn at the conclusion of the Easter hat parade in week 10.

### Wearing School Uniform

During the last couple of weeks, some of the girls have been repeatedly coming to school wearing nail polish and garish jewellery (this could become a hazard). This is not in accordance with our school dress code. Also as the weather starts to cool a reminder that only school jumpers are to be worn (exceptions to this would require permission from the principal). Finally please ensure clothing, especially jumpers, jackets and hats are labelled with the student's name, so that lost items can be returned to their owner.

### Kilometre Club

Unfortunately due to 'wet weather' we have not been able to use the oval this week; hopefully we can continue our challenge next week. Kilometre Club will be ongoing throughout Term 2 in a lead up to Cross Country races.

So far as a collective we have completed 523km of our 1000 km goal. Remember the Kilometre Club is held every Tuesday, Wednesday and Thursday morning 8:20-8:40. All welcome to attend. Come one, come all!

### School Camp

Invoices were sent home last week for the student contribution towards camp. An e-mail also was sent out last Friday to all parents with a link to complete a form for students to be able to ski. This form needs to be completed ASAP. If you have not received this or having trouble completing can you please contact me urgently.

Next week a letter will be sent out with a packing list that students will need for camp.

Miss Vanessa Sumner

### TERM CALENDAR

Wed	29 Mar	Instrumental Music
Thurs	30 Mar	Easter Hat Parade
Fri	31 Mar	Bollon P&C AGM 1.00pm
Fri	31 Mar	Last Day of Term 1

**PRINCIPAL**

Miss Vanessa Sumner

**TEACHERS**

Mr Mitchell Bennett

Mr Doug Bryant

Ms Sandra Sumner

**TEACHER AIDES**

Mrs Rhonda Mobbs

Mrs Robyn Toop

Mrs Chris Sheedy

**ADMINISTRATION OFFICER**

Mrs Tiki North

**SCHOOL CLEANER**

Mrs Kylie Bottrell

**GROUNDSPERSON**

Mrs Vicky Weatherall

**VISITING SUPPORT STAFF**

**LEARNING SUPPORT/  
STUDENT WITH DISABILITY  
TEACHER**

Mrs Kelly-Anne Webster

**HPE TEACHER**

Miss Georgie Scott

**MUSIC/ARTS TEACHER**

Mrs Lauren Brumpton

**INSTRUMENTAL MUSIC**

Mr Luke Todd

**LIBRARIAN**

Ms Colleen Dunn

**CHAPLAIN**

Mr Elton Thompson

## Senior Class News

This week the students have had some Visual Art lessons. The focus of these lessons was firstly depth perception looking at details and size of objects in the foreground as opposed to objects in the background. We also looked at reflections in water. Students drew trees with their reflection being blurry. Below are a few samples of finished works of art.

Ms Sumner



Neville – Year 3



Patrick – Year 3



Tyler – Year 5



Owen – Year 4

## Junior Class News

Junior Class has continued its hard work this term working with numbers. Year 2 have been working with multiplication, Year 1 have continued working with addition facts, and Prep have been counting amounts and counting on. Students have been enjoying learning the value of money through earning rewards to purchase things from the shop.

Students have also started to improve their fine motor and gross motor skills by participating in catching drills and creating small things with their fingers.

Students have continued their work creating moving puppets including marionettes and puppets. If they haven't come home yet, they will be shortly.

Mitchell Bennett

**STUDENT AWARDS**

Congratulations to:-

**TERM 1 WEEK 8 AWARDS**

**Senior Students:**

**Imogen**

*Excellent recall of 5x table*

**Neville**

*Working hard on his new times table*

**Junior Students:**

**Xyeisha**

*Fantastic effort in Maths*

**Sienna**

*Wonderful reading during the week*

**School Captain's Award:**

**Michaela**

*For having a good attitude towards others*

**Sports Captain's Award:**

**Isaac**

*For playing well in Handball*

**TERM 1 WEEK 9 AWARDS**

**Senior Students:**

**Isaac**

*For creative writing*

**Tyler**

*Enthusiasm for learning & support of others*

**Junior Students:**

**Byron**

*A super effort with his spelling*

**Akayla**

*A great effort in writing*

**School Captain's Award:**

**Tom**

*Playing well in Handball*

**Sports Captain's Award:**

**Lucy**

*Playing well with others*

**Focus Expectations:**

**WEEK 9 - Be Safe**

Take Turns

**WEEK 10 - Be an Active Learner**

Actively participate



**Education Queensland News**

**Triple P seminars: get a taste of what positive parenting is all about**

"Why does my child do that?" Triple P seminars can help you understand your child's habits and encourage behaviour you like. With more than 50 free seminars scheduled across Queensland now's the time to start positive parenting. Find a seminar near you on the [Triple P calendar](http://www.triplep-parenting.net.au/qld-uken/find-help/check-our-calendar/) (http://www.triplep-parenting.net.au/qld-uken/find-help/check-our-calendar/).

**Get the conversation started**

Life can be busy, and pressure on families is growing. Yet many of us are uncomfortable with asking for help when we need it. The [Talking Families Facebook page](http://www.facebook.com/talkingfamiliesqld) (www.facebook.com/talkingfamiliesqld) provides information and resources that can help. You can also find support services

**Reminders**

- Bollon State School is now registered with **Centrepay**. If you would like to organise payment of any school fees via this option please see Tiki in the office.

**Save the Date: Bollon supports St George with hosting the.....**

**2017 Queensland ICPA State Conference!**

**Inspiration through Education**

When: 8 & 9 June  
 Where: Civic Centre, St George  
 How: With many valued volunteers from Bollon and Bollon ICPA  
 Why: State conference is the vehicle through which our voice reaches Canberra!

**What Happens at an ICPA Conference?**

Proposals are put forward in the form of "motions." They are voted on and either upheld or not. If upheld, ICPA State Councilors take the issues to the relevant Government Departments. This is where change can happen!

**How Can I Help?**

Bollon is responsible for catering for approx 200 guests & delegates on 8 June. This will require a mammoth effort. However, if everyone contributes what they can (donations of time, cakes or both) it will be a lot easier. As the time gets closer we will be seeking volunteers to help serving on the day, and home bakes etc from the capable kitchens of Bollon. If you are able to help or for more details please contact Kerry Cribb on 0428554913

**P&C COMMITTEE**

**PRESIDENT**

Mrs Karen Gray

**VICE-PRESIDENT**

Mrs Kylie Bottrell

**SECRETARY**

Mrs Kate King

**TREASURER**

Miss Carly Lowe

**PROVIDORE**

Miss Bec Steer

**TUCKSHOP**

Miss Bec Steer

**UNIFORMS**

Ms Amanda Hicks

**SCHOOL BANKING**

Mrs Bec Halliday

Mrs Kylie Bottrell

**WATCH THIS SPACE**

Catalogues are coming to order all your bulbs for gardens full of spring colour.

**Parenting Ideas - Wellbeing tips for primary school kids**

**By Dr Jodi Richardson**

*It's time for parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.*

Wellbeing – it's a word we hear a lot these days. We understand that it's important for our kids; but it's not always clear exactly what it is, how we know if they've got it, and how we can help them to get more!

Put simply, our kids' wellbeing is a combination of their physical, mental, emotional and social health. And because a range of different elements contribute to their wellbeing, there are a bunch of activities we can do with them, role model for them and teach them, to improve it.

Developing wellbeing is more than ensuring the absence of ill-health, it's about taking action to adopt thinking and behaviour patterns that researchers have shown to foster flourishing physical and mental health.

Here are 5 practices that you can put into action to enhance your kids' wellbeing:

**Get them outside and moving** - There's so much we can do! Park further from school at drop off and pick up and increase their daily exercise at the same time; stay a while after school to let the kids play; stop at the park on the way home or head outside after bags are unpacked and have a bounce on the trampoline.

**Create plenty of opportunities for your kids to foster positive connections with their friends, family and of course with you!** - Positive social relationships not only enhance kids' wellbeing, but are key to their future wellbeing as adults as well. Time spent with friends helps our kids to develop social skills including sharing, compromise, listening and conflict resolution.

**Keep screen time to a minimum** - Kids love screens, but we're the parents and we can work with our kids to create clear and consistent limits. Kids aged 2-5 are recommended to have one hour of screen time per day and two hours a day max for 5-12-year-olds.

**Help your kids develop mindfulness skills** - Mindfulness is about paying attention in the present moment, letting thoughts come and go without getting caught up in them. Sounds easy, but like any skill it takes time and practice. It gives kids' overstimulated minds a rest! I highly recommend the **Smiling Mind app** for age appropriate mindfulness meditations.

**Last but not least – ensure your kids get ample sleep** - Primary school kids need 10-12 hours per day. Often, what helps enormously is establishing clear and consistent routines including no screen time one hour before bed, a 'wind-down' routine which may include a bath/shower, being read a book and then quiet reading before lights out.

**P&C News**

**TUCKSHOP:** Last Tuckshop for the term... \$6.50 flat rate - served as a smorgasbord

**TUCKSHOP DUTY ROSTER:**  
**27.03.2017**      Bec Steer

**NEXT P&C MEETING:** The next meeting will be the AGM, on Friday 31 March at 1.00pm in the Resource Centre, followed by a general meeting. All positions vacant. Please see Karen for positions descriptions. Annual Membership forms are attached to the Bugle - please return to Secretary Kate King.



# 2017 Leadership Ceremony



**At Bollon State School, we are RESPONSIBLE by being SAFE, RESPECTFUL and ACTIVE LEARNERS**

## Community Classifieds

### THE BOLLON BIGGEST MORNING

#### TEA FOR CANCER

Will be held on Monday 22 May to correspond with the Breast Screen Bus which will be visiting Bollon on that day.  
~ Cheers, Barb Turner

### ST MARY'S ANGLICAN CHURCH

Will hold interdenominational services at 3.30pm on the following dates:-

**March TBA;**

**April 14th (Good Friday)**

For more information, please contact Glenys Hart-Francis 04572921017

### BOLLON QCWA

Next meeting:- Wednesday 12th April 3.00pm

Women Walk the World:- Saturday 6th May  
QCWA Country Kitchens in Bollon  
27 April, 25 May, 15 June

### BLUE LIGHT DATES

Thur 30th Mar - Blue Light Disco at Bollon Civic Centre 5.30-7.30pm

Sat 29th Apr - Movie Night - time & place to be confirmed

Sun 28 May - Touch Footy Family Day at Bollon State School from 10am

Fri 9th Jun - Blue Light Disco at Bollon Civic Centre 5.30-7.30pm

### BOLLON TENNIS CLUB

Closed Tennis Tournament  
Saturday 24th June

### BOLLON BUGLE

The Bugle will be published fortnightly once again with the next issue out on Friday 21st April. **Please submit ads by 9.00am Thursday 20th April** preferably via email to:-

[bugle@bollonss.eq.edu.au](mailto:bugle@bollonss.eq.edu.au)

Sm classifieds \$2.50; larger ads & colour to be negotiated.

Find the Bugle on our website:-  
[www.bollonss.eq.edu.au](http://www.bollonss.eq.edu.au)

### JD Berghofer – Goats & Sheep



Transporting for Western Exporters, Charleville  
Consign through us for competitive freight rates  
Can organise OTH kills or Liveweight purchase  
Small mobs, part loads and full trucks all handled  
Give us a try with your next mob.



Jake & Emma Ph: 07 4655 4837 E: [springvale2@bigpond.com](mailto:springvale2@bigpond.com)

### Bollon Community Clinic

Queensland Health – SWHHS Ph: (07) 46256105

Hours: 8:00am – 4:30pm Lunch break at 12:30 – 1:30pm

Closed Weekends/Public Holidays.

There will be a nurse on-call for all public holidays. A new buzzer is located out-side the clinic for after hours or if the clinic is unattended. This buzzer will contact the on-call nurse. Emergencies are able to be seen at any time. In case of an emergency where an ambulance is required, please contact 000 and not the health centre. As this will then activate the nurse/driver and ambulance. (this opens the lines of communication and allows personnel to set up for departure). **For non-emergency health assistance out of hours – please call 13 HEALTH 13 43 25 84**

**South-West Hospital and Health Board “COMMUNITY ENGAGEMENT” Morning-tea, on Tuesday 28 March, commencing at 11am at the Bollon Community Clinic. Please RSVP to Donna Burke (07) 4505 1544 or email [donna.burke@health.qld.au](mailto:donna.burke@health.qld.au) by 21 March 2017.**

**ARE YOU AGED BETWEEN 70-79yrs??? If so, you may qualify for a FREE immunisation against shingles. Contact the Clinic for more information.**

**Doctors Clinics:** Tuesday/Thursday – 9:00am – 11.00am –Please bring your medicare card and Healthcare cards. All patients are bulk billed.

**Please note that Doctors Clinics to be held on Thursday 06 & 13 April, will be conducted via telehealth.**

**Child Health Nurse:** Tuesday 18 April 2017; **Physiotherapist:** Wednesday, 19 April; **Dietician:** Wednesday 3 May; **Occupational Therapist:** TBA; **Women’s Health Nurse:** Monday 22 May (please contact the Clinic for Appoints)

**FREE SKIN CHECKS being conducted by visiting specialist skin doctor & senior nurse- 26, 27 & 28 April. For expressions of interest, please contact the Clinic. Patients will then be contacted with an appointment time, closer to date.**

**The Breast Screening bus will be visiting Bollon on Monday 22 May. Please contact Breast Screen Qld to make an appointment - online or call 13 20 50.**

**The FLU VAX for 2017 will be arrive after 10 April. Please contact the Clinic for eligibility or expressions of interest. Once they arrive, a Vaccination Clinic will be conducted.**

**The Bollon Community Clinic will be CLOSED for lunch daily from 12:30-1:30pm. If an emergency, press the button at front door or ring 000**

### Community Calendar

MAR	28	SWHHS Board 'Community Engagement' Morning-tea (11am)
	30	Blue Light Disco at Civic Centre (5.30-7.30pm)
	31	Bollon P&C AGM (1.00pm)
APR	06	Doctor's Clinic to be via telehealth
	12	Bollon QCWA Meeting (3pm)
	13	Doctor's Clinic to be via telehealth
	14	Non-denominational Service at St Mary's Anglican Church (3.30pm)
	18	Child Health Nurse visiting Bollon Community Clinic
	19	Physiotherapist visiting Bollon Community Clinic
	26-28	Free Skin Check Clinic at Bollon Community Clinic
MAY	27	QCWA Country Kitchens
	29	Blue Light Movie Night
	03	Dietician visiting at Bollon Community Clinic
	06	QCWA 'Women Walk the World'