From the Principal...

Congratulations- Awesome sportspeople
Congratulations to Harry, Olivia and Riley for making it in the Balonne Tennis team. They will be competing in the South West Tennis Trials to be held at Chinchilla next Friday. Good luck to Harry competing in the South West Trials for cross country today. Olivia and Bobby-Jo also made the Balonne Softball team for 2015. Well done also to Walter who competed for South West Soccer on Monday at Chinchilla. Congratulations to all the students who have participated in the trials and represented the school proudly. Best luck for the games ahead!

130th School Anniversary Reunion- Save the date
The 130th school anniversary reunion will be held on 25-26th July. This will be a great reunion for past and present students to reminisce about school life at Bollon. We will be: digging up the time capsule, doing a roll call, walking through the classrooms, reminiscing about the great times past and present, show-casing our new time capsule video, family fun afternoon full of games and challenges followed by an evening of great food and live entertainment. Join us for the Sunday morning as we lay the new time capsule to be reopened in 2035.
To make the new time capsule interesting we are seeking input from community members. We are looking for old photos, and interesting stories about Bollon community and the school. If you can help please contact the school.

Thank-you
A massive thank you to Macca for fixing our flag pole rope. Both classes were privileged to be a part of the flag raising ceremony on Monday and were told about flag protocols and etiquette. Macca your effort and time is much appreciated and the school can now fly the flag proudly.
Thank you to Mick as well who last week came and fixed the flag post holder so that the school can fly our behaviour flags proudly each day.

Reading each night
Don’t forget the Bollon School reading challenge- each night the students read they will receive a raffle ticket to be drawn on parade each week. The prize is a gift voucher for Deb’s Café. Did you know that just 10 minutes of reading each night can make a huge difference.

Parents are the most important reading role models for children and young people. (National Literacy Trust, Reaching Out with Role Models, April 2009)

UNESCO defines literacy as the “ability to identify, understand, interpret, create, communicate and compute, using printed and written materials associated with varying contexts. Literacy involves a continuum of learning in enabling individuals to achieve their goals, to develop their knowledge and potential, and to participate fully in their community and wider society.” Literacy skills and a love of reading can break this vicious cycle of deprivation and disadvantage.

P&C Day
Today is P&C Day where we give thanks to the wonderful work done by our parents and citizens. The students’ time at school is greatly enriched by your contributions. Thank you all!

Regards, Miss Vanessa Sumner

2015 TERM CALENDAR

<table>
<thead>
<tr>
<th>JUN</th>
<th>04</th>
<th>Anniversary Planning Meeting 4pm</th>
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<tbody>
<tr>
<td>05</td>
<td></td>
<td>Book Club due</td>
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<tr>
<td>08</td>
<td></td>
<td>Queen’s Birthday Long Weekend</td>
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<tr>
<td>18</td>
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<td>Social Media Awareness Workshop</td>
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<td>19</td>
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<td>P &amp; C Meeting 1:30pm</td>
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<tr>
<td>26</td>
<td></td>
<td>End of Term 2</td>
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</tbody>
</table>
Parenting tip

5 healthy ways to manage emotions

By Michael Grose

Here are 5 healthy ways to manage your emotions that you can pass on to your children:

1. Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. Use a positive reappraisal

Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it at as a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

3. Use positive, REALISTIC self-talk

Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.”

Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That’s what emotional management is about.

4. Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives— all work and no play — are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

5. Seek professional counselling

We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become ‘unstuck’. A well-known song by US singer Kenny Rogers went, “You’ve got to know when to hold ‘em, know when to fold ‘em and know when to walk away.” I’d like to add another line- “You’ve got to know when to get some help.” Seeking help is something we are getting better at as a community, but we still have a long way to go until it accepted and normalised.

Week 7 Focus Expectations:

*Be Safe:
Stay with my class/group

Week 8 Focus Expectations:

*Be Respectful:
One person to speak at a time
Senior Class News
Miss Sumner and Mr Bryant

3-6 English

In this unit, students listen to, read and view novels and films with a range of characters involving flashbacks or shifts in time. They demonstrate understanding of positioning of characters in a chosen film through a viewing comprehension. They create a written comparison of a novel and the film version of the novel. Students in year 3 and 4 will be expected to write a recount from the main characters perspective of an event that occurred in the text.

Year 3 Maths

- Number and place value - represent, compare and order 3-digit numbers, partition 3-digit numbers, investigate 1000, count to and beyond 1000, add and subtract 2-digit and 3-digit numbers, solve addition and subtraction word problems
- Location and transformation - represent positions on a simple grid map, show full, half and quarter turns on a grid map, describe positions in relation to key features, represent movement and pathways on a simple grid map
- Geometric reasoning - identify angles in real situations, construct angles with materials, compare the size of familiar angles in everyday situations
- Money and financial mathematics - count collections of coins and notes, make and match equivalent combinations, calculate change from simple transactions, solve a range of simple problems involving money.

Year 4 Maths

- Location and transformation - investigate the features on maps and plans; identify the need for legends; investigate the language of location, direction and movement; find locations using turns and everyday directional language; identify cardinal points of a compass; investigate compass directions on maps; investigate the purpose of scale; apply scale to maps and plans; explore mapping conventions; plan and plot routes on maps; explore appropriate units of measurement and calculate distances using scales.
- Geometric reasoning - identify angles; construct and label right angles; identify and construct angles not equal to a right angle; mark angles not equal to a right angle.
- Number and place value - consolidate place value understanding of 5-digit numbers; compare and order 5-digit numbers; revise addition and subtraction concepts; solve addition and subtraction problems; consolidate multiplication problems; use appropriate strategies to solve problems.
- Money and financial mathematics - read and represent money amounts; investigate change; round to five cents; explore strategies to calculate change; solve problems involving purchases and the calculation of change; explore Asian currency and calculate foreign currencies.

Year 5 Maths

- Money and financial mathematics - investigate income and expenditure, calculate costs, investigate savings and spending plans, develop and explain simple financial plans.
- Location and transformation - explore mapping conventions, interpret simple maps, use alphanumeric grids to locate landmarks and plot points, describe symmetry, create symmetrical designs and enlarge shapes.
- Number and place value - round and estimate to check an answer is reasonable, use written strategies to add and subtract, use an array to multiply one and two-digit numbers, use divisibility rules to divide, solve problems involving computation and apply computation to money problems.

Year 6 Maths

- Money and financial mathematics - connect fractions and percentages, calculate percentages, calculate discounts of 10%, 25% and 50% on sale items
- Number and place value - identify and describe properties of prime, composite, square and triangular numbers, multiply and divide using written methods including a standard algorithm, solve problems involving all four operations with whole numbers, compare and order positive and negative integers
Chappy's Chat

In our school this week (and in schools around the state) we are celebrating chappy week!

For myself, I see this as an opportunity to say thank you to our school community for having me as a chappy. Thankyou for the chance to care for our kids, to play with them, to provide for them and to link them with other caring people. Thanks for recognising that kids sometimes have big questions and having someone caring to talk to about it can really help. Thankyou, as a community for being so welcoming to me and so behind chaplaincy. Thankyou to the teachers and other staff members who realise when kids are hurting and care enough to let me know. Thankyou to the church volunteers who come and help me make fantastic breakfasts. Thankyou to St Vincents de Paul who support us with brekky supplies. And thankyou to the supporters who’s generosity ensures that children’s needs can be met and to those who are actively praying for our kids and our school. Chaplaincy works in our school because the community cares for our kids and wants to see them cared for and doing well.

So, thankyou.

Aaron Barlow
School Chaplain

EYES OPEN Social Media Awareness - For All members of the community....

Interested Individuals, Parents, Grandparents...

When: Thursday 18 June 2015

Where: Bollon State School

*Free Information Session 9-10am *

• Develop an overall understanding of how social media is used, especially by children.
• Understand what controls are available to help create safer accounts.
• Gain knowledge to communicate with children about protective behaviours

* Workshop 10.30-12.30pm get in quick limited places...*

Subsidised Cost*: $30/family (sponsored by Uniting Church).

Bring your lap top/ipad/electronic device and get walked through the ‘how to’ of cyber-safety..... Face book settings etc. Address and reduce the chances of: bullying, predators/sex offenders, identity theft, poor digital footprint, access to inappropriate material

Please RSVP (workshop only) by 10 June to: Alex Donoghue 0447 086 607 or faroutot@gmail.com

*This is a huge opportunity. We have managed to get funding to enable Trisha to come out from her busy schedule in Brisbane to share her knowledge and expertise. Normally these workshops cost in excess of $150pp. Check out her website: W: www.eyesopensocialmedia.com.au

In collaboration with —— Far Out

Occupational Therapy

At Bollon State School, we are RESPONSIBLE by being SAFE, RESPECTFUL and ACTIVE LEARNERS
Congratulations to the following students:

**TERM 2 WEEK 5 AWARDS**

**Senior Students:**
- Imogen (Year 3-4) For a positive attitude in class
- Walter (Year 5-6) Great effort in reading

**Junior Students:**
- Lucy (PREP) For excellent reading skills
- Hannah (Year 1) Excellent writing skills
- Owen (Year 2) Great accuracy with number facts

**TERM 2 WEEK 6 AWARDS**

**Senior Students:**
- Cassie (Year 3-4) Great effort in class
- Riley (Year 5-6) Great effort in Geography

**Junior Students:**
- Akayla (PREP) Great written re-tell
- Lincoln (Year 1) Great editing of his written book report
- Thomas (Year 2) Showing great skills in telling time

**Sport Captains’ Award:**
- Josie

**School Captains’ Award:**
- Kiaerrah

**Junior Class News**

The children are really enjoying the show and tell roster and are doing are a fantastic job standing in front of their peers and speaking in sentences. The audience is encouraged to ask thoughtful questions to gain further information from the speaker. They are all doing really well in this area.

The class has all been working hard to write book reports which they will present to the class next week. Everyone’s reading is improving out of sight at the moment and the children are impressing me every day with their improvements. This week we have been focusing on the reading strategy to look for similarities in words to help us decode them.

In maths we have been learning about how we create paths when we change from one location to another location. The year 2’s have taken this to the next level by locating features maps using grid references. Last week we all learnt about time. Preps learnt about the time of day. Year 1’s learnt to tell the time to the hour and the half hour and on top of that the year 2’s learnt quarter past and quarter to.

The next few weeks are going to be very busy finalising assessment and listening to the children read. On this note please make sure the kids have a hearty breakfast and a full lunch box so their brains have lots of energy for thinking.

From here on we will be doing library borrowing each Wednesday morning before school. You are more than welcome to join your child at the library and read them a story.

Yours in Education, Leanne Jones

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<table>
<thead>
<tr>
<th>Assessment</th>
<th>Assessment Dates</th>
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<tbody>
<tr>
<td><strong>English</strong></td>
<td></td>
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<tr>
<td>Prep, 1 &amp; 2 – Students will retell a story they have heard in class.</td>
<td>Week 5</td>
</tr>
<tr>
<td>Year 1 &amp; 2 – Students will Read and answer comprehension questions.</td>
<td>Week 10</td>
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<tr>
<td>Prep - Students will retell a story that they have heard in class.</td>
<td>Week 1</td>
</tr>
<tr>
<td>Throughout both units children’s book knowledge and beginning reading skills will be monitored.</td>
<td>Week 10</td>
</tr>
<tr>
<td>Year 1 &amp; 2 - Students will create a retell from a character’s perspective.</td>
<td>Week 6</td>
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<tr>
<td>- Students will listen to a story and answer comprehension questions about the story.</td>
<td>Week 10</td>
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<tr>
<td>Students reading will also be assessed.</td>
<td>Week 6</td>
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| **Maths** | |
| Prep | |
| Describing location | Week 6 |
| Length – Super Me (creating questions to enquire about length) | Week 7 |
| On My Plate – number assessment (counting and understanding more and less) | Week 9 |
| **Year 1** | |
| Pool Problems – addition assessment | Week 7 |
| Shape Shakers | |
| Money (monitoring task) | Week 7 |
| **Year 2** | |
| Chance and Location | |

| **Geography** | |
| Task A: Modelling a familiar personal place | Week 7 |
| Task B: Mapping a familiar personal place | |
| **Year 1** | |
| Task A: Features of places Identify and describe the natural, managed and constructed features of places at a local scale. Identify changes in features and describe how to care for places. | |
| Task B: Locating and representing features | |
| **Year 2** | |
| Task A: Planning a town | |
| Task B: World geographic divisions | |
P&C News

Music News

Term 2 Lesson dates:
- Tuesday 2nd June
- Wednesday 10th June
- Wednesday 17th June
- Tuesday 23rd June

P&C News

Tuckshop:

**Week 7— On duty—Carol & sweet homebake**
Savoury homebake—Tamie
Extra Homebake—Jenny (sweet), Bub (savoury)

**Week 8— On duty—Amanda & sweet homebake**
Savoury Homebake—Jacqui
Extra Homebake—Kylie (savoury), Lynne (sweet)

**UNIFORM PRICES**
- New shirts $25
- Gold shirts $10
- Beanies $7
- Bucket hats $6.50
- Wide brim hats $10
- Fleece jumpers $20.50
- Rugby Knit shorts $10
- Jackets $30
- Fleece Pants $16.50
- Microfibre shorts $10
- New trackpants $25
- Skorts $10

**SCHOOL BANKING**

- PARENTS please fill in bank books, as there are many children’s bank books that are not filled in correctly and the banking coordinators are having to do this....

**SIGNING IN WHEN VOLUNTEERING:**

Please make sure you sign the volunteers register outside the school office when volunteering at the school ie: tuckshop, reading etc

NEXT P&C MEETING FRIDAY 19TH JUNE @1:30PM

Education Queensland News

**Influenza (flu) season**


Our school is helping to prevent the flu from spreading by:

- encouraging children, staff and visitors to cover their mouths and noses when they sneeze or cough
- making tissues readily available and ensuring used tissues are disposed of immediately
- ensuring children and staff wash their hands regularly
- cleaning our facilities and resources regularly
- encouraging staff and children with flu-like symptoms to stay at home strongly urging staff and children who arrive with flu-like symptoms to instead stay at home and encouraging them to seek early medical advice.

If your child catches the flu, please seek medical advice and keep them home until they are feeling well again.

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**COMMUNITY ClassIFIEDS**

**BUSH POETRY WORKSHOP**
Saturday 13 June at Bollon Tennis Club
3-5pm Bush Poetry Workshop (open to anyone) afternoon tea provided
6-7.30pm Hot Dinner ... Compliments of the Bollon QCWA, bar available
7.30pm – 8.30pm performance with Muzzy!

*** Free entry ***
RSVP appreciated: 0408703861, 0447086607
(please leave surname and numbers attending)
Collaboration of RADF, Bollon QCWA and Far Out Occupational Therapy

**St Mary's Anglican Church**
June—Sat 27th 2:00pm
Afternoon tea follows, please bring a plate

**HELP SEND 'OUR' BOYS TO AMERICA!!!**
It's not too late to help!!
We are still seeking donations for the multi-draw raffle, to raise funds for Braden Tattam & Cameron Southern, to represent Australia at the High School Rodeo Association Championships in America.
If you would like to make a donation (monetary or item) to the multi-draw raffle, please contact Bec Halliday (07) 46256336 or Cherie Tattam (07) 46257318.
Tickets will be available soon, from Deb's Cafe, Bollon Post Office & Bollon Rural Hardware & Produce.

**FIELD DAYS**
Electric fencing for feral animal control
Wed 10th June at “Curragh” Cunnamulla
$20 gate fee incl morning tea & lunch
RSVP 1st June to Heather Smith, South West NRM 0428 220 136 or Rob Doro, Gallagher 0425 230 948

Low Stress Stock Handling 2 day School at “Curragh” Cunnamulla
25-26th July
1st person $770, 2nd & repeats $577.50
Please register with Coordinator Heather Smith 07 46 568542/ 0428 220 136
rlf@swnrm.org.au

**BOLLON PONY CLUB—DISCO**
Sat 6th June @ 7-8:30 pm
Bollon Showgrounds
All children u18 welcome
Parent supervision is required
Cost $2

Bollon Stockettes will be hosting a Finance Expo with accession³
(Super, shares, insurance)
June 25th at Bollon Hotel
All welcome
Watch this space!

**Bollon Branch ICPA DATE CHANGE**
The ICPA quiz night will now be held on Sat 20th June not the 27th June as previously announced.
The night of fun entertainment will be held at the shire hall with 6pm sharp start time. A 3 course meal will be part of your entry for the night. Bar will be operating. So get your table of 8 organised and start swatting up with your encyclopaedias.
Contact Fiona 0488464610 Christie 46257320 Kerrie 042854913

**BIGGEST MORNING TEA FOR CANCER COUNCIL**
On behalf of the QLD cancer council I would like to thank everyone who has helped in any way to make the Bollon Biggest Morning Tea so successful. Attendance was down due to the weather and clashing with other functions but I received donations and money for tickets in our draw from some who knew they would miss the day. My thanks to all the donors of the multi draw raffle. I will put a list up around town as there were 19 prizes and also a lucky door prize. Thanks to all the helpers especially Roz, Daphne, Sandra, Chris, Blondie & Tiki’s mum Margaret - your help was greatly appreciated. My thanks to everyone who kindly donated food for the day, Larry for his marvellous sponges that raised $30, Pearsey for his help. QCWA for the cottage and all who attended or had food delivered. We made $951.40 for the Morning Tea and a further $440 was raised with sale of aprons, teatowels and mugs - a total of $1391.40. Thanks Barb Turner.

Healthy Ageing—June 3rd @ 10am everyone welcome.
We need people to save milk bottle tops for healthy ageing, we are in need of at least 100

**B N C NEWS**
Open 8:30 - 4:30pm closed weekends
Clinic opening hours are 8.30am - 4.30pm with a lunch break at 12:30-1:00pm.
Emergencies as always are seen any time. If difficult to attend these hours please phone the clinic on 46256105 to make other arrangements Please phone the BNC for any appointment out of these hours is required for nurse consultation and or wound care.

In case of an emergency call 000 then 000 will contact nurse on call
For non-emergency health assistance—please call 13 HEALTH (13 432584)

**CHILD HEALTH NURSE :- PHYSIOTHERAPIST:-** — 3rd June—all appointments need a referral

**WOMEN’S HEALTH NURSE:-** 25th June

Social Worker/Dietician/Chronic Disease Nurse will attend clinic on a needs basis.
Please see Jenny at clinic for referral or contact St George Allied Health on 46 202 265
For any questions please phone the BNC on 46256105.

**Community Calendar**

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<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
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<tr>
<td>JUN</td>
<td>02</td>
<td>Tues 1-2-3 MAGIC workshop</td>
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<td></td>
<td>03</td>
<td>Wed Healthy Ageing 10am</td>
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<td></td>
<td>06</td>
<td>Sat Bollon Pony Club disco 7pm</td>
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<td>10</td>
<td>Wed Electric Fencing Field Day</td>
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<td>13</td>
<td>Sat Bush Poetry Workshop &amp; Evening</td>
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<td>18</td>
<td>Thurs Social Media Awareness Workshop</td>
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<td></td>
<td>19</td>
<td>Fri P &amp; C Meeting 1.30pm</td>
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<td></td>
<td>20</td>
<td>Sat ICPA Trivia Night 6pm</td>
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<td>25</td>
<td>Thurs Finance Expo with accession³</td>
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<td>27</td>
<td>Sat Anglican Church Service 2pm</td>
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<td>JUL</td>
<td>25-26</td>
<td>Sat-Sun Bollon State School 130th Anniversary</td>
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<td></td>
<td>25-26</td>
<td>Sat-Sun Low Stress Stockhandling School</td>
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