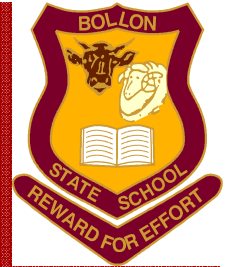




Bollon Bugle



Join the Partnership

VOL 08, MAY 20TH 2016

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PRINCIPAL

MISS VANESSA SUMNER

PO BOX 39

BOLLON 4488

PHONE:
07 4625 6139

FAX:
07 4625 6247

EMAIL:

princpal@bollonss.eq.edu.au
FIND US ON THE WEB!

WWW.BOLLONSS.EQ.EDU.AU



1885 - 2016

From the Principal...

Thank you Bollon for turning on the welcome and the weather for my first week here as acting Principal. The students and wider community have made me feel most welcome and we have achieved some excellent learning in these last 5 days.

This week:

Our visit from the Covenant Players on Monday started our week with some real dramatic flair being demonstrated by our students. The group performed plays and shared ideas on Hope. They showed us that we can all help another person find the hope they think they have lost - an important message in today's world I'm sure you would agree.

Balonne Principals' Meeting:

The Balonne District Principals held a meeting here last Friday 13 May. One of the agenda items discussed was the attendance of students at extra curricula instrumental music events. All students who participate in the Instrumental Music are encouraged to take full advantage of the extras on offer such as Band Camps, Eisteddfod and Winter Music Festival. While these extras need a little more organisation and planning from parents and guardians they provide an excellent opportunity for students to play their instruments and learn their music in a larger group situation not available within their own school. Being able to perform as a member of a 'big band' in front of an often much larger audience is a great confidence booster for our students.

The visiting Principals also made some comments that I would like to share with you now. While they were impressed with how neat and tidy Bollon itself looked, they were 'blown away' with the school itself. I heard comments such as "... But it's so neat and green!" more than once during the day. Thanks must go to Vicky Weatherall for keeping our grounds looking so beautiful. This school was the envy of all.

The P & C ladies provided a morning tea and lunch that demonstrated their great cooking abilities and

the wonderful country hospitality of the Bollon community. Thank you to all who helped!

Lastly the Balonne Principals took part in a walk through of the classrooms and I heard many positive comments on the manners of our students and their ability to speak confidently to visiting adults.

It's always great to be able to report on the good things happening and heard about Bollon State School.

Healthy Eating:

Last week the students were visited by Heather, the DON at the Bollon Community Clinic who spoke to them about healthy foods and healthy eating. A big thank you to Heather for coming and sharing your knowledge with us. We look forward to your next visit on Thursday 26 May.

The Bugle goes digital!

In an effort to streamline the production of the Bugle and reduce costs we are asking all our readers to consciously decide on whether or not you need a paper copy of the Bugle.

It would be more financially viable to send electronic copies for people to read as part of their daily email ritual. The Bugle can also be found on our website www.bollonss.eq.edu.au

If you currently receive both paper and digital copies of the Bugle from today you will only be receiving a digital copy.

Please contact the school with your current email address where we can send your copy of the Bugle. If you do not have a current email address please indicate that on the form attached to this newsletter and a hard copy will be printed for you.

Thanks everyone for attending to this matter.

Ms Colleen Dunn



ACTING PRINCIPAL

Ms Colleen Dunn

TEACHERS

Mr Mitchell Bennett

Mr Doug Bryant

TEACHER AIDES

Mrs Rhonda Mobbs

Mrs Robyn Toop

Mrs Liz Browning

ADMINISTRATION OFFICER

Mrs Tiki North

**LEARNING SUPPORT/
STUDENT WITH DISABILITY
TEACHER**

Mrs Louise Cowley

HPE TEACHER

Mrs Kelly-Anne Webster

MUSIC/ARTS TEACHER

Miss Lauren Prestridge

INSTRUMENTAL MUSIC

Mr Luke Todd

LIBRARIAN

Miss Jess Bail

SCHOOL CLEANER

Mrs Kylie Bottrell

GROUNDSPERSON

Ms Julie Halliday

Mrs Vicky Weatherall

Senior Class News

The students started their next five week learning cycle this week. The new units of work include looking at Australia's place in the world in Geography and looking at historical recounts in English. Our students are continuing to explore the Earth and beyond in Science with an emphasis on astronomy and geology. All in all it looks like a great five weeks to be learning in Bollon!

Ms Dunn, Miss Weber and Mr Bryant

Junior Class News

This week in English students have continued to look at stories and retelling the story in their own words, including where the story is, who the characters are and keeping the story in order. Students picked one of the stories we have read so far and have created a poster which they showed on Friday. Parents, remember to keep mixing up and practising sight words. It has been fantastic to see so many continuously improving their sight word lists. Knowing these words will help the student grow in confidence when reading.

This week a new activity was introduced into the classroom:- Sentence of the week. In this activity students write a sentence but must include a STRIVE word of the week. These can be found hanging next to the blackboard in class with the STRIVE words used showing above.

In Maths the focus has been on time, looking at the difference between analogue and digital time and identifying between the two. Year 2 were looking at quarter to and quarter past, Year 1 looking at half past and Prep looked at times of the day and o'clock. Next week we will be looking at Australian money. Mr Bennett

Baby News

Two baby boys with links to the Bollon school have been born recently. Luke and Laureena Todd welcomed Aaden on May 4. Followed by Ben and Reiko Austen welcoming Kai on May 12 . We wish the families all the best as the boys grow and hopefully sleep.

STRIVE words for the week

Class	Junior Class	Senior Class
Week 6	shame, terrible, natural, crazy	stern, cope, strolling, chanting
Week 7	prepared, exhausted, wisely, promise	leapt, journey, sauntered, contain

STUDENT AWARDS

Congratulations to the following students:-

TERM 2 WEEK 5 AWARDS

Senior Students:

Isaac

Great effort in creative writing

Thomas G

Great effort in Maths

Junior Students:

Neville

Continuing to work hard at improving

Kahli

Always doing her best during class

Sport Captain's Award:

Dante

Playing well with others

School Captain's Award:

Henry

Doing his best work

TERM 2 WEEK 6 AWARDS

Senior Students:

Damien

For great manners & work ethic

Jackson

For extra effort in maths

Junior Students:

Finn

Great work in maths

Josie

Completing her work to the best of her abilities

Sport Captain's Award:

Isaac

Playing packman well

School Captain's Award:

Hannah

Playing well with other students

Week 7 Focus Expectations:

Be an Active Learner

* **have** books and materials ready



Week 8 Focus Expectations:

Be Safe

* **play** in designated areas

Bollon Blue Light will be holding **touch football** after school on Monday afternoons starting next Monday the 23rd of May. All students from Yr 2 and up are welcome. This will be on each Monday afternoon after homework group, from 3:30pm to 4:30pm. Cost is \$3 per child for the season to cover costs of insurance and refreshments. Any parents wanting to assist are more than welcome.

Bollon Blue Light will be holding a **kids' movie night** at the Civic Centre on Friday June 17 from 5:30pm to 7:30pm. Free entry. Snacks and drinks will be available for purchase from the canteen.

The next **Blue Light Disco** will be held at the Civic Centre on Thursday July 21 from 5:30pm to 7:30pm. Major prize for lucky door ticket will be a kid's bike donated by Buffalo Lodge St George. More details to come closer to the date.



P&C News - Next meeting Friday 27th May at 1:30pm

On duty– Tamie, sweet & savoury homebake.

23rd May– Karen

Uniforms- If anyone wants fleece track pants ordered can they please see Amanda with sizes as she does not want to over order.

P&C COMMITTEE**PRESIDENT**

Mrs Karen Gray

VICE-PRESIDENT

Mrs Kylie Bottrell

SECRETARY

Mrs Lynne King

TREASURER

Ms Carly Lowe

PROVIDORES

Miss Bec Steer

TUCKSHOP

Ms Bec Steer

UNIFORMS

Ms Amanda Hicks

FUNDRAISING**SCHOOL BANKING**

Mrs Tamie White

Miss Emily Powell

BOOK CLUB

Issue 4 is out now.

Please return orders to the office with payment by Friday 27th May.

Don't forget to let us know if you do not wish orders to be handed to students.

Parenting Tips - 10 ways to promote good mental health & wellbeing in kids by Michael Grose

It seems strange to talk about promoting good mental health in children. Shouldn't all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood. Sadly, it doesn't seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common. Having good mental health doesn't mean kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result they learn better and have more friends as well. As a parent it's useful to reflect on the mental health habits that you promote in your kids.

Here are ten ways to promote good mental health and wellbeing in kids:

1 Model good mental health habits

If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It's worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2 Make sure they get enough sleep

Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours' sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids' abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3 Encourage your kids to exercise

When my mum would tell me all those years ago to turn the television off and go outside and play, she didn't know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour's movement per day seems the minimum for kids. How much exercise does your child receive?

4 Encourage creative outlets

Kids should practise creativity if for no other reason than it helps them experience the state of 'flow'. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It's energizing and helps take stressed and worried kids out of themselves.

5 Provide a space of their own

Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6 Talk about their troubles

A problem shared is a problem halved. Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what's inside, while others will 'expand' a situation, which can make matters seem worse. If your child has a problem let him know that his concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7 Help them relax

Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8 Have two routines – weekday and weekend

Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we're busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It's important to have this release valve if families are flat out busy during the week.

9 Foster volunteering and helpfulness

Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10 Bring fun and playfulness into their lives

Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don't have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun. These ideas are basic common sense. However, as kids' lives get busier these essentials get squeezed out.

Here's my recommendation to ensure that mental health habits aren't overlooked or neglected.

First, see these habits as the building blocks of mental health. Don't ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child's mental health.

FUNKY MONDAY



Outback Patrol



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

TERM 2 BUGLE PUBLICATION DATES

Friday 3rd June
Friday 17th June

Please hand in notices and ads by 9:00am on Thursday the day prior to publication. Notices can be emailed to our Bugle Volunteer Tamie White at: tkemp74@eq.edu.au with a cc to tnot36@eq.edu.au in case Tamie is away.

ST MARY'S ANGLICAN CHURCH

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

May 27th June 24th
July 22nd August 19th

A gathering for some drinks and nibbles will be held after the service at Bollon Hotel courtesy of Brian & Cheryl. All participants are requested to bring a plate.

FOR SALE

Large 8x4x3 bales— 2nd cut Lucerne Excellent quality avg weight 600 kilos, shedded \$220 plus Phone Alan 0429797433/ 46256212
Free delivery 15 bales or more within 50km radius

SHEEP MADE EASY WORKSHOP

with Geoff Duddy
Wednesday 15 June at Acme Downs Shearing Shed
Register/more info at www.leadingssheep.com.au or contact Amy Brown 4625 6129

ROYAL FLYING DOCTOR ADVICE:

* Have a copy of your airstrip map coordinates next to your phone with directions of distance from homestead
* If you don't have an airstrip, record the coordinates of the nearest airstrip plus distance from your property.
* Is your airstrip registered with the Royal Flying Doctor? If not phone 07 3860 1100 on how to do this.
* Have a card for every person residing/working on your property (don't forget backpackers and casual staff) with age, date of birth, any chronic illnesses and regular medication, allergies and any other information that may be valuable. Include their next of kin and contact details. Keep these cards in your first aid box.

Courtesy of Barb Turner
More next edition

JD BERGHOFER

now carting Goats/Sheep/Cattle

-running 4-6 decks weekly past Bollon to Wal-langarra or Crows Nest via Dalby. Backloading to Charleville.

Convertible non-bruise crates.

Discount freight when you book your goats through us—competitive grids and we aim to beat any live weight price.

Jake— 0418649666

Bollon Biggest Morning Tea for Cancer

will be held next Wednesday 25th May at 9:30am at the CWA cottage. Everyone welcome, cost: gold coin, raffle & competitions. Please bring a plate either sweet or savoury, any cakes left will be sold, all money raised goes to cancer council. A member of the cancer council will be attending to give us updates of how our money is spent. She is also hoping to bring turbans and wigs & give information of what is available both to cancer sufferers & also their loved ones.

CAR BOOT AND CRAFT STALLS

Saturday 25th June at St Mary's Anglican Church grounds. Cnr George & Belmore streets, Bollon.
For further information or to book a stall or car park please contact Glenys 0457292107 or boglenys@yahoo.com.au

August 9 is Census night and the Australian Bureau of Statistics (ABS) is seeking up to 38,000 motivated and community minded people across Australia to join our team and work on the 2016 Census.

If you or someone you know is interested in a Census Field Officer position - apply today! Census Field Officers: are temporary casual jobs, with flexible working hours are responsible for making contact with households to ensure everyone can complete the Census will earn \$21.61 per hour (inclusive of 25% loading).

<http://www.abs.gov.au>
Click on 'Census' and then 'Apply now for 2016 Field Officers'

Bollon Community Clinic

Queensland Health – SWHHS Ph: (07) 46256105
Hours: 8:30am – 4:30pm Lunch break at 12:30 – 1:00pm
Closed Weekends/Public Holidays.

There will be a nurse on-call for all public holidays. A new buzzer is located outside 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

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

Child Health Nurse: 21 June; Physiotherapist: 22 June

Women's Health: TBA; Dietician: TBA

Social Worker/ Chronic Disease Nurse attendance is on a needs basis.

If a referral is required please contact the Clinic and discuss with staff or alternatively St George Allied Health on 46 202 265

FLU VACCINATIONS HAVE ARRIVED!! Call the clinic today for eligibility for free vaccination. If you do not qualify for a free vaccination you will require a doctor's appointment.

Community Calendar

MAY	25	Wed	Biggest Morning Tea for Cancer
	27	Fri	Bollon P&C Meeting 1.30pm
	27	Fri	St Mary's Anglican Church Service 3.30pm
	27	Fri	Book Club due
	28	Sat	St George Police 3 Ball Ambrose
JUN	09	Thurs	Bollon QCWA Meeting 9.30am
	15	Wed	Sheep Made Easy Workshop at Acme Downs
	17	Fri	Bollon Blue Light Kids Movie Night 5.30-7.30pm
	21	Tues	Child Health Nurse
	22	Wed	Physiotherapist
	24	Fri	Anglican Church Service 3.30pm
	25	Sat	Anglican Church Car Boot & Craft Stalls
JUL	21	Thurs	Bollon Blue Light Disco 5.30-7.30pm
	22	Fri	Anglican Church Service 3.30pm