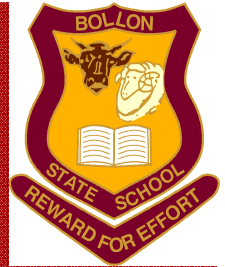




Bollon Bugle



Join the Partnership

VOL 09, JUNE 02, 2017

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PRINCIPAL

MISS VANESSA SUMNER

PO BOX 39

BOLLON 4488

PHONE:
07 4625 6139

FAX:
07 4625 6247

EMAIL:
principal@bollonss.eq.edu.au

FIND US ON THE WEB!

WWW.BOLLONSS.EQ.EDU.AU



1885 - 2017

From the Principal...

SCHOOL ATTENDANCE

Our attendance has continued with a high 94.5%. Well done everyone as you know every day counts. Remember if your child is going to be away please contact the classroom teacher via phoning the office, seeing the teacher or emailing them. Remember it's not okay to be away.

CROSS COUNTRY

Well done to the students who travelled to Hebel for the Balonne Cross Country Trials. Congratulations to Owen, Thomas, Tyler, Isaac and Henry who will now represent the Balonne Shire at the South-west Trials in Miles today. Good Luck!!!

STUDENT COUNCIL NEWS

Congratulations to the following winners in the Mother's Day Raffle.

1. *Buddy Halliday* - \$100 hairdresser voucher thanks to Sam Monagle at Rhapsody Hair.
2. *Tom Donoghue* - Dinner for 2 at the Bollon Hotel thanks to Ian and Caz.
3. *Rhonda Mobbs* - Selection of Wines thanks to Ian & Caz at Bollon Hotel
4. *Sandra Sumner* - Dinner for 2 at Deb's Café thanks to Deb.
5. *Jodie Donnelly* - Baylis & Harding weekend essentials bag thanks to Sumner Family

STUDENT COUNCIL - NACHO DAY

On Tuesday, 6 June, the student council will be selling Nachos (\$4) and Poppers (\$1) at lunchtime. If you haven't already returned your order form & payment, please do so on Monday morning.

BLUE LIGHT TOUCH FOOTBALL DAY

A great day was had at the Blue Light Touch Football Day. The student council raised \$360 from the canteen. Thank-you to everyone involved in organising and running the day.

BLUE LIGHT DISCO

On Friday, 09 June the Bollon Blue Light Committee will be hosting a Disco at the Civic Centre

from 5.30-7.30pm. Entry is \$5 and includes dinner and a drink.

SNOW CAMP

With less than 2 weeks to go, the school is a-buzz with excitement and anticipation. Final preparations are in order for this fantastic camp. This week Snow Camp Medical Forms and Zoo Indemnity Forms were sent home. Please complete and return to the Office no later than Friday, 09 June.

WINTER UNIFORM

Winter is here!!! With the cooler weather upon us, please make sure all your jumpers, jackets and tracksuit pants are clearly labelled. The Uniform shop is stocked with all your winter uniform needs, please contact Amanda if you require any items. School beanies are also available for \$7.50 each.

BUGLE

Due to school camp, the next Bugle will be published on Friday, 23 June (last day of term 2). Please ensure all notices are to be emailed to bugle@bollonss.eq.edu.au by 9am Thursday, 22 June.

REPORT CARDS

Report Cards will be sent home on the last day of term: Friday, 23 June.

ICPA

Next week the Bollon ICPA branch is catering at State ICPA Conference in St George. Donations of homebakes would be greatly appreciated and can be left with Marilyn Goddard.

Miss Vanessa Sumner

TERM CALENDAR

Tues	06	June	Student Council Nacho Day
Fri	09	June	Camp Forms Due
Sat	17	June	P&C Working Bee
Wed-Wed	14-21	June	Year 1-6 Canberra/ Snow Camp
Fri	23	June	Last Day of Term 2
Mon	10	July	First Day of Term 3

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

Senior class has had fun making a movie to present at the ICPA state conference next Friday at St George. The play Jackie and the Potato Stalk is a spinoff of Jack and the Beanstalk. Not only did the students have a great time producing the movie but they were able to tap into the creative side of making the props and costumes. A big thank you to Miss Sandra, Mrs Kylie, and Mrs Toop for assisting with the production.



Junior Class News

Junior class have been exploring numbers in maths this week. Year 2 have looked at multiplication and division and how they are related. Year 1 have explored growing number patterns and numbers to 100. Prep have continued work with counting numbers and have also focused on days of the week.

This week it was great to see great reading results with a lot of students. Please remember that library borrowing for junior class is on Friday. Can all borrowed book please be returned by next Friday?

Mr Bennett

Friendly Staff Rivalry

Go QLD !!!
Go NSW !!!



STUDENT AWARDS

**Congratulations to:-
TERM 2 WEEK 6 AWARDS**

Senior Students:

Owen

Great work with angles

Mackenzie

Great work with angles

Junior Students:

Michaela

Great attitude in Science

Kahli

Great attitude in Science

School Captain's Award:

Hannah

*Working well & getting along
with others*

Sports Captain's Award:

Lincoln

Playing well in games

TERM 2 WEEK 7 AWARDS

Senior Students:

Damien

Setting a good example in class

Hannah

Trying hard in her Science Test

Junior Students:

Dante

For a good effort in Maths

Akayla

Reaching her term reading goal

School Captain's Award:

William

Playing well with others

Sports Captain's Award:

Michaela

Playing nicely with others

Focus Expectations:



WEEK 7 - BE RESPECTFUL
Wait my turn

WEEK 8 - BE AN ACTIVE LEARNER
Have books and materials ready

Reminders

- Camp Forms and Payment
- Nacho Day Orders

Education Queensland News

Find the free parenting support that's right for you!

The Triple P — Positive Parenting Program now has an online app to help you decide what type of free parenting support is right for you.

In just three clicks you'll answer two simple multiple-choice questions and be matched with a positive parenting program that suits your parenting needs.

You can find the Triple P Selector at the [Triple P website \(www.triplep-parenting.net.au/qld-uken/get-started/which-triple-p-is-right-for-me/\)](http://www.triplep-parenting.net.au/qld-uken/get-started/which-triple-p-is-right-for-me/).

P&C News

TUCKSHOP DUTY ROSTER:

09.06.2017	Bec Steer & BJ Campbell	\$6.50 smorgasbord
16.06.2017	Cassie Love & Belinda Gibson	for students not going on school camp
23.06.2017	Bec Steer	\$6.50 smorgasbord

PRESIDENT POSITION - still vacant. Contact Secretary Kate King if you are interested.

WORKING BEE - Saturday 17th June - help is needed for the removal & replacement of concrete path near pedestrian gate.

SAND WANTED - Would someone be able to deliver a load of sand to the playground? Please contact Secretary Kate King or the school if you can assist.

NEXT MEETING: TBA



P&C COMMITTEE

PRESIDENT

Vacant

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

Parenting Tips

Parenting kids through the challenges of change

By Michael Grose

Parenting is always challenging, but perhaps never more so when you are undergoing change yourself.

Recently I spoke to staff at the General Motors Holden in South Australia about how they could help their families navigate the imminent plant closure, and subsequent loss of jobs. Change of this magnitude generally impacts on everyone in a family, bringing an added layer to parenting. Essentially the job of these parents was to help their children successfully navigate changes rather than isolate or protect them from the changes that will occur.

From a child's perspective, it's not the change itself but how parents react to adjustments that is most significant. Change tests individual and family resilience, but managing it well builds resilience. While most people yearn for certainty and consistency there will always be times when circumstances change – people shift jobs, families relocate and parents split up. These situations are difficult to manage at the time but inevitably people adjust and more often than not, end up with a better situation – a job that they enjoy; a better lifestyle or finding family peace. While change is not easy to endure, there are some things we can do as parents to help our children cope and hopefully grow from those changes. The following five ideas will help:

1. Acknowledge feelings

Every difficulty or challenge we face is accompanied by uncomfortable feelings such as sadness, anger and disappointment. When feelings aren't acknowledged, children will either act out or act in. That is, they will either become aggressive, agitated and hurtful or become moody, anxious and depressed. Give kids permission to talk about emotions by talking about your own feelings and your emotional reactions to events. Help children of all ages verbalise their feelings by asking children how they feel in response to different events. *"How do you feel about this?"* is a great way to initiate conversations on an emotional level.

2. Look after yourself (and your partner)

Change is usually stressful for adults. Feelings of anxiety are common in times of uncertainty. *"Will life ever return to normal?"* is a common question. Self-care is essential in times of change. It's hard to parent well when you are stressed, anxious or depressed so do all you can to stick to the building blocks of well-being. That is, sleep well (life's always better after a good night's sleep); get some exercise (to release the feel-good endorphins); actively maintain your support networks (talking about difficulties is therapeutic); get some relaxation (it's important to take your mind off your worries for a time) and pursue at least one interest that you enjoy (fun and play is an antidote to depression).

3. Stay optimistic

Optimism is characteristic of resilient people. I'm not suggesting that you take a Pollyannaish attitude that 'everything will be all right'. Instead project the attitude that the current situation may be difficult or that life at the moment may be difficult but you will get through this. *"This too shall pass"* is a powerful resilience concept for kids to experience and learn.

4. Maintain consistency and routine

When disruption appears in your life try to keep things as normal as possible for children. In particular, stick to regular mealtimes; keep bedtimes regular and keep the traditions that kids enjoy and bring your family together. This type of familiarity is comforting for kids, helping them maintain feelings of control, which is something they crave in times of change.

5. Stick together

Resilience is best practiced as a family or community, rather than as an individual so look for ways to bring your family together. Family mealtimes; shared enjoyable experiences and simply hanging out together are the types of activities that build strong families. In times of change and upheaval what we need most is each other.

Life is full of changes. Some are welcome and some aren't. It's human nature to resist change, particularly when it's unwelcome. But change also presents opportunities for growth and development. Helping kids cope with change, even when it happens to you, is a chance to build their resilience, which will be tested many times throughout their adult lives.

Netball—Week 2



Touch Football Day



Community Classifieds

BOLLON QCWA

Women Walk the World:-

Sunday 11th June

9.30am start for a walk around town ending at the CWA Cottage for smoko Gold coin donation. All welcome!

Next Meeting Date:-

Wednesday 7th June 3.00pm

QCWA COUNTRY KITCHENS

Final workshop at the Bollon Tennis

Club on Thurs 10am - 2pm: 15 June

Find out how to improve your families' diet - Let's get healthy!! All welcome!

For further information contact Carly Lowe on clowe1981@bigpond.com or 0408 703861

HOMEBAKE WANTED *(pretty please)!*

Calling all inspired Bollon bakers! The QLD ICPA conference will be next week at the St George Civic Centre, on the 8 & 9 of June. Bollon ICPA Branch is catering for Thursday the 8th. As previously discussed through the Bollon P&C, donations of baked goods (or time if possible) would be greatly appreciated. Baked goods can be left with Marilyn Goddard (46 256 255).

James Bailey team: Toowoomba Grammar School Baldies are taking part in World's Greatest Shave to help beat blood cancer. Link to sponsor James <https://secure.leukaemiafoundation.org.au/registrant/FundraisingPage.aspx?registrationID=679374>

BLUE LIGHT DISCO

Fri 9th Jun 5.30-7.30pm
Bollon Civic Centre

HAY FOR SALE

Large 8x4x3 bales— 2nd cut Lucerne
Excellent quality avg weight 600 kilos,
shedded \$220 plus gst
Phone Alan 0429 797433

BOLLON BUGLE

Next issue out on Friday 23rd June.

Please submit ads by 9.00am Thursday
22nd June preferably via email to:-
bugle@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

St George Art Group Inc presents

Brush Strokes Art Exhibition 2017

Fri 16 June 6pm \$15 Entry
Sat 17 June 10—2pm \$5 Entry
All paintings are for sale

SAM EAVES GOLF PRO—ST GEORGE GOLF CLUB 2ND—4TH JUNE

FREE Junior Coaching Clinic * 2nd June
3:30—4:30pm
Golf Lessons, Mobile Pro Shop
Contact: Sam Eaves PH 07 4661 3664 or
0408 222 602

CANCER FUND MORNING TEA was held on Monday 22nd May and was very successful. I would like to thank Daphne, Sandra and Heather for their help in setting up and decorating the cottage and the loan of the beautiful china that made the tables look delightful.

I would like to thank everyone who attended including many tourists who swell our numbers every year, bought raffle tickets, entered the tea cup competition, donated money or food or bought merchandise. My thanks also to Sheryl Hawkins the Woman's Health Nurse from Charleville and Karen Brown the Palliative Care Clinical Nurse from St George, who took time out of their busy schedules to attend and chat to us. My thanks to QCWA for the use of their cottage, the St George businesses and locals who donated prizes for the raffle and lucky door. The Pub for allowing me to hold three teacup competitions and Deb's Cafe for letting me sell merchandise last Friday.

With the money raised both on the day and in merchandise and competitions before and after the event we raised a fantastic \$1587-00. My congratulations to all raffle and competition winners a list will be posted at the Post Office and Cafe. On behalf of the Qld Cancer Council thank you Bollon. Barb Turner

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 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

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.

Child Health Nurse: Tuesday 20 June & 16 July; **Physiotherapist:** Wednesday 26 June; **Dietician:** Wednesday 02 August; **Occupational Therapist:** Friday 09 June; **Women's Health Nurse:** Thursday 13 July; **Podiatrist:** Friday 28 July (please contact the Clinic for Appointments)

FluVax are still available. Please contact the Clinic for any enquiries.

Community Calendar

JUN	02-04	Sam Eaves Golf Pro St George Golf Club
	07	Bollon QCWA Meeting 3.00pm
	08-09	QLD ICPA Conference—St George Civic Centre
	09	Occupational Therapist at Bollon Community Clinic
	09	Blue Light Disco at Bollon Civic Centre (5.30-7.30pm)
	11	Women Walk the World (9.30am)
	15	QCWA Country Kitchens Workshop 3 (10am-2pm)
JUL	20	Child Health Nurse at Bollon Community Clinic
	24	Bollon Tennis Club Closed Tournament
	26	Physiotherapist at Bollon Community Clinic
	26	Physiotherapist at Bollon Community Clinic
	30	Physiotherapist at Bollon Community Clinic
	31	Women's Health Nurse at Bollon Community Clinic