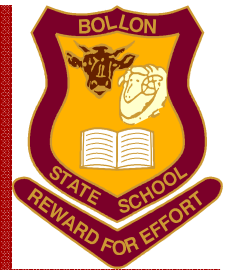




Bollon Bugle



Join the Partnership

VOL 11, JULY 14, 2017

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PRINCIPAL

MISS VANESSA SUMNER

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FIND US ON THE WEB!

WWW.BOLLONSS.EDU.AU



1885 - 2017

From the Principal...

Welcome back to the start of Semester 2. We have a busy term ahead with NAIDOC day, athletics carnival, hosting the Balonne cricket trial, car rally, campdraft weekend, hosting the St George cluster public speaking competition and under 8's day. There are no student free days or public holidays this term. If your child is going to be absent please contact the office via phone or e-mail.

NAIDOC Day- NAIDOC Day is being celebrated at Bollon State School on Wednesday 26th July. During the day Laurie Bateman and Chris Lamb will be conducting activities focusing on the indigenous culture. NAIDOC (National Aboriginal and Islander Day Observance Committee) Week is an Australian observance and celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

Sports Carnival- The athletics carnival is being held on Thursday 3rd of August. March past will start at 9:30. Everyone is welcome to cheer on the Cunningham and Mitchell teams. Last term our sports teacher focused on athletic skills. Starting Monday next week both classes will practise these skills every afternoon from 2:15 to 3:00 (except Tuesdays) until the carnival day. Parent support for both training sessions and the carnival would be appreciated. If you are available please let us know.

A canteen tuckshop will be available on the day. Anyone who could help prepare the field prior to the day please see Mr Bennett.

Pie Drive - Last minute pie drive orders will be accepted by 9am on Monday 17th July. If you have any questions please speak to Bec Halliday.

School Focus- A great way to support your child's learning is to practise times tables for a

few minutes each night. Learning multiplications is an important foundation for learning different aspects of mathematics such as division, algebra, long multiplication, and even fractions. Students who don't have a solid grasp of the times tables, may find these other areas hard to understand as well.

Canberra Snow Camp

Students from our school have recently undertaken, an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$60 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

Hearing Screening

Hearing Screening will be conducted at the school on Wednesday 19th July for students in Prep, Year 1 and Year 6 as well as any indigenous students and any other students if desired. Forms were sent home at the end of last term. Please return them to the school on Monday if you wish your child to be tested.

Regards, Miss Vanessa Sumner

TERM CALENDAR

Fri	14	July	P&C Meeting
Wed	19	July	Hearing Screening
Fri	21	July	Book Club orders due
Tues	25	July	Balonne Cricket Trials
Wed	26	July	NAIDOC Day at school
Thurs	03	August	Athletics Carnival
Fri	01	Sept	Balonne Public Speaking
Tues	05	Sept	Under 8's Day
Fri	08	Sept	Balonne District Gala Sports Day (Yrs 4 -7)

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 term the students in the senior class are focusing on narratives. The year 3 and 4 students are having to retell a familiar story from a different characters perspective for example the wolfs version of the three little pigs. The year 5 and 6 students are completing a book review on Throwaway by Paul Corbet-Singleton. All students will be orally presenting their assignments to their group.

The year 4 to 6 students are also preparing for the Balonne cluster public speaking competition.

Miss Sumner

Junior Class News

Junior class students have returned to term 3 ready to learn.

Year 1 and 2 have been exploring different ways that numbers can be represented. Prep have been exploring measurement, describing and comparing the weight of objects.

In English this week year 1 and 2 have focused on character development and questions that can be asked towards a character. Prep have explored simple poetry and have identified simple rhyming words found.

In technology students have begun to investigate wind energy before later this semester completing a design challenge involving wind power.

Mitchell Bennett

Reminders

- Camp Payment
- SRS Fees
- Hearing Screening forms
- Book Club orders due Friday 21st July
- Balonne Cricket Trials forms
- Balonne Gala Sports Day forms

STUDENT AWARDS
 Congratulations to:-
TERM 3 WEEK 1 AWARDS

Senior Students:

Tyler

Great work on his CWA project

Henry

Great leader in class

Junior Students:

Kahli

*Always being an active listener
 & trying her best in all subjects*

Byron

*Great effort & attitude in the
 classroom*

School Captain's Award:

Kahli

Working well in class

Sports Captain's Award:

Dante

*Playing well with others in the
 playground*

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

Focus Expectations:



WEEK 2 - BE RESPONSIBLE

Play fairly—take turns and follow approved rules

WEEK 3 - BE RESPECTFUL

One person to speak at a time

Education Queensland News

Grants for Reconciliation in Queensland Schools now available

Have you got an idea to promote reconciliation in our school? Talk to the principal today!

The Reconciliation in Queensland Schools initiative is offering grants of up to \$5000 for projects that strengthen reconciliation and support understanding for Aboriginal and Torres Strait Islander cultures in Queensland state primary schools.

This program is part of the Gold Coast 2018 Commonwealth Games [Reconciliation Action Plan](#). It is designed to promote a lasting legacy of reconciliation, building stronger relationships with Aboriginal and Torres Strait Islander communities in the lead up to and beyond the Games.

Applications close 14 July. More information is available at [Embracing2018](#) (www.embracing2018.com).

P&C News

TUCKSHOP DUTY ROSTER:

21.07.2017 Carly Lowe & Lynne King Extra Homebake: NA

28.07.2017 Kate King & Bec Steer Extra Homebake: Alex Donoghue

This term we are trialing a swap of meal times. Lunch is served at 11am, and afternoon tea at 1pm.

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

WORKING BEE - To Be Advised

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.

Winter Pie Drive — Last minute pie drive orders will be accepted by 9am on Monday 17th July. Delivery Tuesday 25 July from 3 pm

NEXT MEETING: TBA

parenting *ideas

Anxiety in Primary School Kids

How do I know what's 'normal'?

All kids experience fear and worry about things. It's understandable given that so much is new for them; new experiences, new places, new people, new teachers, new skills, new challenges to name just a few. What we need to look out for is when their amygdala (remember that tiny part of the brain?) is causing them to react anxiously to situations where there is no danger. Signs of this include:

- Their worries and fears begin to outweigh the situations and challenges that they are facing.
- Their anxiety starts to interfere with their participation at school and the activities, sports, parties, playdates and events than other kids their age are enjoying.
- They're more anxious, and anxious more often, when compared to other kids their age.
- They're obsessed with symmetry or cleanliness and they repeat behaviours like hand washing.

What does anxiety feel like for them?

Our minds and bodies are interconnected and are now considered as one, not separate. How we think and what we think affects us physically, regardless of age. Anxious kids can complain of tummy pains, diarrhoea, headaches and difficulty getting to sleep. They are easily upset and often like to stay close to you.

Some anxious kids will worry a lot, mulling over and over their thoughts which only serves to fuel their anxiety.



© Parenting Ideas 2017

Dr Jodi Richardson Jodi is a happiness and wellbeing speaker and writer, retreat facilitator and mum to two primary school aged kids. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichards.com.au and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson). Enquiries to jodi@drjodirichardson.com.au

They can also look to us as parents to help them cope by seeking our reassurance that the scary thing won't happen or avoiding a confronting and anxiety-provoking situation.

Okay, so how can I help?

1. Spend regular quiet time with your primary schooler to foster a loving and open relationship while giving them time to share with you their thoughts, fears and worries. You can also help immensely by remaining calm under stressful situations (I know – easier said than done sometimes!)
2. If you think your primary schooler is experiencing anxiety, talk about it and go together to see your GP and have a conversation about what's been happening.
3. Teach your child about anxiety so he/she knows what underlies the thoughts and feelings. I highly (highly) recommend *Hey Warrior!* A book for kids about anxiety, by Karen Young. Anxiety is not nearly as frightening when you understand why.
4. Because breathing becomes shallow and fast with anxiety, a simple yet incredibly effective way to show the amygdala that everything is okay is to take deliberate, slower breaths (in for 3, hold for 1, out for 3). After all, no-one can do this when their life really is in danger!
5. Mindfulness is a superpower for the anxious brain (any brain in fact!) and there are lots of great ways to help kids practice mindfulness. One fun game is lying on the floor, eyes closed and asking them to tune into their 'Spidey Senses', listening carefully

for any sounds near or far, feeling any sensations under their hands and body and smelling for any scents in the air. Mindfulness reduces the size of the amygdala among other incredible changes in the brain.

6. If they are worrying about things over and over in their minds – let's say it's about presenting to their class – instead of saying, "You'll be fine, I've heard your presentation, it's wonderful," or, "Don't worry, all the other kids will be nervous too," or similar, try this instead: "I understand how you're feeling, that's so normal. I'd feel the same way; is it helpful to keep thinking about it?" No! "Okay, then let's focus our attention on something we can do to help, like practicing more, making cue cards or going outside to bounce on the trampoline." They need to know that you understand, that you 'get' it, and that they're not alone.

"Is it helpful?" is a great question (when asked compassionately), followed up with asking your child what they can do that will help the situation, or engaging him/her in something meaningful and enjoyable, making a positive step forward.

Visit our website for more ideas and information to help you raise confident and resilient young people.



Week 1, Term 3 at Bollon State School



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

Community Classifieds

BOLLON QCWA

**Next Meeting Date:-
Fri 28 July
at 5 pm
Bollon Tennis Club**

Stay tuned for International activities on our Country of Study Nepal in Term 3.

Carrying Livestock & Fodder

From Warwick throughout Balonne Shire & Return Weekly
Phone Lyndon Gray 0408 257 389

HAY FOR SALE

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

ANGLICAN CHURCH SERVICES

Friday 21 July,
Friday 25 August,
Friday 15 September,
Friday 6 October
Friday 24 November.
Christmas Service Date TBA

All Services held at 2:00 pm

ALL WELCOME

Contact: *Glenys Hart-Francis*
07 4625 6352



BOLLON BUGLE

Next issue out on Friday 28th July.
**Please submit ads by 9.00am
Thursday 27th July** preferably via email to:-

bugle@bollonss.eq.edu.au

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

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



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

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 18 July;
Physiotherapist: TBA;
Dietician: Wednesday 02 August;
Occupational Therapist: TBA;
Women's Health Nurse: TBA;
Podiatrist : Friday 28 July (**please contact the Clinic for Appointments**)

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

Community Calendar

- | | | |
|------------|----|---|
| JUL | 14 | P&C Meeting at 1.30pm |
| | 17 | P&C Pie Drive LAST Orders due by 9am |
| | 18 | Child Health Nurse at Bollon Community Clinic |
| | 21 | Book Club Due |
| | 21 | Anglican Church Service 2pm |
| | 25 | Pie Drive Collection after 3pm |
| | 28 | Podiatrist at Bollon Community Clinic |
| | 28 | CWA Meeting 5pm at Bollon Tennis Club |
| AUG | 02 | Dietician at Bollon Community Clinic |
| | 25 | Anglican Church Service 2pm |
| SEP | 15 | Anglican Church Service 2pm |