THE BIRKDALIAN

STUDENT ABSENCES: absence@birkdaless.eq.edu.au
DENTIST: 3822 3473 TUCKSHOP: 3207 4187
P&C Association: pandc@birkdaless.eq.edu.au
FACEBOOK: parents/caregivers of Birkdale State School
WEB ADDRESS: www.birkdaless.eq.edu.au

14 May 2014

BIRKDALE STARS
This week’s Birkdale Stars are:

Dylan Prep
Giovanni Yr 1
Sam Yr 2
Brieanna Yr 3
Samantha Yr 4
Alana Yr 5
Jordan Yr 6
Amy Yr 7

Congratulations!

Principal’s Message:

Monday of this week has seen the completion of our School Discipline Audit. Our Auditor, Mr Glenn McGowan spoke to a variety of school community members, staff, students and parents as well as visited a number of classrooms. Mr McGowan interrogated our school data, school policies, procedures and day to day practice around behaviour management, including consequences and rewards/ recognition. It was our pleasure to have him attend Assembly and see first- hand some of our school practices in action. Mr McGowan said it was one of the best he had ever been to! I would also like to congratulate Mrs Deagon and the Senior Choir for a stunning performance. As I mentioned on Assembly – I felt I should have paid for a ticket at the door! A full report from The Discipline Audit will be forthcoming in a few weeks. This will be shared on our school website.

Mother’s Day

Many thanks to everyone who contributed to the Mother’s Day Stall by either making or selling the items. It was a wonderful success. I really enjoyed my visit to all the Prep classes last week for their Mother’s Day, afternoon pampering session. There were so many smiles and much laughter happening at each class’s “Salon”. I hope all our families also enjoyed a great day on Sunday with their loved ones.

NAPLAN

By now our Years 3, 5 and 7 students will be part way through their NAPLAN tests. Skills that will be tested include: reading, writing, spelling, grammar and punctuation, and numeracy. Later in the year we will send you an individual student NAPLAN report that you can use to view and monitor how your child is progressing. More information is available on the NAP website (http://www.nap.edu.au/).

School road safety reminder

Our school can be a very busy place at drop off and pick up times and it is important that everyone is reminded of some basic road safety rules. As parents and carers, the best way you can teach your child road safety is to set a good example yourself. I strongly urge students, parents / caregivers to use the pedestrian crossing lights when crossing Agnes Street to and from school. The last thing anyone would wish to occur is for someone to be hurt. Let’s keep everyone safe and healthy at Birkdale State School every day.

At crossings: Students are required to dismount from bikes/ scooters and wheel them across. Bikes and scooters are not to be ridden in the school grounds. Thank you to student captain, Amber Jonas for also reminding everyone about road safety at Assembly on Monday.

Here are some basic tips for parents to share with your child to ensure they have a safe trip to and from school each day:

• Children under the age of 10 should always be accompanied by an adult.
• When crossing a road, always STOP, LOOK, LISTEN and THINK and keep looking and listening while you cross.
• Where possible, young children should always hold a grown-up’s hand when crossing the road.
• Always cross the road at a marked pedestrian crossing and if none is available choose a safe place to cross where you can see traffic in either direction.
• When children are old enough to walk or ride to school on their own, it’s important to show the child the safest route.
• Make sure your child gets in and out of the car on the footpath side, away from traffic.

For more information, or to download a copy of a road safety kit, visit Queensland Transport’s website at www.transport.qld.gov.au/backtoschool

Warm regards Jayne Barnett Principal (Acting)
Social Skill Of The Week: A Positive Class

This week’s social skill focuses on being positive.

Key behaviours include:
- Give praise
- Playing positively
- Being nice to others
- No put downs
- Speaking positively

A great way to build children’s social skills is having the same expectations at home and at school.

Something you could do at home this week is ask your children what was something great that happened to them each day.

Kelli Harvey | Acting Deputy Principal

Helping children manage feelings: Self-regulation

Children need to learn to manage their emotions, attention and behaviours, which help them to concentrate, share and manage conflict. This process is called self-regulation and there are lots of things you can do to help your children master this life skill.

But this process is not always easy. As with learning any new skill, children experience ups and downs when they are trying to manage their feelings and behaviours. Parents and carers can play an important part in helping children to self-regulate their feelings. Seeing their parents and carers effectively manage their own feelings and behaviours helps children learn how to do this for themselves.

Self-regulation skills are linked to how well children manage many other tasks during early childhood. For example, as a child learns how to self-regulate, skills such as concentrating, sharing and taking turns develop. This enables a child to move from depending on others to beginning to manage by themselves. Most children at some stage will struggle to manage their feelings and behaviours, particularly when they are tired, hungry or facing new experiences. When this happens, they might become upset, sulky or angry.

You can:
- Provide particular support at times when kids are upset, tired or angry. For example, your children might be less likely to cooperate with their siblings before bedtime.
- Break down complicated tasks into smaller parts so children can practise self-regulation without becoming overwhelmed. Help your child get ready for school or their early childhood service by breaking down the morning’s jobs into more manageable things like breakfast, getting dressed and packing a bag instead of simply talking about “getting ready”, which can be overwhelming for many kids.
- Lead by example and demonstrate appropriate self-regulation. Think about how you negotiate decisions at home, manage conflict or a change of plans, and communicate with your child’s teacher.
- Using words, gestures and touch as cues to help children regulate their feelings and behaviour. Naming feelings for young children like: “You sound angry”; or “I wonder if you are frustrated?” help children recognise their emotions. When gentle touch and words are used together this can act as a cue for children to start calming themselves, for example, ‘let’s relax’ or ‘I am here to help you’.

BOOK FAIR is coming to Birkdale

NEXT WEEK!!

Tuesday 20 May – Monday 26 May 2014

The Library will be open 8.30 am to 4 pm.

Parent Volunteers are needed! If you can spare some time to help out with the Book Fair please email Jo Small (jsmal47@eq.edu.au).

Competitions, events and prizes .... Visit the Library from Tuesday next week.

NEW SCHOOL DENTAL PROGRAM

The Dental Staff advise that the Birkdale School Dental Clinic is open for business. If your child has on-going treatment that needs to be completed, please call the Staff on 38223473 for an appointment.

New examinations and emergencies will need to phone our Call Centre on 1300 300 850.

All Senior Students who have been offered an examination earlier in the year will also need to be booked in via our Call Centre on 1300 300 850.

Please note that a parent or guardian is required to attend every dental appointment.

Hope to see you soon.

Staying safe around bats

Children need to be aware that bats, including flying foxes, are protected species and pose minimal risk to humans provided they are left alone and not touched. However, children should not try to hurt or help sick or injured bats as they are putting themselves and the animal at risk. If you see a bat or flying fox that is hurt call:

- RSPCA—1300 ANIMAL (1300 264 625)
- Department of Environment and Heritage Protection—1300 130 372
- your local wildlife care group/rescuer/carer for assistance.

If a child is bitten or scratched by any bat, they should tell their parents, teacher or responsible adult straight away, wash the wound thoroughly with soap and water and visit their local doctor immediately.
**Music Notes...**

**Assembly Performance**

Congratulations Senior Choir on a stunning performance at Assembly on Monday. Many comments were made about the high quality of your singing and the complexity of the repertoire. You are sure to do well at the Eisteddfod next week. GOOD LUCK! Next week on Assembly we will have performances by the Junior Choir (one song) and the Senior Band (who are off to the FANFARE competition in Week 6).

**Monday 19 May** – Junior Choir & Senior Band

Please wear the correct uniform for the performance and be at the Hall at 8:15 am for a sound check on Monday.

**Please return all notes and money for the upcoming events: Eisteddfod, FANFARE, Beginner Music Week**

**BIRKDALE STATE SCHOOL is proud to present...**

**ESPRESSIVO’ Art and Music Festival**

A two day festival celebrating student expression!

**Friday 20 June**  
**Saturday 21 June**

Come and join us for the Grand Opening of the Birkdale State School Art Exhibit on the Friday night, fully catered event. Return Saturday to participate in wonderful free art activities and art workshops with professional local artists. There will be performances from music ensembles throughout the day. Food will be available from the Hall kitchen and from the P & C Sausage Sizzle.

If you are a parent who would be able to assist with the running of the event on either the Friday or Saturday (helping in the kitchen, selling raffle tickets, selling workshop tickets etc), please attend a quick meeting after next week’s Assembly in the Hall with Mrs Deagon.

**MORE NEWS TO FOLLOW SOON!**

**SPORT NEWS**

**Interschool Sport:** The first round of interschool sport was played last Friday with our students competing in netball and soccer. We had a mixed round of results recording four wins, two draws and two losses from the eight games played. The coaches were pleased with the effort and sportsmanship of our students. There is no interschool sport this Friday due to NAPLAN.

**Regional Representative:** Reece has gained selection in the Metropolitan East Boys’ Soccer team and will compete in the State Titles which are being held in Roma in late July. Well done Reece and best of luck for the State Championships!

**Cross Country:** Our five district reps will compete at the Metropolitan East Cross Country Trials next Tuesday 20 May. Molly, Ethan, Dominic, Charlie and Taiyo will compete against runners from the other three districts in our region at Capalaba College. We wish the students luck as they endeavour to gain representation in the regional team.

Refer: Alan Menzies

**ICAS 2014 – International Competitions and Assessments for Schools**

Birkdale State School is offering students in Years 3 – 7 the opportunity to participate in ICAS 2014. If you would like your child to participate in this program please fill in the attached form and forward it to the school office with payment before Thursday 15 May 2014. If you have any queries about ICAS you can visit the website www.eea.unsw.edu.au or contact Jo Small (jsmal47@eq.edu.au).

**TUCKSHOP NEWS – Refer: M. Bean (Tuckshop)**

Next week’s “Terrific Tuesday” special will be -

**jacket potatoes**

with your choice of fillings

- Savoury Mince & cheese
- Diced ham & sour cream
- Baked Beans & cheese

Price: $4

This special will be available at both Morning Tea and Lunch.

**Before school specials:**

- Hot Chocolate $2
- Hot Chocolate & Raisin Toast $2.50

**2015 Pre-prep Activity Sessions**

These morning sessions will offer you a first hand look at Prep life and will provide your child with the opportunity to participate in a selection of fun activities. Please RSVP to attend.

**Available Dates:**

- Thursday: 9 Oct, 23 Oct

**Please enter ____________________________(Class ____________) in the 2014 ICAS assessment program.**

I wish to enrol him/her in the following assessments (please tick):

- [ ] Spelling – Tuesday 17 June 2014 - $11.00
- [ ] English – Tuesday 29 July 2014 - $8.00
- [ ] Mathematics – Tuesday 12 August 2014 - $8.00

I have enclosed $_____________ for the entry fee/s.

Signed: ____________________________ Date: ______________