The Nobby Link

Winter Sports Gala Days
Day 2 of the Winter Sports Gala Days is tomorrow at Allora State School. As with last week, the day will run from approximately 9:30am—2:00pm. All students need lunch and morning tea (or money to purchase both), sunscreen, school bucket hats and more than likely a jumper/jacket and other warm clothes.

Amaroo Excursion
Next Wednesday, 11th June, is our WHOLE SCHOOL excursion to Amaroo Environmental Education Centre at Kleinton. Please ensure that your child brings a hat, jumper/jacket, water bottle, morning tea and lunch.

Students will need to be at school at 7:30am as the bus will be departing Nobby at 7:45am. We will arrive back in Nobby ... 3:30pm. Please keep an eye out for a text message to inform you of a more accurate time as we are travelling home.

Parent Teacher Interviews
The Parent Teacher Interview timetable is attached to today’s newsletter. If the time does not suit, please let the office know as soon as possible. We are really excited about this new proposed format and looking forward to a great afternoon and evening.

Term 2 A & B Rewards Day
The Term 2 A & B Rewards Day will be held on Monday 23rd June. This term the A students will be treated to an hour of free technology time. The A and B students will then head to the Tivoli Theatre in Clifton at 1:10pm for a movie. Parent transport is required to ferry the children to and from Clifton. If you are able to help out with transport please indicate on the attached permission form.

Please be aware that student behaviour results will not be finalised until the end of week 9.

Project Club– THE SPC
The Student Project Club is back! We spoke about many things, including fundraising for charity and holding exciting days that we could plan for the school. The SPC is a great chance for the students to have a voice in the school. Look out for more action from the SPC!

Reader’s Cup
After last year’s inaugural Reader’s Cup success, we have decided that we can’t go without it. This year’s will be held during Book Week again, on Thursday 21st August. Participating students from years 3, 4, 5 and 6 will need to read (study) 4 different books, and then sit a 1 hour open book test with their team. Great fun and great for reading success!
Just a few weeks until holidays again. We are busy completing work for reporting. In Maths we have been doing fractions, decimals, percentages and money. The focus for our special Friday Fun Day is imaginative play. The students will be very busy ‘creating’ with their boxes and participating in a variety of art and music projects, so we will not require any helpers during the morning and middle sessions. Parents are very welcome to join us at 2:30pm when we finish the day with a party! Thank you so much for all the boxes that have arrived for our Funday – your help is gratefully appreciated.

LITTERLESS LUNCH
Our whole school excursion to AMAROO Environmental Education Centre is next Wednesday, 11th June. In an effort to reduce the amount of waste that requires disposal, the centre has set a target of NO MORE than one wheelie bin of waste per term to be sent to landfill. It is very important that children have a suitable lunch. Amaroo does not have rubbish bins – they are promoting recycling and awareness of our environmental footprint. Please talk to your child about lunch and the packing of it. Use reusable containers to pack snacks and sandwiches in. Take water only – no poppers. Fruit is acceptable as they have worm farms and compost bins. Please make a special effort with this.

Why resilience matters

What the experts say
Think back to your childhood and you may recall a mix of memories – you might remember idyllic family holidays by the beach, sadness when a beloved pet died, endless games of backyard cricket with your siblings, worries about school, and homemade birthday cakes. Sound familiar? As adults, we might look back on our childhood as a time when we were carefree and always happy, or we might recall times of upset and worry. We know from our own experiences that life’s ups and downs impact on kids too.

For children, life’s downs may include emotionally painful experiences like rejection or humiliation at school or an early childhood education and care (ECEC) service, frustration at not being able to get their own way or sadness when a friend moves away.

Good times and bad times are a normal part of life in childhood and adulthood; what’s important is our ability to bounce back from life’s challenges. Helping children develop resilience and build their coping skills means they’re more likely to experience positive emotions, which supports their mental health and wellbeing now and into the future.

What you can do
As a parent or carer, you play a significant role in the development of resilience in your children. Start by supporting your children to cope with small stresses, so that when bigger stresses come along your little ones can build on what helps them to feel better.

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For example, you can help your child to feel less scared of going to a new place like a friend’s house by saying, “would you like me to come in with you the first time?” When they are confronted with bigger challenges like their first day at a new school or ECEC service, they will be better able to deal with the challenge of confronting something new.

You may also be interested in the following KidsMatter resource about managing life’s ups and downs.

Hey Y’all,
This term is going by fast and I can’t believe that soon enough I will be welcoming my second son into the world. It was awesome to get to help at Gala Day last Friday. I even got to have some fun and help coach the soccer teams. All of the students did a great job and tried their best.

This coming school holidays there is an event called KidsGames at Pittsworth. This event is at the Uniting Church. KidsGames is during the first week of school holidays from Monday-Friday, 8:45am-12:30pm. This awesome event is being directed by Karen Pomerenke and her details are on the flyer if you have any questions. If you are interested you can register online at www.kidsgamesqld.com.au.

Thank you all for your amazing support. I love being able to work at this amazing school and being part of this great community.

Sincerely,
Matt