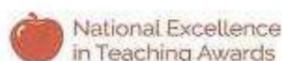




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Notice of Community Meeting re: Possible Closure of Ryeford State School



The Minister of Education has approved to commence community consultation regarding the possible closure of Ryeford State School.

A community meeting will be held on Tuesday, 24 May 2016 from 5:30 to 6:30pm at Clifton State School Library, Tooth Street, Clifton. The Acting Assistant Regional Director and Director - Regional Services will provide an explanation of the review process and how stakeholder submissions can be made. Please RSVP your attendance at this meeting to Julie.althaus@dete.qld.gov.au or by phoning 46163722 by Monday, 23 May 2016.

Parties interested in making a submission can also contact the Regional Director by emailing enquiries.DDSW.Toowoomba@dete.qld.gov.au or by posting to Darling Downs South West Region, PO Box 38, Toowoomba Q 4350.

Submissions received from stakeholders will be incorporated into a report to the Minister regarding the consultation outcomes.

Allora State School Tuckshop Menu

Gala Day

Friday 20/5/16 & 27/5/16

Price List - Drinks & Snacks

Hot Food	
Garlic Bread	\$1.50
Sausage Rolls	\$3.00
Hot Dogs	\$3.00
Pizza Slab	\$3.00
Egg & Bacon Muffin	\$3.50
Hot Chicken Roll	\$4.00
Pies	\$4.00
- Plain Mince	
Tomato Sauce	\$0.30
BBQ sauce	\$0.30

Rolls & Sandwiches

Salad Rolls:	\$5.00
- Ham or Chicken	
Sandwiches:	\$4.00
- Egg & Lettuce	
- Ham, Cheese & Tomato	
- Chicken & Salad	
- Ham & Salad	
- Chicken, Cheese & Avocado	

Price List - Lunch Items

Drinks	
Orchy (apple, orange)	\$1.50
300ml flavoured milks	\$2.50
500ml flavoured milks	\$3.50
Water	\$2.00
LOL (canned Juice)	\$2.50
Play Water 500ml	\$2.50
Milo	\$1.50

Snacks

Popcorn	\$0.70
Muffins	\$1.00
Jumpy's	\$1.00
Chips	\$1.20

Ice Confectionery

Ice Mony	\$0.50
Paddle Pop	\$1.50

Coffee Van on site



The Nobby Link

confidence in a connected world

Term 2 Week 5

Thursday 12th May, 2016

Calendar

Term 2, 2016

Week	Day	Event
Week 6	Wednesday 17th May	P&C Meeting 3:15pm
Week 6	Thursday 19th May	Interhouse Athletics Carnival
Week 6	Friday 20th May	Gala Day 1 Year 3-6
Week 7	Friday 27th May	Gala Day 2 Year 3-6
Week 7	Friday 27th May	Under 8s Day Prep-Year 2
Week 9	Friday 10th June	Project Club Movie Night Tivoli Theatre Clifton
Week 10	Wednesday 15th June	Darling Downs Readers Cup
Week 11	Monday 20th June	Whole School Amaroo Excursion
Week 11	Wednesday 22nd June	Small Schools Athletics Carnival 1/2 Day
Week 11	Friday 24th June	Small Schools Athletics Carnival Full Day
Week 11	Friday 24th June	Last Day of Term 2

NAPLAN

The tests are over again for another year. The year 3 and 5 students handled the tests extremely well; meaning there were no tears and no visible stress.



That is the way we like it; because the NAPLAN tests aren't the only, and certainly not the most important, testing we do.



Nobby SS Interhouse Athletics Carnival

Our annual Interhouse Athletics Carnival is being held next **Thursday, 19th May from 9:30am—1:00pm** (approximately). All students from Prep-Year 6 will compete in a variety of track and field events.

Students are encouraged to wear their house colours; Leslie is red; Cunningham is blue.

Please come along and support our budding athletes at this event.

Date Claimer

The whole school will be travelling by bus to **Amaroo EEC (near Highfields) on Monday 20th June**. This excursion is being

subsidised by the P&C. The cost for this excursion will be \$12.00 per student. Permission forms will be sent home at a later date.

Gala Days & Under 8s Day

Permission forms for the Gala Days and Under 8s Day must be returned by **TOMORROW!**

At this stage, we do not have any draws for the Gala Days, but will get these out to families as soon as we receive them.

Parents, you are more than welcome to come along to the Gala Days and make a day of it. Bring rugs, blankets (it may very well be cold), water, picnic baskets etc.

Gala Days are fun participation days for students.

P&C Meeting

The May P&C Meeting is on next Tuesday, 17th May, starting at 3:15pm. All welcome.

Reader's Cup

Some of our older students will be representing Nobby at the Darling Downs Reader's Cup, coming up in June. Our team consists of Scarlet, Tom, Denzel, Jess and Ruby. They have been busy reading the five Reader's Cup titles in their spare time, and we will soon begin lessons based on the texts.





The trick to being at your parenting best

By Michael Grose

As parents we know how we want to respond and communicate with our kids when we're calm but when we are under intense pressure not only can't we find the words we need but we lose our cool as well! Here's 5 tips to be at your parenting best.

The good news is your brain can be tricked into working for you, not against you. It takes patience and practice. Here's how.

1. Recognise the situations and the symptoms

Self-knowledge is the best knowledge you can have. When you understand the situations that cause you stress and bring you quickly to high emotion then you can prepare yourself in advance for such situations. Also when you understand your typical physiological responses you are well positioned to control your responses. Our physical responses vary. I generally feel nauseous; become physically agitated and my breath gets very high in my chest when I'm under intense stress. Knowing this has been a huge help to me staying calm in situations where I used to over-react.

2. Train yourself to STOP!

The lizard brain wants you to act fast – *to get away, to lash out, to defend yourself*- when you're under threat or stress. So going against this natural urge is a challenge but it can be done. Develop the habit of doing nothing when you find yourself under parenting stress. STOP rather than act impulsively. Don't let the lizard-brain win!

3. Step away and breathe

Deep nasal breathing is the quickest way to bring down your physical symptoms and rein in negative thoughts ("*I'm going to && ** him!*") that feed your lizard brain. Step away or turn slightly away from the stressful situation to help you breath slowly and deeply.

4. Think of your Best parenting self

Inspire your pre-frontal cortex to trump your lizard brain by activating an image of your 'best' or 'ideal' self as a parent. First you need to work out when you're at your parenting best – it maybe when you're patient, caring, loving and calm. Your "Best Parenting Self" is the motivator to help you refrain from making emotional responses that you'll regret later.

5. Now act!

Now that you're pre-frontal cortex is winning again it's time to think of the best possible response to a tricky parenting situation – which may be to ignore behaviour; use appropriate language or just listen calmly when your child is in distress.

So how often does your lizard brain win when you experience parenting stress. If it always comes out on top then you'll find it hard to parent as you'd like. You'll be fighting your limbic system as well as your kids. Get it under control and you'll be better placed to respond to your kids as you'd like to in the cool, calm light of day.

Week 5 already! How time flies when you're having fun! Students are to be congratulated on their efforts in NAPLAN this week and for coping with disrupted routines and classrooms.

Year 2, 3, 4

Science—All students across the school are currently working on assessment tasks for Science. Prep and Year 1 students have completed a pamphlet on 'How to care for a pet'. Year 2, 3, 4 students are researching native Australian animals and will create a pamphlet (Year 2) or a PowerPoint presentation (Year 3 & 4). Year 5 & 6 students are researching an Australian animal that has adapted to life in an urban environment and will prepare a PowerPoint presentation.



Drama—This term our 'Arts' focus is drama. All students have been having fun learning how to speak into a microphone and working on clear enunciation with funny dictation exercises and word patterns.

We are continuing our focus on persuasion in English and in Maths we are mastering patterns, place value and fractions.

Make sure students are dressed warmly as the seasons change and ensure all clothing is clearly labelled with your child's name – *thank you!*

Thank-you parents and care-givers for your continued support. Remember to write notes in student diaries if needed.



To all of the ladies who are joining us on Saturday for the Wine Tour: please be at the school by 7:45am for departure at 8:00am!

NEXT P&C MEETING
Tuesday 17th May 3:15pm

Items on the agenda include OUTSIDE SCHOOL HOURS CARE and formation of a subcommittee; STALL at Federal Election; STALL at Nobby Markets.

We love your input – please come along!



Next term, both Sue Kiepe and Patricia McCallum are away for extended periods of time.

Are there any parents/carers/grans that would like to help keep our wonderful reading programs going for the term?

We need help from 18th July onward for the entire term, 9:45am – 10:30am Monday, Tuesday and Wednesday mornings. (If you want to stay on from drop off time, we can find useful things for you to do.)

A day a week; a 3 day week or whatever time you have available will be greatly appreciated.

If you are able to help in any capacity, please come and see me.

Many thanks,
Kerry Morwood