

The 2016 Central Downs **Cross Country** will be held on Friday 15<sup>th</sup> April at Pilton State School and the P&C will be selling the following food and drinks for attendees of the event:



Steakette Burgers	\$4.00
Sausage on Bread	\$2.50
Chicken Skewers	\$2.00
Baked Goods	\$1.00
Water	\$1.00
Poppers	\$1.00
Tea and Coffee	\$1.00




**ENDEAVOUR FOUNDATION**  
Opportunities for people with a disability

### Kearney's Spring Cubby House

For children with a disability

The Kearney's Spring Saturday Morning 'Cubby House' is a respite service for children with a disability aged between 4 and 11, living in Toowoomba and surrounds.

Children will have the opportunity to play and learn in a happy, caring, and safe environment, while being supported by qualified Endeavour Foundation support workers.

Places are limited, bookings essential

**Respite service details**  
When: Every Saturday 9.00am - 2.00pm  
Where: Kearney's Spring Learning and Lifestyle 257-275 Stenner Street, Toowoomba  
Cost: \$20 per child, per Saturday  
Please enrol early to avoid disappointment.

For bookings, contact Dainie Richardson on 0428 118 703 or 4616 9324  
endeavour.com.au

*a big*  
**thank YOU**



### Volunteers

We have so many wonderful volunteers who work at Nobby, and we appreciate the generous donation of their time, skills and patience. In particular, I would like to thank Mrs Kiepe, Miss Patricia, Mrs Barton and Grandma Stacey, who are in the classroom weekly. In addition, Adam Barton now volunteers his time in the school grounds every Wednesday.

Without our volunteers, we would not be able to provide such a wonderful learning experience for all of your children.



Last chance to get your supporter gear for the upcoming sports carnivals.

**FOR SALE—Nobby State School Supporter Gear**

**1 x 'XL' Hoodie \$55.00**  
**1 x 'L' Polo \$47.00**  
**1 x 'XL' Polo \$47.00**

### Attendance

School Goal	95%
Current overall	93.2%
Week 7	94.2%
Week 8	96.9%

- ✓ 14 students- **100% attendance**
- ✓ 26 students- **95%+ attendance**
- ✓ 10 students- **between 90-95%**



Term 1 Week 9  
Thursday 24th March, 2016

We have quickly arrived at the end of the first term. We have already participated in some marvellous learning and social activities, such as swimming carnivals, soccer, netball and rugby league trials, the leader's badge ceremony, Young Leader's Day and cross country.

We hope that you all have a safe and enjoyable break. We look forward to seeing you all on Monday 11th April for a busy and productive Term 2!

**Voting Day stall**

Congratulations to our marvellous school community for their success with last Saturday's election stall. NSS was on display and our pride and dedication to our school and the students we teach shone through to the wider community.



**Sporting Schools**



**Sports Gear Dress Up Day**

Thanks to all of the students who dressed up on the Sports Gear Dress Up Day on Friday 11th March.

The Project Club raised \$60 for Guide Dogs Queensland thanks to your generous donations.



Thanks very much to Miss Jacqui, Mrs Miller, Mrs Naumann & Chappy Matt for coordinating Sporting Schools this term. We appreciate the extra time that these staff members put in to running this program.

Keep an eye on the newsletter early next term to find out what's on for Term 2.

**Keep a Watch on our School**

With the holidays starting tomorrow, we need you to look out for after-hours crime in our school.

If you see anything suspicious, please remember to call the School Watch number – 13 17 88.

The School Watch Program is a partnership between Education Queensland, the Queensland Police Service and the State Government Protective Security Service. It aims to reduce vandalism, theft and arson in Queensland schools.

Let's work together to help create a safer school community.

**Southern Downs Trials**

Jess, Tom and Darcy recently attended the netball, soccer and rugby league trials. They all should be very proud of themselves for reaching the Southern Downs trials.

Good luck to Tom and Darcy who have been selected to represent the Southern Downs at the next level of representative sport; the Darling Downs trials.

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Calendar		
Term 1, 2016		
Week 9	Friday 25th March	Good Friday
Term 2, 2016		
Week 1	Monday 11th April	Term 2 Commences
Week 1	Friday 15th April	Central Downs Cross Country
Week 2	Thursday 21st April	Southern Downs Touch Trials
Week 3	Monday 25th April	ANZAC DAY
Week 3	Tuesday 26th April	Southern Downs Cross Country
Week 4	Monday 2nd May	Labour Day Public Holiday
Week 5	Tuesday 10th, Wednesday 11th & Thursday 12th May	NAPLAN
Week 6	Thursday 19th May	Interhouse Athletics Carnival

- Attachments:**
- Term 1 Interim Report Cards
  - Central Downs Cross Country Permission Form

### Every parent needs to read this!

Sleep can be a vexatious issue for some parents: the amount of time spent trying to get kids to sleep, worrying about kids not sleeping, being woken up by kids who should be sleeping...it goes on and on!

It's an important issue for parents of teens too. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Many teenagers today are sleep deprived because they don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

So here are 5 tips for good sleep habits, and 5 extra tips for teens to help manage their changing sleep cycle.

#### Good sleep habits include:

1. **Regular bed-times.** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. **Have a wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
3. **An established bedtime routine** that makes the brain associate behaviour such as cleaning your teeth and reading in bed with sleep.
4. Keeping **bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.
5. Maximising the **three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

#### Sleep tips for teens:

1. Allow them to **catch up** on lost sleep during the weekends.
2. Help your young person **schedule** their after school activities to free up more time for rest.
3. Discuss ways to **limit** stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to **recharge** their batteries.
5. Make sure they go to **bed early** each Sunday night to prepare for the coming week.



### Cross Country

Our cross country has been run, won and done. There were some herculean efforts in just about every age group. High fives to all of the students who gave it their all. Congrats to Cunningham—the overall winning house and to Tom Green for winning the 'Best Trainer' trophy.

Congrats to the following students who have been chosen to compete at the Central Downs Cross Country—at Pilton SS on Friday 15th April—  
Brianna Naumann, Graham Hopper, Ethan McCulkin, Darcy Noller, Kyle Grogan, Ruby Noller, Scarlet Barwick, Jess Field, Denzel McCulkin, Rolf Burchell-Butcher, Tom Green and Darcy Gorkow.  
A permission form and program is attached to this week's newsletter. Please return the permission by Monday 11th April.



# P156 Class

Even though it has been a very short term, our little ones are ready for a break. They have worked very hard this term. Preps have enjoyed a 'letter of the week' theme for their literacy work and Created, made, listened to stories, and read about many different topics based on these sounds. Maths has been about shapes, counting to 10 and patterns.

Year 1's are progressing well with writing, reading, sound work and spelling. Maths has been about counting to 100 and learning about sums.

The Yr 5 and 6's have been writers, readers and artists. In Maths we have worked on 4 operations, time and started to prepare for NAPLAN.

Next term we expand our English and Maths and continue our units in Science, Geography and History.

There will some changes to Thursday's timetable as we no longer swim in Term 2.

Certainly the biggest challenge for our classroom this term has been to juggle the different classes. Routines and timetables are very important and the children are to be congratulated (young and old) for their acceptance and understanding of how to do this. It has been very rewarding to watch how the different ages have worked together.

The support that you, as parents and caregivers, offer us with our programs, encouraging your child to be the best they can be and helping them to do their work, is greatly appreciated. A big THANK YOU also, to our wonderful volunteers who help in our classroom – Mrs Kiepe, Mrs Patricia, Mrs Barton and Grandma Stacey. Please have an enjoyable 2 week break with your children. I do hope the Easter Bunny finds you all.

P.S. Did you know? – that Easter is on the first weekend after the full moon, after the Autumn equinox. Full moon is tonight. The equinox was Sunday or Monday. This is about as early as Easter can be.

### Be Yourself

*I am a young adult,  
I am the person of the past and present.  
I am the silver shines off of my mother's face.  
I am the confidence of my father.*

*I am all i see,*

*Crystal blue skies.  
Beautiful and elegant artwork,  
Filling up precious pages in a book.  
Nieces and Nephews playing in the park,  
Giggling and having fun,  
Running around and feeling free with no care in the world.*

*I am all i hear,*

*The sound of the trees in the whirly winds,  
"Swish swash"  
Siblings swearing and screaming at me,  
"Get out of my room!!"  
"keep out of my stuff!!"  
Parents proudly congratulating me,  
"congratulations Chloe!"  
"great job!"*

*I am all I feel and taste,*

*Gritty Grotty sand beneath my feet,  
Through my toes where they meet.  
The spicy taste of slippery slimy spaghetti bolognaise,  
And the fuzzy flavor of fizzy fruit tingles.*

*I am all i remember,*

*Me with heart felt smiles,  
The sort the shines for miles and miles,  
Almost like angels.  
Gazing from my window pane to the streets,  
And the freshly fallen Autumn leaves freely floating.*

*I am all I have been taught,*

*"If you cant say anything nice don't say anything at all"  
"When sketching shade in one direction."*

*I am all I think,*

*Memories.  
Deep down in my heart.  
I am all those things.  
I am like a tree,  
And these are my branches,  
And one day I will blossom,  
And be beautiful.  
Because,  
I am a woman of the future.*

By  
[Chloe Torcetti](#)