

CLIFTON CLUSTER



Open to all primary school age children and below. Children under 2 free.



ENTRY FEE \$2

Drinks, chips and lollies for sale.

Novelty light up products available to purchase

FE LOGAN HALL

FRIDAY 27th March 2015

5:30pm-7pm

Free Tea, Coffee and cake for parents.

Please refer to the program brochure for more information.

PILTON STATE SCHOOL

This year at the Central Downs **Cross Country** on the 22nd of April at Pilton State School the P&C will be having a sausage sizzle and selling the following food and drinks for attendees at the event:

Sausage on bread	\$2.50
Baked goods	\$1.00 to \$2.00
Water	\$1.50
Poppers	\$1.00
Tea and Coffee	\$1.00

We look forward to having students from our area at Pilton State School and enjoying a great day!

Clifton Basketball

\$65 under 10s

\$80 under 14s & Opens

Season starts after Easter

5-10 year olds play 3.45 pm

11-14 year olds play 4.30pm

Opens play 6 pm

Phone Angela on 0408987322 for more info



The Nobby Link

confidence in a connected world

Term 1 Week 9
Thursday 26th March
2015

A&B Rewards Day

The Term 1 'A & B' Rewards Day will be held next Tuesday, 31st March. The 'A' students will have an hour of free 'tech' time from 10:00am. They will then be joined at 11:30am by the 'B' students for a movie, [Big Hero 6 \(Rated PG\)](#), and popcorn (please check the movie trailer out if you are unsure).

Congratulations to all of the students who have achieved an A or B behaviour result this term. It is great to see so many of our students meeting our school expectations all of the time.

Felton Food Festival Volunteers

If you are able to help make sandwiches at the high school on Saturday 11th April at 3:00pm, or if you are able to help run the stall at the festival on Sunday 12th April, please let us know. Many hands make light work!!

Volunteers for the 11:00am-2:00pm shift and the 2:00pm-4:00pm shift are still desperately needed for this event.

Uniform purchases

When paying for uniforms using bank transfer, please ensure you do one of the following two things prior to coming into the office.

1. Email a copy of the bank transfer confirmation to Deena
2. Bring in a copy of the bank transfer confirmation

No Nobby Markets for Easter

Please be aware that the Nobby markets will NOT be held during the month of April due to Easter Saturday.

Newsletter contacts

Each fortnight, we email the newsletter to a large group of people.

If you, or anyone you know (e.g.

grandparents, family members, etc.), would like to receive an electronic version of the newsletter on a fortnightly basis, please email Terri the relative email addresses. Terri's email address is: thenn34@eq.edu.au

Great Results Guarantee

Our Great Results Guarantee has been approved and a copy will soon be placed on the school website.

If the teaching staff believe a student may not reach a benchmark as indicated on this document, we will write an **evidence based plan** for the student. We will then meet with the parents to discuss what we will do to ensure that the student has every opportunity to meet the benchmark.

Valuables and Toys

Parents, please remind and encourage your children to keep their valuables and toys at home and not bring them to school. The staff are not responsible for looking after them or locating missing toys and valuables. This impacts greatly on our precious teaching time and we would appreciate your help in keeping such items at home.

Holiday Reading

Home reading over the holidays is part of our '300 Reading Club'. Your child's teacher will set them up with forms for recording their reading. School provides limited books for this period, so you can also use your own books or go to the Clifton library and check out their well-resourced children's section.

Easter Holidays

With Good Friday next week, marking the start of the Easter holidays, I would like to take this opportunity to wish our families a joyous and safe break. Please stay safe on the roads and enjoy your time with family and friends.

Calendar

Term 1, 2015

Week 10	Tuesday 31st March	A&B Rewards Day
Week 10	Wednesday 1st April	Interhouse Cross Country
Week 10	Wednesday 1st April	Easter Fun Day
Week 10	Thursday 2nd April	Last Day Term 1
Week 10	Friday 3rd April	Good Friday

Term 1, 2015

Week 1	Monday 20th April	School Resumes
Week 1	Thursday 23rd April	Nobby SS ANZAC Day Service
Week 4	Tuesday 12th - Thursday 14th May	NAPLAN
Week 5	Friday 22nd May	Gala Day 1 Allora SS
Week 6	Friday 29th May	Gala Day 2 Allora SS

Triathlon

Wow! What a terrific triathlon we had this year!

The junior class students persevered as they ran for ten minutes, rode for ten minutes and swam for five minutes. Every child gave 100% and finished all the tasks! Congratulations little ones!

The senior students also showed great sportsmanship as they gave their all for one hour of running, riding and swimming. Congratulations seniors—an impressive effort by everyone involved!

A huge thank-you to our wonderful P&C for the delicious morning tea and lunch and also to all our brilliant volunteers who 'marked' the course and recorded. We could not run the day without you—thank-you!



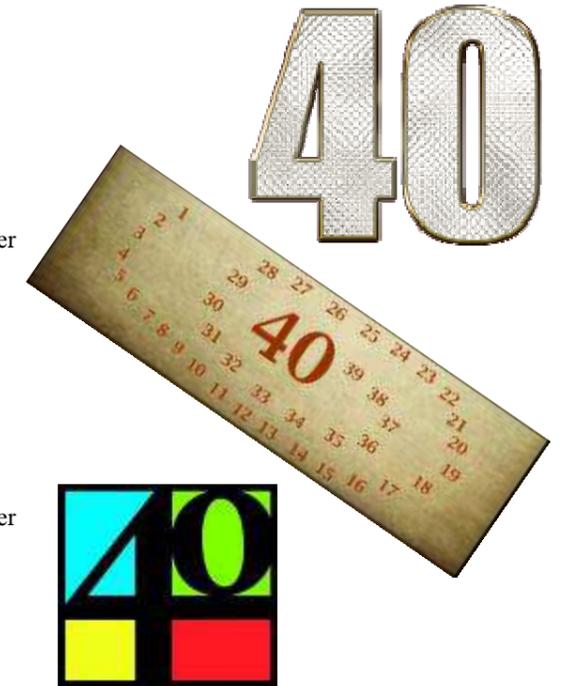
Twenties Club

Congratulations to the following students who have reached the '40 night' level of the Twenties Club!

Emma Sheridan
Cameron Mengel
Jak Kiepe
Katie Field
Audrey Barwick
Cameron Knecht
Frankie Barwick
Nate Armstrong
Libby Sheridan
Sam Sheridan
Amber Walker
Shelby Breeze
Kyra McCulkin
Jacob Torcetti
Alexander Bauer
Jack Callanan
Ava Youngberry
Hannah Nicholson
Lilly Grogan
Bridget Hopper
Brigitte Elburg



Connor Bauer
Georgia Hopkins
Graham Hopper
Ethan McCulkin
Darcy Noller
Tyson Schafer
Bree Wilson
Rolf Burchell-Butcher
Jess Field
Kyle Grogan
Ruby Noller
Scarlet Barwick
Tom Green
Denzel McCulkin
Jasmine Wilson
Jack Burchell-Butcher
Boyd McDonald
Hannah Torcetti



The Importance of a Healthy Breakfast

It's the most important meal of the day – but one in four children in Australia skips breakfast.

At school, a hungry child can lose concentration in class, have no energy for playtime and snack on unhealthy foods, such as chips or biscuits.

A calm and healthy breakfast every day is the best defence against this happening. It also helps children to get into good habits that they can carry through life.

Breakfast ideas

Breakfast can include all sorts of options: cereals, bread, fruit, dairy products (such as eggs, milk, yoghurt and cheese) and meats.

A number of factors influence what people like to eat at breakfast, such as their food preferences, cultural background, religious beliefs and the time available before they have to head out the door.

Quick and easy ideas

Cereal with milk*, yoghurt and/or fruit

Wholegrain toast, raisin bread or muffins with a little polyunsaturated or monounsaturated margarine (not butter), fruit spreads, Vegemite or sliced banana

Fresh fruit with yoghurt

Fruit smoothies made with fresh or canned fruit

Porridge with warm milk and stewed fruit

***Note:** The Australian Dietary Guidelines (2013) advise whole (full fat/cream) milk for children under 2 years of age. Milk fat is an important source of energy and fat soluble vitamins required for normal growth and development.

After the age of 2, most kids can begin to drink low fat milk as part of a varied diet. Skimmed (no fat) milk can be included as a drink for children aged 5 and older and can also be used in family meals for children older than 2 years.

If you have a little more time

Omelette with lean ham and tomatoes

Boiled egg with bread fingers (cut slices of bread into dipping sized portions)

Pancakes with fresh fruit filling

Wholegrain toast or fresh bread with eggs (not fried), baked beans, cooked mushrooms or tomatoes

Plain wholegrain muffin with lean bacon and cooked tomatoes

It is also important to have healthy drinks with breakfast. Water or low fat milk (for children over 2 years) is best. Try to limit fruit juice to 1/2 a glass a day as fruit juice

contains lots of sugar. Instead give a piece of fruit to your child to get fibre into their diet.

Handy tip: Discourage your child from eating breakfast in front of the television. This can also help speed up your morning routines!



Cross Country

The Nobby Interhouse Cross Country is on next Wednesday beginning at 9:00am.

These are the distances that students will run (we will have a 500m course that the students will run laps of).

2002, 2003, 2004 3km

2005, 2006 2km

2007, 2008, 2009, 2010 1km

Students are encouraged to come to school in their house colours; Cunningham is blue and Leslie is red. Please come along and support your child/children in this event.

We have posted a list of house members outside both classrooms.

The **Central Downs Cross Country at Pilton State School** will be held on **Wednesday 22nd April**. Students born 2005, 2004, 2003 and 2002 will be advised if they have been selected to compete in this event at the conclusion of our Interhouse Cross Country next Wednesday.

We have provided a copy of next Wednesday's Cross Country program with today's newsletter.



Prep Corner

Our little preppies are busy bees.

This week.....

We have been learning about 'O' and 'G'. Goat starts with 'G' and octopus starts with 'O'.

Hannah Nicholson

We have been doing some letters and also doing some reading.

Bridget Hopper

We did some kindercuts and letters and we did writing. Then we did some counting and some splatter painting.

Emma Sheridan

We've been making our octopus and sea crab.

We've also been doing maths and kindercuts.

Jack Callanan

ANZAC DAY 2015 *Lest we forget*

Anzac Day

2015 marks the 100 year anniversary of the landing at Gallipoli.

Our school Anzac Day service will be held on Thursday 23rd April.

On Saturday 25th April, our school will march in the Anzac Day parade in Clifton. This generally begins at approximately 10am, outside the Clifton pool.

We have been asked to sing at this year's service. For this reason, we are hoping to have as many students attend as possible.

Young Leader's Day

There was a young man by the name of Coen Ashton, who has been in hospital most of his life because he has cystic fibrosis and diabetes. He spoke about his life and about how he rode a jetski for 2000km down the Murray River. At first I was sad because he has spent so much time in hospital but then I was surprised by what he has achieved in his short life.

Bindi Irwin spoke about her amazing life with her Dad. She said she used to wrestle crocodiles with her Dad, Mum and brother. Her hope was that everybody in the room would take care of the environment like she does.

By Jack Burchell-Butcher

h a p p y e a s t e r

Easter Fun Day

Following our Cross Country next Wednesday, we will have morning tea and then our 'Easter Fun Day.'

Throughout the middle session, students will participate in a range of 'Easter' activities, including egg and spoon races and card making. Our Easter fun session will finish with a shared lunch. We ask that all families please bring a plate to share for big lunch.

Following lunch, we will be holding a Woolworths Domino Swap! Students are able to bring in doubles to swap for ones they need. Should be lots of fun! (Until next Wednesday though, could parents please make sure all dominoes stay at home. Thank-you!)



Junior Room News

We are nearly 'done and dusted' for our first term of 2015. What an exciting term watching our Prep students just explode with their learning. I am so proud of how much they have learned this term. I am as equally proud of the very dedicated learning happening in the Year 1 and 2 part of the class. All of your children should be so proud of their learning and you, their parents, should be also.

Next week might be the last week, but I will be doing lots of assessment tasks to gather data on their learning.

The children should be well organised for all of the special events next week. Ask them!



Nobby State School Cross Country

Wednesday 1st April 2015

Nobby State School

NOTE: Times are approximate – each event will start as soon as possible.

Students need to be at the course in plenty of time.

Event:

9:00	Assembly / Walk the course		
9:15am	Race 1	Girls & Boys born 2010 & 2009	1 kilometres
9:30am	Race 2	Girls & Boys born 2008 & 2007	1 kilometres
9:45am	Race 3	Girls & Boys born 2006 & 2005	2 kilometres
10:05am	Race 4	Girls & Boys born 2004 & 2003	3 kilometres
10:30am	Presentations		

Please note the following-

The course will be a 500m clearly marked course.

Competitors will be able to walk the course before the first race.

Children should wear appropriate footwear and hats.

NOTE: Competitors must run in enclosed footwear.



Building parent-school partnerships

WORDS Michael Grose

Lost in concentration

It's more challenging than ever to be present with our kids, and so easy to get lost in concentration on a device. Here are 5 tips to really impact and make the most of every opportunity you have with your kids

I can't help but admire my young colleague Sonia, mother of a 4-year-old boy and a seven-year-old girl. She is an avid user of social media and other electronic devices, but she is disciplined enough to set them aside when she is with her kids. Sonia chooses to focus her attention on her children, so she limits her use of communication devices to the times when she is alone – which she admits is less often than she'd like.

Electronic devices such as tablets and mobile phones are ever present. They are heaps of fun, the source of so much knowledge and a great way to stay in touch with others. The flip side is that their hypnotic effect is powerful so that frequently all our concentration is directed at them rather than our kids. When this happens you'll more than likely miss some wonderful opportunities to really impact your child

There are five BIG opportunities available to you as a parent if you, like Sonia, choose to be in the moment when you have children.

When you are fully present you can:

1 Build their language

Recently, I saw a mother walking side by side with a young toddler playing a simple language game. She would make a sound with her mouth and her young son would mimic her. She changed or added to the sounds and her son tried to replicate the sounds. This is language building at its most natural and finest, and wouldn't have happened if this mother was on the mobile phone rather than being present with her child. Whether you are with a toddler, primary aged child or a teen the language building opportunities are endless. You just have to focus on the one you are with and let things happen naturally.

2 Teach your children about their world

Most children are naturally curious and will ask lots of questions. "Why do dogs bark?" "Why is the sun round?" "Where do babies come from?" Yes, some are simple, some are hard to answer and some you are just

not ready for. But it's through these simple interactions that you become your child's first and most important teacher. My hunch is that most kids will stop asking these questions of you if your attention is focused elsewhere, such as on a mobile phone or other electronic device.

3 Impact their thinking

Influential British educator Charles Des Forges says, "If you want to influence your child's thinking then you need to talk to him. If parents want more influence then they need to talk more to their children." According to Des Forges it's through the conversations that parents have with their children that they impact the way they think, as well as influence their values. Nothing kills personal conversation with a child or young person like a mobile device.

more on page 2 >>



Building parent-school partnerships

... Lost in concentration ...

4 Build relationships

Relationships are built through common interest, good intent and respectful behaviour. I can think of no better reason for being in the moment with your child than the opportunity it presents to build some common interest and rapport. Time spent giving attention to your child is like putting money in the bank for the future. You never know when you are going to withdraw some of the deposits that you've made, so it's reassuring to know that you've made plenty of deposits of goodwill to draw on, particularly in the tricky teenage years.

5 Build memories for you

As a parent of adult children I now treasure the memories of times I was fortunate to have spent with them as young children. It's strange how these memories resurface at the most unexpected time. Recently, I was in a supermarket and I remembered the time when I enthusiastically asked my youngest, who was three at the time, to get the box of cereal with the big red K. Off she went feeling all important and returned with a triumphant smile armed with a box of dog food. "Thanks darling. Nearly!" was my reply desperate not to quell the enthusiasm to help that only a three year old can have.

Yes, there are million memories such as this available to parents who are willing to focus attention on the children rather than be distracted by the lure of communication devices.

As a parent you have competing demands on your time, and the allure of communication technology can be overwhelming. However, as Sonia is so aware, the time for parents to really impact on kids is limited so you want to make the most of every opportunity you have with them.

The key to positively influencing your kids, building strong relationships and building enough fond memories to last a lifetime is to make sure that your mind is where your body is and be fully present when you are with your kids.

Michael Grose



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



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