

Get Started Vouchers—funding for young people to participate

Is your child eligible for a \$150 voucher to play sport? Children and young people are eligible to apply for a voucher if they are a Queensland resident aged from 5 to 17.

Check out the eligibility criteria [here](#).

Voucher applications close 30th March 2016, or earlier if all available vouchers are allocated.

2016 Clifton Show—12th, 13th & 14th February

There are many sections that children can place entries in:

- Junior art; handicraft & hobby; floral art; and cooking (entries due by 12:00pm Friday 12th February).
- Junior photography (entries due by 4:00pm Friday 5th February).

The 'Battle of the Brains Quiz' will be held on Saturday 13th February from 12:15pm. Students in Year 5 & 6 are asked to compete in teams of 3 for this event. ***Please let Mrs Morwood know if your child would like to be involved.***

TUCK SHOP

Tuckshop will begin in week 3 this term. Sue Breeze has again offered to be our Tuckshop Coordinator—THANKS SUE! If you are able to spare an occasional Friday to give Sue a hand, please let Terri or Sue know—you will need to be on hand from about 10:30am until 1:15pm. **Your offers of help would be greatly appreciated.** The Term 1 Tuckshop Menu is attached to this week's newsletter.



FIRST DAY 2016



The Nobby Link

confidence in a connected world

Term 1 Week 1

Friday 29th January 2016

Calendar

Term 1, 2016

Term 1, 2016		
Week 2	Friday 5th February	Chappy Brekky
Week 2	Friday 5th February	Meet & Greet
Week 3	Monday 8th February	Central Downs Swimming Carnival
Week 3	Monday 8th February	Year 2, 3, 4 Parent Information Afternoon
Week 3	Wednesday 10th February	P, 1, 5, 6 Parent Information Afternoon
Week 3	Friday 12th February	Tuckshop
Week 3	Friday 12th Saturday 13th Sunday 14th February	105th Clifton Show
Week 7	Friday 4th March	Central Downs Netball, Soccer & Rugby League Trials

Welcome Message

A very warm welcome to all students and families. I hope that you all had a wonderfully relaxing holiday with your families and friends.

In particular, I would like to welcome the four new faces who join our school this year. Tanisha, Gus, Sky and Charlie are this year's prep students. When I visited their classroom on Wednesday morning, they were keen and excited to get into their learning (and play).

The beginning of the year has gone without incident, stress or worry. That is due to the hard work of the staff who have busily prepared rooms, desks, teaching content and routines.

Date Change

The Central Downs Swimming Carnival has had a date change. It will now be held on Monday 8th February.

Students will be advised early next week if they have been selected to compete at this carnival.

Parent Information Sessions

These sessions will be held on Monday 8th and Wednesday 10th February. The first session will be held at 3:15pm, Monday 8th February. This session is regarding our 2016 School Camp and is for parents/guardians with students in Years 3, 4, 5 & 6. This will be followed at 3:30pm by an information session for the Year 2, 3, 4 class.

The P, 1, 5, 6 information session will be held on Wednesday 10th February beginning at 3:15pm. (Mrs Field will also be available following this session to catch up with any parents who missed the Monday afternoon sessions).

Meet & Greet

Our annual Meet & Greet will be held next Friday, 5th February starting at 5:00pm. This year we will start with a free swim (parents MUST be present) followed by a picnic dinner. All families are asked to bring their own picnic (or organise with mates to share). The barbecue will be available for those who wish to use it.

The Meet & Greet is a great opportunity to catch up in a social setting. We hope to see many of you at this event.

Update Student Details Form

Attached to this week's newsletter is an 'Update Student Details Form.' Please fill in and return this form if there are any changes to be made.

Chaplaincy permission

Due to changes in the chaplaincy policy, we are no longer required to gain permission from parents for students to work with or be involved with the school chaplain. The only time permission will be sought regarding students and the chaplain is where we feel ongoing or one-on-one interaction would be beneficial to the student. In this situation, you will receive a permission note to that effect.

Religious Instruction—RI

Mrs Kathleen Daniels will again be teaching Religious Instruction to students in Years 1—6. All students who have a religion nominated on their enrolment form will attend RI unless a letter is sent to school asking for them to be removed from this program.

RI will be held from 2:00pm—2:30pm on Friday afternoons.

Attachments:

- Update Student Details Form
- Term 1 Tuckshop Menu

2016 Staff

Mr Youngberry	Teaching Principal (Monday-Friday)
Mrs Morwood	Classroom teacher (P/1/5/6)
Mrs Youngberry	Classroom teacher (2/3/4)
Mrs Field	Classroom teacher (2/3/4)
Mrs Sanders	Specialist teacher
Mrs Joppich	Admin (Monday-Wednesday)
Mrs Tanya Gordon	Speech language pathologist (every 2nd Wednesday)
Mrs Peta Lynam	Guidance Officer (every 2nd Thursday)
Miss Jacqui	Teacher aide (2/3/4)
Mrs Lees	Teacher aide (P/1/5/6) small group and intervention programs
Mrs Naumann	Teacher aide (P/1/5/6)
Mrs Heather Hills	Teacher aide (P/1/5/6) prelit, minilit
Mrs Miller	Teacher aide (P/1/5/6)
Mrs Terri	Teacher aide/admin- small group and intervention programs
Chappy Matt	Thursday & Friday
Derrick McCulkin	Grounds and pool
Mrs Ferguson	Cleaner
Mr Healy	PE (Thursdays)
Madame Scott Power	French (Tuesday)

This year, we have opted to increase our *guidance officer* and *speech language pathologist* services to one day per fortnight.

Please be aware that at times we do have visiting staff (such as guidance officers, speech language pathologists and others) that interact with your children.

Should they ever be required to have one-on-one interactions with your children, you will be asked to give written approval before this occurs.

Swimming

Swimming will continue on Thursdays this term for PE lessons. Swimming for PE is compulsory unless a medical condition prevents it—parents/guardians must let the school know if this is the case. **In addition to this we will also be adding extra swimming lessons next week on Monday, Tuesday & Wednesday afternoons.** Please ensure your child is prepared for swimming.

- ⇒ All students MUST wear a sun shirt and swimming cap.
- ⇒ Bring togs, towel and swimming bag.
- ⇒ Please name all items of clothing (including underwear).
- ⇒ Please send a jumper along (in a plastic bag) as students can get cold after swimming.

P156 Class

A brand new year with lots of changes! In our classroom we welcome our new Preps and their families- Tanisha, Sky, Angus and Charlie.

Our blend of older and younger students has such exciting prospects and challenges. I am so looking forward to what this year will bring. Our timetable is rigid which is good for children's learning. They know what to expect and what to prepare for, so that the content of the lesson is the main focus rather than the organisation. They will also be exposed to a variety of teachers over the course of the week- so they should be exposed to a variety of teaching styles with staff teaching to their strengths. That is important in our small schools where staff changes rarely.

Our first 2 weeks will focus on setting up our subject areas, swimming and getting our show work ready.

The show theme is 'My World'. Perhaps you can talk to your child about what is important in their world and what their dreams are..... also included in the newsletter are some show sections that you might consider entering with your child. Grab a show schedule from Clifton for more detail or check with me.

I look forward to explaining how our Classroom works when you come to our information afternoon.

Student drop off and pick up

Parents and visitors are to park outside the school grounds- not inside. The carpark is reserved for school staff and students with a disability who require direct access to classrooms and unobstructed paths.



Please also remember that you cannot park within the 'bus zones' at drop off and pick up times. This is again to ensure the safety of our students.

Lastly, can you please remind your children to say good afternoon to the teacher on duty (look for the adult with a clipboard!)

Investing for Success

Over 2016 and 2017, \$480 million of the Australian Government's Students First funding will be provided directly to schools using a revised allocative methodology that better supports students and schools most in need.

Principals, in consultation with school communities, will decide how this funding will be used to maximise benefits for students.

Staff, the P&C and the school council will discuss this in the near future.

Nobby SS is set to receive \$21 450 this year as part of this funding program.

Medication at school

If you require staff to administer medication to your child at school, please contact the school office in the first instance to discuss your child's requirements.

Please note, school staff will only administer medication that:

- has been prescribed by a qualified health practitioner (e.g. doctor, dentist)
- is in its original container
- has an attached pharmacy label.

Office staff will ask you to complete and sign Section 1 of the *Administration of medication at school record sheet*.

N.B. If your child requires more than one medication, you will need to complete a form for each medication.

Home Reading 2016

We have updated the way we will track home reading this year.

We will still have students set the goal of reading **300** nights throughout the year. However, students will now be rewarded with a sticker on parade for every **25** nights of reading.

We will still have the 7 Night Reading draw on parade every week for each classroom.

We will still have End of Term Reading draws for students who have read for 7 nights each week in the term. This is typically around 60-70 nights per term.

We will still have the End of Year Reading draw where students who have read for 300 nights or more will go into the draw to win an iPad Mini.

Check out the display board under the staffroom for more info.

read! Anytime.
Anywhere.
Anyhow.



The Nobby State School Project Club sell 'Home Ice Cream' ice blocks for \$1.00 every Friday afternoon at 3:00pm. Please send some money along on Fridays if you would like your child to purchase an ice block.



This year, Madame Scott-Power will be teaching all Nobby students French (LOTE). What a wonderful opportunity! Madame will teach 4 separate class lessons on Tuesdays:

- Prep
- Year 1
- Year 2, 3, 4
- Year 5 & 6

This is an exciting addition to our teaching timetable and we look forward to the benefits that learning a second language can bring to our students' education.

Responsible Thinking Room (RTR)

This year, we will have a designated learning area for students who have received a detention or who have not completed their homework or home reading.

The RTR will be staffed five days per week. Students in the RTR who have received a detention will be required to complete a responsible thinking sheet.

All student visits to the RTR will be recorded on the student's file in OneSchool. In addition, parents will also receive a copy of the slip, indicating why the student was required to attend.



Make this year your child's best ever at school

By Michael Grose

A new school year means a clean slate for students. Here are 7 ideas to help you make the most of the fresh start and make this year your child's best year ever at school



A new school year means a fresh start for students. Regardless of your child's performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start and make this year your child's best year ever year at school:

- 1. Commit to your child going to school every day on time.** One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.
- 2. Help kids start each day well.** A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.
- 3. Establish work & study habits.** The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's or young person's school and help them establish a work routine that matches.
- 4. Make sure your child gets enough sleep.** Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.
- 5. Insist kids exercise.** The old saying about 'a healthy body and a healthy mind' is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.
- 6. Focus on being friendly.** Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be **open and tolerant**; to be **friendly**; to be **sensitive** to others; to be **involved in** plenty of activities and to be social **risk-takers**. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.
- 7. Develop self-help skills.** Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you'll find that the rest will fall into place.



How healthy are your kid's lunch boxes?

Every night households across Queensland are packing lunchboxes with a little bit of love, a sandwich, muesli bar, piece of fruit, and a juice popper.

While it seems like a healthy lunch for your growing child, this type of lunchbox could contain almost **14 teaspoons of sugar**. This is as much as what the WHO would recommend for a whole day!

Queensland Health advanced nutritionist Mathew Dick said you may not be able to force your children to eat the food you send to school each day. "But ensuring they go to school with a healthy lunchbox means you're doing everything you can to provide them with the fuel they need to learn and grow," Mr Dick said.

The Australian Dietary Guidelines recommend children aim for two servings of fruit and five servings of vegetables every day.

"One serve of fruit is an apple or orange. Packing lunchboxes with carrot sticks, beans, cherry tomatoes and hummus is also an easy way to increase veggie consumption," Mr Dick said.

The Guidelines also recommend daily servings of grains (wholegrain bread, wholemeal pasta, brown rice), lean meats and alternatives (fish, eggs, legumes/beans, nuts and seeds) and dairy foods and their alternatives (soy milk and yoghurt).

"Why not try a homemade pasta salad with lots of leftover veggies and cheese and a small container of natural Greek yoghurt with berries," Mr Dick said.

"Make sure to pack lunch boxes with a bottle of frozen water, instead of sugary drinks such as cordials, sports drinks, fruit drinks and soft drinks.

"Keep in mind that school lunches usually sit for a few hours before being eaten. Dairy products, meats, eggs, and cooked pasta or rice should be kept cold until eaten."

To ensure food is kept at a safe temperature until lunch break:

- use insulated lunch boxes or cooler bags
- keep a frozen drink or freezer brick inside the lunch box
- if preparing lunches the night before, keep it in the fridge until leaving for school
- encourage children to keep the lunch box in their schoolbag and to store it out of direct sunlight.

Any perishable food such as meat, poultry or egg sandwiches, should be thrown out if not eaten that day.

Alternatively, pack lunch options that do not need to be kept cool to stay safe, such as:

- canned baked beans, meat or fish
- whole (uncut) fruit and vegetables.



What's in your child's lunchbox?

Fill it with the **5**

- 1 fruit**
- 2 vegetables**
- 3 dairy**
- 4 wholegrains**
- 5 lean meat & alternatives**

Make water your drink
 Pack ice bricks to keep food cool
 Use a thermos to keep food warm

Central Downs Tennis Carnival

This Central Downs Tennis Carnival is being held on Friday 19th February from 9:00am—2:30pm (approximately). Parent transport is required to and from this event.

Nobby is able to nominate 1 team (consisting of 4 players). The students that have indicated their willingness to participate in this event will bring home a permission form today. Please return this by next Friday, 5th February.



Chappy Chat

Hey Y'all,

I hope everyone had a great holiday and found some time to relax, and you are all feeling refreshed for the school year. I am just writing a short little blurb to y'all this week about the Breakfast Club. The Breakfast Club will be starting again next week on Friday. If any parents would like to help with cooking this year just let me know. We will start serving breakfast to students at 8:30am. If parents and siblings would like to enjoy some bacon and eggs we just ask for a gold coin donation that goes towards the supplies needed for the Breakfast Club. The Breakfast Club could not happen without the support and generous donations from Rudd's Pub, Clifton Foodworks, Steele Rudd Corner Service Station and the Eton Vale BP. I hope everyone is having a great first week back. It has been great to hear about all the fun that the students had on the holidays.

Sincerely,

Matt

Thank you!



To Robyn & Sam Little from Rudd's Pub for always supporting our wonderful school.

Not only do they donate food **every** week for the Breakfast Club, they have yet again donated \$10.00 towards each child's Resource Fee—making it only \$90.00 per child.

If you see Robyn & Sam around, please say 'THANKS!'