Week 6 Activities
State of Origin Fever

Prep

Students vs Teachers
Touch Football

Playgroup
Principal's Note
Hello and welcome to my Principal's Note for Week 6.
The past week of teaching and learning at Surat State School was filled with routine activities. It was business as usual as staff and students continued to strive for success and made the most of every opportunity.

School Expectations
At Surat State School, we currently follow four expectations to ensure our school community is the best it can be.
They are: Be Safe, Be Responsible, Be Respectful and Be Committed.

Parent / Teacher Meetings
Thank you to most parents for following our expectations around meeting with teachers and booking meeting times in advance.

Parents, if you require a meeting to discuss your children or any issues with a teacher or the Principal, one of the following methods must be used to arrange a meeting:
1. Contact the office via phone or face to face to arrange a meeting time.
2. Use your child’s communication book if available.
   Send an email.

To avoid disappointment, do not just turn up and expect a meeting to occur.

All parents and visitors to our school must sign in at the office. Administration staff will phone teachers to confirm availability for a meeting. Parents or visitors must not go directly to classrooms or staffrooms to seek out teachers without signing in at the office. This includes visitors to the Secondary block.

Thank you for your understanding and cooperation with this expectation.

Sleep Habits for Children
Sleep research shows that children who develop good sleep patterns usually carry these into adolescence, and beyond. If you are a parent of young children struggling to get them asleep or battling kids who want to stay up longer, then a proper working knowledge of good sleep habits and sleep hygiene is a must...

GREAT SLEEP HABITS INCLUDE:
1. Regular bedtimes. Kids may fight this but be regular during the week and let kids stay up a little later on the weekends.
2. 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 teenagers).
3. Bedtime routine such as a story and teeth cleaning that signals psychologically that it is time for sleep.
4. Keeping bedrooms for sleep and not TV or devices. Bedrooms that resemble caves seem to be recommended.
5. Maximising the 3 sleep cues of: darkness (cave like bedroom), lowering body temperature (baths can be good for this) and melatonin (hormone that prepares you to sleep).

It seems sleep is one thing we can all be educated about. We take it for granted and often view poor sleepers through a behavioural lens. Better knowledge of the biology of sleep and also sleep patterns will go a long way to helping kids and teens get a good night’s sleep. I believe it is an absolute essential for good modern parenting.

School Mission Statement and Motto
Proposed new School Mission Statement: The Surat State School way is to commit to our learning, strive for excellence and succeed in all we do.
Proposed new School Motto: Commit, Excel, Succeed.

Keep up the great work!
Remember, at Surat P-10 State School “we always do our best and treat others with respect”.

Mr Justin Washington

Playgroup
Wednesday 9am -11am
0-5 Years
Bring morning tea or order tuckshop (orders in by 9am), hat, sunscreen
Gold coin donation
All Welcome!
**Men of League Foundation Fundraiser**

As the only charitable organisation to support the rugby league community in Australia, the Men of League foundation provided support and assistance not only to players, but men, women and children, referees, volunteers, administration and officials who are or have been involved in the game at any level.

This year we are rolling our Heritage Round & Sock Campaign into one big weekend held on NRL Round 19 over the weekend of 17-20 July, to increase awareness of our work and raise much needed funds for the Foundation.

Our Heritage Socks are now in stock and available for purchase via the order form attached, for just $11.95 a pair with $4 from every pair sold donated to the Men of League.

**Important Dates**

<table>
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<tr>
<th>JUNE</th>
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<tbody>
<tr>
<td>3rd</td>
<td>ICAS Science Test</td>
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<tr>
<td>5th</td>
<td>Men of League Sock Order Forms Due</td>
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<td>8th</td>
<td>QUEEN’S B’DAY HOLIDAY</td>
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<td>23rd</td>
<td>NAIDOC Celebration Day</td>
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<tr>
<td>10th</td>
<td>ICAS Spelling &amp; Writing Test</td>
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<td>12th</td>
<td>PIE DRIVE FORM &amp; MONEY DUE</td>
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<td>25th</td>
<td>Report Cards Issued</td>
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<td>26th</td>
<td>LAST DAY OF TERM 2</td>
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<tr>
<th>JULY</th>
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<tr>
<td>13th</td>
<td>School Resumes</td>
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<td>18th</td>
<td>Netball/Football Home Game</td>
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<td>24th</td>
<td>Athletics Carnival</td>
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**Student of the Week - Week 5**

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<tr>
<th>Prep:</th>
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<tbody>
<tr>
<td>Chloe Cameron –</td>
<td>for being responsible &amp;</td>
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<td></td>
<td>using solution skills to solve problems.</td>
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<tr>
<th>Year 1:</th>
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<tr>
<td>Nate Freeman -</td>
<td>For always having neat bookwork.</td>
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<th>Year 2:</th>
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<tr>
<td>Hannah Packer –</td>
<td>For writing creative retells and choosing interesting adjectives!</td>
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<tr>
<td>Archie McLean –</td>
<td>For explaining your thinking and problem solving strategies in Maths!</td>
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<th>Year 3/4:</th>
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<tr>
<td>Harry Packer -</td>
<td>For completing his work on time and giving 100% effort.</td>
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<tr>
<th>Year 5/6:</th>
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<tbody>
<tr>
<td>Luke Thompson -</td>
<td>For being such a responsible class member and always offering to help teachers and peers.</td>
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<tr>
<th>Secondary:</th>
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<tr>
<td>Sariah Ellem -</td>
<td>For being an inquisitive learner.</td>
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**Prep News**

This term in Prep, we have blasted off into space! Last week we were so lucky to have our special alien ‘Spunky’ visit us from Uranus! He lives on the ‘ice giant’ planet which is blue, cold and the 7th planet from the sun.

In History we have been learning about celebrations and we planned and had a surprise 5th birthday party for Spunky! This caused great excitement as we made a cake, pinata, decorations and party games.

We hope you enjoy some of our photos on the cover of today’s newsletter!

This week Spunky has returned to celebrate Christmas! Don’t be surprised if you hear some jingle bells or see tinsel in Prep!

Merry Christmas...we mean have a great weekend!

**P & C Notice - PIE DRIVE TIME!!!**

Attached to this newsletter is a Homestyle Bake Pie Drive order form. Good time to stock up some winter goodies for the freezer!!

Please return order forms and payment to Megan at the school office by Friday 12th June. Pies will be available for pick up from school on the afternoon of Tuesday 23rd June (last week of school).

If you know of anyone who might not already have a connection to our school community but might be interested in ordering, please let us know and we will post an order form to them.

Thanks in advance for your support.

Cheers

The P & C Executive
On behalf of the "Run for Jake" team we would like to extend our heartfelt thanks to everyone who donated to our stall last weekend.

We were overwhelmed with support and raised $1060.60.

This takes our fundraising total to $2023.64 for the Mater Foundation.

Please head to our website below if you would like to donate online or join our Bridge to Brisbane team.


Thank you!

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**Surat’s Family Secret Weight Mega Fishing Competition & Carp Buster**

**Saturday 6th & 7th June 2015**

**Nominations Commence 9am Saturday**

(Fisherman’s Park – Northern Side of the Surat Bridge)

Many prizes to be won!

Total Prize Pool $3,800

- Nomination Fees
  - Adults $20
  - Juniors $5
  (Juniors must be 16 years or under)

Free camping at Surat Fishermans Park or great spots along the river.

Two Continuous Weigh Ins

- Saturday 12noon – 6pm
- Sunday 7am – 2pm

(Fish need to be weighed in before 3pm)

Enjoy the weekend with Family and friends at the Bar and BBQ.

Come along on Saturday night and enjoy the entertainment and fireworks by Sparky’s Fireworks

Major prizes announced Sunday afternoon after the final weigh in.

Will your duck come first? See the Ducks in action followed by Spot Prizes and Secret Weight prize announcements for Murray Cod, Golden Perch, Silver Perch, Dace and Carp

Major Adult Prize – $2000 Major Junior Prize – Camping Package Valued at $250

You only have to nominate to win the Major Prizes

Come and enjoy the weekend by netting a line or singing a tune!

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This Carp Buster is part of the Queensland Murray Darling Committee Carp Buster Fishing Series 10/4/2015

Total Prize Pool 13,500

Visit: www.mrdc.org.au for more information

Ph: Greg & Deb: 0411-401 751 07 4626 5328
email: greg@richstron81@bigpond.com

Mater Foundation

Jude: 04 0006 1569
THRUPIE'S FITNESS AND COACHING

Dedicated to inspiring and motivating people of all ages to be the best that they can be. Darren Troup is a 5 time Australian Paralympian, former World Records Holder, current Australian Records Holder, current member of Queensland Athletics 'A' Squad, Registered Australian Coach (Sprints and Jumps) and a Qualified Personal Trainer.

We specialise in athletic and sports training and coaching for children and adults, as well as providing personal training for general fitness, weight loss and injury rehabilitation.

One-on-one sessions available
Groups and schools are also welcome

Please contact Darren or Keran on
0407 612 690
for an obligation free fitness assessment or further information

Proud Ambassador for the D'Alesio Winter Sports Carnival
Proud Ambassador for Maranoa Regional Council's "Healthy Maranoa" Initiative

DO YOU KNOW A FATHER WHOSE SACRIFICES GO UNNOTICED?
YOU CAN HONOUR HIM TODAY!

Nominate a deserving dad or father-figure today for the 2015 Queensland Father of the Year award!

For more information visit www.fatheroftheyear.org.au or phone 1300 007 682

FREE COMMUNITY EVENT 6PM DINNER & LIVE MUSIC

BYMOUNT HALL 3 JULY
AND SURAT HALL 4 JULY

SHOWING:
Brett Seburn & the 100 Year Old Man

VIP PASS AVAILABLE

HIS COULD WIN A FAMILY HOLIDAY AT 17TH JULY 2015 AT
SEAWORLD RESORT & WATER PARK AND THE GOLD COAST'S
NOMINATIONS CLOSE 17TH JULY 2015 AT
FATHEROFTHEYEAR.ORG.AU

"Price is for 2 adults and 2 children and includes: return flights, 3 nights accommodation at a Deluxe Sea View room in Paradise, complimentary entry to the Sea World, Warner Bros. Movie World, Wet'n'Wild Gold Coast and 1 theme park return transportation. Full terms and conditions apply to these offers. Offer expires 30 June 2015."

A SUSTAINABLE HOPES TO A YOUNG GENERATION

1300 007 682
www.fatheroftheyear.org.au

J•A•S Media Productions

A GCQFSS PERSPECTIVE