

Drinking Water

Are you drinking enough water for optimum health?

Yes, I know, you've heard it before right? However, maybe it's something you have heard but haven't actually put into practice yet. Choosing water as your preferred drink really will have a positive impact on your health, as well as being the best beauty elixir ever. Water contains no kilojoules, is inexpensive and readily available.

Some other benefits of drinking water are:

- It reduces joint pain (keeping the cartilage soft and hydrated);
- It maintains the body's fluid balance, which helps transport nutrients in the body, regulate body temperature, digest food and more;
- It helps with weight loss. Water helps people to feel full, thus consuming fewer calories;
- It can help re-fuel tired muscles when sweating during exercise;
- It helps to flush out toxins and reduces the risk of pimples. It makes your skin glow;
- It helps the kidneys to clear away waste and transport urine to the bladder;
- It improves concentration, keeping you feeling refreshed and alert;
- It helps fight tired eyes;
- It helps with hangovers by rehydrating the body and stopping headaches; and
- It adds fluids to the colon, helping to move things along smoothly.

How much do I need to drink?

Your body will tell you when you are thirsty. Remember though, that being thirsty is often a sign of already being dehydrated. It's a good idea to get into the habit of keeping a water bottle on hand at all times and sipping regularly throughout the day.

Around two litres per day is a good amount to drink, however you may need to drink more if you:

- are exercising;
- are in a hot or humid climate;
- are pregnant or breastfeeding; or
- have a health condition such as a kidney stone (NB. some conditions, such as being on dialysis, mean that you have to drink less water).

For optimal bodily functioning, it is important to note that a larger body usually needs more water than a smaller one (all else being equal).

Road Safety

We have had reports from our community that children have shown responsible and safe behaviour crossing the roads. It is important to teach our children about how to be safe on our roads to and from school. Stop, Look, Listen and Think.



Early Years Health & Wellbeing Program

The Early Years Health & Wellbeing program is based within the school to support Prep children and their families. We provide support, advice and group work to all families. If your child is not progressing along with his or her peers or you are concerned about their behaviour or social and emotional wellbeing, support is available. The program is voluntary, confidential and free.

Often, a little advice can go a long way.

2016 Schedule

Early Years room is located in X Block and open **Monday, Tuesday and Thursday** 8:30am – 4:30pm phone Kim on 0437 228 791 or email knoble@redcross.org.au

Current Groups for 2016

Playgroup: Tuesday 9am – 11am
Play based activities covering the importance of play, early intervention; signs to look for, parenting, school readiness, social skills, reading, cooking, music and much more. Come in and take a look. Bring your little ones in for a play and enjoy meeting other parents from the school community. Morning tea provided.

Sports Afternoon: Thursday's 3pm - 4:15pm (Weekly during Term 2) **All Children MUST be accompanied by an adult.**

Children will enjoy a light afternoon tea followed by some fun sports activities and games. Parent supervision and some participation required. FREE. No obligation to attend each week. It's all about movement and fun!

Parent Volunteers:

I am looking at organising a parent mentor/volunteer program. Please let me know if you are interested in joining. More information soon.

Thank you
Kim

From the Chaplain

Just a reminder that Breakfast Club is on every Monday and Friday in the hall starting from 8am. Please come down and have a yummy nutritious breakfast any time! If you could kindly donate a vegemite, strawberry jam or cheese spread to breakfast club, your kind donations help keep this wonderful program running.

Chappy Claudes



SILKSTONE STATE SCHOOL

Newsletter

28 April 2016

Term 2 Week 3

Mission Statement: We at Silkstone State School, in partnership with the community, aim to create an environment of active learners. We believe all children are capable of reaching their full potential. We commit to building resilient students who strive for excellence and become responsible, respectful citizens.

Principal's Report

A Great Start to Term 2

Term 2 is well under way now and I have to say that our students have really 'stepped up' in term 2. Our 4 expectations, Be Safe, Be Respectful, Be Responsible and Be an Active Learner, have been on display in classrooms and in playgrounds. Having visited a number of classes last week to participate in the reading lessons, I am so impressed with the work our teachers and students are doing. Teachers are working so hard to ensure your child's learning needs are being met every day.

NAPLAN testing — 10 to 12 May

Students in Years 3, 5, 7 and 9 will take part in NAPLAN testing from 10 to 12 May. NAPLAN testing provides schools with an opportunity to identify any areas where students may need assistance and covers the learning areas of reading, writing, spelling, grammar and punctuation and numeracy. If you have any queries regarding NAPLAN testing, please contact *your child's teacher, the Deputy Principals or the Principal*. NAPLAN test results will be released later this year. Visit www.nap.edu.au for more information.

ANZAC

We were so proud of our students and community last Friday during our ANZAC Ceremony. Our students demonstrated the highest standard of respect and behaviour during the service. Congratulations and thank you to them all. It was also heartening to see so many people, including students, families and staff attend the service at Cameron Park on ANZAC Day. Lest we Forget.

A reminder that we have another Public Holiday next Monday as Labour Day has been moved to May. Enjoy the long weekend.

Mike Sawbridge
Principal

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From the Deputy Cont'd

Things to remember about reading

- The goal of reading is **always to make sense** of what is read.
- Try to be interested, supportive and enjoy the time together.
- We enjoy reading more when it is about something we are interested in.
- Read with your child anywhere and at any time; don't forget that many everyday experiences provide opportunities to put reading and writing into action.



Kellie Stanton
Deputy Principal

Music Notes

BRASSS - Monday 8am
Glee - Monday 8am
Senior Band - Tuesday 7.50 - 8.50am
String Ensemble - Thurs 7.50 - 8.50am
Harmonies - Wednesday 7.50am
Year 3 Choir - Wednesday 11.00am
Year 2 Choir - Tuesday 11:00am



Ipswich Junior Eisteddfod

Children in Year 3 Choir, Harmonies Choir, BRASSS Boys' Choir, String Ensemble and Senior Band will have brought home a letter today regarding the upcoming Eisteddfod. Parents whose children have not attended enough practices to be invited will have been contacted over the last 2 weeks. The children are getting excited and will also have opportunities to perform on assemblies during this term.

Anzac Services

Well done to Grace and Anae who led the Australian and NZ National Anthems at the recent services, and to the Year 6 Harmonies Choir children who attended the Cameron's Park service.

Helper Needed

Our school is hosting the Ipswich heat of Ed Qld's Band Fanfare on Wednesday 25 May. Primary and high school bands will be coming during the day to perform. I already have some wonderful mums and grandma helping on the day, but could do with one more helper. If you are available (it's an all day event), please see me in the Music Room.

Wind/Percussion Performance Task

As part of the assessment process for instrumental music this term, students will be required to prepare and perform a number of selected works in week 6. These performances will be recorded and downloaded onto student's music USB for individual viewing. Exercises and criteria standards have been issued to students during their instrumental lessons – please ensure your child has a USB and continues to do home practice ready for this event.

Instrumental Practice

Practice is not optional – students are required to complete and record 5 practices each week on their practice sheet. Routine practice at home helps students master skills learnt in class enabling them to play more confidently. You can help your child learn their instrument by following these suggestions:

- Help by providing a quiet safe area to practice their instrument
- Establish a regular practice time and routine
- Listen to them play and encourage them
- Play their Tutor book CD/DVD so you both know what to expect.

Linda Weatherhead
Music Teacher

School Dental News

Last term the West Moreton Oral Health Education Van ran some health promotion sessions with some students from prep and grades 1, 2, 3. We had lots of fun packing 'tooth friendly' lunch boxes, learning how to brush our teeth and playing dental games on the iPads. Thank you to the wonderfully behaved students as well as the teachers and office staff for assisting us in organising the children so that they could visit and learn about caring for their teeth.

So far, grades 1 and 6 (and their siblings) have been issued with paperwork for dental check ups. Out of approximately 100 grade 6 students, only 20 forms have been returned. A BIG SHOUT OUT to parents of year 6 students - if you would like your child to have a FREE dental check up, please come in and see us at the clinic or call 3282 7212 to arrange this. Other grades will soon be issued with paperwork, so please check your child's school bag for further information.

Happy Brushing!



Bremer High Scholarships

Bremer State High School is now accepting Academic Scholarship applications from current Year 6 students, for commencement in Year 7 in 2017. Bremer SHS offers a diverse curriculum which caters expertly for students who will benefit from a high expectations, academic learning environment. Our high performance team will individually support scholarship students in 2017. Scholarship application forms upon request from Bremer SHS. Applications close 24 June 2016.
www.bremershshs.eq.edu.au info@bremershshs.eq.edu.au
133 – 153 Warwick Road, Ipswich Qld 4305 Phone: 3810 9307



Report Cards

Silkstone State School will be emailing all reports to parents. There is a letter attached for updating your email address. Please return this completed form to the office as soon as possible.



P&C Association

The Silkstone State School P&C is working to identify some key priorities for 2016. In order to determine what these are, we would like to invite every family to complete this short online survey.

Please take this opportunity to have your say and provide some input into the direction the P&C takes in this coming year. Results of this survey will be discussed at the next P&C meeting on 24 May at 7pm in the Staffroom. Please feel free to come along.

Please enter the following link to complete the survey. The link is also available on the official Silkstone State School Facebook page.

<https://www.surveymonkey.com/r/S2J8MN5>

Our next meeting will be held on Tuesday 24 May at 7pm in the staffroom. All welcome.

Thank you for completing the survey.
Rachel Convery
P&C President

Parent Group

Thank you to everyone who attended and volunteered their time at last terms free dress day and school disco. We had many great pirate and princesses outfits - the evening was a great success.

Mother's Day Stall

The Mother's Day stall will be on Wednesday 4 May and Thursday 5 May. Prices of gifts available for students to purchase are from \$1 - \$5. On Thursday the students can access the stall independently in U Block at first break. Donations of new and unused gifts can be left at the tuckshop or office. Thank-you to the families who have already donated gifts, If you have any questions or would like to help, please contact Serena Shepherd on [0434007521](tel:0434007521) if you have any questions.

5 Cent Challenge

The 5 cent challenge has started - great work to all classes who have started to fill their bottles. The challenge is to fill your class bottle with as many 5 cent pieces by Friday 24 June (week 10 of term 2). The Junior school (Prep - 3) and Senior school (year 4 - 6) class with the most money in their bottle will win a class party. Good luck to all classes!



Next Meeting

Our next Parent Group meeting is on Tuesday 24 May in U Block from 2pm-3pm. New members are always welcome and refreshments are also provided.
Angela Cullen
Vice President

Coming Events

Mon 2 May	Labour Day Public Holiday
Wed 4	Mothers Day Stall
Thurs 5	Mothers Day Stall
Fri 13	Ipswich Show Holiday
Tues 17	Digital Technologies Competition
Wed 18	Harmonies Choir, Junior Eisteddfod
Thurs 19	Senior Band & String Ensemble, Eisteddfod
Fri 20	BRASSS, Year 3 Choir, Junior Eisteddfod Pie Orders and Money Due
Tues 24	Parent Group Meeting 2pm U Block P&C Meeting 7pm Staffroom
Wed 25	Senior Band & String Ensemble, Fanfare
Tues 31	Science Competition
Wed 1 June	Pie Delivery 11am -1pm
Mon 6	Glee Performance on Assembly
Tues 7	District String Camp at Silkstone SS
Wed 8	District String Camp at Silkstone SS
Fri 10	Last day to pay for Wildlife Incursion (Prep)
Wed 15	Wildlife for Kids (Incursion)
Fri 24	Last day to pay for Little Prince (Prep) Last day of 5 Cent Challenge Last day Term 2
Mon 11 July	First day Term 3
Mon 25-28	Sports Development Camp
Tues 26	Parent Group Meeting P&C Meeting
Fri 29	Little Prince Excursion (Prep)
Tues 2 Aug	English Competition
Tues 16	Mathematics Competition
Mon 29 Aug-2 Sept	Year 6 Camp Maroon Dam
Fri 9 Sept	Last day to pay for Pirates Show (Prep)
Wed 14	Extra Curricular Photos Pirates Show Prep excursion
Thur 15	Variety Concert
Fri 11 Nov	Last day to pay for Christmas excursion
Wed 16	Christmas Around the World Prep excursion

Money Window

Open Monday to Friday 8am - 11am (only)
EFTPOS is available

Direct Debit Payments

BSB: 064-417 Account Number:00091102
(Include child's name and what payment is for)

Uniform Shop

Terms 1 & 4 Monday 8-10am & Thursday 1.30-3.30pm
Terms 2 & 3 Thursday: 1.30-3.30 pm
(Cash and EFTPOS are accepted)

Assembly Time

Monday 2.30pm (weekly) - Whole School

Accompanying Handouts

- ⇒ Dentist forms Year 2 & 3
- ⇒ Music Eisteddfod (selected children)
- ⇒ Updating email addresses