From The Principal - Bruce Robertson

One of the speakers I connected with at the Independent Public School Conference last week was a psychologist (also former teacher and author), Mr Michael Hawton.

Michael covered a considerable amount of ground including some of the most recent brain research and the environmental factors that influence our behaviour. He focused on three key things that all parents have control over with their children. These included:

- Sleep;
- Technology; and
- Drugs and alcohol.

Michael made several references to emotional literacy and the need to help children self-regulate and manage their own emotions. Elements of our school’s Bounce Back program help students to understand their emotional software.

Michael’s presentation got me thinking about how well I control the sleep and technology concerns in my own household. We know that sleep is especially important for children as it directly impacts mental and physical development. My youngest child goes to bed between 8-8:30pm. Like many of you, in my house, there are several activities that take place after school with each parent and child attending numerous training sessions or other activities across the week. And then you need to give consideration to homework, study, assignments and recreational activities that are all essential for a healthy and balanced lifestyle.

So I did some further research. There are two alternating types or states of sleep:

1. Non-Rapid Eye Movement (NREM) or “quiet” sleep. During the deep states of NREM sleep, blood supply to the muscles is increased, energy is restored, tissue growth and repair occur, and important hormones are released for growth and development.
2. Rapid Eye Movement (REM) or “active” sleep. During REM sleep, our brains are active and dreaming occurs. Our bodies become immobile, breathing and heart rates are irregular.

The research is very clear that children aged five to twelve need 10-11 hours of sleep each night. When you consider the increasing demands or expectations from various sources and the growing interest in TV, computers, the media and Internet, as well as caffeine products, it’s a recipe that has the potential for seriously disrupting sleep patterns.

Michael spoke about pre-selling technology. That is, don’t deny its influence and possibilities, but be very clear about the guidelines, locations and expectations of using any device.

So I did a bit of self-reflection. My youngest is woken at 6am each morning. If he requires 10-11 hours of sleep each night, then he needs to be asleep by 8pm at the very latest. There is going to be some changes to some of the routines at my place! And we all know that a good night’s sleep helps us to function more efficiently, so it will be a positive change. It’s a good thing I can record the ‘State of Origin’ for another time.

International Competitions and Assessments for Schools

Almost 60 students across Years 2-6 completed ICAS Science this week. This was the first test of this nature for many of our Year 2 students but they tackled the challenge very well.

ICAS- Writing (Years 3-6) is scheduled for Monday 13 June and ICAS- Spelling (Years 2-6) will take place...
on Wednesday 15 June. Teachers will remind students of their participation and the required materials later next week.

Once test papers are returned to the EAA for marking, there is about a six-week turnaround before we receive reports and certificates.

Religious Instruction (RI)

Mrs Karen Grenning, our school’s RI coordinator, has provided the resource books being used for RI throughout the school. These are available for viewing from the office for the remainder of this term.

The policy for students who do not attend RI is as follows:

Students who are not participating in religious instruction must be provided with other instruction in a separate location during the period arranged for religious instruction. Other instruction must relate to part of a subject area that has already been covered in the student’s class and may include, but is not limited to, personal research and/or assignments, revision of class work such as creative writing or literacy and/or numeracy activities which could include online programs currently accessed by the, and wider reading such as independent reading appropriate for the student.

School Starts at 8:50am

The first bell sounds at 8:50am. At this time, teaching and learning begins for the day. Please minimise disruptions by having students at school on time to begin the day. Classrooms are open shortly after 8:30am for students to prepare for the day ahead. Thank you for your understanding and cooperation.

Cross Country

Best wishes to our 14 students who will represent West Akuna at the Regional Cross Country Trial in Ipswich on Thursday.
10 Years - Georgina G, Erica M, Sarah W, Zara K, Alexander B and Ben P
11 Years - Amelia H, Miranda McP, Emma Neilson, Sophie M, Will P and Jake HR
12 Years – Rachael B and Jarrod R

Thought for the Week

Sleep is that golden chain that ties health and our bodies together.

Thomas Dekker

From the Deputy - Tracey Campbell

Report Cards

At the moment our teachers are busy gathering the last evidence of learning for students in their class before beginning the process of report card writing. Report cards will be distributed to families in the last week of Term 2. Our student reports are based on five-point scale and report directly on the quality of student learning in relation to the curriculum that students
have been taught and assessed on. The purpose of these reports is to provide parents with information about how their child is learning in class and how they are achieving in the various subjects. You should also get a sense of the areas for further development.

We hope as you read through your child’s report that you share our pride in how they have achieved individual growth.

**Positive Behaviour in the Playground**

I have been really pleased to see so many students doing the right thing during play time, hats are on heads, play is safe and respectful, and games are inclusive.

As a proactive strategy I am trying to get around to classes in the Junior School to remind students of these simple but essential aspects of play time.

Students are also aware that the play equipment is out of bounds in the mornings before school as teachers are busy in their rooms setting up for the day and can’t be on duty.

Well done to all those students that consistently make our school a happy and safe place to be.

**Active Learning**

At Brookfield State School teachers often engage students in whole-body learning opportunities where possible. What a treat it was for me to see one of our early year’s classes outside actively engaging in a different medium to reinforce their letter formation. Throughout this lesson, I observed beaming faces and totally engaged learning taking place. I could not help but stop, join in and snap a photo or two! We have such creative teaching and learning here at Brookfield State School.

**Anaphylaxis Alert**

Anaphylaxis is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen to which they are sensitive, some allergens include peanuts, tree nuts, fish, shellfish, insect stings, eggs and cow’s milk.

We have some families in our school community that live with the fear of their loved one accidently consuming or being exposed to an allergen. For example, peanut allergy is a potentially life-threatening condition and hence we have safety procedures in place at school to try and minimise the likelihood of one of our students being affected.

How can we as a school community help? Please ensure your child is aware of the risks associated with anaphylaxis and the unacceptable dangers of teasing students with their allergic triggers. Further, to minimise the risk of exposure to allergens, please reinforce with your child that the sharing food at lunch times is not encouraged.

Thank you for your support and assistance with ensuring Brookfield State School is a safe environment for all our students.
Junior Assembly

Prep - Year 3 assembly will be held Thursday from 1:50 – 2:30pm, we hope you can join us.

Last week’s Most Respectful Class went to Year 1B - awesome effort 1B.

The class that received the most brookie bears over the course of last week was Year 3B - congratulations 3B.

Resource Centre News

Inter-House Readers Cup Competition - The Sport of Reading!

The Inter-House Readers Cup event had 7 teams thrashing it out in the Hall last Thursday lunchtime. The teams prepared all term by reading the five set books with weekly lunchtime meetings to analyse the characters, setting, symbolism and events of each book under the supervision of Team Co-ordinator Mrs Minczanowski. Again the competition was tight with House Spirit running high!

With only one point separating first and second, the victors to collect House Trophy were:

First: Patterson’s Patter-People (Tia F, Madi R, Tilly M, Olivia S, Kei W)

Second: Lucky Lawson Leprechauns (Ella E, Tehlia O, Maya A, Will T, Nicola D)

Third: a three-way tie!

Mighty Mackellar (Caitlin S, Abby B, Ella C, Angela F, Jaida L)

Mackellar Monkeys (Jamie F, Kate B, Holly B, Rachel B, Amelia H, Aaliyah C)

Mackellar M&M’s (Cooper G, Jasmine M, Ella S, Toby K, Luke H, Kate McG)

It was an exciting event with real credit going to all participating Year 6 students for their enthusiasm, persistence and skill in taking up the challenge and sticking with it!

Inter-School Readers Cup

The Brookfield State School Readers Cup Team members were selected by a quiz on the books and have been selected as: Tilly Maher, Rafael Ritch de Llera, Angela Frazer, Charlotte Brandon and Ella Edwards.

We wish our team the very best of luck at the Corinda District Teacher-Librarian Network Readers Cup competition event on Monday June 6.

Book Covering Help

We have many new reading books which are in need of covering in order to get out onto the shelves and into the hands of our voracious readers here at Brookfield.

The contact is already cut so books could be taken home and returned when finished.

If you are here early for school pick up you are also very welcome to sit with a friend and cover books outside on the Resource Centre verandah while waiting for the bell or in the air-conditioning. All help would be greatly appreciated!

Please pop in Mon - Thurs to Mrs Allison in the Resource Centre.

Read and Reflect
Fiona Allison
Teacher Librarian

Have a great week,
Tracey Campbell
tcamp10@eq.edu.au

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Read and Reflect
Fiona Allison
Teacher Librarian
West Akuna Softball Trials

Any student wishing to trial for the district softball team (boy and girl) please see Mr Skehan by no later than this Friday 3 June. Students must have prior experience at playing softball and be turning 11 or 12 this year.

Kieron Skehan

Strings News

Tuesday and Wednesday lessons Week 9 (07 and 08 June). There are NO lessons at all that week for Strings. I am teaching at a 2 day String Workshop in the Ipswich District with my Mt Crosby students. This is an annual event and unfortunately clashes with this school. You will get some make up time at a later stage through the year. Lessons and rehearsals will be back to normal in Week 10.

Fanfare Friday June 03. The Senior Strings had their 1st rehearsal with Mrs Doyle this morning, and I thought we sounded great! Please make sure that the main focus of practice until Fanfare, are the 2 pieces that we will be performing...”Entry of the Tumblers and Dark Train”. Thank you everyone for getting the permission slips back in time.

Year 3 Beginner Workshop. The date for this workshop is still yet to be decided. We are having trouble choosing a date that suits the 5 schools involved, so it is looking like it will be early Term 3.

Please email me any time you have any questions.

Thank you
Jen Hemmings
Strings Instructor
jhemm15@eq.edu.au

Scholastic Book Club

Issue 4 orders are due this Friday 03 June. Please go to www.scholastic.com.au/LOOP to order or use the Android or App Store LOOP app. Feel free to contact me by email bookclub@brookfieldss.eq.edu.au or on 0413443632 if you have any queries.

Thank you
Nicola Hile

PCYC News

Hi Everyone!

It is a very exciting week at PCYC, welcoming in our new Hermit Crabs! We have decorated the tank for our little friends and we are very excited to learn more about them and watch them grow! At the moment, they don’t have names. We have asked the kids to come up with a name each and we will be drawing 4 out on Friday! If you have an awesome, creative name, please write it down and give it to our staff. Come in to the PCYC room and have a look!
Cooking

We have been doing lots of cooking with the kids at PCYC. Last week we made ham and cheese and vegemite and cheese scrolls for our afternoon tea on Friday. This week we will be making some yummy fried rice. If you have any suggestions for healthy cooking recipes that the kids can participate in, please let us know!

Cancellations

If you require cancelling a previously made booking, please ensure you give staff 48 hours’ notice so you are not charged. You can do this by emailing Liz at brookfieldsac@pcyc.org.au, writing in the bookings and cancellations booklet at the service or calling 3374 2107 (leaving a message is fine).

If you are interested in enrolling your child, you can do so at https://brookfieldsscpcyc.hubworks.com.au or by visiting us (we are in A block under the music room).

We love to see new faces at PCYC! Here are a few things we offer:

- Breakfast provided until 8:00am and afternoon tea provided at 3:00pm - our menu is healthy and nutritious and negotiated with the children and families of the service
- Life skills programs- cooking, baking, sewing and gardening are all on our program regularly
- Sports and outdoor games every session with our recreational leader
- Art and craft

Please come visit us, call 3374 2107 or email brookfieldsac@pcyc.org.au for more information. We would love to meet you!

Burger Bar

This Friday night, 03 June.

4C will be hosting Burger Bar this week.

We hope to see you down at the Showgrounds, for a delicious steak burger or sausage in bread for the littlies.

Come and support our School.

TRIVIA NIGHT - SAVE THE DATE

Friday 29 July 6.00 pm for 6.30 pm start - $25 pp

Get stretching those hamstrings as this year’s theme is The Olympic Games (Rio)!

So you won’t be wrestling for space aim for tables of around 10.

Select your team and synchronise your diaries so it goes swimmingly!

More info via emails to follow.....
Party In the Paddock!

FREE ENTRY!

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