Dear Parents, Students and Community Members,

PRINCIPAL’S MESSAGE

This week we have had the installation of air conditioning into six of our classrooms plus our school library. It has only taken twenty years but it has now been achieved. If funding permits I’d like to continue with some more classrooms later this year but I’ll have to wait until the mid-year budget review before that happens. Our P&C have been very supportive and took on the library project. Our library is the most used facility in our school so it will benefit all of us.

On Friday we will hold the Annual General Meeting of our P&C Association. The meeting will commence at 3:30pm in the staffroom at school. Please come along and support your association. As you know, last Friday evening we held the two school discos for the students. Again, the support from parents in setting up the venue, providing drinks and food and then cleaning up at the end was critical to the success of the evening. Many thanks to our parent helpers.

Next Thursday is the last day of term one. It is customary on this day for the P&C to conduct a free dress day. This means that the children can wear less formal attire for the day as well as bring along a gold coin donation if they wish to participate. The P&C will use any money raised on P&C projects for your students.

On Saturday the local government elections will be held with a booth running out of the hall at Arundel State School. In conjunction with this the P&C will conduct a BBQ again to raise funds for the association. If you are voting at Arundel please visit the stall and support our parents in their fund raising efforts.

You may recall me writing about student attendance as one of our school goals for the year. I heard some stories from my teachers this week which left me almost dumbstruck. One of my teachers shared the story of two children who missed around 70 days of school last year. This year one has not missed a day and the other has only missed two days (and she did break her arm so this was excusable). The great news is these students are flying with their school work. Another teacher told me of a student who missed half of the school days last year (nearly 100 days) and this year has missed zero. What a turnaround! And the great news – the student is making huge gains academically.

There are probably many other stories like this. Keep up the good work from your end parents and we will ensure we get a return in the shape of improved grades.

We won’t have a newsletter next week so I will take this opportunity to wish all of our families a safe and happy Easter and then holiday. School will resume in term two on Monday April 11. Please continue to send the children every day next week, won’t you. We continue teaching every single day. I know many of the children are striving to attend every single day – please support them.

Michael Kelly
Principal

Michael Grose from Parenting Ideas has sent this tip for parents in his latest newsletter. The topic this time is sleep – for children that is, not parents.

Sleep can be a vexatious issue for some parents: the amount of time spent trying to get kids to sleep, worrying about kids not sleeping, being woken up by kids who should be sleeping…it goes on and on!

It’s an important issue for parents of teens too. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Many teenagers today are sleep deprived because they don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.
So here are 5 tips for good sleep habits and 5 extra tips for teens to help manage their changing sleep cycle.

**Good sleep habits include:**
1. Regular bed-times Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. Have 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 teens).
3. An established bedtime routine that makes the brain associate behaviour such as cleaning your teeth and reading in bed with sleep.
4. Keeping bedrooms for sleep and not for TV. Bedrooms that resemble caves seem to be recommended.
5. Maximising the three sleep cues of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

**Sleep tips for teens:**
1. Allow them to catch up on lost sleep during the weekends.
2. Help your young person schedule their after school activities to free up more time for rest.
3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to recharge their batteries.
5. Make sure they go to bed early each Sunday night to prepare for the coming week.

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**ASSEMBLIES - Friday, 18 March 2016**

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00-9:45am</td>
<td>Prep – Year 2</td>
</tr>
<tr>
<td>9:45-10:15am</td>
<td>Year 3 and Year 4</td>
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<tr>
<td>2:15-3:00pm</td>
<td>Year 5 and Year 6</td>
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**UP AND COMING EVENTS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Friday, 18 March</td>
<td>Prep and Year 1 Easter Concert in the hall at 2:00pm</td>
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<tr>
<td>Tuesday, 22 March</td>
<td>Year 6 Surf Safety &amp; Awareness Program</td>
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<tr>
<td>Wednesday, 22 March</td>
<td>Preparations for Term 1 Free Dress Day</td>
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<tr>
<td>Thursday, 23 March</td>
<td>Term 2 Preparations</td>
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**YEAR 6 SURF SAFETY & AWARENESS PROGRAM – MAIN BEACH SLSC**

The Surf Safety and Awareness Program for Year 6 will be conducted on **Tuesday, 22 March** at Main Beach Surf Life Saving Club. The cost of the excursion is $15.00. This covers travel to and from school to Main Beach SLSC and the Surf program. Money is to be paid by tomorrow **Friday, 18 March** via the payment window which is open Monday, Wednesday and Friday mornings between 8:15am and 9:15am.

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**PERFORMING ARTS NEWS (Mrs Thornton)**

Preparations for Year 1 Easter Concert – **Wednesday, 23 March** in the hall at 2:00pm

Please come along to see our Preps and Year 1 students perform Easter poems and songs with Mr B Bunny!

Instrumental Music – Please make sure all payments are made asap, or your child will not secure a position in the program.

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**SPORT NEWS (Mrs Mitchell-Cowan)**

HPE Week

Commencing with Sharing items on Friday. Arundel State School recognises the importance of physical activity and a healthy lifestyle with students, teachers and parents. What can you do at home to improve your health and fitness? For example swap soft drink and juice with water, swap biscuits for fruit, increase your activity time by just 15 minutes a day, stand instead of sit, run instead of walk, and dance to your favourite tunes every day! Next week will include a variety of activities for children during break times. Remember ‘Every day is a hat day at Arundel’.

Commonwealth Games Afternoon Tea

On Monday afternoon Ella and Stanley our School Captains attended an afternoon tea to recognise Commonwealth Day and were entertained by stories from athletes and indigenous songs. Over 300 primary and high school students attended the event. It is only 2 years and 2 weeks to go to the 2018 Commonwealth Games on the Gold Coast (4-15 April, 2018).

After School Sport Term 2 includes

Rookie2Reds (Rugby Union) week 2-5 Tuesdays $60
Auskick (AFL) week 4-10 Wednesdays approx. $70
Aussie Hoops (basketball) week 2-9 (day to be confirmed) approx. $70

Badge Running is back!

Commencing Term 2 on Tuesday and Friday mornings at 8:00am to 8:30am. Parents and teachers welcome! All new runners welcome. Walk or run or combo walk/run. Distances from last year will be added to this year’s totals.
Arundel State School Cross Country Championships Friday 29 April 2016
Prep to Year 6 involved. The program will be provided next term. Holiday training should include 15-20 minutes continuous flat running every second day. For example beach run on Monday, Wednesday, Friday and Sunday.

Broadwater District Sport Reps
Congratulations Sarina Y6 who has been selected in the Girls 12 years District Football team and to Lachlan who has been selected in the 30 man squad for 12 years boys football.

Year 6 Surf Safety and Awareness Excursion Tuesday 22 March
As a culminating real life event for students, Year 6 will take their learning from their Life Saving unit at the pool from the past 6 weeks to the Main Beach Surf. Qualified and experienced Life Savers will take students through important surf safety and awareness activities on Tuesday morning.

P&C AGM
Come along and be inspired by a dynamic group of parents doing great things for your school. The Arundel P&C will be holding their Annual General Meeting on Friday 18 March at 3:30pm in the staff room. These meetings are informative and interactive - everyone is welcome to attend and contribute. The committee positions will be up for election so if you are interested in nominating yourself or someone else for a position, please complete the form below and return to the school office in an envelope labelled P&C. Positions include President, Vice President, Treasurer, Secretary, Grants Officer, Database Manager.

You may not want to be on the committee but you can come along anyway and contribute as much or as little as you are able.

P&C Election Nomination Form:
I, ______________________________________ wish to nominate ____________________________ for the position of ____________________________ on the Arundel State School P&C Committee.
Signed: ______________________________________
Dated: ____________________________
Mobile contact no: ____________________________

REMINDER REGARDING VOLUNTARY CONTRIBUTION (Mrs Rawle)
The Voluntary Contribution Scheme is based on parents contributing the sum of $90 per student for their first child or $120 for two or more students per family. Funds accumulated through this scheme provide good value to the school and consequently to our students to enhance our capacity to resource the school above the standard provisions.

Payment can be made for this scheme on Mondays, Wednesdays and Fridays at the payment window in the Administration Block or internet payment can be made to the following school bank account - BSB: 064-430, Account Number - 10206101 stating your child's name and class along with the characters VFC, e.g. Adam Smith 4A VFC.

NEWS FROM 1B
It's hard to believe we are already in week 8 and the holidays are just around the corner. Our class have been busy this term. In English we have been writing character descriptions about some very interesting characters. Some of our favourites have been The Bogtrotter, The Very Blue Thingamajig and The Rainbow Fish. Students have been using their skills to write about what the characters look like, how they act and what traits they have.

In maths we have been building upon our knowledge of number and place value, solving simple addition and subtraction problems using counting strategies and learning about length and how we can measure using informal units of measurement like, linking cubes and paper clips. The class have really enjoyed the hands on components of the lessons and discovering how they can apply these skills to real life contexts.

In science we have been learning about living things and the environments in which they live. We have also been comparing healthy and unhealthy habitats and how it can affect the needs of living things. As part of this unit we went for a walk around the school and observed a variety of habitats and recorded our findings just like scientists!

Everyone has been working really hard this term and we look forward to an exciting and fun filled term 2.

NEWS FROM THE P&C
Our Annual General Meeting will be held this Friday afternoon 18th March at 3:30pm in the staffroom. All welcome.

A big thank you to everyone who helped out at last week’s Easter disco. Everyone had a great night.

Next Thursday is the last day of school and students are invited to come in free dress. Please wear sensible attire with covered shoes and no midriffs please. A Gold Coin donation will be collected with all proceeds going to the P&C. We hope everyone has a fun filled Easter Break.
NEWS FROM THE TUCKSHOP
Please note that the tuckshop will only take flexischools orders next Thursday and for 1st break only. There will be NO counter service on this day.
Prep students will be able to order tuckshop from next term We strongly recommend parents set up a flexischools account for ordering.

HIGH PERFORMANCE SPORTS ACADEMY
Yr 7-9 in 2017  PARENT INFORMATION NIGHT
Monday 21 March 2016
Sports Super Centre, Runaway Bay 6.00 pm – 7.00 pm

This program is for student athletes emerging as representative level competitors who are also seeking a challenging academic program at school with a view to attending university. This is a unique Gold Coast High School Sport Program endorsed and supported by local Olympians and Griffith University.
Parents who are genuinely considering this program are also invited to attend a 5.30 pm session on Growth Plate Injuries with Greg Fyffe our program Physiotherapist.

Book your seat now! ☘️ coom@coombabashs.eq.edu.au
For further information visit our website - www.coombabashs.eq.edu.au or contact Program Directors
Hayden Ewens ☎️ 5552 3826 or Cath Robertson ☎️ 5552 3888