



# Calliope State School

16<sup>th</sup> May 2017

Calliope Kids  
are:

Safe

Respectful

Responsible



## What's happening in ...

### News from 3A

In Term 1 Year 3 investigated how the type of soil affected plant growth. They planted bean seeds under three conditions; potting mix, garden soil and sand. The investigation found that bean seeds grew best in potting mix.

This term students have designed their own investigations. Here are the investigation questions of the different groups; 'How does that amount of sunlight affect plants growth?' 'How does the amount of soil affect the plants growth?' 'How does the type of fertiliser affect a plants growth?'



This term our Technology and Visual Arts units are combined. Students are exploring the technology used in agriculture over time and are thinking about what technology might be used in agriculture in the future. Students are exploring how natural materials can be used in visual art pieces to communicate their ideas.



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# Principal's Piece

I would like to pass on a huge vote of thanks to the volunteers involved in Pizza Day. The organisation and logistics of the pizza ordering and distribution were brilliantly smooth - except for the staff member who forgot which class her own child was in - ha ha! It is the support and tireless work of our committed group of volunteers that add to the great community that we have here at Calliope State School.

## 2018 PREP ENROLMENT

### Supporting successful transitions

Starting school is an exciting and significant time in every child's life. A positive start to school can lead to children developing a lifelong love of learning. Transition to school begins well before a child starts school and ends when your child feels safe, secure and a sense of belonging at school. The Calliope State School PREP Transition Program involves a range of experiences that will help our new Preppies to gain the skills and confidence they need to adjust to the school environment. The transition program incorporates elements such as:

- School Information Packages
- School visits to Kindy/Child Care Centre
- Family Information Session including School Tour
- Enrolment Interview
- Student Orientation Sessions

Expressions of interest in 2018 Prep enrolments are now being taken. If you are looking to enrol your child in Prep at Calliope SS for 2018, please contact the school or drop in to the office with your child's details.

Make sure you keep an eye on the newsletter and school Facebook page for date claimers and timelines as they come to hand. We are looking forward to another great intake of preps next year! If you know anyone who is planning to enrol their prep-aged child(ren) at Calliope SS, please pass on this information. The more we know, the more we can plan for.

### Before School Routines

It has been noted recently that a larger number of parents are congregating, with children, outside classrooms prior to the commencement of the school day. I'll take this opportunity to remind parents that our school process requires students to move to the oval and remain there under supervision from school staff until notification has been received from the class teacher that the room is open. Parents are welcome to go to the oval as well, there are several seats there for your comfort. There are a number of key reasons for this process including issues of safety, supervision and legal liability, noise mitigation (teachers very often hold scheduled meetings in their classrooms before school) and consistency of management of student movement through the school. Prep classrooms are the only exception to this process. However, parents waiting with their prep students are requested to wait on the veranda or walkway immediately outside their child's room. I thank you for your understanding and compliance on this matter.

Regards

Jeremy  
Principal

# Experts say exposure to artificial light from tablets is causing sleep disorders

The exploding popularity of hand-held digital devices could lead to a big jump in sleep disorders, with experts warning the light emitted from digital screens can have a disturbing effect on the body clock.

Leading Australian researcher Professor Shantha Rajaratnam says there is growing evidence that the night time use of portable digital devices is likely to compound the problems associated with artificial lighting.

"We think that the advent of electric lighting has significantly impacted upon sleep-wake patterns, but with the proliferation of electronic devices that emit light we are expecting that these problems will increase," said Professor Rajatnam, from Monash University's School of Psychology and Psychiatry.

Melatonin, which is produced when it is dark, helps regulate and promote sleep. People who do not have enough of the hormone take longer to fall asleep.

"The extent of the response of the circadian clock will depend on how bright the light is - that is how far away the device is from the eyes - as well as what colours of light are being emitted," Professor Rajaratnam said.

Most disruptive to the body clock is short wavelength blue light - exactly what backlit portable screens shine directly into the eyes.

## KEY POINTS

- Body clock is affected by artificial light.
- Short wavelength blue light is the most disruptive.
- Body does not produce as much melatonin, a hormone that helps sleep.
- Lack of sleep can affect alertness, concentration and memory.
- Risk is most significant for adolescents.



This research is a timely reminder about the detrimental effects to children and adults of being exposed to monitors prior to bedtime. Melatonin is known as the sleep hormone and it is only produced when it is dark. If we are using phones, tablets, computers or TV's prior to going to bed or worse still, going to bed with them, our bodies cannot produce the melatonin needed for sound sleep. Poor sleep means reduced capacity to learn, attend and retain information. It means less capacity to cope with the day as well as longer term and larger health issues related to poor sleep.

To increase the chances of your children sleeping well and being prepared for their day try;

- No electronic devices in bedrooms,
- No electronic devices an hour before bed
- Ensure bedrooms are artificially darkened particularly in summer when daylight is longer.
- Put calm routines in place prior to bed

These are things that can be easily done to increase your child's readiness for learning each day.

## Dates to Remember

- 19 May FFF
- 15 May Premier's Reading Challenge
- 23 May ICAS – Digital Tech
- 23 May Yr4 Witches Excursion
- 24 May P-2 Sports Morning
- 26 May Yr 3-6 Sports Day
- 30 May ICAS - Science
- 02 June Questacon Science
- 06 June P&C Meeting
- 09 June FFF
- 14 June ICAS – Spelling
- 21 June Under 8's Day
- 22 June Reports sent home
- 23 June Principal's Parade

Office hours are 8am-4pm  
EFTPOS is AVAILABLE in the  
office.

## Unexplained Absences

### PROCEDURE FOR STUDENT ABSENCES

If your student is away for any reason there are several ways of notifying the school.

- **Send a note with your child**
- **Phone on 07 4975 8366**
- **Email- [absences@calliopess.eq.edu.au](mailto:absences@calliopess.eq.edu.au)**

We appreciate and thank-you for your cooperation.

## Contact Details

We would like to remind all parents if you are moving or changing your contact details over the holidays please update your information by calling the office on 4975 8333. We appreciate and thank you for your cooperation.

## Newsletter Distribution

The newsletter is published every Tuesday and is sent via email. If you have not given the school office your email please do so by calling the office or emailing [admin@calliopess.eq.edu.au](mailto:admin@calliopess.eq.edu.au). If you would prefer a paper copy please inform the Office.

## Stars of the Week

<b>Prep A</b>	Claire	<b>Prep B</b>	Brianna
<b>Prep C</b>	Zaine	<b>Prep D</b>	Blaxe
<b>1A</b>	Carter	<b>1B</b>	Anastasia
<b>1C</b>		<b>1D</b>	Seth
<b>2A</b>	Cooper	<b>2B</b>	Patrick
<b>2C</b>	Ciaran	<b>2D</b>	Xander
<b>2E</b>		<b>3A</b>	Ella
<b>3B</b>	Jarell	<b>3C</b>	Deagan
<b>3D</b>	Kellie-Anne	<b>4A</b>	Tekia
<b>4B</b>	Molly	<b>4C</b>	
<b>5A</b>	Brianna	<b>5B</b>	Marlie
<b>5C</b>	Jacob	<b>6A</b>	Ella
<b>6B</b>	Sophie	<b>6C</b>	Abbey-Jean
<b>HPE</b>		<b>MUSIC</b>	Byron

## Mini Music Books

A reminder that the Mini Music Books have been on the booklist since the start of the year and are a requirement for classroom Music lessons. The Mini Music Books are available from the office for only \$7. Please ensure that your child has access to one for the remainder of the year.

## Choir Shirts

Choir shirts have arrived and will be sent home with your student if the shirt has been paid for in full. If you are yet to order one for complete payment, please see Kylie for fitting or payment. Cost is \$20 per shirt. The Uniform Shop is open on Wednesdays and Fridays from 8:30 to 9:10. If you are unable to visit at that time, order forms are available from the office.



## Word of the Week

Word	Syllables Each syllable part has a vowel phoneme	Phonemes	Vowel phoneme box
scarce	scarce/	s.c.ar.ce	ar - GCA As in hair/square

## Prayer Time with Chappy

**When:** Every Wednesday

**Time:** 8:00– 8:30am

**Where:** Chappy Sonia's office



**Father Daughter Walk  
Saturday 20<sup>th</sup> May at  
7.20am**

**Botanic Gardens**

**Cost: \$5incl, guided walk,  
sausage sizzle, drink and  
fruit**

**Please see attached flyer.**

### P & C NEWS

#### Uniform Shop

**The opening time for our  
uniform shop is**

**Wednesday and Friday**

**from 8.30-9.10am.** The

uniform shop has eftpos.

Otherwise cash and cheque

are accepted. If you are

unable to get to the uniform

shop during opening hours,

you can fill out an order form

available from the office, and

leave completed form and

cash or cheque payment with

the office ladies. Your order

will be filled and be ready for

collection the Friday.

Uniforms can be ordered

through flexischools –

[www.flexischools.com.au](http://www.flexischools.com.au)

## Chappy News

It's Chappy Week!!!

What is Chappy Week & Who is Calliope S.S Chaplain?

Chappy Week is an annual event in May run by Scripture Union QLD to raise awareness of the value of school chaplains. Calliope S.S Chaplain is Sonia Hain known as "Chappy Sonia". 99% of the time you will see Chappy Sonia walking around in demin shorts, black shirt and a ponytail. Chappy Sonia has been our School Chaplain since 2014 and works on Monday & Wednesday. Chappy Sonia's office has recently been moved to C block in between 4B & 4C. Feel free to visit Chappy or attend one of her many activities below.

What does the Chaplaincy Service look like at Calliope State School?

Pastoral Conversations

Chappy Sonia sees students who have been referred to her. These students may have had a death in the family, family breakdown or struggling socially with school. Please ask your Classroom's teacher for more information on whether you wish to have your child referred to Chappy Sonia.

Chappy Cave Open

Students are invited to come and hang out with Chappy Sonia in the Lunch Breaks. Chappy's Cave has many games and craft to keep students occupied throughout the lunch time. Students are encouraged to either check with Chappy beforehand or rock up at her door to see if the Chappy Cave is open or not.

Un-Limited Program

Un-Limited is an action based learning program that gives students the opportunity to develop leadership ability, resilience, self-management and teamwork. Chappy Sonia has been trained to deliver VITAL Un-limited and No-limits and is currently running Un-Limited with 7 year 6 boys this term.



### Bella Girl

Bella Girl was introduced to Calliope State School this year and is a program for tween girls to re-educate about their value, beauty & purpose. Calliope State School Chaplaincy Service has partnered with Calliope Women's Association to deliver this program to 8 year 6 girls this term.



### Coping Café

Chappy Sonia works alongside the many support staff at Calliope State School to host Coping Café for parents. It is held the 4<sup>th</sup> Wednesday of every month from 9-10:30am and have a range of guest speakers, topics of discussion around a cup of coffee with a sweet treat. Be sure not to miss the next one on the 24<sup>th</sup> May with Gladstone Women's Health Centre sharing about the services available to the Gladstone Community.

### Coffee Ink Chaplaincy Fundraiser

Though School Chaplains are funded by the Australian Government this does not include all the funding that is needed for Chappy Sonia to work at Calliope for two days. The Calliope S.S P&C has partnered with Coffee Ink to host a Chaplaincy fundraising morning tea the first Wednesday of every month. For \$9.50 you are able to get a medium size hot drink of your choice and a sweet treat, with \$2.50 going towards Calliope S.S. Chaplaincy Service. The next Coffee Ink's Fundraising Morning tea will be on the 7<sup>th</sup> June. Also we would like to thank Robyn and her Coffee Ink team for hosting this every month. It's a great reminder of the wonderful community that Calliope is.

### Prayer time

School Chaplain's provide Social, Emotional & Spiritual support to the school community. Chappy Sonia hosts a prayer time for Staff, Parents & Students every Wednesday at 8am in her office. All children must be accompanied by an adult.

### Father & Daughter Walk

A father's influence in his daughter's life shapes her self-esteem, self-image, confidence and opinions of men. "How Dad approaches life will serve as an example for his daughter to build off of in her own life, even if she chooses a different view of the world," says Michael Austin, associate professor of philosophy at Eastern Kentucky University and editor of *Fatherhood - Philosophy for Everyone: The Dao of Daddy*.

This Saturday on the 20<sup>th</sup> May at 7:30am will be the first Father & Daughter walk. We will meet at 7:30am at the Botanical Gardens. Please see attached flyer for more information and don't forget to RSVP by Wednesday 17<sup>th</sup> May with money paid to the office.

If you have any questions or interested in attending or volunteering in an activity that Chappy Sonia facilitates please email her on [shain48@eq.edu.au](mailto:shain48@eq.edu.au) or phone (07) 49 758 333.

## Year 6 Fundraising

The Year 6 students are organising a Chocolate Drive to raise funds for Year 6 camp. A note is attached to the newsletter for other year level students wishing to sell chocolates for the Year 6's. The permission slip will need to be returned signed to the office by the 19<sup>th</sup> of May. The boxes of chocolates will be delivered to classrooms on Friday afternoon at 3.15pm on the 19<sup>th</sup> May.



RotaKids are running a canned food drive for the needy in our community. Please donate in date canned food items to the wheelie bin outside the office. Donations will go to Roseberry Community Services at the end of the term.

## FATHER DAUGHTER WALK

*Supported by our school chaplain Chappy Sonia*

**When:** Saturday 20th May at 7.20 am

**Where:** Botanic Gardens

**Cost:** \$5 incl. guided walk, sausage sizzle, drink and fruit

*RSVP by Wednesday 17th May by calling the school on 4975 8333 or emailing [admin@calliopes.s.eq.edu.au](mailto:admin@calliopes.s.eq.edu.au)*

*(Please pay money to the office in a labelled envelope by the 17th of May)*



## Premier's Reading Challenge

Calliope State School will be participating in the 2017 Premier's Reading Challenge. This challenge is a great opportunity for children to improve their literacy and for parents to encourage them to read for pleasure. The reading period for schools is from May 15th to August 25<sup>th</sup>, 2017.

Recording forms have been given to each classroom teacher and students and parents can record each book read. Books may include home readers, books read in class and books borrowed from the library (both at school and the town library). The school expectation is that every child reads at home at least four nights a week, so make sure you are including these books on your reading record.

More information can be found at

<http://education.qld.gov.au/schools/readingchallenge/about-challenge.html>

Happy reading!





# Gladstone Region Parenting Program Calendar 2017

## About the programs

### Engaging Adolescents

Engaging Adolescents is a 3-week (6 hour) parenting course that helps parents and carers of 13-15 year olds to develop greater confidence in parenting adolescents, and to build stronger relationships with their teens. Topics covered in the program include:

- Understanding adolescence: a time of reconstruction, brain-boost and body make-over
- Identifying "normal" teenage behaviour and reasonable expectations to hold about teens
- Understanding our job as a parent of a teenager - observer, advisor, negotiator, director
- Deciding what's worth reacting to and what's not
- How to manage challenges that are bothersome and deal-breakers
- How to hold tough or difficult conversations more successfully
- How to build positive, healthy and respectful relationships with your teen

### 1-2-3 Magic

1-2-3 Magic is a 3 week (6 hour total) parenting course that helps parents and carers learn to manage difficult behaviour in children 2-12 years old. This program for parents and carers will give you the skills to:

- Discipline without arguing, yelling or smacking
- To sort behaviour
- To handle challenging and testing behaviours
- Choose your strategy, the three choices
- Use emotion coaching to encourage good behaviour
- Use 7 tactics for encouraging good behaviour

### Poppers and Pop-Stars

Poppers and Pop-Stars is a group program that aims to support young people in their experience of parent separation, conflict and changes in their family situation. The program runs for 6 weeks and a suitable for children aged 6-13 years. Activities include: making creative cards, reading books, art and craft, having fun, sharing good ideas, making friends and having a day out.

### Focus on Kids

Focus on Kids is a program which aims to help separated families who are experiencing difficulty with their parenting relationship and maintaining contact and benefit for their children. Program staff work with parents and sometimes children. The program will assist separated parents to:

- Focus on the needs of their children
  - Help their children to deal with change after parental separation
  - Improve their communication
  - Avoid or resolve conflict regarding their parenting
  - Make their own arrangements and avoid or exit from the Family Court system
- The program emphasises children's rights and interests in the context of family separation.

### Circle of Security

Circle of Security is a program that helps parents and carers understand their child's needs and how to respond to them. The program is based on attachment theory and helps parents and carers to build a secure relationship with their child. The program is available for parents and carers of children aged 0-5 years. The program is available for parents and carers of children aged 0-5 years. The program is available for parents and carers of children aged 0-5 years.

Program	Organisation	Date & Time	Location	Childcare Available	Contact for registration
Focus on Kids	Relationships Australia Gladstone	Every Tuesday (Days) from: 7th Feb - 28th March: 12:15pm-2:15pm Every Tuesday (Evening) from: 7th Feb - 28th March: 5:30pm-7:30pm	10 Tank Street Gladstone	No	Relationships Australia Gladstone: 1300 364 277
Poppers and Pop-Stars	Relationships Australia Gladstone	Every Tuesday from: 21st Feb - 28th March 5:30-4:30pm	10 Tank Street Gladstone	No	Relationships Australia Gladstone: 1300 364 277
Puberty Clues (Girls)	Gladstone Women's Health Centre (GWHC)	14th March, 2nd May, 6th June, 18th July, 22nd August, 12th September, 10th October, 14th November. 5:30pm-8:00pm	9 Darby Street, South Gladstone	Child attends with parents	Gladstone Women's Health Centre: 07 4979 1456 Cost: \$10.00
Circle of Security	Community Health	8 Week program commencing Tuesday 2nd May and finishing Tuesday 20 June. 6:30-6:00pm	Community Health Flinders Street Gladstone	No	Community Health: 07 4976 3244 or GAPDL CAC: 07 4972 8203
1-2-3 Magic	GAPDL Communities for Children	3 Week program: Tuesday 9th, 16th and 23rd of May 10:30am - 12:30pm	105 Tooloosa Street South Gladstone	Yes	GAPDL CAC: 07 4972 8203
Engaging Adolescents	GAPDL Communities for Children	3 Week program: Monday 15th, 22nd and 29th of May 5:30-7:30pm	105 Tooloosa Street South Gladstone	Yes	GAPDL CAC: 07 4972 8203
Pyjama Angel Training	The Pyjama Foundation	Saturday 6th May 9am-4pm	105 Tooloosa Street South Gladstone	No	Pyjama Foundation: 0408 189 471 or gladstone@pyjamafoundation.com
Circle of Security	Welcoming Intercultural Neighbours WN	8 Week program commencing Wednesday 19th April and finishing 7th of June. 10:00am-12:00pm	Boyne Island Community Centre Cnr Wyncham & Hayes Ave.	Yes	Welcoming Intercultural Neighbours 0423 177 411 or Relationships Australia: 1300 364 277
Breastfeeding Information	Australian Breastfeeding Association	Saturday 22nd April 9:00am-4:05pm	105 Tooloosa Street South Gladstone	No	Australian Breastfeeding Association Sue or Hannah on 07 49728203

