



# Calliope State School

23<sup>rd</sup> May 2017

Calliope Kids  
are:

**Safe**

**Respectful**

**Responsible**



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## What's happening in ...

### News from 6A

This year has been passing by far too quickly for us. They do say that time flies when you are having fun!

Playing with electricity has been one of our favourite things to do lately. Some exciting new technology has helped us find out just how many things can conduct electricity. We have been busy learning about electrons and building circuits to create our very own electronic games arcade. It will be amazing to see what our classmates come up with.

Our inventive minds have also been put to the test in Health, with the task of creating a new sport. Look out for us trying out our fun games on the oval.



**Prep-Yr 2 – Sports Morning 24<sup>th</sup> May**  
**Yr 3-6 – Sports Day 25<sup>th</sup> & 26<sup>th</sup> May**  
**Parents and carers are welcome.**

# Principal's Piece

As at the beginning of this week, I am pleased to be able to acknowledge that 123 out of 619 Calliope State School students had an attendance rate of 98% or better. That's 123 students (so far) who are on track to be eligible to go in the attendance prize draw. The Calliope Rotary Club are again sponsoring the Every Day Counts Award. Once again, the prize this semester will be a laptop computer! Our attendance rate for that same period is 94.2% for the whole school. Just a whisker above our target of 94%. That's a fantastic start to the year. A breakdown of the percentage of each year level for the year so far is as follows:

Prep	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
94.73%	94.12%	93.52%	94.35%	93.26%	94.45%	94.9%

The correlation between school attendance and student achievement levels is well established. The more time students spend at school, the more likely they are to experience school success.

When students miss school, not only is their academic progress impeded, forcing them to catch up on missing work, they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

It's hard to get an accurate picture across the country but it appears that Australian students miss an average of between 12 and 15 days per school year, with parent-condoned absenteeism highest among young primary-aged students. Those 12 – 15 per year add up to a year's lost schooling over the school life of a child. Who can afford to leave school a full year behind?!

It is now common place for students to stay away from school for reasons that would be unheard of 10 years ago. These include staying away to celebrate their own birthday or a sibling's birthday; being absent because they stayed up too late; going shopping and students not wanting to take part in sports day or special school events.

We know there are times of illness and genuine, extenuating family circumstances which require students to be away. But these are a rarity rather than the norm. Please assist us with student attendance and, therefore, student learning. If you are experiencing difficulties getting your child to school, please let us know so that we can assist you.

We really like our kids! Please help us to have them here, at school, every day.

## **P & C Major Fundraiser**

By now, you may have heard that we are running a new major fundraiser this year. We are excited to announce the Calliope Country Carnival and Picnic Races! Already, as we have been conducting the preliminary planning of what is shaping up to be an amazing event, we are seeing the community coming together to create an amazing event that will, hopefully, become a lasting legacy from the school to the Calliope community. There will be great events, exhibitions from our local clubs, rides, food, drinks and live music! I look forward to providing more information as the planning continues. If you would like to get involved and offer help, support and/or donations, please get in touch with the P & C, they'll be more than happy to chat.

Regards

Jeremy  
Principal





# Mindfulness: Further resources

## Video

- TED talks: [Andy Puddicombe: All it takes is 10 mindful minutes.](#)
- TED talks: [Susan Kaiser: Teaching the ABCs of Attention, Balance and Compassion](#)

## Phone apps

[Smiling Mind](#) is a Melbourne-based not-for-profit organisation dedicated to promoting mindfulness in schools. They have free online (both web and app-based) mindfulness programs for children aged seven and upwards.

[Headspace](#) a UK-based mindfulness program for older children (secondary school) and adults with guided meditations and tips.

[Mindfulness Bell](#) is a free phone app that chimes at various intervals in the day to remind you to stop, take a breath and notice whatever it is you are doing.

## Books

For young children

### **Meditation Capsules: A Mindfulness Program for Children by Janet ETTY-Leal.**

This manual provides a practical resource for adults who wish to teach children the skills of mindful meditation. It outlines a comprehensive program designed for classroom use, ideally with students at upper primary school level. But the lessons can readily be adapted to suit children of all ages, and the book will provide a helpful guide for parents, youth leaders, social workers and therapists – anyone who has an interest in teaching meditation or the enthusiasm to help children master meditation as a powerful personal tool.

### **Planting Seeds: Practicing Mindfulness with Children by Thich Nhat Hanh**

Based on Thich Nhat Hanh's thirty years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD covers a wide range of contemplative and fun activities parents and educators can do with their children or students. They are designed to help relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication.

For older children

### **Mindful Learning by Dr Craig Hassed and Dr Richard Chambers**

This book for parents, teachers and carers provides practical ideas and exercises on how to apply mindfulness in the educational setting, exploring how children can manage stress, improve performance and create better communication and relationships.

## Online

[This Way Up](#) is a non-profit initiative at St Vincent's Hospital Sydney, funded by the Department of Health. It provides online cognitive behaviour therapy (CBT) courses for people suffering from anxiety and depression, including a free online course called Intro to Mindfulness - <https://thiswayup.org.au/how-we-can-help/courses/intro-to-mindfulness>. The course is designed to give people a basic understanding of mindfulness principles and how they can be applied. This includes exercises to help people identify automatic patterns of thinking, feeling and behaving, and then learn to respond in more effective ways.

## Dates to Remember

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  
31 May Free Dress Day  
31 May Coping Cafe  
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.a  
u**

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>	Tyson	<b>Prep B</b>	Claire
<b>Prep C</b>	Riley	<b>Prep D</b>	Stephanie
<b>1A</b>	Tristan	<b>1B</b>	Jacob
<b>1C</b>	Xavier	<b>1D</b>	Bayce
<b>2A</b>		<b>2B</b>	Mackenzie
<b>2C</b>	Indiana	<b>2D</b>	Gabrielle
<b>2E</b>		<b>3A</b>	Pippa
<b>3B</b>	Emiley	<b>3C</b>	Levi
<b>3D</b>	Mitchell	<b>4A</b>	Toby
<b>4B</b>	Alexis	<b>4C</b>	
<b>5A</b>	Janae	<b>5B</b>	Rhianna
<b>5C</b>	Tyler	<b>6A</b>	Travis
<b>6B</b>	Alexi	<b>6C</b>	Alex
<b>HPE</b>	Maxwell	<b>MUSIC</b>	Abbey-Jean

## 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 or complete a 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
simplify	Sim/pli/fy	s.i.m.p.l.i.f.y	I as in tin I as in fossil Y as in fly

## Prayer Time with Chappy

**When:** Every Wednesday

**Time:** 8:00– 8:30am

**Where:** Chappy Sonia's office



### 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

### Father & Daughter Walk

Last Saturday, on a bright and sunny morning, Calliope State School held the first Father & Daughter Walk. The 8 Dad's and their 12 daughter's walked through the Botanical Gardens on a scavenger hunt looking for clues through the park whilst also asking each other some "get to know you questions". After the walk had finished we all enjoyed a sausage sizzle breakfast. Thank you to all the Dads and daughters who took time out of their weekend to come along to the event, and I look forward to the next one.



### Tour De Chaplain

The annual Tour de Chaplain is being held on the 22<sup>nd</sup> July. The Tour De Chaplain is a Chaplaincy major fundraiser for the year and it involves getting on a bike and riding 100kms. If that scares you, there is the 30km option and if that still scares you then there is always sponsoring a rider or team. Please see the attached flyer with details.



## Coping Cafe

You are invited to attend Calliope State School's cake and conversation Coping Café!

Parents come along and chat with support staff and other invited guests over a cuppa and cake. This is a great opportunity to get to know your children's support network and school community.

We would like to meet you, and as a integral part of your child's growth and support, encourage parents and caregivers to be part of our positive school community.

Guest Community Organization: Gladstone Women's Health Centre

Sharing about what Service's they have available to the Community



What do I bring? Conversation, concerns, congratulations and children you may have at home!

Do I need to RSVP? No! Coffee, tea and cake is provided we just need YOU there to share it with.

**Wednesday 31st May**

**9.00 am in the Library Square**

(Coping Café is held the 4th Wednesday of every month,  
except school holidays)

Calliope State School

Phone: 07 4975 8333 Fax: 4975 6437

## Year 6 Fundraising

The Year 6 students are holding a Chocolate Drive to raise funds for Year 6 camp. Please see the office for a box of chocolates if you have a signed permission form from parents.



## 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!



## Free Dress Day – 31<sup>st</sup> May

Domestic and Family Violence Prevention Month is an annual event held each May to raise community awareness of the social and personal impacts of domestic and family violence and the support available to those affected. Students and families wishing to support this cause with a gold coin donation can dress in purple for the day.



## Rotakids

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



## SPORTS DAY

Our annual Athletics Carnival at Calliope State School is on this week. The Junior Sports Day (P-2) will take place on Wednesday 24<sup>th</sup> May from 9:15am to 11am. The Senior Sports Day will be run over two days, Thursday 25<sup>th</sup> May and Friday 26<sup>th</sup> May. Please see below for further details. As time permits, students will have one attempt at each field event, the top ten throws/jumps will progress to second and third attempts. If a student fouls on their first attempt they will be allowed one more attempt. Please remember that the emphasis is on **participation** rather than competition. Please note times are approximate and will depend on individual events.

### Wednesday 24<sup>th</sup> May 2017

Time	Event	Who is involved?	Location
9.20am	Running Races – <b>Heats</b> <i>The top 4 runners from each house will progress to the finals.</i>	Prep – Year 2 students	Back Oval
9.50am	Running Races - <b>Finals</b>		
10am – 11am	Field Event Rotations Students will be participating in a range of modified field events – e.g. thong throw, Frisbee discus.		Prep – Front Oval Year 1 & 2 – Back Oval



### Thursday 25<sup>th</sup> May 2017

Time	Event
9.30am-10.15am	800m Race
10.30am	200m Race – <b>Heats</b> <i>Top 3 students from each house will progress to finals on Friday morning.</i>
11am-11.45am	High Jump – age groups at various intervals during the session <i>Students will be allowed 1 practice jump followed by 1 jump to make the starting height. If students are successful they are allowed 3 attempts at each height.</i>

## Friday 26<sup>th</sup> May 2017

Time	Event
9.30am	200m Race - <b>Finals</b>
9.45am	100m Race – <b>Heats</b> <i>Top 4 students from each race will progress to finals on Friday afternoon</i>
10.30am – 12.45pm	Field Events – <b>Long Jump, Discus and Shot Put</b> <i>Students attempt 1 throw or jump at each event. If they are within the top 10 competitors they will progress to a second and third attempt.</i>
1.15pm	Ball Games
2.00pm	100m Finals
2.30pm	Relays
3.00pm	Presentations

### Sports Day Sausage Sizzle

On Friday 26<sup>th</sup> May, the Year 6 parents will be cooking a sausage sizzle for both breaks at the Yr 3-6 Sports Day. This is part of our fundraising for the Year 6 school camp. If we could encourage parents and carers to please help support us during the day, and buy a sausage on bread or a cold drink, it would be appreciated. The sausage sizzle will be located on the back oval for the convenience of parents and spectators.

We will be selling:

Sausage on bread - \$2
Water - \$2
Fruit poppers - \$1.50
Icy cups - 0.50



**Calliope Country Carnival & Bush Races**

**SATURDAY 9<sup>TH</sup> SEPTEMBER 2017**

*Midday until Late | Races start at 5.30pm | Calliope Racecourse*

KIDS KORNER | EVENTS & DISPLAYS | GAMES & NOVELTY | LIVE ENTERTAINMENT | CALLIOPE BIRDCAGE AND MORE...

*"a celebration of community & spirit, lead by the Calliope State School P&C"*

MORE INFO [www.facebook.com/calliopecountrycarnival/](http://www.facebook.com/calliopecountrycarnival/) or EMAIL US AT [pandc@calliopess.eq.edu.au](mailto:pandc@calliopess.eq.edu.au)

The poster features a festive design with colorful bunting and streamers. It includes several circular images: a group of people, a person riding a horse, a person in a cowboy hat, and a group of people in silhouette. The text is arranged in a clear, hierarchical manner, with the event name in large, stylized letters and the date in bold. The bottom section provides contact information and a quote from the organizing committee.