Dear Parents and Caregivers,

What a great turn out of book characters we had on Friday to celebrate the 70th year of celebrating great Australian authors and illustrators! It was wonderful to see so many book characters all in one place. Some students chose to dress in easily recognised characters, others made us think carefully about who was being represented. It was also wonderful to see so many teachers dress up and celebrate reading. Well done to all who participated.

The Book Fair held alongside the parade was also a great success with many families taking the opportunity to add a few more books to their home libraries. I love books and it was difficult to resist purchasing a few for the children of friends and family. A % of all books sold goes to the school. This is used to purchase additional books for our library.

This week we held parent teacher interviews in the Hall. Thank you to all of the parents who came to the three way conferences with their child to hear of the great things they are achieving, the way in which your child can be additionally supported at home and taking an interest in the focus and targets of our school. Three way conferences help students to stay on track and encourage them to keep focused for the next term. If you were unable to attend the conferences, please make a time with your child’s teacher so you too can stay informed.

Ms Jane Termaat
Principal

ABSENCE HOTLINE
We have a phone number dedicated to student absences. You will now be able to send us a text telling us why your child is away. Please make sure that you give your child’s full name in the text message and your child’s year level/class.

The number to contact is: 0475 977 608

PREP ENROLEMENTS FOR 2016
Do you have a younger sibling due to enrol into Prep for 2016? Children born between 1st July 2010 and 30th June 2011 are eligible to enrol now for Prep here at Balaclava State School. Birth certificates and immunisation records must be produced.

Mrs Roome will be contacting those who have already submitted their enrolment from after the school holidays.

REMINDER – YEAR 6
Students in Year 6 please return your form indicating which High School you are enrolling in in 2016. If you have lost your form visit Mrs Roome in the office and ask for another. Remember that you require a birth certificate and evidence of where you currently live. Entry into High School is not an automatic process with High Schools in our area all enrolment managed. This means that the street where you live determines where you are able to attend in 2016.
I SHOW RESPECT TO OTHERS

This fortnight our FOCUS SKILL is:

School Wide Positive Behaviour Support.

This year we are

SCHOOL WIDE POSITIVE BEHAVIOUR

School Wide Positive Behaviour Support.

Information


School Wide Positive Behaviour Support

This year we are pleased to be continuing our journey with School Wide Positive Behaviour Support.

This fortnight our FOCUS SKILL is:

I SHOW RESPECT TO OTHERS

- Listen attentively to ALL,
- Use appropriate volume & tone with my voice,
- Use kind words and positive body language,
- Keep hands, feet & objects to self.

Ms Michael Patane
Deputy Principal

School HATS

School hats are now available to purchase through the office. They are $8 each and are required for your child to participate in lunch break activities. If students do not have a hat, they must sit under cover on the Orange Seat as part of our sun safety strategy.

Update Student Records

Parents/carers don’t forget to contact the school office to update your daughter/son’s records if you have recently moved or changed phone numbers. The ladies in the office sometimes have difficulty getting in contact with families if their child is sick or injured.

Kindy Enrolments for 2016

The first five years of a child’s life are vital in helping form who they will be as adults. C&K Balaclava are now taking enrolments for children born between 1st July 2011 and 31st July 2012. Phone for more information - 4033 5182.

School Wide Positive Behaviour Support

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Ms Michael Patane
Deputy Principal

Renovations to Dental Clinic

Balaclava Dental Clinic is currently undergoing renovations. The clinic will be closed from 07/09/2015 and is due to re-open mid October 2015. If you require an appointment please contact staff at either of these clinics:

Edge Hill - 4053 4231
Cairns West - 4053 4820

Conclusion of Woolworths Earn & Learn

The Woolworths Earn & Learn fundraiser concluded yesterday. Anyone from our school community who has left over stickers, please place them on sticker sheets and bring them to the school office so that we can finalise our count. Thank you for your support!

Mario Calanna Rotary Speaking Competition

Congratulations to Geneva, Varni and Molly for representing our school at the Mario Calanna Rotary speaking competition which was held at St Mary’s College, Woree last Tuesday night. While the girls didn’t win a place they are to be highly commended for their efforts in the preparation, much of which occurred in their own time and lunch times. A big thank also to Ms Peut and Ms Toni for working with the girls and ensuring they were ready for the night.

Movie Night

This Thursday the 10th of September, the P&C will be holding a movie night. The students have voted for the movie “Big Hero 6”. This movie is suitable for prep to year 6. Information about food and times has been placed into a flyer which has gone out this week.

Janes Jottings

The Importance of Sleep

We all know how sleep affects our life – a good night sleep makes life’s dilemmas easier to cope with while a bad night’s sleep (or limited sleep) makes us grumpy, lethargic and mostly no fun to be around. Sleep problems in kids don’t just drive parents batty, they also affect children’s health and development, including academic performance, growth and even immunity.

Sleep researcher and psychologist Dr Sarah Blunden, from the Centre for Sleep Research at the University of South Australia, told a recent psychology conference in Melbourne (2010) that sleep problems – which can be medical or behavioural – can affect memory, attention, thinking ability and behaviour. For children there are also studies that link bed wetting with sleep problems.

Adapted from: ABC Health & Well Being – Kids Need a Good Night’s Sleep by Helen Carter, KidsHealth
REACHING EFFECTS OF PARENTS

Parents Have Much Farther Reaching Effects Than They Know

We were pretty good at keeping computers and televisions out of bedrooms, but as technology developed we somehow missed that phones and tablets ARE computers. Parents may sometimes feel out of control. The majority of families own a collection of iPads, iPods, other tablets, an Xbox, a Wii, a DS, iPhones and more...

Most parents wonder if their limit setting is actually worth it as they regularly have to remind children of the boundaries with technology. Be encouraged, it IS worth it.

A study with over 1,300 families in the US indicated some powerful benefits for children when parents set healthy limits on entertainment screen time (TV and video games) and limits of the type of content viewed. Some effects are seen more immediately and others over time.

(Please keep in mind that ‘limiting’ does not mean banning all technology or taking everything away – it indicates a healthy balance and an inclusion of many other actives, such as sport, drama, kicking a ball, going shopping, chatting over dinner...)

Two Immediate effects of placing limits on media (which seem obvious but are great to see):

1. Those children spent less time on TV and video games
2. Those children saw less violent media content

However, it is the long-term effects that surprised the researchers the most. Children whose parents set more limits on the amount of time spent with media 7 months before:

1. were now getting more sleep
2. were getting better grades in school
3. had an indirectly positive change in Body Mass (as children were simply moving around more)

Additionally, parents limiting children’s content exposure (violent media) 7 months before resulted in:

1. increased pro-social behaviour – exhibiting more helpful and cooperative pro-social behaviours at school
2. less aggressive behaviour toward their peers

SCHOOL EXEMPTIONS

A few parents are choosing to take holidays and other time out of school for more than three days during the school term. The process of exemption from school is not automatic. Parents need to apply for this with the correct paper work. This is available from the office upon request.

Exemptions from Compulsory Schooling & Compulsory Participation:

Every parent of a child of compulsory school age has a legal obligation to ensure their child is enrolled and attending school or participating in an eligible option.
## Date Claimers

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<td>8&lt;sup&gt;th&lt;/sup&gt;</td>
<td>5&lt;sup&gt;th&lt;/sup&gt; Labor Day Public Holiday</td>
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<td>6&lt;sup&gt;th&lt;/sup&gt; First day of term 4</td>
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<td>19&lt;sup&gt;th&lt;/sup&gt; Pupil Free Day</td>
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**September**
- 8<sup>th</sup> Woolworths Earn & Lean Concludes
- 8<sup>th</sup> Book Fair
- 8<sup>th</sup> Parent/Teacher Conference
- 8<sup>th</sup> Woolworths Earn & Learn fundraiser concludes
- 10<sup>th</sup> Movie Night
- 15<sup>th</sup> P&C Meeting
- 18<sup>th</sup> Last day of term 3

**October**
- 5<sup>th</sup> Labor Day Public Holiday
- 6<sup>th</sup> First day of term 4
- 9<sup>th</sup> Big Breakfast
- 19<sup>th</sup> Pupil Free Day
- 20<sup>th</sup> P&C Meeting
- 30<sup>th</sup> World Teachers Day