Congratulations to our Year 3 and 5 students who sat NAPLAN Tests this week. Our students approached the tests with a “growth mindset” – having a go, persevering, and putting in their best effort. I am exceptionally proud of the way our students conducted themselves during the past three days. We have an exciting week coming up with 4 school events:

• “Parenting with the Brain in Mind” session on Wednesday May 18 5.30 – 7.00 pm in the library that will explain some of the neuroscience that we have been teaching our students
• Chappy Disco held on Thursday May 19, 5.30 – 5.00 pm in the undercover area
• “Fathering Project” Get Together for Dads at Decker Park, Brighton on Friday May 20 from 5.00 to 7.00 pm (RSVP to the office for catering purposes)

For further information on these events, please refer to the flyers send home, contact the office or check out our Facebook site. We look forward to you joining us at these events!

Interschool Sport:
Interschool Sport commences next week. At the beginning of the year, our Year 4-6 teachers collaboratively decided that all students would participate in Winter interschool sport. They decided to provide students with an opportunity to build up their sporting skills during Term 1 and the first 5 weeks of Term 2, in the hope that this would give our students the confidence to compete. Every student participating in the interschool sports program is part of teaching our students to be “brave, courageous and strong” and to “have-a-go”, persevere, and put in effort. As parents, we would like your support and your encouragement to ensure your child attends interschool sports, and to be a part of representing our school. Should you be experiencing financial hardship, we encourage you to make contact with either Elwynne Buckley or Carol Fisher to arrange a payment plan. We don’t want any child to miss out because of financial reasons. If you have any concerns about your child attending interschool sports, both Ben Laws and I would appreciate you making contact with us to discuss these concerns in an open and productive way so we can come to a resolution.

Cluster Schools’ Presentation “A Culture that Promotes Learning”:
Last week, myself, Ben Laws and Alison Gillies were asked to present our work on Neuroscience and Mindfulness with Leadership Teams from over 25 schools in north Brisbane. We were thrilled to be able to share our journey so far in this area, and it was great to receive some positive feedback about our hard work to create a culture in our school that teaches our students to understand how their brain works, and to utilise mindfulness to improve their concentration and attentiveness. In his article, Ben Laws describes how we are teaching our students to “toggle”. Each week at assembly, Ben Laws and Nic White teach our students to utilise their knowledge of the brain and use skills to become “strong, brave and courageous”. Alison Gillies is able to follow up this work with coaching students and teachers to be mindful. It’s exciting work!

Fitscool:
It was great to see so many students attend our first Fitscool session this morning! Our students were able to grab a Chappy’s breakfast and join in the fun. Our Fitscool sessions start at 8.15 am and run until 8.45 am on Thursday mornings. All students are welcome and it is a way to beat the boredom of sitting in the undercover area waiting for school to start.

Best wishes.
Melissa Burke.

Deputy Principal’s Column

Neuroscience of the Brain
At Bracken Ridge State School you would be aware that we are teaching our students about the Neuroscience of the Brain. We have a particular focus on students using their Pre-Frontal Cortex (PFC), rather than their Limbic System. Students learn about the benefits of using their PFC and are taught how to be mindful, decreasing the chances of them ‘flipping their lid’, or going into a limbic meltdown.

By teaching our students to be mindful we are also:

• helping to quieten their limbic system
• supporting focus
• and identifying the concept of time travel (increase student ability to stay in the moment)

This term there is a focus on teaching our students to be strong, brave and courageous. We are specifically teaching students about what this looks like in terms when they are working in the classroom as ultimately we want all students working in their Learning Zone.

Below is some of the language that children are exposed to when discussing Comfort, Learning and Danger Zones.

We are also specifically teaching children what they can do to help quieten their limbic system before they flip their lids, or to get them back into their Learning Zone. Teaching our students about toggling.

Toggling is:

1. Being strong enough to realise that you are not in your Learning Zone;
2. Brave enough to try to get back into your Learning Zone;
3. Courageous enough to change the way things are to return to your Learning Zone.

As well as teaching students about how they know if they need to toggle.

Due to:

- Time travelling;
- Heart beating faster;
- Butterflies in their tummy;
- Start talking a lot;
- Breathing becomes faster;
- Feel angry;
- Avoiding tasks.

Questions we continually ask our students and reinforce during weekly assemblies.

- What part of the brain do we want to be in if we are seeking to learn? Pre-frontal Cortex (PFC)
- If we flip our lid, what part of the brain have we activated? Limbic System
- What can we do if our amygdala turns itself on? Toggle

Below is a great link which explains toggling: [https://www.youtube.com/watch?v=UYSKW3IvZlQ&index=6&list=PL53nCCeNjRQDhbjE9lJmFad-wd8BSw7](https://www.youtube.com/watch?v=UYSKW3IvZlQ&index=6&list=PL53nCCeNjRQDhbjE9lJmFad-wd8BSw7)

**Fathering Project**

Mum’s we would really love your support in encouraging your husbands or partners to come along to connect at this event with some other fathers or father figures.

Our first get together is a BBQ for dads and father figures at Decker Park, Brighton. It will begin at 5:00 pm and wrap up by 7:00 pm, so everyone can get back home in time to help with dinner and bedtime routines and watch the football. The date we have put aside is Friday, May 20th.

If you are able to come please contact the school’s office to let us know to help us ensure that we are able to cater appropriately.

**Student Attendance**

The Education Act requires parents to ensure that their school-aged children attend school each school day. As is the importance of student attendance, a state-wide initiative has been developed called Every Day Counts.

The initiative is designed to change parent, community and student attitudes to school attendance. It requires the support of both parents and the community if student attendance is to be successfully addressed.

*Every Day Counts* promotes four key messages:

- all children should be enrolled at school and attend on every school day
- schools should monitor, communicate and implement strategies to improve regular school attendance
- truanting can place a student in unsafe situations and impact on their future employability and life choices
- attendance at school is the responsibility of everyone in the community.

<table>
<thead>
<tr>
<th>Some interesting facts</th>
<th></th>
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<tbody>
<tr>
<td><strong>If your child misses</strong></td>
<td><strong>That equals...</strong></td>
</tr>
<tr>
<td>1 day per fortnight</td>
<td>20 Days per year</td>
</tr>
<tr>
<td>1 day per week</td>
<td>40 Days per year</td>
</tr>
<tr>
<td>2 days per week</td>
<td>80 Days per year</td>
</tr>
<tr>
<td>3 days per week</td>
<td>120 Days per year</td>
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</table>

Research shows that higher rates of attendance at school are related to higher achievement.

It therefore is especially important if your child is absent from school, that parents and care-givers provide a reasonable excuse for this absence. Stating that your child was away from school is insufficient – a reason is required. A phone call to the school or a letter to your child’s teacher will be sufficient. Teachers are then able to mark their class rolls accordingly which in turn leads to this data appearing on student Semester 1 & 2 Report Cards.

Thank you and I look forward to sharing more in the next edition of the newsletter.

Regards,

Ben Laws

**VOLUNTARY CONTRIBUTION SCHEME**

Thank you to all parents who contributed to the Voluntary Contribution Scheme in Term 1. Your financial contribution helps the School enormously. The Voluntary Contribution Scheme is not a school fee but a voluntary financial contribution to the school. This is used for non-consumable items that students use “behind the scenes” throughout the school year which is not a part of their class Book List. These inc...
photocopying costs, white paper, coloured paper, cardboard, art and craft supplies, etc. The costs for this is $40.00 per student per year or $10.00 per Term. Your financial assistance is greatly appreciated and will be put to very good use.

ENTERTAINMENT BOOKS ARE NOW AVAILABLE FOR PURCHASE FROM THE SCHOOL OFFICE. GREAT VALUE ONCE AGAIN FOR $65.00. IF YOU WOULD LIKE TO HAVE A LOOK AT SOME FANTASTIC OFFERS FOR THIS YEAR, PLEASE FEEL FREE TO DROP INTO THE SCHOOL OFFICE.

SPORTS DAY REMINDERS

It is that special time of the year that our students are busily preparing for the annual InterHouse Sports Days. So please check your diary and lock the dates in as we would love to see you come along and add your support.

Monday 6th June --- 400/800m Events (children in Years 3-6)
Tuesday 7th June --- Junior Sports Day (Prep-Yr3)
Tuesday 14th June --- Pentathlon (children in Years 3-6)

Please note students that are currently in Year 3 will be competing in both the Junior and Senior Athletics Carnivals this year.

More information will be posted in upcoming newsletters as we get closer to these events.

DISTRICT SPORT TRIALS

The following nomination has been called by the Bramble Bay District Sports Association in the sport of Softball. Students who believe that they have the required skill and experience levels and wish to be considered for nomination need to see Mr. Moore before Tuesday 17 May. Nominations for District Sports must be done via the school. Payment for District levies, uniforms etc. are completed by parents directly by using School Shop Online. Directions will be given to parents, along with the other required forms, upon child being nominated by the school.

<table>
<thead>
<tr>
<th>SPORT</th>
<th>Softball</th>
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<tbody>
<tr>
<td></td>
<td>(Girls Born 2004 or later)</td>
</tr>
<tr>
<td>DATE OF TRIAL</td>
<td>Wednesday 25 May 2016</td>
</tr>
<tr>
<td>COST</td>
<td>$12.00 – Details below, online only</td>
</tr>
<tr>
<td></td>
<td>ALL TRANSACTIONS WILL INCURE A SURCHARGE FEE</td>
</tr>
<tr>
<td></td>
<td>(Payments close 18 May 2016)</td>
</tr>
<tr>
<td>VENUE</td>
<td>Earnshaw State College (Soccer Oval - access via Earnshaw Road)</td>
</tr>
<tr>
<td>TRANSPORT</td>
<td>Own</td>
</tr>
<tr>
<td>STARTING and FINISH TIMES</td>
<td>Girls trials from 9.30 am – 12.00 pm (registration from 9.00 am)</td>
</tr>
<tr>
<td></td>
<td>Students successful in making the team will be required to stay for training from 12.30 pm - 2.30 pm.</td>
</tr>
<tr>
<td>ELIGIBILITY</td>
<td>Players must have a good knowledge of the game, rules, and a high standard of skill. Nominations must be made with the Principal’s approval.</td>
</tr>
<tr>
<td>EQUIPMENT</td>
<td>Students to bring a glove (own or school glove). While bats will be provided, students may wish to bring their own. Please ensure equipment is branded.</td>
</tr>
<tr>
<td></td>
<td>CATCHERS WILL NEED TO BRING THEIR OWN CATCHING EQUIPMENT (HELMET - MASK, CHEST PROTECTOR, LEG GUARDS).</td>
</tr>
</tbody>
</table>
COME ALONG AND HAVE SOME FUN AND FITNESS WITH BRACKEN RIDGE STATE SCHOOL.

The school has created a team to enter the Jetty 2 Jetty fun run. Whatever your distance, whatever your fitness, come along and join the Bracken Ridge Bee’s. Have a bit of fun and improve your health at the same time.

Teachers, Support Staff, Children, Parents, Grandparents, and Friends. We want you all!

Date: Sunday 17 July 2016

Events: 3, 5 & 10 km walk/run and a 21 km half marathon.

Entries: Start from $20.00 for children $35.00 for Adults. This includes a cap (singlet for 10 km and ½ marathon) and a finishes medallion.

Team Name: Bracken Ridge Bee’s

CHAPPY NEWS

Thank you for everyone who supported our Free Dress Day today.

Upcoming Chappy Events:

Chappy Rachael is on leave at present. Chappy Breakfasts will go ahead as per usual.

Chappy Disco - Thursday, 19 th May - 3.30 pm - 5.00 pm. $3.00 entry. For sale: Packets of Chips $1.50, Drinks $1.00, Glow Sticks .50c & Sausage Sizzle $2.00. This will be held in the new Year 1 outdoor area. All money raised will go to our School Chaplaincy Service also.

SU Holiday Camp - Every year, Chappy Rachael and students from BRSS attend the SU Winter Mapleton Adventure Camp. This is a great holiday camp full of adventure based activities and lots of fun, high energy games and events. For more info you can contact Chappy Rachael or email wintermapleton@sucamps.org.au.

To register head to www.sucamps.org.au.

FROM THE P&C

Uniform Shop News

• We are open Monday, Wednesday & Friday from 8.30 am - 9.00 am at the moment.

Tuckshop News

If anyone is interested in volunteering could you please put your name down with Libby at the Tuckshop. Thank you.

• Lasagne is back on the menu.

• Pulled pork is only available while stock lasts.

P&C News
• **Grass Roots** - If you are looking to book a holiday go to this website and check out what they have available for anyone that books a holiday with our code we get a percentage back. [www.quickbeds.com/?grassrootscode=1692](http://www.quickbeds.com/?grassrootscode=1692)

• **Trade/Market Stall Event** is happening on the 18 June from 1.00 - 6.00 p.m. 3 x 3 spaces are available at a cost of $40.00 with a single table costing $20.00. If any parents would like to put their name down to hold a stall, please contact us.

• **BYB** - Backyard Bonanza is on again this year on Sunday 22 May from 9.00 am - 3.00 pm. We will be organising the car parking for the event and will need volunteers on the day, so please come and help if you can. We are also hoping to take the Laughing Clowns down as well on the.

• **Cancer Morning Tea** - The date for this is to be confirmed but If you have anything you would like to donate for our raffle prizes, please drop these off to the School Office or Tuckshop. Any donations would be greatly appreciated.

Thanking you in advance for all the support with fundraising this year. It will be going towards installing shade over all the playgrounds.

If you have any questions or comments on any P&C information, please feel free to contact me Bronwyn at bssfundraiser@optusnet.com.au or 0402 459 164.

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**CONGRATULATIONS TO OUR VERY OWN SCHOOL CAPTAIN MILLIE AMBROSE-PEARCE!**

Millie will be performing in the Musical "Oliver". This will be held at the Redcliffe Cultural Centre from the 27th May - 4th June, 2016. Tickets are available online if you visit squids.org.au. Please come along if you can and support Millie in this wonderful achievement. Well Done Millie and Good Luck!

---

**WILL I BEE FOCUS TERM 2: "TOGGING!"**

Dear Parents, Friends and Students at Bracken Ridge State School,

Hope you are all having a beautiful week. Today my friends from Bracken Ridge State School, I want to talk to you about "toggling". Here in the hive we are also taught about "toggling". When we are working and feeling challenged, we too have a "toggle table" where we can go to breathe and unwind just like you and your friends at school. So remember to go to your "toggle table" when you need to. See you next time. Your good friend.....

Will.I.Bee  Will.I.Bee@gmail.com

---

**SCHOOL EVENTS TO REMEMBER**

- **Bracken Ridge State School Newsletter**
  - 13/05/2016
STUDENT BANKING

Did you know that we do School Banking with the Commonwealth Bank?

It is a great way for your child to learn the concept of saving money, and the school will also receive fundraising benefits when deposits are made through the program.

After registering with Commonwealth Bank for School Banking your child can earn great rewards for saving money. Your child can hand their bank book into their teacher or at the office every Monday or Tuesday with as little at 50 cents for saving. After they have made 10 School Banking deposits they will be entitled to choose from many great rewards on offer by Commonwealth Bank. (Please see above)

Also School Banking is running a wild Grand Prize competition. Commonwealth Bank are giving students the chance to win a family trip for up to two adults and three children to explore Australia Zoo and meet Bindi and Robert Irwin. Plus many extras including 4 nights’ accommodation, 5 days’ car hire and $1000.00 spending money. HOW TO ENTER: Simply make 15 or more School Banking deposits by the end of Term 3, 2016 and you’ll automatically receive an entry into the competition for a chance to win.

Find out more at www.commbank.com.au/schoolbanking

COMMUNITY NEWS

DOMESTIC VIOLENCE PREVENTION MONTH 2016
Event - 28 May, 2016

EVENT_FLYER_2016.pdf

SANDGATE DISTRICT HIGH SCHOOL OPEN DAY
SATURDAY 14 MAY, 2016
9.00 AM - 1.00 PM
FIND OUT HOW SANDGATE DISTRICT STATE HIGH SCHOOL CAN "EXPAND THE HORIZON"
FOR YOUR SON OR DAUGHTER.
FOR INFORMATION PLEASE PHONE 3869 9888

Parents please note that it is now a requirement that there be attendance by Parents/Carers at all dental appointments for children and adolescents aged 14 years or under at Metro North Oral Health Services facilities in the future. Children will no longer be called over from class for dental treatment without an adult present.

If you have any queries regarding this service, or would like to discuss this please telephone oral health services (ph: 3646 7838) or email MNOHS_Directorate@health.qld.gov.au

AUSSIE HOOPS MID WEEK BASKETBALL PROGRAMS.
IF INTERESTED - PLEASE SEE ATTACHED.

AUSSIE HOOPS MID WEEK - Bracken Ridge SS_2.pdf

PARENTS PLEASE NOTE THAT THERE IS NO PARKING IN THE SCHOOL GROUNDS AT ANY TIME AS THIS ENDANGERS THE SAFETY OF OUR STUDENTS. MANY THANKS FOR YOUR UNDERSTANDING IN THIS MATTER. ALSO PLEASE NOTE THAT THERE IS A TWO MINUTE DROP OFF ZONE AT THE FRONT OF THE YEAR 1 PLAYGROUND IN BINBURRA STREET. THIS IS FOR DROP OFF AND PICK UP ONLY.

PARENTS PLEASE PHONE THE SCHOOL OFFICE ON 3869 7888 OR EMAIL CAROL FISHER cfish63@eq.edu.au FOR ANY STUDENT ABSENCES. IF WE HAVE NOT HEARD FROM YOU REGARDING YOUR CHILD'S ABSENCE, WE ARE NOW REQUIRED TO CONTACT YOU REGARDING THIS SO THAT ANY UNEXPLAINED ABSENCES CAN BE MANAGED. YOUR HELP IN THIS MATTER IS GREATLY APPRECIATED.

BRACKEN RIDGE STATE SCHOOL Facebook Page is now available. Please 'like' our page and share with other parents at our school. We will endeavour to use this page to keep you informed with upcoming school events as they happen.

If you would like the school newsletter emailed directly to you, please email Carol Fisher on cfish63@eq.edu.au, or phone the school office on 3869 7888. Our newsletter is also available via our School Website. If you are unable to access the internet, a paper copy can be collected from the office on request.

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