28 April, 2016.

**Principal's Column**

It’s our third week in, and we are a buzz with learning at Bracken Ridge State School. It’s great to walk around the school and see our success criteria for English tasks on classroom walls, hear our students talk about using their “PFC” and being in their “Learning Zones”, and watch our students engaging in our range of extra-curricular lunch time activities.

**Prep Open Day – “What’s the Buzz about Bracken Ridge?”**

Our first Prep Open Day for 2017 will be held this Saturday April 30, between 10 – 11 am in our Prep 1 Building. During the session we will be talking about our three key priorities and what makes our school and Prep program different from other schools in the area. All are welcome to come along and hear about what makes our school special.

**Neuroscience Parent Information session:**

Hopefully you have heard all about what it means to “flip your lid”, be in your “PFC”, climbing the stairs to the “upstairs brain”, and “toggling” to manage behaviour from your child over the last few weeks. Last term, Leigh Inglis, Principal of Tennyson Special School, led our staff in 6 hours of professional learning last term in these concepts. Leigh will be presenting a parent session, Parenting with the “Brain” in mind on May 18, 2016 from 3.30 to 7.00 pm please check time (just before the P&C meeting) in the library. The session is an introduction to how Neuropsychology can help support our parenting skills and promote learning for life.

During the session, we will explore:

- Basic brain development and learning
- Flight, fight and freeze response
- Emotional self-regulation
- A structure for learning throughout life

All parents (regardless of whether your children attend the school) are welcome to attend the session, as we believe in supporting our community to ensure our children all grow to be brave, courageous and strong adults, capable of being resilient and successful.

**ANZAC Ceremony:**

Thank you to Mr Ben Laws, Mrs Annette Grant and Mrs Carol Fisher for their work in creating a beautiful and moving ANZAC Day Ceremony on Friday. We were joined by Major Darryl King and Mr John Chippendale from the Sandgate RSL at the ceremony, along with our Adopt-a-Cop Sergeant Steve Wake and our Chaplain Rachael Bhatnagar. A special thank you to Mr Ben Laws and our staff for leading the school at the Sandgate Anzac March on Monday, where we were very ably and proudly represented by many students in our community.

**NAPLAN:**

NAPLAN testing in 2016 for Years 3 and 5 students will be administered from Tuesday 10 through to Thursday 12 May. There are four tests in total – Language testing will be reported to parents in September.

NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. It is important to remember that NAPLAN tests are not pass/fail tests. At the classroom level, it is one of a number of important tools used by teachers to measure student progress. For this reason, we would like all students to “have-a-go” completing NAPLAN tests. We understand that the tests can make some students feel uncomfortable or nervous. This is normal, and shouldn’t preclude students from participating. As we want all our students to step out of their “Comfort Zones” and into their “Learning Zones”, our teachers will work with students to familiarise them with the test and test conditions, to lessen any fears they may have. To help your child to feel less worried about NAPLAN, it’s important to keep NAPLAN in context for your child, and to work with them to help them manage this and other “tests” that they will face both at school and in life. If you have any concerns about NAPLAN and your child, please do not hesitate to see either Ben or myself, or raise these concerns with your child’s class teacher.

**ANZAC Day Ceremonies**

On ANZAC Day quite a number of students and staff participated in the Anzac Service at Sandgate. This was a very moving ceremony and it was a wonderful community opportunity as we were joined by a number of other schools across the District. Our leaders delivered wreaths on behalf of our school community. Once again Bracken Ridge State School was well represented with all students setting a wonderful example. Thank you to all parents who helped support this occasion by bringing their children down. Special thanks also to the group of students and their parents who arrived earlier on the day to carry out their role to help with the organisation of the beginning of the march.

Once again I would also like to congratulate all of our students for their exemplary behaviour throughout our school’s ANZAC Service on Friday 22nd April. I know that I speak on behalf of Ms Burke when I say that we are always very proud of the way the students behave, as well as the fantastic job the Captains do in leading the ceremony and other students who contributed. It is obvious that our students understand the significance of the occasion, a point made each year by our attending Diggers and Dignitaries.

W ell Done Bracken Ridge!
**Fathering Project**

In 2016, our school is committed to supporting and acknowledging the important role that fathers or father figures play in parenting.

With this in mind, myself and another of our fathers (Mr Garath Roberts), are very interested in providing support at a school level, as well as the opportunity for our fathers and father figures to come together.

The school is using The Fathering Project as a model for how best to provide support as well as reflecting on the research behind the importance of fathers or father figures in their children’s lives.

Five main aims of the Fathering Project include:-

1. To help fathers realise how important they are in a child’s life;
2. To give fathers advice of how to engage with children;
3. To inspire fathers to get involved with their children - become proactive;
4. To develop programs and initiatives to assist with and promote the engagement of fathers;
5. To utilize research-based evidence to encourage positive change in fathers.

For our first get together, we were thinking of having a BBQ for dads and father figures at Decker Park, Brighton. This would really just be an opportunity for everyone to get to know each other better. While we would like to promote this event for just the fathers and father figures, we understand that all families have commitments and thus dads might need to bring their children along. The school will supply the meat and some simple salads and if dads want to bring drinks of choice, they are welcome. We anticipate meeting at 5:00 pm and wrapping things 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.

Mums, we would really love your support in encouraging your husbands or partners to come along to connect at these events with some other fathers or father figures. I know (and I speak from experience), that most men need some gentle coercing from their partners or wives to make the move towards attending.

**Before School Exercise**

Our school has teamed up with the charity Fit’scool in order to offer some before school exercise sessions for our students.

Fit’scool is a fitness program that gets kids moving and learning about good health, nutrition and exercise. Fit’scool teaches children in a fun, non-competitive environment that physical activity is fun!

The idea behind having students engaged in low to moderate intensity exercise before school is linked to the research which indicates the benefits of physical exercise on the brain. The aim of the before school program is directly linked to the research, as ultimately we want our children geared up and ready for learning as soon as they enter their classrooms.

Initially, as we would like to see that the program is successful, we are looking at starting one morning per week on a Thursday. Holding the session on a Thursday allows the school to allow the numbers that arrive for Chappy’s Breakfast as well as building on the work that Mr Moore does with students earlier in the week.

The session on a Thursday will be focused on having students moving for at least 30 mins. It will run from 8:15 – 8:45 am. Cones will be set up on the oval and students will have the choice as to whether they would like to walk, run or do a combination of both during the time period. There will also be some 100m, 200m tracks marked out so students can practise these sprints if they would like.

The session will be fully supervised by at least four adult volunteers as well as a Coordinator for the session, Mr Garath Roberts (one of our parents).

Due the program taking place at the school, we will not be asking for permission for students to participate but if you would like to have your child participate, please make sure that they are at school by 8:15 am each Thursday. We intend on having the 1st session on Thursday, 12th May. This date will be confirmed through a letter sent to parents.

**Interschool Sport**

Below is a message that was put in my previous newsletter piece. I figured it was important to re-run the message and would certainly encourage parents/carers to contact the school if they have any queries.

This term our school is committed to having all Year 4 – 6 students participate in either Soccer, Netball or Rugby League as part of the Interschool Sport program. This will run weekly from Friday from 20 May to 17 June (5 weeks in total). This program will also take place in Term 3 of this year.

Feedback from our students indicated the reasons for decreasing levels of participation over recent years in interschool sport was because of:

- little knowledge of the sports and skills needed to participate;
- apprehension around engaging in the sports and failing.

With this in mind, in Term 1 it was decided to build children’s skills, knowledge and confidence before participating in the Inter School Sport program for Term 2.

Interschool sport allows the students to develop a range of skills:

- participating as part of a team;
- adhering to rules;
- developing a knowledge of range of sports;
- interacting with students from this school and students from other school;
- displaying sportsmanship.

Interschool sport also gives students an opportunity to try a sport in a supportive environment at little cost to parents. We would envisage that all students will participate. We are teaching our children that it is okay to feel uncomfortable and anxious, while being in their learning zone.

Letters for interschool sport and parental consent forms will be out shortly.

Because we are committed to all students participating in Inter School Sport and if finance becomes a problem, please make contact with our Business Services Manager, Elwyne Buckley.

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 many consumable items that students use "behind the scenes" throughout the school year which is not a part of their class Book...
List. These include 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 (Girls Born 2004 or later)</th>
</tr>
</thead>
<tbody>
<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>
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<td></td>
<td>(Payments close 18 May 2016)</td>
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<tr>
<td>VENUE</td>
<td>Earnshaw State College (Soccer Oval - access via Earnshaw Road)</td>
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<tr>
<td>TRANSPORT</td>
<td>Own</td>
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</tbody>
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| STARTING and FINISH TIMES | Girls trials from 9.30 am – 12.00 pm (registration from 9.00 am)
Students successful in making the team will be required to stay for training from 12.30 pm - 2.30 pm. |
| ELIGIBILITY | 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. |
| EQUIPMENT | 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.
CATCHERS WILL NEED TO BRING THEIR OWN CATCHING EQUIPMENT (HELMET - MASK, CHEST PROTECTOR, LEG GUARDS). |
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.

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 1/2 marathon) and a finishers 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 will be on leave for the next three weeks. Chappy Breakfasts will go ahead as per usual.

Chappy Disco - Thursday, 19th May - 3.30 pm - 5.00 pm. 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.

- Pie Drive is finishing on Friday 29 April. Please bring the order forms and money into the office or Tuckshop. You can arrange a separate time to pick up your pies. If you need to organise this, please speak to Libby in the Tuckshop. Thank you for your support.
- 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
- Scholastic Book Club issue 3 is ending. Could all orders please be in by tomorrow 29 April, 2016.
• **Trade/Market Stall Event** is happening on the 18th 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 22nd 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 day.

• **Mothers Day Stall** - Year 6 Students will purchase on Wednesday 4th May. All other students will be purchasing from the stall on Thursday 5th May. We are in need of volunteers to help serve on the Wednesday from 2.00 pm and Thursday from 9.00 am, so please come in and help if you can. This will be held in the Music Room in C Block. Prices start from 50 cents and are up to $10.00.

• **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.

**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!

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**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

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**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, 3 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.


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**COMMUNITY NEWS**


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**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

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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

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**AUSSIE HOOPS MID WEEK BASKETBALL PROGRAMS.**
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.

Address: 1 Binburn Street
BRACKEN RIDGE, QLD 4017

Phone: 07 3869 7888

Fax: 07 3869 7800

Email: cfish63@eq.edu.au

Web: http://www.bracridgss.eq.edu.au
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Is your child’s reading
Effective reading underpins

- Enhance listening skills and
- Improve reading and comprehension
- Improve spelling and understanding
- Develop study skills

Contact Sonja Tel: 3863 1107
2 Nemira Street, Carseldine

Email: sonja@tina.com.au
Web: www.tinacowley.com.au

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Tina Cowley

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- Enhance listening skills and understanding
- Improve reading and comprehension
- Improve spelling and understanding
- Develop study skills

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