Friday 17th June, 2016

Acting Principal
Mr Ryan Trama

Teachers
Mrs Libby Johnson
Mrs Louise Fulwood
Mrs Annette McLean

Student Support Teacher
Mrs Louise Cowley

Support Staff
Ms Jane Trevethan
Mrs Brenda Stahlhut
Ms Lorraine Lewis
Mrs Jenna Morris
Mrs Mel Kelly

Grounds Officer
Mr Ray Stahlhut

Cleaner
Mrs Donna Bennett

P&C President
Mr Darren Kelly

Address
PO Box 8
Thallon Qld 4497

Email
The.principal@thallonss.eq.edu.au

Website
www.thallonss.eq.edu.au

"Living & Learning Together"

The Thallon SS way is to be at school every day, always do your best, live and learn together, be safe, responsible, respectful and an active learner!

Don’t forget to ‘like’ Thallon SS on facebook
https://www.facebook.com/pages/Thallon-State-School/812063525540326

Students of the week
**PRINCIPAL’S NOTE**

**Murray Hartin visit**

On Wednesday 15\(^{th}\) June, poet Murray Hartin, worked with our P-2s, 3-4s, and 5-6s to create class poems, as well as individual student poems. Our students recited their poems at the Community Barbecue evening in the Thallon Town Hall. Our students should be very proud of their work, as I am of them.

On Thursday 16\(^{th}\) June, we held an Enrichment Day at our school, where high performing students from schools around the Cluster worked with Murray Hartin to create some fantastic poems.

**Congratulations to Skyla Cotterell** (Year 4), who is our newest Student Council Representative. Skyla’s industrious work ethic makes her a positive role model for all students.

**Parent Teacher Conferences**

Parent Teacher Conferences will be conducted at the beginning of next term. This will be a good opportunity for you to discuss your child’s progress at school. A letter will be sent home with your child’s report card next Friday, for you to request a Parent Teacher Conference. Of course, teachers will be in contact with parents if there are things that need to be addressed. Please remember, that you can request to meet with your child’s teacher at any time to discuss their progress at school.

**Remember, the Thallon SS way is to be at school every day, always do your best, live and learn together, be safe, responsible, respectful and an active learner!**

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**Focused School Improvement Priorities, 2016:**

- Reading and Comprehension
- Number Facts and Problem Solving

**Thank you** to the P&C members who helped with the setting up and running of the Murray Hartin Community Barbecue evening.

**Well done** to our **Beginner Band Camp** participants who travelled to St George SS last week, and played in front of a large ensemble.

**Awesome School Events - Week 11**

The NRL Game Development group will be visiting our school on Monday 20\(^{th}\) June.

Our **Athletics Carnival** is being held on Thursday 23\(^{rd}\) June. We look forward to seeing everyone there, supporting our little athletes and helping out where you can!

Enjoy a well-earned break on the holidays!

**Acting Principal: Mr Ryan Trama**

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**Attendance Snapshot**

This is a snapshot of our whole-school attendance throughout Semester One, 2016. A number of trends can be identified in this data, including a poor overall attendance rate on Fridays, plateauing at 82% on one occasion.

Remember: One day per fortnight doesn’t seem like much, but…….

That equals 20 days per year. Which is 4 weeks per year. Over 13 years of schooling, that’s equivalent to missing nearly 1.5 years of education.

Ultimately, we need to work together to ensure that every child, within every year level, within our whole school, is attending school every day. This will help to give your child the best chance of experiencing success.
**Focused School Improvement Priority: Reading**

Reading is one of Thallon’s focus areas in terms of improved performance. This is something we are working extremely hard on at Thallon SS. Reading is for life. It is a life skill that starts at a very young age and a skill we will value for the rest of our life. Consider asking your child these questions during daily home reading: Can you describe the events in the text? What is the main idea of the text? What challenges did the main character face? How did he/she resolve them? What did you like/dislike about the text? What decoding strategy did you use when trying to figure out that tricky word?

Here is a poster that highlights some very eye-opening statistics in terms of home reading. Keep up the home reading!!

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### Why Your Child Should Read 15 Minutes Every Day

"WHY CAN'T I SKIP MY 15 MINUTES OF READING TONIGHT?"

LET'S FIGURE IT OUT...MATHEMATICALLY!

<table>
<thead>
<tr>
<th>Student A</th>
<th>Student B</th>
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<tbody>
<tr>
<td><strong>Step 1:</strong> Multiply minutes a night x 4 times each WEEK.</td>
<td><strong>Step 1:</strong> Multiply minutes a night x 4 times each WEEK.</td>
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<tr>
<td>Student A reads 15 minutes x 4 times a week = 60 minutes/WEEK.</td>
<td>Student B reads 5 minutes x 4 times a week = 20 minutes/WEEK.</td>
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<tr>
<td><strong>Step 2:</strong> Multiply minutes a week x 4 weeks each MONTH.</td>
<td><strong>Step 2:</strong> Multiply minutes a week x 4 weeks each MONTH.</td>
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<tr>
<td>Student A reads 240 minutes a MONTH.</td>
<td>Student B reads 80 minutes a MONTH.</td>
</tr>
<tr>
<td><strong>Step 3:</strong> Multiply minutes a month x 9 months/SCHOOL YEAR.</td>
<td><strong>Step 3:</strong> Multiply minutes a month x 9 months/SCHOOL YEAR.</td>
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<tr>
<td>Student A reads 2160 minutes in a SCHOOL YEAR.</td>
<td>Student B reads 720 minutes in a SCHOOL YEAR.</td>
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**So what does this mean??**

- Student A practices reading the equivalent of 6 whole school days a year.
- Student B gets the equivalent of only 2 school days of reading practice.

**By the end of 6th grade if Student A and Student B maintain these same reading habits, then...**

- Student A will have read the equivalent of 36 whole school days.
- Student B will have read the equivalent of only 12 school days.

### WHY READ 30 MINUTES A DAY?

*If daily reading begins in infancy, by the time the child is 5 years old, he or she has been fed roughly 900 hours of brain food!*

*Reduce that experience to just 30 minutes a week, and the child’s hungry mind loses 770 hours of nursery rhymes, fairy tales, stories, and vocabulary development.*

*A kindergarten student who has not been read aloud to could enter school with less than 60 hours of literacy nutrition.*
**Year 3-4**

Our students have demonstrated outstanding determination to produce fantastic assessment pieces across all learning areas this Semester.

In English, students wrote a persuasive letter to the Principal, regarding their point of view of the need to have a special day at school to celebrate families. Their letters were so convincing, that it’s something I am very interested in having at our school.

In Math, students have been learning how to use simple scales, legends and directions to interpret information contained in basic maps.

I would like to have the opportunity to meet with all Year 3-4 parents to discuss your child’s progress at our Parent Teacher Conferences early next term.

Mr Trama

**P-2 Catch up**

Not long now until holidays! Over the last two weeks, the children have been doing heaps of learning and completing assessment pieces. It has been a very busy time.

In English, we have been learning about Poetry. In this unit, students listen to, read and view a variety of poems. They are thoroughly enjoying the ones that we have been looking at. Some of the class favourites are, ‘Minecraft Mike’, ‘My Teacher Stole My iPod’, ‘My Teacher at my Homework’, and ‘Down by the Bay’. The children have found that the poems tell a story. Some poems are imaginary and others are real life. The class especially likes the imaginary poems. In this unit, we have been looking at rhyming patterns in poems. The children are becoming quite confident in identifying these. We have been focusing on identifying the number of syllables in each line and learning about alliteration.

We have also been working with money in class. Please allow your child to use money as much as possible. They may count out the money that they need to buy their Tuckshop on Friday, or even count out the coins in their money box. Children must regularly use money if they are to become confident with using it.

Enjoy the school holidays!

Mrs McLean and Mrs Libby

**5-6 News**

Students have all been enjoying working with Murray Hartin, being entertained and creating poetry. ‘Muz’ has been demonstrating how poetry can be fun, ridiculous and doesn’t necessarily have to make sense. Creating and performing their poetry to entertain an audience, has been both a challenge and a chance to perform in front of an audience.

As Semester One comes to an end, assessment tasks are being completed. It has been pleasing to see the effort that all students have been putting into their completed tasks. We will edit poems and narratives in readiness for entry in the Mungindi Show, which will be in Term Three.

Sports leaders are helping their teams practise in preparation for their Inter-House Sports Day next week.

I hope everyone has a relaxing and safe holiday.

Mrs Fulwood

**Wind Catchers**

Prep students proudly showing off their science assessment pieces.

**Important Dates**

<table>
<thead>
<tr>
<th>June</th>
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<tr>
<td>Monday 20th</td>
<td>NRL Visit</td>
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<td>Thursday 23rd</td>
<td>Athletics Carnival</td>
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<td>Friday 24th</td>
<td>Last Day of Term 2</td>
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<th>July</th>
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<tr>
<td>Monday 11th</td>
<td>First day Term 3</td>
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<th>August</th>
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<tr>
<td>Sunday 7th</td>
<td>Mungindi Poet’s Breakfast</td>
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**Student Council**

Skyla Cotterell is the newest Year 4 Student Council Representative and received her badge on parade.

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**Library News**

A massive thank you to Donna Bennett for helping to move books and shelves in the library, and also for many hours spent sorting books and fixing labels. The junior fiction is looking great.

Thank you also to Kym Wright for purchasing more books for the Library.

All help is greatly appreciated.

After the holidays, I will have books waiting to be covered, as we have some books in sick bay waiting to be repaired. If anyone is able to assist by coming in for a couple of hours please give us a call. As they say, many hands make light work.

Jane Trevethan

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**Chooks for sale**

Point of lay pullets available. $18 each for various coloured ones and $15 each for white ones.

Phone Vaughan 0467046379

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**Playgroup**

Where: Thallon State School
When: Tuesday 21st June
Time: 9:00am - 11:00am
What to bring: Yourself + Child/children birth to 5 years, drink and snack.
Cost: No cost

Come along and enjoy a social morning out in a safe and friendly environment.

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**Beginner Band Camp**

On the 7th and 8th of June, 62 students from across the Balonne cluster converged on St George State School for the annual Beginner’s Band Camp. Students from Thallon, Bollon, Dirranbandi, Begonia, St George State High and St George State School participated over the 2 days.

The students had the chance to play in a large ensemble (some for the first time) and meet students who have only started their instrumental journey this year.

The students rehearsed 3 pieces over the 2 days and then performed a concert for the primary school, teachers and parents.

A big thank you to Mrs A for her assistance over the 2 days, Mrs Weber and her helpers for running the tuckshop on the Wednesday, and to all the parents that transported students to and from camp and the continued support at home.

Something like this cannot happen without you.

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**Thallon PBL Expectations**

Be Safe, Be Responsible, Be Respectful, and Be an Active Learner!

**PBL Focus:**

**Week 11**

- **Be prepared and ready**

Upon arriving to school each morning, students are to ensure that they are prepared and ready for learning. They must have an organised tidy tray, and their materials ready for the first lesson of the day.
Community News

P & C News

Jag the Joker!

The P & C require volunteers to sell tickets for ‘Jag the Joker’ at Francis Hotel. Volunteers are required to be there from 5.30/6.00pm to 9.00pm. The dates when volunteers are needed are 8th July and 5th August. Please contact Darren Kelly on 0475 880 053 if you are available on any of these nights.

Thanks to Jane Hill for selling tickets at Jag the Joker on Friday night.

Thank you to everyone who helped at the Murray Hartin Community B.B.Q. night held on Wednesday night.

Lots of up coming events Poet’s Breakfast, Dunga Derby and Trivia night.

Dear Community Group,

10th Anniversary St George River Dragons Regatta

The St George River Dragons are planning a dragon boat regatta on the Balonne River in October 2016 to celebrate its 10th anniversary. The club is writing to local clubs and organisations to gauge the level of community interest in the event, which will determine if the regatta goes ahead.

Teams would consist of 12 paddlers with entry $10/person. Those who have never paddled will receive instruction on the day or are welcome to take part in the club’s Sunday paddling sessions held the first and third Sunday of each month.

If previous events are any indication, participants and spectators are in for a fun-filled day and teams are encouraged to dress in costume. Food and drink and children’s activities are also planned.

If your organisation would like to enter a team could you please indicate in writing to the above address or email the club secretary at mcvinishr@yahoo.com by 30th April 2016.

If you have any questions please contact secretary Raelene McVinish on 0428522615.

Yours sincerely, Richard Lomman
St George River Dragons President

Thallon Progress Association

MEETING

When: Tuesday 5th July
Time: 7.00pm
Where: Thallon State School
Sleep is an active phase of the learning process, which is why as parents the single most important thing we can do to help our kids be more effective learners is to ensure they get enough sleep.

During sleep the brain is very busy replaying the day’s activities extremely fast, picking out the key items it believes are most relevant for long-term storage in our memory banks, and tossing out the rest.

The amount of sleep children require varies with age and they require more sleep than adults. In primary school the recommendation is between 10 and 11 hours per night. High school students need around 9 hours to function at their best.

The challenge is how to fit everything into the school day along with homework and extra curricular studies such as sport, music and drama, have enough down time to chill and relax, and get enough sleep.

The best way to learn anything is to study the topic hard for a period of time and then go so sleep for 8 hours. While this may not be practical in our every day lives, the principle is pay attention to what needs to be learned and then use sleep to consolidate memory and deepen the understanding of the subject.

Talking with your child can help them understand why sleep is so important, not just to help with their studies but also to manage their emotions more easily. Anxiety or worry about academic performance, friendship issues and generally keeping up with everything can interfere with sleep, as can receiving text messages or snap chats during the night.

Our children spend many hours engaged with technology to help them study and for social connection. All these gadgets emit a blue light that fools the brain into thinking it is still daytime. Because the brain needs 2-3 hours to wind down and prepare for sleep, switching off the laptop or tablet late at night and then hopping into bed means it will be much harder for your child to then fall asleep.

The most effective way to study for a test is to space the learning. This requires studying the subject for a period of time and then putting it to one side to do something else. Later that day test recall of the subject by jotting down just the key points. Those that have been forgotten can be quickly revised. Repeating this process with increasing lengths of time between self-testing is an excellent way to strengthen memory because it makes the brain work harder to recall the information. This method has been shown to be far more effective than rewriting or highlighting notes.

Getting sufficient sleep ensures the brain is fully rested and refreshed to study more effectively. A tired brain finds it harder to concentrate, focus, remember or learn. Feeling grumpy or irritable doesn’t help either!

The temptation to stay up late and cram for a test or exam can be strong, especially if others are doing it. Encouraging your child to get a good night’s sleep instead means their brain will be far better prepared to enable them to deliver their best the next day. Trying to stuff more facts into a tired brain just leads to feeling stuffed, which isn’t helpful to anyone and not worth the one or two extra marks they might have been hoping to gain.

more on page 2

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
... Why effective learning starts with a good night’s sleep...

Helpful tips to assist your young person to get enough sleep

1. Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.

2. If they are tired, suggest kids start going to bed 10-20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.

3. Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20-30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.

4. Many young people use their mobile phones as an alarm clock. If so, they can switch it to silent so messages from friends won’t wake them during the night. Or buy them a clock so they don’t need their phone at all!

5. There are a number of apps such as Flux that will change the display light on computer screens to yellow, which doesn’t impact the brain disrupting sleep patterns.

Sleep is essential to better brain health and performance, which is why getting enough sleep is never negotiable.

Jenny Brockis

Dr. Jenny Brockis is the Brain Fitness Doctor. She speaks and writes about brain health and performance. Her new book Future Brain: The 12 Keys to a High Performance Brain is available online and at all good bookstores. www.drjennybrockis.com

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