This week, we welcomed our new Acting Principal, Mr Trama, who has come from Trinity Beach State School north of Cairns. Mr Trama grew up in Noosa, on the Sunshine Coast. He has participated in a wide variety of individual and team sports throughout his life, including basketball, football, cricket, swimming and surf lifesaving, where he was a Patrol Captain at Noosa Heads Surf Lifesaving Club.

Mr Trama studied at the Central Queensland University in Noosa, and completed his Internship in the remote Indigenous community of Aurukun, in Cape York. Whilst in Aurukun, Mr Trama took on the roles of Classroom Teacher and Acting Head of Curriculum in Term 4, 2014. After transferring to Trinity Beach State School, Mr Trama taught Year 1 in 2015, and Year 6 in 2016, before taking up the role of Acting Principal at Thallon State School.

Thallon Students and Teachers Marched at the ANZAC service held at the park on Monday 25th April.

Students of the week

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!

https://www.facebook.com/pages/Thallon-State-School/812063525540326
PRINCIPAL'S NOTE

I would like to take this opportunity to say thank you for the extremely warm welcome that I have had to Thallon State School. I have been blown away by the warmth, kindness and friendliness that has been demonstrated to me as I begin my journey as Acting Principal at Thallon State School.

My journey to Thallon happened very quickly following my participation in the ‘Take the Lead’ program for Aspiring Small School Principals earlier this year. I am truly lucky to have this opportunity, and look forward to developing strong partnerships with the industrious learners, passionate and supportive staff, and engaged community of Thallon State School. I’d like to invite all parents and community members into the school as I look forward to meeting you.

Congratulations to Year 6 students Hannah Johnson, Blade Trindall, Jackson Kelly, and Sam Christensen, who recently participated within the GRIP Leadershi workshop in Moree. The students engaged within focused activities to build their capacity as school leaders. Thank you to Mrs Fulwood, who is supporting the students through this program.

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!

Acting Principal: Mr Ryan Trama

NAPLAN

Students in Year 3 and Year 5 will be participating in NAPLAN on Tuesday May 10, Wednesday May 11, and Thursday May 12. A special breakfast will be provided each morning. Parents are welcome to come and join students for the relaxed breakfast starting at 8.30am.

What is NAPLAN?
The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7, and 9. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. All government and non-government education authorities have contributed to the development of NAPLAN materials.

Five Tips for Helping Students in NAPLAN week (Adapted from the ‘Happy Schools’ article)

Keep Calm
It is vital that parents and staff model a calm approach. OUR attitude is contagious and will be ‘caught’ by our students. Focus on encouraging students to do their best and trying hard. It is important to choose your words carefully when you speak. As with all learning activities we should put our focus squarely on effort rather than results. The only pressure on students should be to try hard rather than to do well.

Keep NAPLAN in Context
It is important to keep perspective. NAPLAN is only ONE measure of student achievement and a VERY NARROW measure of that. It is a point in-time test only. NAPLAN is not a pass or fail type test. It is not expected that all students will be able to answer all questions correctly.

Acknowledge that exams are stressful
It is helpful to acknowledge that some students may be worried or anxious. NAPLAN provides an opportunity to help students build resilience to anxiety through teaching students some relaxation techniques - deep, controlled breathing, relaxing the shoulders and keeping calm thoughts. Reassure students that you’re on their side. You are there to support and encourage them.

Share your own stories of what helped you in your exams
What was your secret - Baroque music? Enough sleep? Healthy snacks? Supportive peers? Going for a run? Colourful mind maps? Give them a way to learn from your successes and failures.

Prepare them for all circumstances
Give tips such as to bringing a water bottle, eating healthy snacks and getting some exercise at breaks. Remind them about monitoring their time and not getting bogged down on a question for too long!

And finally, wish them luck on the actual day!

Thallon PBL Expectations

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

PBL Focus:

Week 5
Be Safe
Walk

Week 6
Be Responsible:
Show leadership
Be Respectful
**Year 3-4**

**Mr Trama**
What an awesome first week I have had teaching the hard-working students in Year 3 and Year 4!

In English, students have begun to explore a literary text that deals with an ethical situation. They make inferences about characters’ feelings and use comprehension strategies to answer questions about the text. For their assessment task, students will be writing a letter to persuade their school Principal that having a special day to celebrate families should be an annual school event.

I look forward to seeing the progress that our Thallon students make throughout this term, and of course, for the remainder of the school year.

---

**P-2 Catch up**

**Mrs McLean and Mrs Libby**

This term in English, the children have been exploring characters in stories. They have been reading and listening to a variety of stories. The students have been exploring how characters develop in these narratives and examining the way language and pictures help create and describe characters. The unit will conclude with the children choosing a character from a story that has been shared and writing a character description. They have been enjoying discovering how authors develop characters and love learning to use descriptive language.

The Preps have started learning sight words this term. They are doing a fantastic job and are very proud of themselves when they discover that they can read some books independently. This is a wonderful time for the staff working with these children, as we love watching their excitement when they make these discoveries.

This year, Thallon is hosting Under 8’s Day. Hebel and Dirranbandi children will be attending. The event will be held on Thursday, 2nd June. More information will be sent home at a later date.

---

**Mrs Fulwood**

The weeks are already slipping by quickly. Students are revising the properties of matter in Science and will be soon learning how to successfully change matter from one state to another, working in small groups investigating and completing fair tests to find data and report on their results. Maths has involved looking at number patterns and how to represent them on number lines, converting between fractions and decimals with particular attention being paid to hundredths and learning how to follow an order of operations to successfully answer problems. In History we are beginning to look at the events that lead to Federation whilst English sees us studying the preparation and design of advertisements in the media and how they are composed. We are presently looking at still images and the visual and language features involved for maximum effect.

Good luck to our Year 5s who will be involved in NAPLAN next week and remember all you can do is to try your best.

---

**Important Dates**

**May**
- Tue. 10 – Thur. 12  NAPLAN Year 3 & 5
- Thursday 12  Flying Arts Workshop
- Friday 20  Balonne Tennis Trials
- Wednesday 25  NRL Literacy visit
- Tuesday 31  Yr4-6 Looking after your mates

**June**
- Thursday 2  Under 8’s Day
- Wednesday 15  Murray Hartin Community Poetry BBQ
- Thursday 16  Murray Hartin Cluster Enrichment Day
- June 20  NRL Visit
- Thursday 23  Athletics Carnival
**Playgroup**

Where: Thallon State School  
When: Tuesday 10th May  
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.

**Community News**

**P & C News**

A huge thank you to Darren Kelly and Andrew Long for filling the positions of President and Vice President in the Thallon P & C. We are certain that the committee will thrive under their leadership. A date for the Trivia Night was set at the meeting on Tuesday afternoon, however it was later realised that some families would be unable to attend, therefore another date will need to be decided upon.

**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 13 May, 10 June, 8 July, and 5 August. Please contact Darren Kelly on 0475 880 053 if you are available on any of these nights.

**PHOTOS**

Students, Staff and Community members marching for ANZAC Day.
GRIP Leadership

Students in Year 6 travelled to Moree on Wednesday 4th May to attend the Annual GRIP Leadership conference. They were taken through a program designed to give them practical and achievable ways to take on the role of school leaders. The sessions were presented in an entertaining fashion and interspersed with time out fun activities that involved lots of noise, laughter and mingling with the many students who were attending from other schools. The sessions were divided into sections that covered:

‘How to Grow as a Leader’ - that everyone can be a leader, a badge isn’t necessary for you to demonstrate good values, work together as a team and contribute to others.

‘Bye Bye Bullying’ – looking at the various forms that bullying can take, how to recognise them and ways to respond. As a team, leaders should be on the alert for signs within their school, speak out and demonstrate non-tolerance.

‘People to Influence’ - leadership involves many people around you including younger students, peers, teachers and the wider community.

‘Traffic Light Leadership’ - during their journey of leadership students need to plan what they wish to GO forward with, identify past ideas that could be SLOWED and identify negative things that they could endeavour to STOP and fix while they are leaders.

Band Camp

On the 19th and 20th of April the cluster Instrumental Music Junior Band Camp was held at St George State School.

The camp involved 33 students from 4 different schools including St George State School, Dirranbandi P-10 School, Thallon State School and St George State High School.

The students worked and performed extremely well and had accomplished 4 difficult band pieces by the end of the 2 days.

A concert was held on Wednesday for parents and students of St George State School with everyone really enjoying the afternoon of music.

A big thank you to all the students who participated for making it an amazing camp, and also a big thank you to all the parents who car pooled kids and for your support at home.
Don’t threaten, bribe or deal – breathe and act...

Good discipline habits
So it helps to develop some good discipline habits instead so that when we do become stressed or tired they are so ingrained in us that they become second nature.

Here are five good discipline habits to develop:

1. Avoid the first impulse so you don’t overreact
A good rule of thumb is to stop yourself from reacting when children misbehave. As much of children’s poor behaviour is purposeful, in that it keeps parents busy with them or is designed to let parents know that in fact you can make a child do anything they want to do, your impulsive reactions reinforce the behaviour. At times stopping and doing nothing is better than saying something you regret later on or can’t follow through with.

2. Step away and take a breath to gain control
When you feel annoyed, angry or hurt by a child’s misbehaviour temporarily step away from the situation and take a few deep breaths before you speak or act. This meta-moment will not only buy you time but will quickly calm you down and change your thinking, putting you back in control. Better self-management helps you respond more effectively when kids misbehave.

3. Lower your voice to be heard
Do you typically repeat yourself or raise your voice when your children ignore your request for better behaviour or even cooperation. If so you are training your kids to ignore you. Try lowering your voice rather than raising to be heard. This has the double effect of being easier to hear as well as carrying a greater sense of authority.

4. Move toward them to be noticed
Moving into children’s space to deliver a message is usually more effective than issuing an order across a lounge room when you are competing with a screen for attention. It does require effort but the results in terms of getting cooperation is generally worth it.

5. Use a consequence to teach
Not all children respond positively to consequences. Very sensitive children can take consequences personally so use them sparingly with more sensitive kids. Sometimes a change in the tone of your voice is enough for these children. But generally reasonable consequences that have a relationship to children’s misdemeanours and that are respectfully delivered are effective in teaching children to behave responsibly. The trick is to deliver them like a neutral cop – cool, calm and with not too many words.

Good habits are best developed in low or no stress situations so if you’d like to add any of these ideas to your parenting repertoire start putting them into practice in every day interactions with your children, so that they become second nature when you really need some cooperation from your kids,

Michael Grose

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.