Hi Parents,

Last week we were delighted to have treat Kitchen so thank you to Nicole Holmes, Mary Steger and team for your delicious lunch on Friday. Students always look forward to Treat Kitchen! If you can help out with serving, cooking or both, please contact the school and help you get set up.

Our garden beds are now ready to go. Thank you to the students and Adam Northey who transferred all soil into the garden beds. We are now seeking donations of seeds, seedlings and garden equipment including gardening gloves. You have any of these items lying around at home, we would certainly put them to good use!

This week we had the opportunity to listen to Andrew Fuller, a psychologist heavily involved in research around resilience and wellbeing in students. Over the two days, staff, students and community members listen to engaging presentations on how to help students achieve success and develop resilience. It was great to see some parents at the sessions this week. I hope you got as much out of them as I did!

Some of the key messages I heard were:

- To develop 80% competence in a skill, we need to repeat it 24 times. That is, rehearsal automates new knowledge.
- Sleep and exercise is important to maximise brain activity.
- Screen time should be kept to a maximum of 2 hours per day. Any more than this and it disrupts sleep.
- Mistakes are important. If kids don’t make mistakes, they don’t know what to do right.
- Always set powerful goals. You may not reach them but at least you will be among the stars!
- From goals to actions – it takes 6 weeks to form a new habit. Don’t give up if a new strategy doesn’t work the first time.
- You may fall down 7 times, but you will always get up 8.

10 ways to teach resilience:

- Sadness is not always bad. It is ok to be sad but then move on.
- Lower the amount of stress in your life.
- Have good friends to spend time with.
- Recognise that everyone has anxious moments and this is ok.
- Eat well so have good brain fuel. Low carb and high protein is best.
- Participate in activities that engage us and pass time quickly especially a physical or creative activity (this is a proven strategy to fight depression).
- Praise and appreciate others. What goes around comes around.
- Be grateful and decide to be lucky. Think of the positives.
- Get enough sleep, rest and exercise.
- Laugh!

This week, staff called families asking for your assistance with our market day. Thank you to those families who have offered their assistance to get this major fundraiser off the ground. A meeting has been called next Wednesday 20th August at 3:30pm. This will follow our science afternoon and will be kept as short as possible. It is important that all helpers on the day are aware of what is happening to ensure a smooth event. A movie will be played in the 3-7 classroom while the parents meet.

**SCIENCE WEEK**

Don’t forget we will be celebrating Science week this year with an afternoon of activities on Wednesday 20th August. Students will have the opportunity to wander around a variety of activities, learning about different scientific properties and concepts. Families are welcome and encouraged to participate in the activities with your child. The afternoon will start at 2:00pm and will conclude at 3:00pm. A reminder that the market day meeting will take place afterwards.

Activities for the afternoon include

- Slime
- Volcanoes
- Sherbet
- Milk Properties
- Circuits

**LITERACY AND NUMERACY WEEK**

Don’t forget to mark your calendars with all the wonderful events happening during literacy and numeracy week this year.

On Tuesday 26th August we will have a Reading Café at school. Sandwiches, cakes, tea, coffee and cold drinks will be available for parents and child to participate in a shared reading experience in the library. This is low key and relaxed and a chance for you to enjoy the school library with your child.

On Wednesday 27th August our top 3 year 6 and 7 persuasive speakers will compete in Goovigen at the Small Schools Public Speaking Competition. This will commence at 4:00pm and students will need to make their own way to the event if selected.

On Thursday 28th August the fire brigade will be visiting presenting important information to students with (hopefully) a look at the fire truck. Our literacy and numeracy afternoon will follow with our older students running literacy and numeracy games for the younger students. All families are welcome and encouraged to attend.

Mr Couchman has organised an evening at the town library including a pizza dinner, especially designed for Dads and Grandads. Of course if no males are available in the house, Mums and Grandmas are more than welcome, we are just trying to engage fathers in education and reading with their child a little more.
Quadrennial School Review (QSR)

An Appreciative Inquiry questionnaire was sent home asking for your thoughts and opinions for the school over the next 4 years. This will help shape our school plan, an extremely important document as it will drive our Annual Implementation Plan from 2015 – 2018. Once all data has been collected, the school plan will be written. Data from the Inquiry, will be shared at the next P&C meeting on Tuesday 9th September and our QSR document will be written. If you have not yet sent the Appreciative Inquiry questionnaire back to school could you please do so on Monday? Thank you to those families who have already sent this document in.

Don’t forget toy catalogue and money due in next week.

Prospect Creek Market Day Fair

The Market Day will finish the week as a fantastic way to showcase our school to the entire community. If you are available to sell Market Day raffle tickets at the shopping centre on Thursday 21st, Monday 25th and/or Wednesday 27th August please contact the office. We have a fantastic first prize of some limited edition Tupperware!

Prospct Creek Lego Club

Hi there parents!

Many of you will know that the school and the P&C have very kindly been supporting me by facilitating an application to the Banana Shire for money to buy LEGO for a weekly lunchtime LEGO CLUB at the school. Morning tea and lunch breaks at school are times when social skills are practised and built through mutual play. LEGO CLUB can provide another avenue where students can work together cooperatively and creatively, and having an adult present to model encouragement and negotiation offers another opportunity for students to learn good social skills. At times, and for various reasons, the playground can actually become stressful for children, and having an alternative activity can be very beneficial. Another great thing about activities such as LEGO (which seems to be universally popular!) is that it provides a non-threatening platform for helpful conversations. Fortunately the Shire has approved our application and the LEGO has been ordered! I am really looking forward to LEGO CLUB!

School Attendance Term 3

TARGET — 95%
Hi All,

You will find a form for an upcoming library visit as part of Literacy and Numeracy week attached to the newsletter. Please fill it out and send back so we can get the right number of pizzas. I am looking forward to seeing Dads and children on the night for dinner and some borrowing. This is open to all classes and anyone planning or thinking of attending Prospect Creek next year.

Next Wednesday should also be a lot of fun as well. As part of science week, we will be having rotations for the afternoon session. I look forward to seeing as many of you attend as possible. Parents and little ones are more than welcome.

The Persuasive Speaking Competition will take place on Tuesday at 9:45am. Parents are more than welcome to come and watch. The speeches will conclude by 10:30am. Students have been practising hard and have enjoyed filming themselves on the ipad for instant feedback!

One of the key messages to come out of the sessions with Andrew Fuller this week was the importance of repetition. Students need to practice skills at least 24 times to ensure 80% mastery. This highlights the importance of continuing to practice core literacy and numeracy skills, in particular spelling and recognition of sight words and basic facts in mathematics. Having said this, after school should not be all about homework, there needs to be some time for play, fun and exercise. It is all about finding the right balance!

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Position Vacant—Teacher Aide

(36.5 hours per fortnight)

We have one temporary teacher aide position vacant. The position will start on Thursday 9th October 2014 and will finish on Thursday 5th February 2015. The position will be for 18.25 hours per week plus ADO hours. The role description contains a list of duties, and it can be emailed, posted or collected from the school by phoning (07) 49 921 490. A resume template is available upon request from the school.

Application close on Friday 29th August 2014.

Applications can be returned, marked “Confidential” to:-

The Principal, Prospect Creek State School, PO Box 180, Biloela, 4715

Or Email – the.principal@proscreess.eq.edu.au
DATES TO REMEMBER

Persuasive Speaking Competition — Tuesday 19th August
Science Week open afternoon — Wednesday 20th August
Toy Catalogues due back — Friday 22nd August
Reading Café — Tuesday 26th August
Persuasive Speaking Competition (Goovigen) - 27th August
Literacy & Numeracy Week (Literacy & Numeracy Games 2:30pm) - Thursday 28th August
Pizza Night & Library Tour — Thursday 28th August 6.00pm
Market Day, Country Fair & Open Day — 30th August (11.00am — 5.00pm)
ANZAC Memorial Club raffles — Friday 5th September 6.30-7.30pm

INCLUDED IN THIS NEWSLETTER:

- Pizza Night & Library Tour
- Car Rally flyer — PCYC
- PCYC Grand Final Experience flyer