



## Newsletter

Date 1<sup>st</sup> May, 2014

Issue 6

### Halifax State School

17 Victoria Terrace

Halifax QLD

4850

P: (07) 47777132

F: (07) 47777389

E: [admin@halifaxss.eq.edu.au](mailto:admin@halifaxss.eq.edu.au)

### Important dates

2<sup>nd</sup> May – Friday Afternoon Sports 3-7 at Mkd

5<sup>th</sup> May – HRPSS U12 Girls Touch Trials

6<sup>th</sup> May – HRPSS U12 Boys Touch Trials

7<sup>th</sup> May – HRPSS U12 Girls/Boys Soccer Trials

9<sup>th</sup> May – District Cross Country

13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup> May – NAPLAN

18<sup>th</sup> May – Romanello Shield

### Absent Letters and phone calls

If your child or children are absent from School, for any reason, could you please make sure you notify us as to the absence (either before or after) by making a phone call, sending a note with the reason or emailing

[the.principal@halifaxss.eq.edu.au](mailto:the.principal@halifaxss.eq.edu.au).

Messages about absences due to illness, personal reasons, etc from School are important, as we need to ensure that our records are up to date.



## From The Principals Desk

Dear Parents

ANZAC Day

I was really impressed with the turn out for ANZAC Day. The students were very well mannered and held themselves with great honour. Having our students leading the parade and doing such a great job deserves to be highly recognised. It was great as well to see the parade so well patronage by the community. I am very proud to be a member of this community.

A big thank you to Lou Jones. We were absolutely overwhelmed with Lou Jones. Lou was responsible to bring the school up to operational standard for the start of term 2. Lou worked tirelessly cleaning the school grounds, undercover area - freeing the school from the stench of vegetation debris and mud. Students were able to get on with the job of learning in a clean, safe, aesthetically pleasing environment. Well done Lou!

Homework

Students need to be engaged in homework activities nightly. At our school we have spelling, reading improvement and use of the online tutor program Study ladder.

Recently students have been learning about Anger. Anger is a basic human emotion that is experienced by all people. Typically triggered by an emotional hurt, anger is usually experienced as an unpleasant feeling that occurs when we think we have been injured, mistreated, opposed in our long-held views, or when we are faced with obstacles that keep us from attaining personal goals.

Anger can be constructive or destructive. When well-managed, anger or annoyance has very few detrimental health or interpersonal consequences. At its roots, anger is a signal to you that something in your environment isn't right. It captures your attention and motivates you to take action to correct that wrong thing.

**Managing anger - recognition is the key**

Know what makes you angry and avoid those situations

Use "I feel statements....."

Try these anger management ideas when you need to.

- Breathe deeply, from your diaphragm; breathing from your chest won't relax you. Picture your breath coming up from your "gut."
- Slowly repeat a calm word or phrase such as "relax," "take it easy." Repeat it to yourself while breathing deeply.
- Use imagery; visualize a relaxing experience, from either your memory or your imagination." Happy place."
- Nonstrenuous, slow yoga-like exercises can relax your muscles and make you feel much calmer.

**Donald Pritchard**

## *What are we up to*

### **P to 2**

The P-2s work on comprehension activities each day. These activities have improved their reading and their understanding of text.



## **What are we up to**

### **3 – 7**

What we are learning

Maths

- Number place value to 100 000
- Fractions –decimal addition and subtraction
- Relationships -Cartesian planes

English

- Historical recounts
- Comprehending texts

Science

- Solids and liquids
- States of Matter

The Arts

- Drama theatre sports.

## Recent events

### ANZAC Day

Our students represented the school proudly on ANZAC Day. The majority of students attended and showed their respects for those who have fought for our country.




## P&C News

**P & C Meeting**—The P & C General Meeting is on today Thursday, 1<sup>st</sup> May, 2014 at 3.30pm at Halifax Community Centre. All are welcome.

**Tuckshop Roster**— Tuckshop roster for Term 2 is below

Date	Workers	Baker
6 <sup>th</sup> May	Deb Marsden Josie Barrett	Kim Lake
13 <sup>th</sup> May	Louise Jones Michelle Thompson	Davina Hamper
20 <sup>th</sup> May	Jasmine Pearce Deb Marsden	Dallas Mallett
27 <sup>th</sup> May	Josie Barrett Jan Marinoni	Raylene Eveleigh
3 <sup>rd</sup> June	Cindy Pamerter Deb Marsden	Angela Wigg




**RURAL ECOH – ENGAGING COMMUNITIES IN ORAL HEALTH**  
*Population health planning for rural Medicare Locals: Evaluating community participation for delivering outcomes.*

Are you interested in being involved in thinking about health planning in your community?

We are looking for community members to be part of an ongoing group that will meet about eight times over two years to discuss community aspirations for oral health. The community group will also work together to develop new local oral healthcare plans and monitor these as the plan is implemented.

***The first meeting will take place on Thursday 8<sup>th</sup> May 2pm-4pm at the TYTO Conference Centre Meeting Room 1***