FROM THE PRINCIPAL...

SCHOOL PHOTOS
School Photo Day is next Thursday, 23rd February – please ensure students come to school wearing the correct school uniform so they are looking their best for photos. If you would like sibling photos – these will be taken before school. Students and their siblings are to go to the Hall before school to have these photos taken. Class and individual photos will occur during class time.

INNER DOWNS SWIMMING TRIALS
Congratulations to Bradley McKay and Ellie Gale who have been selected to compete at the Inner Downs Swimming Trials this Friday. Best of luck students!

P&C MEETING
Our first P&C meeting of the year will be held next Tuesday the 21st February held in the school library. Included in this week’s newsletter is a membership form to join our P&C. By returning this form you can become a member without having to attend meetings. If you would like to apply for an executive position on our P&C (President, Treasurer, Secretary or Vice-President) – a nomination form can be collected from the office.

The more people that join our P&C will ensure that we can focus on making a positive difference for all the students at Kingsthorpe SS.

IS YOUR CHILD GETTING ENOUGH SLEEP?
Just like adults, children and teenagers may need more or less sleep than their friends. Children aged 6-9 years need about ten to eleven hours of sleep a night; once they reach the age of 10-12 years, they will need about nine to ten hours sleep and as an adolescent they will need between eight and nine hours of sleep.

It is easy to recognise the signs of overtiredness or lack of sleep in others; irritability, short-temper, emotional, limited concentration, frequent blinking and yawning, general lack of energy and a tendency to rub the eyes. Primary school children who have sleep problems or suffering from sleep deprivation may have trouble with their schoolwork and behaviour. They will have difficulty retaining new information and will struggle to complete the simplest of tasks. Students will ‘tune out’ when instructions are given and spend a great deal of time ‘day dreaming’ instead of doing their work.

There are some things that parents and carers can do to help their children get a good night's sleep:
- Children’s rooms should be quiet, dark and not too hot or cold. Use a nightlight if necessary.
- Have a regular bedtime and wake time. This shouldn't be more than an hour later on weekends and during holidays.
- Have a good bedtime routine. Read to younger children or let older children read quietly or listen to relaxing music.
- Avoid caffeine-based drinks like coffee and cola.
- Avoid spicy or salty foods in the evening such as pizza or potato chips.
- Avoid scary movies, computer games and rough play before bed.
- Remove TVs and computers from children's bedrooms.
- Ensure their beds are clean, warm and comfortable.

A warm bath before bed encourages children to relax.

Most sleep problems can be easily treated. Visit your family doctor if you are worried about your child's sleeping patterns.
FACILITIES
D Block renovations are continuing to progress well and expected to be on track for completion by the end of the month. Several “trip hazards” have been removed on pathways with some additional work on pathways around the Prep building in the pipeline. The drinking fountain in the stairwell is being replaced this week with a brand new system – will be a welcome relief to have some cold water for students and staff after the recent hot weather.

Chappy’s Chatters.
One of my general goals for this year is to become more patient. Yes, that word we all know represents a highly valuable human quality, but pretty difficult to actually apply! But what exactly is patience? Well, Dr Google puts it perfectly… “it’s the capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious…” Wow, did I say this year? Perhaps it can be a long-term goal…

While many of us consider patience as a valuable human quality and one to aspire to, it seems that it’s really only when we have delays, problems or suffering that we actually get to exercise patience. I mean, I am a super-patient person when I am running early, the kids are behaving or I’m feeling well. But we all know that this is not always going to be the case, sometimes it’s the complete opposite (and all at the same time!). It’s at these times when I have the perfect opportunity to apply patience… But you all know what happens in these times, right? My impatience gains the upper-hand and I consequently lose control, and losing control certainly doesn’t help me get there any faster, make the kids behave any better, or help me to feel any better. It only makes things worse, every time. Sound familiar?

So, should we give up now and save ourselves the frustration and disappointment of never reaching a higher level of patience than what we currently possess? Tempting, but no. This patience thing is too good a thing to give up on. But it starts with us, and our mindset. Perhaps seeing those frustrating times (as parents we get lots of them!), as opportunities to practice being patient, and although we doubt we will ever be perfect at it, a bit better year by year sounds pretty good to me. How about you?

Warmest regards,
Chappy Sarah
Application for P&C Membership for 2017
Kingsthorpe State School P&C Association

Please complete and return to the P&C Secretary

Name:

Address:

Home phone:

Mobile phone:

Email address:

I am:  

☐ a parent of a student attending the school
☐ a staff member of the school
☐ an adult interested in the school’s welfare, and my date of birth is: ____________.

I am:

☐ applying for new membership
☐ renewing my membership.

I apply for membership in the Kingsthorpe State School Parents and Citizens’ Association and I undertake to:

a) promote the interests of and facilitate the development and further improvement of the School and the good order and management of the School; and

b) comply with the constitution of the P&C Association, including the P&C Association Code of Conduct as specified in Schedule 2 of the constitution, and any valid resolutions passed by the Association.

If a person has been convicted of an indictable offence, it is grounds for removal in accordance with the Education (General Provision) Act 2006.

Signature: ..........................................................................................................................

Date: ..............................................................................................................................

P&C Secretary Use

Date received: ....../....../...... Date accepted: ....../....../......

Secretary’s signature: .................................................................................................. Entered in P&C Register: ☐
This Code of Conduct clarifies the expected standards of all P&C Association members. It has been adopted to aid all members of our school community to work as a cohesive group in partnership with the school.

The Code is intended to promote and maintain the highest standard of ethical behaviour by P&C Association members. Members of a P&C Association should adhere to the Code of Conduct at all times. This Code applies to each member of a P&C Association.

P&C Association members are to:

act in the best interest of the total school community at all times

conduct and present themselves in a professional manner and act ethically and with integrity at all times

act with courtesy and demonstrate respect for all persons, whether fellow P&C Association members, school staff, parents/carers, students, community members

remain objective and avoid personal bias at all times

represent all members of the school community

engage the school and wider community in developing and effecting school priorities, policies and decisions in a manner that is consultative, respectful and fair

declare any conflicts of interest and not misuse their office to advance individual views or for personal gain

make fair, transparent and consistent decisions

provide objective and independent advice

listen and be tolerant of the views and opinions of others, even if those views and opinions differ from their own

treat official information with care and use it only for the purpose for which it was collected or authorised

respect confidentiality and information privacy (about the school, community members, staff or students) at all times and not disclose confidential information

not use confidential or privileged information to further personal interests

be responsive to the requirements of the school community

seek to achieve excellence in educational outcomes for all students at the school

listen and respond to issues and concerns regarding strategy and policy

work within the boundaries of the Education (General Provisions) Act 2006, the Education (General Provisions) Regulation 2006 and the Department of Education and Training’s policies and procedures relevant to P&C Association operations.
Students of the Week, Term 1 Week 3

Congratulations to students recognised by their teachers and classmates with Student of the Week Certificates on 9 February, 2017

| Prep A  |  -  |
| Prep /Year 1 | Billy |
| Year 1 A  | Wyatt |
| Year 2 A  | Elijah |
| Year 2 / 3 | Linc |
| Year 3 / 4 | Alexander |
| Year 4    | Lincoln |
| Year 5    | Jay |
| Year 6    | Lexi |

PBL
(Positive Behaviour for Learning)
Expectation for Term 1 Week 5
Be Safe, Be Respectful & Be Responsible

Be Safe.
Stay in correct areas. Wear hat and shoes

Music — Year 2
SuperCup — Prep 1
Golden Dustpan and Broom — Year 5
Beckham Award — Year 5

What’s On

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<th>Day/Special Date</th>
<th>Event</th>
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<tr>
<td>Thursday</td>
<td>Parade 2pm in the hall</td>
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<tr>
<td>Thursday</td>
<td>Tuckshop—Orders through flexi schools</td>
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<tr>
<td>Mon / Thurs</td>
<td>Uniform Shop&lt;br&gt;Monday (8:30-9:15am) and Thursday (2:45-3:00pm)</td>
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<tr>
<td>21st February</td>
<td>P&amp;C Meeting in the Library</td>
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<tr>
<td>23rd February</td>
<td>School photos</td>
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<tr>
<td>30th March</td>
<td>Toowoomba Show Holiday</td>
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TREAT SHOP

Friday afternoon from 3:00 till 3:30 the P&C will run a treat shop under A block.

- Zooper Dooper $1
- Lolly bags $1
- Sour worms and clouds 50c
- Giant Freddo frogs $1