Our Aim at Kulpi State School is to be:

Working together to ensure that every day, in every classroom, every student is learning and achieving.

From Mrs Lever’s Desk……..

Last Thursday five very excited students and myself set off to Dalby, to participate in a Touch Football Carnival. The students were nervous, as they had little experience playing touch football and they wondered what the day would bring. I felt nervous for them as well, hoping that their enthusiasm would carry them through the day.

The first game was predictably a mish mash of dropped balls, forward passes and lost opportunities – for both teams. As an observer (and very loud single person cheer squad) I was struck by how similar this was to learning in the classroom. When trying a new skill or learning a new concept it is quite normal for students to be uncertain, and to make all sorts of errors. I’m sure most of us remember the early stages of learning to drive! There seems to be so much to remember and co-ordinate. There were some successes to see on the field and many opportunities for the students to learn.

It’s really important at this stage to offer lots of encouragement as the problem is not lack of effort but lack of skill, knowledge and understanding. This applies equally to situations in the classroom as children learn to read, conduct science experiments, write persuasive paragraphs, or design a robotics program. It’s never easy in the beginning and a kind word that gives positive feedback can help a child persist. The referees on the field with the students were wonderful. They were high school students who, with high skill levels in touch football, had volunteered their time to assist at the carnival. It was wonderful to see these teenagers patiently, clearly give advice which had very fast results. The correct techniques were demonstrated and practised over and over again until the game began to resemble a ‘real’ touch game.

At school every adult (and also the older students) provides demonstrations and feedback to the learner. When children are motivated to learn they need to see what they should be doing, and feel supported to make mistakes and then improve. Expectations were high on the day, and they should be at school too. Children are expected to try their best and work to their potential. If the referees let the students play in any old way, then they would not have improved. At school we need to keep setting a high ‘bar’ and then helping the students learn how to get over it.

After eight games of touch there were some very tired and VERY satisfied players. There is such a deep satisfaction that comes with improving your performance, and the children were justifiably proud of their achievements. We didn’t count how many tries were made, but we did celebrate how much better they were at the end of the day from the beginning.

Well done Annie, Abbey, Hannah, Jack and Will, your best was certainly on show last Thursday!

Until next time,

Rosita Lever

DATE CLAIMERS:

- Playgroup meets Fridays 9:30am
- Library Bus 21 June
- Cobb & Co excursion 10 June
- No Playgroup 10 June
- Last Playgroup for Term 2 – 17 June
- 24 June last day of Term 2 – pyjama dress up day
- School resumes for Term 3 -11 July

STUDENT OF THE WEEK

WEEK 7
Annie Smith

WEEK 8
Annie Smith (again!)
Family and friends are warmly invited to join us for the end of Term 2 Celebration
Wednesday 22/06/16

1.00 pm: Soup and bread rolls
1.30 pm: Children’s presentations
2.00 pm: Viewing children’s assessment in classrooms

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Oakey RADF Local Working Group
If you are interested in funding for arts, cultural, music or museum projects, come along to a meeting to set up a local working group for The Regional Arts Development Fund (RADF), Monday 13 June 5.00pm-7.00pm Oakey RSL. More information at http://www.tr.qld.gov.au/community-business/grants-funding/apply-by-category/12409-regional-arts-development-fund-radf

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Last day of School Semester One
Fun Friday Activity: 24/06/16

Pajama Day
Students are invited to celebrate the last day of the Semester by wearing their pyjamas to school! Some ideas include
- Pyjamas, dressing gown, slippers
- Trackssuits
- Bed socks
- Beanies/night caps
- Teddy bears

We will have an inside day, with games at first break, a movie at second break and warm milo with marshmallows, and popcorn provided.

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Shoes for Vanuatu School Children
Looking for donations of old school shoes or sandshoes for the school children in the poor communities of Vanuatu.
Please phone Rachelle Wohlsen 0439708294
Shoes will be sent over during the school holidays
Thank you in anticipation of your kindness.

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Here is a wrap up of What’s on at Oakey Library this month:

Regular activities:
- Music and Movement on Tuesday 7th June at 9.30am
- Story time on Thursdays at 9.30am
- Lego Club on Thursday 16th June at 4pm
- Crochet Club on Wednesdays at 10am
- Digital Hub classes on Tuesdays – see Library for ongoing programming

Colouuring Competition:
Ice Age Colouring In Competition continues until the 24th June 2016

School Holiday Programs:
- Monday 27th with Robotics – two sessions from 10.30-12 pm (primary school age) and 1.30-3pm (grade 7 and over)
- Monday 4th July with Totem Madness at 10am – create a totem pole, make a dream catcher and play in a real tepee.

Please remember that our regular activities are not on when the holiday programs run.
Beetroot Bliss
Students had the opportunity this week to explore beetroot in a few different forms. There was beetroot dip to try, a roast beetroot (which smelt delicious cooking in the kitchen area), grated raw beetroot and even a homemade pickled beetroot. It was exciting to see some children try beetroot for the first time, and hear the comment 'I'm going to ask if we can have beetroot at home!'

Basketballs Bouncing
On Wednesday 1 June 2016 the students welcomed visitors from the Toowoomba Mountaineers Basketball team to the school. Erron Maxey (from America) and Estella Royo (from Spain) are playing for the Mountaineers and shared basketball tips with the children whilst teaching them basic skills of dribbling and passing. The children particularly enjoyed shooting baskets with a little help from Erron for the younger students to reach the basket!
Coach Marty Ford made sure that everyone was involved and that the Mountaineers made the most of their time with the students.
Thanks to Jamie Kemshead (pictured) who arranged the Aussie Hoops visit in his role as Community Liaison Officer (New Hope).

Centenary Books
Centenary Books are still available for sale – we have less than thirty of these left.
Please contact the office after 2.30pm to make enquiries.
Cost: $25.00
Why effective learning starts with a good night’s sleep.

By Jenny Brockis

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 teen 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.

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 f.lux 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.

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