Welcome back to the New Year everyone – all the staff at Kulpi wish our families and community members a wonderful year, and we look forward to helping the students of Kulpi achieve their best whilst they are in our care.

The end of the holidays and beginning of the school year is challenging for some students. While most slip back into our routines and expectations easily, there are a few children who need extra care and attention. This week’s article by Michael Grose has excellent ideas for ensuring your child has a positive year at school, and I endorse each idea wholeheartedly. I’d like to add a thought however – that parents sometimes have to take a stand and be firm about their child’s attitude and persistence in returning to ‘work’. We all understand the excitement of a holiday and the feeling that comes when it finishes. That is entirely natural, and so is the feeling of reticence about going back into the work environment when you know there are challenges ahead that will be demanding and sometimes difficult to work through. School prepares children for their real life ahead in this way – they need to experience the thrill of having a holiday, and then develop the self discipline of returning to work life, as this is the pattern that they aim to have when they leave school.

Staff look after students and build a supportive school environment, but individuals also have a responsibility to choose their positive attitude and knuckle down to learning. If students develop the ability to choose their attitude rather than be influenced by circumstance, they will be more able to manage the stresses in their lives.

So we don’t focus on the end of the holidays but rather focus on the opportunities the new year brings – learning about Greek cuisine in our Kitchen garden program, great new stories to read, our lunchtime book club about to begin and other activities which help young minds grow.

Until next time

Rosita Lever
SCHOOL NEWS...

Did you know?
Attending Prep is now compulsory.
From 2017, it is compulsory for all Queensland children to undertake the Prep Year, prior to commencing Year 1.

School Holidays 2017

Easter Break: 1st to 17th April
Mid Year Break: 24th June to 9th July
Spring Break: 16th September to 2nd October
Christmas Break: 9th December to 21st January 2018.

P and C Meeting

The first P and C Meeting for the year is on Monday the 20th of February, at 2.45pm, in our senior classroom. Everyone welcome!

We look forward to a positive and productive year working together.

Religious Instruction

At Kulpi parents may choose for their children to be part of Religious Instruction classes, which are held each fortnight (beginning Week 3) on a Wednesday from 11.45am to 12.30pm. Pastor Joel Pukallus and Mrs Janelle Cooper from the Goombungee Lutheran Parish present the students with a program using the Connect materials.

Parents have access to detailed information about the program and lesson materials should they request it. Parents are offered the opportunity to join the lessons as well, so that they can hear first hand what the lesson content is.

At any time parents can withdraw their child from the program. Please don't hesitate to talk with Mrs Lever should you like to discuss your child’s participation in the Religious Instruction program. Permission notes for this years program will be sent home in homework folders next Monday.

SAME DAY ABSENCE NOTIFICATION

From Day 1 2017, state schools must notify parents on the same day a student is absent from school without explanation. Schools choose the notification process that best suits their community.

School Photo’s

This year Milne Photography have been booked to take our 2017 school photo’s.

School Photos will be held on Tuesday 7 March.

Playgroup at Kulpi: Term One 2017

We warmly welcome all families to our playgroup – please join us in the school grounds, each TUESDAY from 9.30-11.00am. You will need to bring a hat and morning tea snack for your child/ren. Mrs Amanda Scheuerle is our playgroup co-ordinator.

We ask parents to please sign in at the office.

| Tuesday: Week 2  | 31/01/17 | 9.30-11.00 am |
| Tuesday: Week 3  | 7/02/17  | 9.30-11.00 am |
| Tuesday: Week 4  | 14/02/17 | 9.30-11.00 am |
| Tuesday: Week 5  | 21/02/17 | 9.30-11.00 am |
| Tuesday: Week 6  | 28/02/17 | 9.30-11.00 am |
| Tuesday: Week 7  | 7/03/17  | 9.30-11.00 am |
| Tuesday: Week 8  | 14/03/17 | 9.30-11.00 am |
| Tuesday: Week 9  | 21/03/17 | 9.30-11.00 am |
| Tuesday: Week 10 | 28/03/17 | 9.30-11.00 am |
Reminder
As discussed and agreed upon at P and C Meetings, students are now required to wear the newest version of the school uniform. We will wear our uniform with pride in 2017.

Running Late?
We understand that some mornings just don’t go to plan, and the efforts that parents go to getting their children to school on time is very appreciated. If you are running late, please sign your child in using the register on the front desk. Similarly, if you need to collect your child early before school finishes, then we ask that you also sign them out.
Thank you for your assistance in this matter!

Term One: Be a Learner

<table>
<thead>
<tr>
<th>Location</th>
<th>Behaviour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Be a listener</td>
</tr>
<tr>
<td>Week 2</td>
<td>Be the best participant that I can be</td>
</tr>
<tr>
<td>Week 3</td>
<td>Be on time</td>
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<tr>
<td>Week 4</td>
<td>Ask for help</td>
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<tr>
<td>Week 5</td>
<td>Be organised</td>
</tr>
<tr>
<td>Week 6</td>
<td>Participate fully</td>
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<tr>
<td>Week 7</td>
<td>Listen to others when they speak</td>
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<tr>
<td>Week 8</td>
<td>Learn new games and activities</td>
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<tr>
<td>Week 9</td>
<td>Develop social skills</td>
</tr>
</tbody>
</table>

PUBLIC NOTICES...

The cricket season is upon us and we want new girls and boys involved. There is something for everyone.

When: Tuesday afternoons, 3:45pm, 7th Feb – 28th March
Venue: Our Lady of the Southern Cross College, Nicholson Street, DALBY
Ages: Kindy – Year 2 (Milo In2Cricket), Year 3 - 7 (Milo T20 Blast)
Register: Register at playcricket.com.au and search “4405”
Contact: Anna Paton on 0419 725 834 or Ana.Paton@qldcricket.com.au

MILO in2CRICKET involves modified activities and the basic fundamentals of cricket. MILO T20 Blast is a game based program that involved modified game of cricket. All equipment is provided for both programs, and no experience is necessary. Both sessions involved 1 – 1.5 hourly sessions each week.

$5 Veggie Patch Workshop
Come along to a 3 hour workshop by local horticulturalist Brian Sams to learn how to grow your own fruit and vegetables in backyard gardens, patches and pots.
Workshop topics include: Planting and weed propagation

5 Veggie Patch Workshop
Eat Well Seed to Feed

Where: Oakley Community Centre
When: Saturday 11 February 2017
Bookings are essential and can be made by contacting Council on 131 493 or online at www.toowoomba.qld.gov.au/Change

Win a veggie patch boost by Brian Sams!
Everyone who attends a Seed to Feed workshop over 2016-17 will go into the draw to win a session with Brian Sams at their home veggie patch.
Make this year your child's best ever at school

By Michael Grose

A new school year means a clean slate for students. Here are 7 ideas to help you make the most of the fresh start and make this year your child's best year ever at school:

1. **Commit to your child going to school every day on time.** One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. **Help kids start each day well.** A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day.

3. **Establish work & study habits.** The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. **Make sure your child gets enough sleep.** Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. **Insist kids exercise.** The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. **Focus on being friendly.** Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be open and tolerant; to be friendly; to be sensitive to others; to be involved in plenty of activities and to be social risk-takers. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

7. **Develop self-help skills.** Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.