Attendance Rate

Our daily attendance rate for Term 1 was 99.2%  
We are off to a great start for Term 2. Let's see if we can continue this brilliant work in Term 2.

Congratulations students on your own attendance rate.

100%
Charlee Pennell

97.6%
Jack Nicholls & Alex Adams

ANZAC DAY

On Monday 25th of April, Grosmont SS students will be participating in the ANZAC Day Service at the Wandoan Cultural Centre. Students have been rehearsing a song that they will perform along with students from Guluguba and Wandoan SS. Thank you Miss Mulcahy for singing this in music.

Looking forward to another great week!
**NAPLAN Testing**

Since Term 1, students have been preparing for the NAPLAN tests in which they sit in May.

The National Assessment Program – Literacy and Numeracy (NAPLAN) tests for 2016 will be held on **Tuesday 10, Wednesday 11 and Thursday 12 May**.

Every year, all students in Years 3, 5, 7 and 9 are assessed on the same days using national tests in Reading, Writing, Language Conventions (Spelling, Grammar and Punctuation) and Numeracy. Parents are asked to keep these dates free from commitments.

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**Moderation**

I will be attending a cluster moderation session on Monday 9th May to moderate student assessment.

State Schools are required to moderate twice yearly to ensure students are assessed consistently across the state. This moderation will confirm that what we assess as an A, B, C, D or E at Grosmont is consistent with the results given to students at the other schools in our Cluster.

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**LINKS Cross Country**

The Links Cross Country Carnival will be held at the Wandoan Golf Course on Friday 6th May 2016. This year the Links carnival will be running in conjunction with the Wandoan State School carnival.

Parents are to provide or make arrangements for your child to be transported to the carnival.

Further information will be sent home closer to the date.

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**Tuckshop Roster**

**Term 2**

20 April  Mrs Watson
4 May  Belinda Pennell
18 May  Kasie Conroy
1 June  Barbara Adams
15 June  Mrs Carr

*Tuckshop is available at 11.00am*

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**ICAS Competition 2016**

**Grosmont State School is going to cover the below courses in 2016**

- Spelling– Wednesday 15th June 2016
- English - Tuesday 2nd August 2016
- Mathematics - Tuesday 16th August 2016
Rippa Attitude Term 1, 2016
~ Alex Adams ~

Alex displayed an outstanding attitude in all areas of school life during Term 1.
Congratulations Alex

School Newsletter
The school newsletter will be distributed on a fortnightly basis. The next newsletter will be available on Thursday 28th April 2016

Happy Birthday
Alex
14th April 2016

Reporting Student Absences
It is mandatory that ALL student absences and reason for the absence is reported to the school either before, during or immediately following the absence. This can be via a note to the classroom teacher or a phone message to the school’s line
(07) 46274 978.

BOOK FAiR AT GROSMONT STATE SCHOOL

Monday 23rd May to Friday 27th May
Everyone Welcome
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>11/04/16</td>
<td>First Day Term 2</td>
</tr>
<tr>
<td>22-23/04/16</td>
<td>Wandoan Show (Friday &amp; Saturday)</td>
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<tr>
<td>25/04/16</td>
<td>ANZAC Day</td>
</tr>
<tr>
<td>06/05/16</td>
<td>Links Cross Country—Wandoan Golf Club</td>
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<tr>
<td>08/05/16</td>
<td>M’Ladies Day Out Luncheon 10am Grosmont SS</td>
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<tr>
<td>09/05/16</td>
<td>Moderation at Wandoan SS (4pm-6pm)</td>
</tr>
<tr>
<td>10-12/05/16</td>
<td>NAPLAN Testing (Year 3 &amp; 5)</td>
</tr>
<tr>
<td>23/05/16</td>
<td>Book Fair Week</td>
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<tr>
<td>15/06/16</td>
<td>ICAS—Spelling</td>
</tr>
<tr>
<td>24/06/16</td>
<td>Athletics Skill Development Day @ Dulacca SS</td>
</tr>
<tr>
<td>24/06/16</td>
<td>Last Day Term 2</td>
</tr>
</tbody>
</table>

Please remember your hat every day. Grosmont SS has the policy

**No Hat, No Outside Play Policy.**

**Would you like the newsletter emailed to you?**

If you would like to receive our newsletter via email, please contact the school on (07) 46274 978 or email the.principal@grosmontss.eq.edu.au

If you would like to have something included in our newsletter please email your article to the above email address.

**P&C NEWS**

President: Belinda Pennell  
Treasurer: Karol Watson

Secretary: Kasie Conroy  
Uniform Convenor: Kasie Conroy

General Meeting — Thursday 28th April 2016 1.45pm
Easing children’s anxiety

By Michael Grose
Director Parenting Ideas 2016

Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious so that children can learn how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

Accept your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Challenge the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Encourage your child to overcome their anxiety through action.

Anxiety is normal, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

SLEEP AND LEARNING

A good night’s sleep (at least eight hours) is essential for optimal brain function at school. Memory consolidation occurs during sleep especially during dream (REM) sleep. During the normal 8-9 hours sleep five dream cycles occur. Children and adolescents who get only 5-6 hours sleep lose out on the last two REM cycles and thereby reduce the amount of time the brain has to consolidate information.

There is no such thing as a sleep bank. Just because a child slept for ten hours one night doesn’t mean he or she can get away with only sleeping six hours the next night. Students who don’t get enough sleep have to work much harder to succeed at school.

Everyone has a down time when they learn new information less well. As a rough guide, think of the time they go to sleep, then think of the time they usually wake up, calculate the midpoint of their sleep, then add twelve hours to find their down time.

For example, if your child sleeps from 9.00pm to 7.00am, the midpoint of their sleep is 2.00am. Adding twelve hours takes us to 2.00pm, which is the time your child is likely to learn least well. It is useful for parents and teachers to know students’ likely downtimes so they can schedule active, hands-on learning at these times.

Check out what entries you can create to put in this year's show. There is heaps of great prizes and prize money on offer!!

Below are some Classes to help you and there are heaps more classes check them out on the website: http://wandoanshow.com.au/

SECTION 12 JUVENILE CRAFT

HIGH SCHOOL CRAFT
9. GREETING CARD - any medium
10. NOVELTY ARTICLE - any medium
11. ARTICLE USING 3 CRAFT TECHNIQUES
12. RECYCLED ARTICLE, any medium.
13. ARTICLE FOR MOTHER’S DAY
14. MODEL MADE FROM A KIT - Lego, Kennox, Duplo
15. MODEL NOT MADE FROM KIT - Lego, Kennox, Duplo

PRIMARY SCHOOL CRAFT
16. GREETING CARD
17. NOVELTY ARTICLE
18. DECORATED TERRACOTTA POT, any size
19. RECYCLED ARTICLE
20. ARTICLE FOR MOTHER’S DAY
21. MODEL MADE FROM A KIT - Lego, Kennox, Duplo
22. MODEL NOT MADE FROM KIT - Lego, Kennox, Duplo

15. MAILBOX MADE OUT OF RECYCLED ITEMS (NO KIT) NOT TO BE ANY BIGGER THAN 30cm X 30cm X 30cm

Wandoan Show
Friday 22/04/16 & Saturday 23/04/16
You Are Invited
to
A M'Ladies Day Out
(Mums and Ladies)
at
Grosmont State School
on
8th May 2016
for
Drinks, Nibbles and Lunch
at
10am
cost
$15 per head
look at
Tupperware
Nutrimetics
Jewellery

R.S.V.P. To Robyn-4627 4978 or Karol-4627 4045 by 2nd May 2016
NEWS FROM THE
COMMUNITY DEVELOPMENT OFFICER

2016 Wandoan Show
and
Community Celebrations

Wandoan On Show

A long weekend of Heritage,
History, Hobbies and Hospitality

Showcasing our town & inviting visitors to stay and play

Including the inaugural “Wheels in Wandoan” show

22 - 25 April, 2016

Don’t miss this chance to be part of a long weekend of festivities, including the annual Show, inaugural Wheels in Wandoan feature, Sunday activities and ANZAC day commemorations. Rockabilly band Zed28 Friday night and the inspirational Tootie Hiles entertaining the crowd Saturday night until late.

Santa Gertrudis
Stud Feature Show

Revised Ring, Prime Cattle & Stud Programs with boosted prizemoney some events

WAGS (Women and Girls at the Show) Marquee, Bronco Branding, Woodchop & Fireworks

Sunday 24th April activities including recovery breakfast at showgrounds, camp oven lunch @ Juandah Heritage Village followed by social bowls at the Club
Wandoan ANZAC DAY
25 APRIL 2016

DAWN SERVICE
5.30am, W. O'Sullivan Memorial Park, Henderson Road

ANZAC DAY MARCH
9.45am, Royd Street

COMMENORATION SERVICE
10am, Wandoan Cultural Centre, Henderson Road

COMMUNITY MORNING TEA
11am, Wandoan Cultural Centre, Henderson Road

FOR MORE INFORMATION
or to register to lay a wreath
phone 1300 COUNCIL
or visit www.wdrc.qld.gov.au