Congratulations

Student of the Week 6
Charlee

Student of the Week 7
Alex

ANZAC DAY

On Saturday 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.

Term 2 Resumes on Monday 20th April 2015. We look forward to seeing everyone then!

Looking forward to another great week!
**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.

Make every day count in 2015

Make 2015 the year when your child doesn’t miss a day of school. Research shows that students who have good patterns of attendance are more likely to achieve at school. If students aren’t at school or don’t stay the whole day, they are missing valuable lessons. Check out the new Every Day Counts videos live on DETE TV http://www.youtube.com/DETQueensland

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

No Hat, No Outside Play Policy.

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.

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School Photo’s

School photos will be on Wednesday 22nd April. Please send your child to school in full school uniform. Photo Envelopes will be sent home shortly.

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Book Fair

Monday 23rd March to Friday 27th March

From Monday 23rd of March, parents and community members are invited along to Grosmont SS to view a display of books as part of our book fair week. There is a great selection of books suitable for all ages.

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Student Awards

Congratulations Charlee, Alex, Jack and Alex
~ Reading Award 25 Nights ~

Music with Miss Mulcahy
## Dates - 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/03/15</td>
<td>Spelling Mastery PD—Mrs Watson Taroom SS</td>
</tr>
<tr>
<td>19/03/15</td>
<td>Band 5 Principal Meeting—Mrs Carr</td>
</tr>
<tr>
<td>20/03/15</td>
<td>Taroom Football / Netball Carnival</td>
</tr>
<tr>
<td>23/03/15</td>
<td>Book Fair at Grosmont SS</td>
</tr>
<tr>
<td>26/03/15</td>
<td>No Music today</td>
</tr>
<tr>
<td>27/03/15</td>
<td>Miles &amp; District Soccer Carnival—Condamine SS</td>
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<tr>
<td>02/04/15</td>
<td>Wandoan State School PBL Celebration Day —WSS</td>
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<tr>
<td>02/04/15</td>
<td>Last Day Term 1</td>
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<tr>
<td>03/04/15</td>
<td>Good Friday—Public Holiday</td>
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<tr>
<td>20/04/15</td>
<td>First Day Term 2</td>
</tr>
<tr>
<td>20-21/04/15</td>
<td>Wandoan Show</td>
</tr>
<tr>
<td>21/04/15</td>
<td>Wandoan Show Holiday</td>
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<tr>
<td>22/04/15</td>
<td>School Photos</td>
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<tr>
<td>25/04/15</td>
<td>ANZAC Day</td>
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<tr>
<td>05/05/15</td>
<td>P&amp;C Meeting 3.05pm</td>
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<tr>
<td>08/05/15</td>
<td>LINKS Cross Country—Wandoan Golf Course</td>
</tr>
<tr>
<td>12-14/05/15</td>
<td>NAPLAN Testing (Year 3 &amp; 5)</td>
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</tbody>
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### 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 principal@grosmontss.eq.edu.au

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### School Newsletter

The school newsletter will be distributed on a fortnightly basis. The next newsletter will be available on **Thursday 02nd April 2015**

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### P&C NEWS

- **President:** Belinda Pennell
- **Secretary:** Barbara Adams
- **Treasurer:** Karol Watson
- **Uniform Convenor:** Kasie Conroy

**General Meeting — Tuesday 5th May at 3.05pm**
**POSITION VACANT**

TEMPORARY PART TIME ADMINISTRATION OFFICER: 2 DAYS per week  
TEMPORARY PART TIME TEACHER AIDE: 1 DAY per week

The Principal is seeking expressions of interest in the above positions. If you are interested and would like further information please contact the Principal.

Phone: (07) 46 274 978  
Mobile: 0459796411  
Email: principal@grosmontss.eq.edu.au

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**Sunscreen & Water Bottles**

Please ensure students have hats so they are able to participate in fitness and outside play. Sunscreen is available to all students at school. Applying sunscreen in the morning before school will ensure students are protected during our morning fitness program. We encourage students to bring a water bottle in during class time. This will mean fewer disruptions during lessons. Please ensure your child’s water bottle is named.

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**Murilla Hardware Mitre 10 & Mullins Hardware Mitre 10**

**Wandoan Race Day**

**Saturday 21st March 2015**

Fashions of the Field  
Gates Open 12pm  
Camping Available

5 Race Program – Bookies  
Entertainment – Bar & Catering

Features Colin Hickey Memorial  
www.wandoanraces.com
High 5 Behaviour Strategy

Grosmont State School has introduced a new behaviour strategy for our students. This strategy is called the High 5. It is an effective strategy to develop problem-solving strategies for our students. The High 5 is a whole school approach that can also eradicate teasing or bullying. It is a 5 step problem solving strategy that can be used in the classroom, in the playground and adjusted for at home.

Wandoan Show

The Wandoan Show is just around the corner!

PHOTOGRAPHY SECTION

Please Note: All entries for the Photography section are due on Wednesday April 1.

NEW CLASS FOR THE JUVENILE SECTION

Recycled Mailbox no bigger than 30cm x 30cm x30cm. Make sure you start thinking and collecting ideas to build your Mailbox entry for the Show.

Very good prize money!

Karen Postle

Wandoan State School Fundraiser

Please save any old batteries for the Wandoan State School P&C. You may drop them off at Landmark Wandoan.

If you would like to know more please contact Alan Postle.
WANDOAN PONY CLUB FUN DAY

Sunday 22\textsuperscript{nd} March 2015
10.00am @ Wandoan Show Grounds
ALL WELCOME
A Fun Day for the Whole Family.
Come and See What We are all About.....

Mounted or unmounted
Fun Games
And a Ribbon to take home
Bring a Chair and Lunch

We are Sun Safe so long sleeved shirt, Boots and Helmet if mounted

Contact Gemma on 46275527 for more info

Sports Clinic in Taroom Wed April 1\textsuperscript{st}.
The Toowoomba Grammar School is putting on a Sports Clinic at St. Mary’s School in Taroom on Wednesday, 1\textsuperscript{st} April from 3.30pm to 5.30pm. This clinic was held last year and was a great afternoon for everyone who came to participate. It is open ideally to boys from the age of 8 to 13 but all aged boys are welcome. This is a great opportunity to learn new skills in sports that are not readily available in Taroom or Wandoan like soccer, cricket, rugby, basketball and track & field. Please bring a hat, water bottle and afternoon tea. RSVP not required - see you there. Any queries please ring Rachael Welsh - 0428 599 948
THE WANDOAN RSL NEEDS YOUR HELP!

The Wandoan RSL invites everyone in the community to be involved in the commemoration of the Centenary of Gallipoli. We would like to do a display for Anzac Day which will also be able to be viewed at the library in the weeks prior to Anzac Day. To be able to do this we need input from as many families as we can.

Do you have a relative, or a family acquaintance that was involved with World War 1?

We are wanting A4 laminated pages with information on these men or women, a photo if available, and the association between this person and you. Please contact Pat Devlin for more information: 46 274 475

If you have the information and would like assistance in putting it together, Christina Sinnamon is more than happy to do this for you. Please contact her on 46 282 357.

Wandoan SS PBL Celebration Day

Thursday 2nd April 2015

10.00am—2.00pm

Non-competitive Sports Day at Wandoan SS

A reward for students who have demonstrated positive behaviour throughout the term.