End of a Brilliant Term 1
As we come to the end of a very quick term, I would like to thank all our hard working staff and P&C for their work ensuring the best outcomes for our students. I am extremely proud of our student's individual achievements and progression so far. As a staff, we have undertaken many professional development opportunities and engaged in a variety of great events for our students such as Radical Reptiles, SSP professional development, Star Student free dress, crazy hair and Star Student Day. As we approach assessment, it is important that that all students get plenty of sleep, drink lots of water and have a healthy lunch box. We have had a massive response for parent teacher interviews and it is pleasing to see so many parents keen to come and listen to their child's progress. To all our families and staff, have a wonderful safe and restful break and hopefully the Easter bunny finds everyone successfully!

Star Student Day
Invitations have been sent out for Star Student Day which will be held on the last Wednesday of the term. We will be watching Paper Planes in the parade room during the morning session. Congratulations to all the Star Students who are eligible to attend this wonderful event.

Say No to Bullying and Violence Day
This Friday we will acknowledge the national day to say “No to Bullying and Violence.” I would like to thank Ker- ry Powell our resident Art Teacher from the high school for judging our No Bullying colouring in competition. There will be a $15 voucher from the post office for the winner from each year level. All winners will be an- nounced at Friday’s assembly this week.

Full School Review
Last week I unpacked the time lines and process of our Full School Review at our weekly staff meeting and with the P&C. We plan to undertake phase 1 & 2 of this process during Term 2. I will be asking for feedback about our school at the beginning of Term 2. I will communicate what this will look like next term.

School Holiday Security
A reminder that our school is out of bounds over the holiday period unless there is permission from the school principal. I urge school community members to report any unusual behaviour immediately to 13 17 88 and always contact 000 if an act of crime is witnessed or in progress. Ev- eryone’s eyes can keep our school safe and secure.

Attendance
This week I have included information reminding all parents about the importance of attending school every day and the effects of regular absenteeism. It is pleasing to see our whole school attendance continues to exceed the regional requirement of 93%. Keep up the great work Collinsville Students!!
School Gates Closed between 8:15-9:00am and 2:15-3:00pm, no traffic in or out between these times please.

## CSS Dates to remember

<table>
<thead>
<tr>
<th>DATE</th>
<th>ITEM</th>
<th>WHO</th>
</tr>
</thead>
<tbody>
<tr>
<td>March</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 16th</td>
<td>Parent Teacher Interviews</td>
<td></td>
</tr>
<tr>
<td>Thursday 24th</td>
<td>P &amp; C Major Easter Raffle Drawn</td>
<td>Last day of Term 1</td>
</tr>
<tr>
<td>Friday 25th</td>
<td>Good Friday Public Holiday</td>
<td></td>
</tr>
<tr>
<td>April</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday 11th</td>
<td>Term 2 begins</td>
<td>8:00 Ready, Steady, Read-Library</td>
</tr>
<tr>
<td>Wednesday 13th</td>
<td>Self Nomination-Netball/Bowen</td>
<td>Yr 4-6 girls</td>
</tr>
<tr>
<td>Wednesday 20th</td>
<td>Cross Country</td>
<td>SSS</td>
</tr>
<tr>
<td>Monday 25th</td>
<td>ANZAC public holiday</td>
<td></td>
</tr>
<tr>
<td></td>
<td>ANZAC parade met at Food works</td>
<td></td>
</tr>
</tbody>
</table>

## Does Attendance Really Matter?

<table>
<thead>
<tr>
<th>If your child misses...</th>
<th>That equals...</th>
<th>Which is...</th>
<th>and over 13 years of schooling that’s...</th>
<th>Which means the best your child might perform is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day per fortnight</td>
<td>20 Days per year</td>
<td>4 weeks per year</td>
<td>Nearly 1.5 years</td>
<td>Equal to finishing in grade 11</td>
</tr>
<tr>
<td>1 day per week</td>
<td>40 Days per year</td>
<td>8 weeks per year</td>
<td>Over 2.5 years</td>
<td>Equal to finishing in grade 15</td>
</tr>
<tr>
<td>2 days per week</td>
<td>80 Days per year</td>
<td>16 weeks per year</td>
<td>Over 5 years</td>
<td>Equal to finishing in grade 7</td>
</tr>
<tr>
<td>3 days per week</td>
<td>120 Days per year</td>
<td>24 weeks per year</td>
<td>Nearly 8 years</td>
<td>Equal to finishing at grade 9</td>
</tr>
</tbody>
</table>

1 or 2 days a week doesn’t seem much but......

If you want your child to be successful at school the YES, ATTENDANCE DOES MATTER!

'Every Day Counts!!'

Queensland Government
School Gates Closed between 8:15-9:00am and 2:15-3:00pm, no traffic in or out between these times please.

**Student of the Week Award: Week 6 Term 1**

**Prep – Yr 1:** Ruby Pyke 110% application to all tasks.  
Emily Ansen fantastic illustrations and persuasive statements.

**Year 2—3**  
Ella Binkley for wonderful writing.  
Cohen Poli for trying his best in all of his work.

**Year 4–6**  
Colin Hearn for being persistent with Elementary Maths Mastery.  
Taylen Economidis for a brilliant attitude towards maths.  
Crystal Morgan for working hard to focus on her learning.

**PRINCIPAL’S AWARD:** Tara Tabbi for always trying her best in all of her work. Well done Tara!

**HPE SPECIALIST AWARD:** Summer Brown

**BIRTHDAYS:**

**Student of the Week Award: Week 7 Term 1**

**Prep – Yr 1:** Alexiah Economidis for fantastic rhyming.  
Jasmine Robinson dedication to being a learner.

**Year 2—3**  
Pheobe Murphy for always being a whole body listener.  
Bryce Harvey for having a great attitude towards all of his learning.

**Year 4–6**  
Angel Morgan for working hard to organise her learning.  
Zachary Beauchamp for his improved approach to reading.  
Laura Fletcher for being a maths wiz.

**PRINCIPAL’S AWARD:** Deacon Whatuira in recognition of his reading improvement over the last term.

**HPE SPECIALIST AWARD:**

**BIRTHDAYS:** Kadyn Smith
School Gates Closed between 8:15-9:00am and 2:15-3:00pm, no traffic in or out between these times please.

Playgroup with Mr Miskell

Children are required to wear their Sports Shirts every Tuesday. Students have been given certificates to let them know which team they are in. Sports Shirts are available at the school they are $18 each.
The past few weeks the students in 4-6 have been busy in preparation for the upcoming Inter-school Cross Country in Term 2. They will be running next Tuesday, the CSS course for selection, for the inter-school Cross Country. Recently the majority of students have stepped up their training and are training outside of school and during some lunchtimes, which is excellent! For the extra keen students, I have created a template cross country training program, that was handed out last week. If your child was absent or has changed their mind about wanting one, please tell them to come see me. Special mentions should go out to the following students; Summer Brown, Annabelle Payne, Deacon Whatuira and Zachary Beauchamp, who have consistently been giving it their best and smashing their times. Well done!

The Prep/1 class has been busy learning fundamental movement skills and in health, identifying safe adults to talk to when they need help, recognising healthy habits and safe and unsafe substances, around the house. Some have already completed their interviews with me, the rest this week, as part of their assessment and are doing very well!
School Gates Closed between 8:15-9:00am and 2:15-3:00pm, no traffic in or out between these times please.

Parenting ideas
INSIGHTS
Building parent-school partnerships
WORDS Jenny Brockis

Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parenting ideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isabella. From her first day of child care, Isabella would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isabella started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isabella and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same anxiety.

While not always as severe as that suffered by Isabella and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no downtime, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnection – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

TIPS FOR QUIET TIME

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.

2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.

3. First a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

4. They can choose to sit or lie down on a blanket or rug on the floor. Try to avoid an outlet as they may fall asleep, which isn’t the purpose of the exercises. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

7. Continue with the breathing exercises until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wrinkle their toes and fingers and allow a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
School Gates Closed between 8:15-9:00am and 2:15-3:00pm, no traffic in or out between these times please.

CSCSC Inc. SUNDAY CHARITY BINGO
This Sunday 20th March, 11am at TBA
"Back to the Sixties special.
$10,000 in 60*
$2300 in 60*
& $300 in 60*
(*ALL 60 CALLS THIS WEEK)
Free Hi fives $60.00
Free Get a Line $75.00
Coming Up:
27th March Easter special
3rd April Purple day for Epilepsy
10th April Our 26th Birthday
17th April Duk Day special

TUTORING.
After-school tutoring available.
Monday - Thursday afternoons 3.30pm - 6.30pm.
Primary
Secondary:
English: Yrs 7 - 12.
Social Sciences: Yrs 7 - 12.
NAPLAN TUTORING AVAILABLE FOR ENGLISH/LANGUAGE/LITERACY for Yrs 3,5,7 and 9 and MATHS: Yrs 3 and 5.
$25 per hour.
Phone Debbie on 0401871576 for further information or booking.