Helping your child Learn

As a parent we can do many things to support our children to learn. We can read to them daily. Talk to them about what has happened in their day. I remember when I had a young family we tried to seat down to dinner together at least three or four times a week and after grace we went round the table and talked about what was good about our day. My children protested, but even that was a good chance to just talk. It was one of the rituals that needs to be built into family life.

Another very important ritual for bedtime. We all will know that when your child hasn’t had a good sleep they can be moody, irritable and cranky. When your child is moody and grumpy, it can make you pretty grumpy too!

A lack of sleep can also affect your child at school. A tired child will struggle to concentrate or follow instructions, and might behave in a restless and disruptive way or just doze off in the middle of the day. Not getting enough sleep also impacts on your child’s ability to remember, pay attention, react in a timely way, make decisions and act creatively – all essential parts of life and learning.

Supporting your child to get the amount of sleep and the sort of quality sleep they need can help them to be healthier, happier and better learners. Below is a list of ideas to improve your child’s sleeping habits from www.raisingchildren.net.au.

Improving your child’s sleep habits

It’s important to help your child to establish and maintain good sleep habits. Good sleep habits include:

- **a regular bedtime:**
- **a regular wake-up time:** having the same or similar bedtime and wake-up time on school days and weekends is important. You can help this time to become part of your child’s routine.
- **avoid caffeine,** especially after 3pm. Not many children drink tea and coffee, but cola drinks, Milo and chocolate also contain caffeine and can have a big effect on your child’s ability to go to sleep and stay asleep.
- **ensure your child’s bedroom is cool, quiet and relatively dark**
- **avoid all stimulating activities** for the hour before bed, such as TV and computer games – both console and handheld devices. It’s a good idea to keep TV and computer games out of the bedroom too.

Good-bye, Farewell, Good-Luck

It is with regret that we are announcing that Ms Radunz will not be continuing at St Patrick’s from Term 3. Ashleigh is returning to Roma where she has purchased a house prior to her marriage early next year. We wish her and her partner all the best now and into the future. We would like to thank her for her enthusiasm and commitment to St Patrick’s over the years she has been here. She has made St Patricks a very pleasant place to work and care and concern for her students is always evident.

We are currently advertising the position before the interview process and will let you know as soon as possible when this position has been filled.

**God Bless**

**Allan Clark**
Term Two School Fees

School Fees for Term Two have been sent home. Please make payment by the due date.

St Patrick's P & F News

- In May and June we will be running a Cadbury Chocolate Drive. The chocolates have now arrived. Attached to the newsletter please find a permission slip to allow students to take home boxes of chocolates to sell. Chocolates will sell for $1 each. Thank you for the amazing support we have already received. Thank you for your ongoing support. Please return all monies to school by this Friday.
- Money boards will be going up in a couple of locations around town, keep an eye out for them and encourage family and friends to buy a square.
- Trash and Treasure Day Saturday 8th August. Make some money for yourself and the school.
- The P & F now have a facebook group page search St Patrick’s P & F Association all up and coming events and information will go on this group page so like us, join us, and suggest us to your family and friends.

Come and join us, everyone welcome, ideas greatly appreciated.

Prep 2016

Expressions of interest are invited for enrolments for Prep 2016 at St Patrick’s School. Children turning 5 before 1 July 2016 are eligible to start Prep in 2016. Please contact the school to obtain enrolment forms.

Head lice Alert

Alert about a head lice outbreak.

- Head lice are back! The school needs your quick action. Can you please...
  - read the note sent home, and
  - return the tear-off slip on the next school day.
- If you have any doubts, need help or would like further information please contact the school.
- If we don’t hear from you we may approach you to offer support.

Under 8’s Day

Next Thursday, 25 June is Under 8’s Day at the Mitchell State School. The activities will commence at 10.00 a.m. and finish at 1.00 p.m. All children under 8 years old are invited. Prep to Year 3 staff and students from St Patrick’s School will be attending. A tuckshop order form was sent home on Monday. Please return form and money by this Friday if you wish to order lunch. The order form is also attached below.

Tuckshop

Tuckshop operates each Wednesday. Please note the Small Pies are now $2-50 each. Thank you to everyone who has offered to assist. The children and staff are certainly enjoying the delicious food. Please contact the school if you are able to work occasionally in a relief capacity. A new roster and menu will be sent home next week.

Birthdays

A very Happy Birthday to:
Laura who turns 11 on 18 June, Stirling who turns 8 on the 26 June and Breanna who turns 10 on 27 June

Library News

This term has flown by with a lot of activity rearranging the library space, especially the teacher resource area and student space. We have had some wonderful displays which include, Anzac Day, Jackie French, and Lewis Carroll’s Alice in Wonderland.

The Prep-Year 3 students have learnt and remembered the different areas of the library and where to find particular authors and topics in Non-Fiction. Two books, ‘An Unusual Recipe Competition’ and ‘Big Greg’s Campaign’ were read and discussed in relation to procedures and persuasion.

The Year 4-6 students participated in a short discussion about the author Jackie French analysing the different types of books that she has written, as well as remembering how to search the catalogue via author, title, series and subject. The students are very good at asking questions and keeping Miss Sarah up-to-date on the novel they are reading in class with Miss Davis.

A big thankyou to Miss Karen for starting up an author column in the newsletter, as this has helped to promote them in our collection. We look forward to hosting our ‘Under the Sea’ Bookfair which is coming up in August. Please remember that all books must be returned or sited if students would like to extend their loan period.

Thankyou,
Miss Sarah and Miss Karen.

This will be our last “Author of the Week” for this term. Arron Blabey has written many books these are some of the titles we have in the library.
Aaron Blabey’s life doesn’t make any sense.

He is best known for his well-loved children’s picture books for which he has won many awards including a Children’s Book Council of Australia - Book of the Year Award, a NSW Premiers Literary Award for Children’s Literature, a KOALA Award, a YABBA Award and a Children’s Peace Literature Award. He’s also been the National Literacy Ambassador and is a proud ambassador for the Alannah and Madeline Foundation.

But dig a little deeper and his past gets quite shady. He spent 13 years as an actor appearing in numerous plays, TV shows and films. He was regularly cast opposite proper actors like Hugh Jackman, Jacki Weaver, Guy Pearce, Bryan Brown, Joel Edgerton and Ben Mendelsohn, all of whom were too kind to ever point out that his own acting was "just...awful", as he describes it today. To his continuing bewilderment though, he did once win an ACCTA Award (AFI) for Best Actor, a fact that cannot be adequately explained.

To complicate matters, he worked a time as a staff writer at a major global advertising agency where he "learned a great deal and wished for death every single day", before spending a couple of years attempting to teach 'Creative Thinking' at a prominent Sydney design college. Furthermore, he’s exhibited his art in various galleries, spent some time as a grape picker, worked in a video store and - astonishingly - once modeled clothes in a glossy weekend supplement.

He lives these days in a beautiful town in the Blue Mountains with his preposterously short wife and their two gorgeous boys, where he creates books, listens to his beloved vinyl record collection through killer 70s speakers and celebrates loudly every fifteen minutes that one of his all-time, top-ten heroes - Nick Cave - recently chose to record one of his books.

All of this is true.

http://www.aaronblabeybooks.com/people/aaron-blabey
**Term Four at a Glance**

<table>
<thead>
<tr>
<th>Mon 5 Oct</th>
<th>Labour Day Holiday</th>
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<tbody>
<tr>
<td>Tuesday 6 Oct</td>
<td>Term Four commences</td>
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**Forms to be Returned ASAP:**

*Permission form boxes of chocolates
Absentee Note if required*

**Expression of Interest:**

Mungallala Tennis Coaching Camp Weekend 4-5 July 2015
with Dean Stansell

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Cost $30 per child for weekend to cover catering (Dinner sat night, Sunday breakfast and lunches both days). Camping/swagging overnight in the local hall.

There are limited spots so please ring

Kylie Hindle 0459 288 770 or
Kirsty Cox 0427325741

We are hoping to add an adult lesson into the camp as well but this is yet to be confirmed.

This is a Maranoa Council supported event.

**MAGPIES SECRET DINNER**

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**Tuckshop Order Form – Under 8’s Day**

(One form per person please)

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>School</td>
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<tr>
<td>Class _________</td>
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**AMOUNT**

<table>
<thead>
<tr>
<th>MENU</th>
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</thead>
<tbody>
<tr>
<td>Hot Dog Tomato Sauce/No Sauce</td>
<td></td>
</tr>
<tr>
<td>Pie</td>
<td></td>
</tr>
<tr>
<td>6 Chicken Nuggets</td>
<td></td>
</tr>
<tr>
<td>Popper</td>
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</table>

**Total**

Money enclosed

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**ALL STUDENTS, PARENTS, FAMILIES, CHILDREN FROM ALL SCHOOLS ARE INVITED TO ORDER TUCKSHOP. PLEASE MAKE SURE ALL ORDERS ARE RETURNED TO YOUR SCHOOL BY FRIDAY 19 JUNE. THANKS.**