



## Principal's Message

Dear Parents and Guardians,

*"All that I am or ever hope to be, I owe to my mother."*

- Abraham Lincoln.

I hope all of the mums (and mother figures) in our school community had a wonderful Mother's Day and were spoilt with acts of appreciation from your children. I would like to thank our wonderful P&C team for organising our Mother's Day raffle. Thank you to all of our mums, and mother figures, in our community for the work you do in supporting our students and families.

### Read more

Why is "Every child, every night reads" so important?

The teaching of reading is core business at Proston State School P-10. At Proston State School P-10 we acknowledge that ...

- reading takes place in a positive environment that maximises interest, motivation and confidence.
- all children's reading competence can improve.
- reading is the process of *understanding* texts to encourage **thinking**.
- when reading, students actively engage in the elements of problem solving, seek solutions to inquiry questions, and acquire knowledge through texts.
- reading takes place within an active literacy framework and is integrated across all Learning Areas.

We believe that reading at home should foster a positive atmosphere and encourage our children to love reading.

Research tells us that a child struggling to read competently by the end of Year 3 may continue to experience challenges with their learning. This highlights the importance of reading in the early years and the need to ensure children are provided with enough reading mileage.

### Anxiety

Everyone feels anxious or worried at different times. For some children and young people these anxious feelings can start to affect their daily activities. These feelings can start to interfere with their life and make it hard to do things such as going to school or doing things they used to enjoy. It can also affect how they get along with other people. Anxiety is a common condition affecting people of all ages. In Australia, one in 14 children and young people (4 -17 years) experience an anxiety disorder.

Why do children and young people develop anxiety? Some possible reasons may be:

- a history of anxiety in family member/s
- stressful life events
- changes in neurotransmitters (chemical messengers in the brain)
- individual coping style
- a combination of these factors.

People with anxiety can find it difficult to manage their feelings of worry, stress or fear.

**Symptoms:** Anxiety can affect your child's physical and mental health (thoughts, behaviour and feelings). The symptoms of anxiety can depend on a number of factors and may pass quickly or stay for a longer period of time. Some common ways anxiety affects children and young people include:

### Feelings

- overwhelmed
- fear and worry
- dread
- nervous
- irritable, constantly in a bad mood

### Thoughts

- mind racing or going blank, e.g. "I can't control myself"
- unrealistic fear or worry, e.g. "I am going crazy"
- indecisiveness, e.g. "People are judging me"
- unwanted or intrusive thoughts (continued over)

## Diary Dates:

Tuesday 11th - Friday 21st May  
NAPLAN

Friday 14th May  
Do it for Dolly Day  
(wear blue & gold coin donation)

Friday 21st May  
Domestic Violence Prevention Day  
(wear white & gold coin donation)

Monday 17th - Sunday 23rd May  
National Volunteer Week

Wednesday 26th May  
National Sorry Day

Friday 28th May  
65 Roses for Cystic Fibrosis Day  
(wear red & gold coin donation)

Tuesday 1st June  
Pyjama Day (gold coin donation)

Friday 11th June  
Environmental Day  
(wear green & gold coin donation)

Saturday 12th June  
Golf Day - fundraiser for Secondary Camp

Friday 18th June  
World Oceans Day (crazy ocean themed hair day & gold coin donation)

Friday 25th June  
Thinking of You Day  
(wear bright colours & gold coin donation)  
Last day of Term 2

## Key Contacts

### Principal

Mrs Samantha Skerritt

### Administration

Jess Scanlan, Michelle Sanewski, Rach Jolley

### Uniform Shop

NB Inspirations (Ph: 4168 9013)



**Respect our staff,  
respect our school**

**"Every day Every Student is Learning and Achieving in Every Classroom"**



✓ Be Safe ✓ Be Respectful ✓ Be Cooperative ✓ Be a Learner

94 Rodney St (PO Box 70), Proston QLD 4613 Ph 4169 4333 E Principal@prostonss.eq.edu.au

Website <https://prostonss.eq.edu.au> Office Hours 8am-4pm Monday to Friday

Report Student Absences by 9:30am: Ph 4169 4333, E admin@prostonss.eq.edu.au or SMS Text 0426 305 964

## Principal's Message (continued)

### Behaviour

- withdrawing from or avoiding feared situations
- urges to perform certain tasks to relieve worry
- easily startled or reassurance seeking
- becoming upset if there is a mistake or change to routine or argumentative.

### Body sensations

- pounding heart, chest pain, shortness of breath
- dizziness, headaches
- nightmares, sweating, numbness, hot or cold flushes
- choking, dry mouth.

### Treatment

With the right treatment and support, children and young people can recover from anxiety. This process can include:

- seeing a health professional to work out the best ways to cope. These can include general practitioners (GPs), psychiatrists, psychologists, counsellors, mental health nurses and social workers.
- keeping physically healthy – doing physical activity, having a healthy diet, getting enough sleep
- having the support and understanding of family and friends to provide practical support, to talk with and to listen to your child
- having strong connections with your cultural heritage and community.

Treatment for anxiety generally aims to:

- provide an independent perspective
- help the child identify how they are feeling and why
- teach them ways to cope with and recover from anxiety
- help them achieve their goals
- link the child with other doctors or experts if necessary.

### Useful phone numbers

- Kids Help Line: 1800 55 1800, 24 hours, seven days a week
- Parentline: 1300 30 1300, 8am to 10pm, seven days a week

### Useful websites

- [Kids Helpline](#)
- [Youth Beyond Blue](#)
- [ReachOut](#)
- [Parentline](#)
- [Raising Children Network](#)
- [ReachOut Parents](#)

### Semester 1 Reporting

Families will receive a report card for each of their children in Week 10 this term. Our teachers are busily working through their teaching and assessment, ready to begin collating the marks for report cards.

Please ensure that you have updated all contact details, especially email addresses, as soon as possible. Our report cards are sent to parents via email.

### Winter School Uniform

With winter soon to be upon us, I would just like to remind all parents about our school uniform policy.

It is great to see our students wearing their uniform with pride each day. It makes them easily identified as Proston State School P-10 students when out and about in the grounds and beyond the school gates.

Uniforms can be purchased from NB Inspirations or you can also

purchase bottle green tracksuits from Best and Lest or Big W in Kingaroy.

### Some key points to remember

- Please ensure that they are wearing a school bucket or broad-brimmed style hat. **Baseball caps are not acceptable.**
- Please ensure they have a bottle green jumper and track pants (or the like) for cold days.
- All items of clothing must be clearly marked with your child's name.
- Lost property can be found at the bottom of A Block (right near the teacher aide room).

If a child cannot wear the correct school uniform for the day or for a particular activity, parents are requested to inform the school in writing. Your cooperation in this matter is greatly appreciated.

### Student Attendance at School – Parent help needed to be on time for school

The dedicated teaching staff at Proston State School P-10 are very keen to have every one of their children in their classroom and ready for learning at 8:50 am when school begins. There are a number of families who do not drop off their children in time to begin the day. This is evident with the number of late students lined up at the office each morning. I would encourage all parents to recalibrate their organisational routine to have students at school on time and support teachers with their teaching and learning.

### Congratulations - Beef Week 2021

I would like to congratulate Miss Hayward, Miss Ross and the incredible Proston State School P-10 show team students.

What an amazing time they have had in Rockhampton at Beef Week 2021, bringing home many wins from a variety of categories. Thank you to all of the sponsors and those who support and invest time in our school and our students. You are all greatly appreciated.



Kindest regards

**Mrs Samantha Skerritt**  
Principal



### Before You Speak



- |          |                  |
|----------|------------------|
| <b>T</b> | is it true?      |
| <b>H</b> | is it helpful?   |
| <b>I</b> | is it inspiring? |
| <b>N</b> | is it necessary? |
| <b>K</b> | is it kind?      |

## Head of Curriculum

### NAPLAN Week

This week, students in Years 3, 5, 7 and 9 are participating in National Assessment Program – Literacy and Numeracy (NAPLAN) tests. All of the tests, except for Year 3 Writing, are being completed online. The main benefit of online testing is that the tests can be tailored automatically as students move through the questions so that questions of higher or lower complexity are presented depending on a student's performance.

The NAPLAN tests are completed in a specific order; writing, reading, conventions of language (spelling, grammar and punctuation), and numeracy. Reports will be provided to schools and parents, later in the year, to indicate how each student is performing in literacy and numeracy at the time of the tests.

During the first week of this term, students completed the **practice tests** and became familiar with the types of questions in the tests, and so that teachers could provide appropriate support and guidance. Students were very comfortable using the new online format which assists with their confidence when completing the tests.

The NAPLAN tests this week are generally scheduled at the start of the day when students are at their freshest. In addition, NAPLAN breakfasts are being provided as a special treat. If a student is absent for a test, catch-up time has been scheduled for when they return to school.

We wish our students all the best for NAPLAN 2021.

Teachers are always available to discuss your child's progress. If you have any questions regarding their learning, please contact the school to make an appointment.



Warm regards,  
**Mr Andrew Dobson**

Proston SS P-10	Topic	Year levels	Date
NAPLAN Tests	Writing	3, 5	Tue 11th May
	Writing	7, 9	Wed 12th May
	Reading	3, 5, 7, 9	Thu 13 May
	Conventions of language	3, 5, 7, 9	Fri 14th May
	Numeracy	3, 5, 7, 9	Mon 17th May

## Positive Behaviour for Learning (PBL)

Last week, the highest Term 1 Proudie earners from each class received their reward on parade. These students received a tuckshop voucher for consistently following the four school expectations – be safe, be a learner, be co-operative and be respectful. Congratulations to these students!

This week students have been learning about being respectful towards others, with a focus on bullying behaviour. This Friday is 'Do It For Dolly Day', a day dedicated to bringing the community together, spreading kindness and uniting in taking a stand against bullying. As such, students have been learning how to stand up against bullies and what actions they can take if bullying is happening to them or someone they know. It is important to check in with your children about what is happening at school, and also to be aware of cyber bullying which can happen at any time. If you are looking for further information about bullying or how to talk to your child about it, check out the Dolly's Dream website -

<https://dollysdream.org.au/parent-hub/>

### Did you know:

- Around 1 in 4 school-aged children in Australia has been bullied recently, with 1 in 5 bullied online recently. Each year, approximately 45 million bullying incidents occur in Australian schools.
- School is the most common place where teens experience bullying, followed by online spaces. Most teens who have been bullied online have also been bullied in person.
- Teens affected by bullying may suffer harm to their wellbeing, education and relationships. Compared to unaffected teens, they are at higher risk of various health problems, including mental health concerns and suicidal thoughts or behaviours.
- The risks are especially high for teens who have been bullied and have also bullied others.
- However, with the right support, teens can recover from bullying. They can use their past experiences to help others and build skills in empathy, help-seeking and problem-solving.
- Sometimes teens understand bullying differently to adults or have been hurt by other bad behaviours. Rather than arguing about 'is it really bullying?', we should focus on finding out what happened, the impacts, and what we can do to keep everyone safe and respected.



(Source: <https://dollysdream.org.au/>)

**Miss Tammi Fitzgerald**  
Secondary Teacher





## Administration News

### School Facilities

This week we are having some upgrades carried out to our school buildings and grounds. We are receiving a solar energy upgrade with new panels being installed on the roof on A Block and also replacing an old underground pipeline above the primary playground. This pipeline has been an issue at school causing constant leaks and we are excited to see it corrected.

### Casual Cleaners & Teacher Aides

If you are interested in becoming one of our casual staff please contact the office to find out more! To be able to join our casual pool you will need the following:

- \* Current and valid working with children 'Blue Card'. (Blue Cards can be applied for through Administration)
- \* A successful result following a criminal history check (forms can be completed through Administration)
- \* Positive attitude, good work ethic, ability to work in a team environment, ability to follow direction and complete tasks individually, follow the Education Qld Code of Conduct and successfully complete mandatory training requirements

### School Fees

Secondary fees are payable to the school Administration ASAP. If you have any questions please contact Miss Jess Scanlan (Business Manager) on 07 4169 4333.

### Student Absences

Please remember to contact the school on or before the day of your child's absence. We are trying hard to have zero unexplained absences for the year and need your help.

*Miss Jess, Mrs Jolley and Mrs Sanewski*

## Immunisation Notice

Year 7 and 10 students have the opportunity to be vaccinated through the school.

Should you wish for your child to utilise this program please return the immunisation permission form or contact Admin staff.

Parents/caregivers will be notified of the immunisation date closer to the time.



## Parents & Citizens' Association

Hello from P&C.

Our Mother's Day raffle was drawn on the 11th May at the School Office. Congratulations to Colin Draper, Coolabunia – 1st prize; Helen Ward 2nd prize; Vicki Lee, Noosa 3rd prize. Thank you to all ticket sellers and buyers – this raised valuable funds for our students. Special thank you to all who donated the prizes.

Our P&C is catering for a Clearing Sale on **Saturday 15th May** – if you could assist, please contact me on 0418 767 301 or via our Facebook page.

We continue to seek volunteers for our Tuckshop.

**Barbara Hockey**

**Hon. President**

**Proston State School P-10 P&C**



## To The Book Fair and Beyond!

The Scholastic Book Fair is coming soon, so get ready for some out-of-this-world excitement!

You'll go where no reader has gone before as you explore the coolest array of books in the cosmos.

We'll be launching this stellar reading celebration in the school library from **14-18 June 2021**.



## Prep News

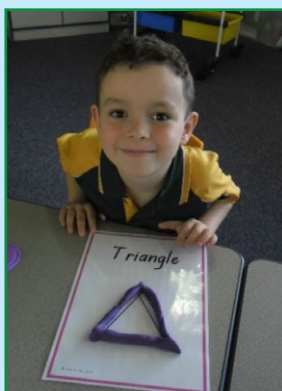
Prep students are continuing to work very hard with retelling the important parts of a story. After listening to a story, students then cut out matching pictures from the book and glue these in order onto their retell planner. As a class, we then brainstorm a sentence to match the picture. This week, students have even started writing these sentences themselves. Writing is very new for them, and they are doing a fabulous job!

In Maths, students have been learning all about shapes. Students will even be able to tell you another name for the diamond shape! They have been using play dough to make shapes as well as lots of cutting and gluing activities to match and group shapes together.



Congratulations to Isobella for receiving the PBL award for this week for being a fantastic learner!

**Miss Rhiannon Hutchison, Prep Teacher**



## Year 1 News

Students in Year 1 are very excited to be combining with the Year 2 class for morning Reading Rotations as of this week. Students are working extremely hard during this time to improve their reading strategies through a wide range of activities which are suited for all learner needs.

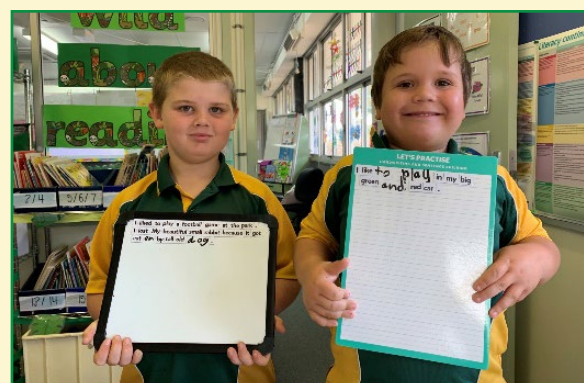
A major focus for the Year 1 class this week has been improving student's handwriting. Thanks to Miss Shaw, all students are showing great improvement in their letter formation and sentence writing.

Year 1 students are constantly working hard to improve their reading ability and progress with their sightword levels, however, this cannot happen without your support. Please ensure that

you are reading with your child and practising their sightwords at home. Fifteen minutes a day can make a lifetime of difference!



**Miss Ali Kassulke, Year 1 Teacher**





## Year 2 News

The last fortnight we have continued to give 100% to all key learning areas. We have learnt about the power of yet and changing our mindset to be a growth mindset instead of fixed. This means we build ourselves up and say 'I don't know how to do this, YET, but I will soon if I keep practicing'.

Our Maths lessons have been very hands-on with our unit on 2D and 3D shapes. We have created our own polygons and curved shapes, built shapes with sticks, modelling clay and blocks and have practiced drawing and labelling 2D shapes with their sides and corners.

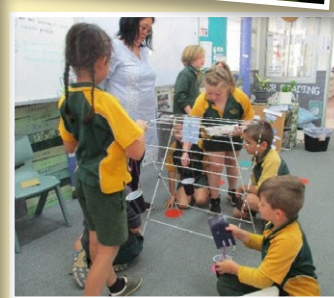
In Science we are learning about properties of materials and how to combine material for a purpose. Our purpose this term is to create a lunchbox for Mrs Skeritt that must hold an orange and sandwich and we must be able to wipe the inside clean. This means we have been conducting our own investigations into the STRENGTH and WATER RESISTANCE of materials. We have been making predictions, investigating, and recording our results in our science journals.

In Art we have been busy creating crayon-resist emotion art pieces and mixed media self-portraits. We have been learning how to use crayons, watercolours, paint, photography and collage to create artworks that represent an emotion. The student's artworks are improving every lesson and they can explain why they used all elements and how they used them to add interest.



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**Mrs Tatjana Niven, Year 2 Teacher**



## Year 3 News

It is a big week for Year 3! Students gave their best effort on Tuesday and completed their first NAPLAN test. They have three more tests to go which will be held on Thursday and Friday of this week as well as Monday next week.

In English, students have enjoyed reading the first few chapters of the book *Charlotte's Web*.

They have analysed characters to help them understand what they might think, feel, say

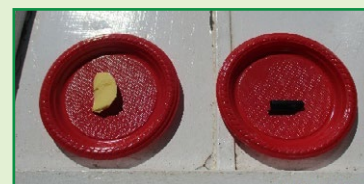
and do. Using this knowledge, students are learning how to present and speak in the role of the character.

Students have had their first chance at pretending to be a character in the role of Wilbur the pig.

Last week in Science, the class collaboratively conducted an experiment to determine how heat can cause a change in state of matter. A pen lid and butter were placed in the sun for 20 minutes. Students discovered that the butter melted while the pen lid did not. They learnt that adding heat can change a solid into a liquid and that some solids require a higher temperature to melt. We are also still looking after our plants from our last Science unit and are anxiously awaiting the flowering of the sunflowers very soon!



**Miss Jessica Gajewski**  
Year 3 Teacher





## Year 4 News

Over the last fortnight, Year 4 students have been completing their study of materials and their properties. As part of our final investigation, we completed an experiment about the use of ochre. Students investigated the different properties of ochre, depending on the types of liquid that were added to make paint. Students had to explore these properties and draw conclusions as to the best type of mixture to use for different painting purposes, such as murals, body paint, rock paintings and wood carvings. Everyone really enjoyed the hands-on experiment...especially trying some body paint.

As part of our English unit, we are beginning to explore how authors use language features to enhance their writing. Our focus this term is around Historical Recounts, which links in with HASS. Over the next few weeks, students will begin writing their own historical recount, taking on the character of someone linked to the First Fleet.

Year 4 have been working exceptionally hard over the last few weeks and it is now our opportunity to share this with you. The school's office display currently highlights our Year 4 work, and from next week the display in town will feature our work as well. So, if you get the chance, I encourage you to go and check it out and see some really great work from Year 4!



**Miss Francine Jaunais & Miss Ross**  
Year 4 Teachers

**AWESOME!**

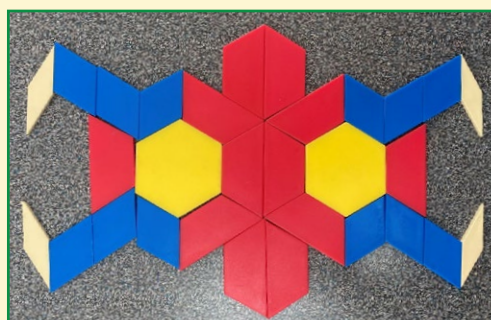


## Year 5/6 News

The Year 5 and 6 students have been busy immersing themselves into their units of work. Students are currently learning about fossil fuels and renewable energy sources in Science. They are working on their dance routines in Art and they are learning about the different characteristics of different countries in HASS. In Maths, they have been learning about symmetry and as you can see by the pictures, they are getting very creative.



**Miss Katrina Hayward and**  
**Mrs Amanda Wagner**  
Year 5/6 Teachers





## Year 7

For Maths at the moment we are working through algebraic rules to understand how to solve x.

In HASS we are looking at how water is very limited across the world.



In Italian we are working towards our assessment so please make sure your child is at school every day so they have the best opportunity to complete all assessments.

If you have any questions, please don't hesitate to contact me through the school office.

**Mrs Stacy Love, Year 7 Form and Secondary Teacher**



## Year 8

The Year 8s have had a fairly quiet fortnight at school, due to three of our classmates heading to BEEF 2021 in Rockhampton. It's been lovely to have the whole class back in the classroom this week!

In Digital Design, students have begun their assessment where they will be designing a product to protect an item of value, using design techniques learnt over the past 14 weeks. Last Friday, we took a short break from learning to create these amazing keyrings for Mother's Day, using the Cricut cutting machine and design skills. Students chose their designs and assembled the keyrings themselves, and we were all very impressed with the finished result. Well done Year 8!



**Miss Tammi Fitzgerald, Year 8 Form and Secondary Teacher**



## Year 9 & 10



### Year 9 English

Students have begun Term 2 by reading Information Texts about speculative ideas. We have discussed what Speculative Fiction is and are gearing up for our first assessment for the unit.

### Year 10 English

We have begun watching the film 'Romeo + Juliet' – the film has started with an exciting introduction to Shakespeare's iconic play of 'Romeo and Juliet'. We will soon look at how to write film reviews.

### Cook Book

A huge THANK YOU to everyone who contributed to our Cook Book! We have copies for sale for \$5 each at the office or around both Proston and Hivesville at various businesses. Thank you to everyone who has purchased a Cook Book so far – we appreciate your support!



### Golf Day

Our Golf Day fundraiser is fast approaching! Please come along to have a round of golf Saturday 12th June. The cost is \$10 to play and all funds raised helps reduce the cost of our secondary camp.

**Mrs Peta-Ann Clarke, Year 10 Form and Secondary Teacher**





## Secondary Science

Year 10 students have been exploring how the laws of Physics designated by Sir Isaac Newton can be applied to movement in space and here on Earth. They have been designing an apparatus to measure the impact force (kinetic energy) of a moving object. They will use their knowledge of mathematical relationships between forces and energy to design a scale for their machine so that future impacts can be measured quickly and accurately.



**Mr Shea Watt**  
Year 9 Maths and  
Secondary Science

## HPE

The Year 3 and 4 class are enjoying creating a movement sequence themed around athletic events. Loads of fun and lots of awesome moves.



**Mrs Patricia Morris**  
HPE, Science and Food Studies



## Community Notices

### Proston State School P-10 Secondary Camp Golf Day

*Bring your friends for a fun, filled day!*

**When** – 12<sup>th</sup> June, 12.30 pm for a 1 pm tee off

**What** – 3 person Ambrose, 1 handicap player per team

Handicap players available to join beginners!

(9 Holes)



Prizes available on the day

**\$10 per person to play (pay on the day)**

**RSVP** – By June 1<sup>st</sup> to [prostongolf@gmail.com](mailto:prostongolf@gmail.com) OR 0474741822 with team and catering numbers

(2 buggies available, \$20 per buggy. Limited number of golf clubs available if required, first in best dressed)

Flat shoes only. Camping available via gold coin donation - toilets and showers available.

Chipping and putting competitions - \$100 prize for each.

*\$5 for 3 balls to have a go!*

BBQ Dinner \$16.50 including ice cream slice

Meat choices – Chicken, BBQ Steak or Sausage

Kids BBQ Dinner \$8



Raffles on the day with multi-draw prizes!

All proceeds go to the Proston State School P-10 'Secondary Camp' fund raising.

**Thank you for your kind support.**



### Local History Day & Movie Night

PROSTON COMMUNITY HALL

**Saturday 15 May 2021**

Do you have a "Proston story" to tell for the book being compiled for the Centenary, but need some help with it? This is your chance to sit down with one of our volunteers and tell your story. Sessions commence at 6pm and run for an hour and a half each. Bookings are essential as numbers will be limited.

**Sausage sizzle available from 4pm**

**Then join us at 5pm for a very special event – the first ever screening of a Vintage Proston Movie from 1955 to 1976**



**Admission \$10 adults  
Family with children \$20**

A fundraiser for Proston & District Heritage Assn

For bookings or more info please email  
[prostonheritage@gmail.com](mailto:prostonheritage@gmail.com) or phone  
Kathy Crane on 0407 091 019 or  
Linda Rea on 0428 689 280



### Barambah United Football Club

Training every Thursday at Wondai soccer grounds from 4-5pm. Follow our Facebook page or email the club at [barambahfc@gmail.com](mailto:barambahfc@gmail.com)



### Proston State School P-10 Community Collaboration Program

Interested in volunteering at Proston State School P-10?

Phone, 41694333

We are looking for adults (who are Blue Card eligible) to come into the school to engage with the students and staff during play times.

Some examples of the activities we would like to see you partaking in are: colouring in, reading stories, holding conversations with students, gardening, painting, woodwork and the list could go on!

**Call the school today.**

