



# Berserker Street State School

## Newsletter: 2<sup>nd</sup> August, 2016

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 Principal: Mrs Rebecca Hack

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### ANNUAL BOOK FAIR

Thank you to all the students, parents, carers, teaching staff and grandparents who came along and supported our annual Book Fair for 2016. The grand total sold was **\$2762.80** which is awesome. This means we have **\$690** to spend on new resources for our Library. The three \$20 vouchers were won by Benjamin L. 4G, Mason 5S and Marcel 6P.

### INFORMATION FOR MEDICAL PROFESSIONALS

The school is more than happy to provide information to assist doctors and medical professionals who are working with your child. If your child requires a letter or information from the school to take to a Paediatrician or other medical professional, please speak to either the Principal or the Deputy Principal. This way we can ensure that our specialist staff quality assure any documents we provide to make sure they cover everything the medical professional may need to be aware of.

### NAIDOC DAY



Our annual Berserker Street State School NAIDOC DAY CELEBRATIONS will be

held on Wednesday 3<sup>rd</sup> August. Students will be engaged in a full day of activities that will build an awareness and appreciation of the history and culture of Aboriginal and Torres Strait Islander people. The activities will include storytelling, dancing, art and cooking

### GET SET FOR PREP 2017!

**If your child turns five by June 30<sup>th</sup> 2017, they are eligible for Prep next year.**

Enrolments and Information Packages are now available from the office for children who wish to commence Prep in 2017. The table below is a guide to assist families to determine their child's Prep eligibility.

Birthday	2017	2018	2019	2020
01/07/11 to 30/06/12	Prep Year	Year One	Year Two	Year Three
01/07/12 to 30/06/13	Kindy	Prep Year	Year One	Year Two
01/07/13 to 30/06/14		Kindy	Prep Year	Year One
01/07/14 to 30/06/15			Kindy	Prep Year

***Enrolments always welcome!***

### ROCKHAMPTON DISTRICT ATHLETICS

Last Wednesday and Thursday our BSSS Athletics Team competed at Rockhampton High School. A big thank you to all the staff that assisted over the two days they all did an excellent job. A special mention must also go to Mr Thornton & Mrs Lawton for coaching our competitors leading up to the event. All of our students represented our school with great behaviour and sportsmanship. Spencer Labanon was invited to participate in the Hector Hogan All Age 100m Sprint Championship where he placed highly competitive third position. Spencer will now go on to represent BSSS at the Greater

Rockhampton District Carnival this week.  
Congratulations Spencer!

### RESPECT OUR STAFF, RESPECT OUR SCHOOL

Violent or abusive behaviour will not be tolerated in our schools.

It's not just a courtesy. It's the law.

The Respect our staff, respect our school campaign aims to create safer and more respectful communities in Queensland state schools.

The campaign is part of the Queensland Government's commitment to tackle the issue of violence and continue to provide a safe and supportive learning environment for all students and school staff.

We all have different beliefs, expectations and experiences, so there are inevitably going to be times where conflicts or disagreements occur in schools.

How we handle those conflicts can make a significant difference to the learning and development of our students and the positive environments we aim to foster.

The safety of our students and staff is the number one priority and everyone in the community plays a part in ensuring learning environments are safe.

All members of the community are encouraged to work together to prevent abuse and violence directed towards school staff.

### GET IN THE GAME!

The Department of National Parks, Sport and Racing are offering parents and guardians to get, the get started vouchers! Get Started vouchers provide up to \$150 to assist children and young people who can least afford or may otherwise benefit from joining a sport or recreation club. Opening date started from the 13<sup>th</sup> July. For more information on *Get in the Game* and other programs, visit [www.npsr.qld.gov.au](http://www.npsr.qld.gov.au) or [www.qld.gov.au/recreation/sports/funding/getinthegame/](http://www.qld.gov.au/recreation/sports/funding/getinthegame/)

### EVERY DAY COUNTS!

Establishing good routines around school can assist with regular attendance. These include:

- Have a set time to get out of bed
- Have uniform and school bag ready the night before
- Have a set time for starting and finishing breakfast
- Set a time for daily homework activities
- Speak about school positively
- Send your child to school every school day including their birthday and the last day of term from Prep.

If you are experiencing difficulty in sending your child to school, contact the school principal for advice and support. [www.education.qld.gov.au/everydaycounts](http://www.education.qld.gov.au/everydaycounts)

### NATURAL MATHS

#### Rounding

Rounding is the forerunner of and one of the most widely used estimation strategies. When shopping for instance we round to the nearest *friendly number* or dollar amount depending on the situation.

#### Rounding Rules

\$1.23 ↗ \$1.25

\$2.32 ↘ \$2.30

12.5 ↗ 13

### STUDENT ABSENCES

Our **Student Absence Hotline is 49990366**. This number is available 24 hours a day.

When using our Absence Hotline, please follow these simple steps by stating:

- **1. Student's name**
- **2. Class**
- **3. Date of absence**
- **4. Reason for absence**
- **5. Duration of absence**

## VIRTUES

These are the virtues that students will be learning about this fortnight. Please take the time to talk to your children about these.

### Week 3: Reliability

Reliability means that others can depend on you to keep your commitments. Reliability is doing something that you have agreed to do in a predictable way, without forgetting or having to be reminded. When you practice reliability, you really care about doing what you said you would do. Other people can relax knowing it is in your reliable hands.

### Week 5: Confidence

Confidence is having faith in something or someone. It is a kind of trust. When you have self-confidence, you trust that you have what it takes to handle whatever happens. You feel sure of yourself and enjoy trying new things. When you are confident in others, you rely on them and confide in them.

## SCHOOL RULE FOCUS:

### When an adult tells you to do something, you do it.

At Berserker, all students are expected to follow instructions given to them by an adult. This ensures that our classrooms are productive and safe learning environments and that our playgrounds are safe for everybody. The only exception to this rule is if a student feels the instruction they have been given is not safe. In this instance they are to report immediately to the school principal. Please reinforce with your child that they are expected to follow instructions given to them by adults at school.

## BREAKFAST CLUB

Breakfast Club is available to all students every Monday from 8.00 am to 8.40 am at the stadium.

We are in need of helpers from 8am to 9am on Monday mornings. If you would like to join us - could you please call the

School Office on 4999 0333 and leave your name and phone number so we can contact you.

## TUCKSHOP

The Tuckshop is open before school and both lunch breaks Monday to Friday

Volunteers are always needed so please contact the office or pop in and see Cherie at the tuckshop if you are able to help out.

**Tuckshop Breakfast:** Tuesday to Friday  
8am till 8.40am.

Lunch orders are taken each morning. Students should have their orders on a paper bag clearly named or provide 10c extra for a bag from the tuckshop. **STUDENTS NEED TO FILL OUT TWO BAGS IF THEY WANT TUCKSHOP BOTH LUNCHESES.** Orders must be in by **9am** (otherwise the tuckshop is only able to offer jam or vegemite sandwiches).

**Reminder to our families that the Tuckshop Menu has been updated and that pricing of some items has changed. A note went home last term detailing the new prices. Please check the website or tuckshop when placing your child's order.**



## FROM THE GUIDANCE OFFICER

### Sleep and School

When we are tired, it is harder to function in our everyday lives. Our energy levels are down, we are not alert and our ability to learn is severely affected. It is a parent's/carer's responsibility to provide the best environment for our children to sleep well every night. This article from The National Sleep Foundation provides further information for you to ensure your child is well rested every day.

## Sleep and School-aged Children (6-13 years)

Children aged six to 13 need 9-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioural problems and cognitive problems that impact on their ability to learn in school.

### Sleep Tips for School-aged Children

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.

<http://sleepfoundation.org/sleep-topics/children-and-sleep/page/0%2C2/>

## BEFORE AND AFTER SCHOOL CARE AT BERSERKER



Berserker Street State School offers before and after school care here at Berserker. This is run by

PCYC in the Hall located near the Berserker Street Entrance of the school.

### **Operating hours:**

Before School Care 6:30am – 8.45am  
(open to all schools).

After School Care 2:45pm till 6.00pm  
(BSSS students only).

Vacation Care (operates from PCYC  
Rockhampton) 7.30am – 6.00pm.

For more information please contact Toni on 0418116481. PCYC coordinate this wonderful service, for more information email: [berserkerstac@pcyc.org.au](mailto:berserkerstac@pcyc.org.au)

## IMPORTANT DATES FOR 2016

3 <sup>rd</sup> August	NAIDOC Celebrations	Day
26 <sup>th</sup> August	School Performance - Ghana Beat my Drum	
16 <sup>th</sup> September	School Finishes	
Tues 4 <sup>th</sup> October	School Resumes	
Monday 17 <sup>th</sup> October	Pupil Free Day	

## COMMUNITY NOTICES

### ROCKHAMPTON BASKETBALL TERM 3 LEARN2PLAY PROGRAMS

**Grades 1-2:** U8 Mini-Ball (Tues 4-5.30pm beginning Tues 9th Aug)

Cost: \$65 for 6 weeks

**Grades 3-6:** Aussie Hoops (Wed 4-5pm beginning Wed 3rd Aug)

Cost: \$77 for 7 weeks, plus Aussie Hoops player pack.

### FOOTBALL CQ – SOCCER/FUTSAL SKILLS CLINIC

**Indigenous Program** Starting October 2016 6 weeks training with fully accredited coaches. Cost to be advised. Duration 1.5 hours training sessions.

**Learn new skills, learn to kick both feet, develop 360 degree awareness**

**Girls Program (Novices & Beginners) School Holiday Clinic** for 8-13 year Girls 19, 20 & 21<sup>st</sup> Sept 2016 Cost \$36.00 Duration 2hours  
Closing date 9/9/16

**'Get the Edge' School Holiday Clinic** for 8-13years 19, 20 & 21<sup>st</sup> Sept 2016 Closing date 9/9/16  
Cost \$36.00 Duration 2hours

**Learn the skills for both indoor and the outdoor game.**

**Location:** YWCA, Robinson Street, North Rockhampton

Register your interest –  
[operationsmanager@footballcq.com.au](mailto:operationsmanager@footballcq.com.au)

**Upcoming Coaching Courses are displayed on the Football CQ website.**

Rebecca Hack  
Principal