

Monday 3 March 2014

Dear Parents and Friends,
Congratulations to our School Leaders for 2014. Our leaders were invested into their positions by Mr Jason Costigan, Member for Whitsunday at a special parade on Monday 17 February.



GRIP Leadership Day

On the 18th February, our 14 Eimeo Road State School Leaders, along with Mrs Van Der Drift and Mrs Doyle-Robinson attended the GRIP student leadership day at the Mackay Entertainment Centre. We did learn a lot of things and participated in lots of fun activities. Some of these activities were Loud Noises, Lead like a strawberry not a watermelon, which means if you are a strawberry you are the same on the inside as you are on the outside, unlike a watermelon. We also learnt about schoolyard super HEROS, H stands for Helper, E for Encourage, R for Role Model, and O for Organiser. During each session across the day we had a Loud Noises time which was a lot of fun and VERY LOUD. Overall it was a great day. Sophie, Matthew, Paige & Chelsea



Ripples of Change Award

Eimeo Road State School has been a lucky recipient of a Sustainability Ripples of Change Award. Katie Finch from the Moreton Bay Marine Park Authority presented the framed award and cheque to the school at our parade. The money is going towards an ongoing project at our school to develop an Indigenous Sensory bush tucker garden that students and teachers can use as a learning space. These monies will be used to plant some established trees. Here is a photo of our School Captain Matthew Munns holding the award.

Eimeo Football Shirts for 2014

Eimeo Road State School would like to extend a massive thank you to Neil and Helena Mani from Smart Real Estate Mackay, for sponsoring the new school Rugby League Kit – including jerseys, shorts and socks. The kits look fabulous and we're sure will promote the team's winning mindset.



Physical Education News

PE classes have begun their new sports unit. Each class will be participating in the MLC Hot Shots program during lessons. MLC Hot Shots will gift the school a \$2 rebate, for every child whom signs up online to the program. There is no commitment or cost to families, as the program is run during PE lessons. Each child whom signs up online will receive a free shirt and gift. Please follow the instructions, included as a leaflet, in this newsletter. Your support will ensure the school has good quality, age appropriate tennis equipment. (Ashleigh Turner and Nate Ralph modelling the MLC Hot Shots free gifts and shirts)



During week 4 this term Interschool sport commenced. Eimeo Road played Bucasia State School in four soccer games and two netball games. Congratulations to the six teams on their convincing wins in their respective games. Good luck for the remainder of the upcoming games.



Congratulations to Brodie Bell on making the Cumberland Tennis Team.

A reminder to any boys and girls born in 2004, 2003 or 2002 to keep their ears open regarding upcoming Cumberland trials : Basketball, Netball, Touch Football and Soccer. Mr Reynolds and Mrs Ralph may be conducting school team trials to select eligible athletes to attend.

A reminder to all students the need to bring a water bottle and be wearing closed in shoes for all PE lessons. As the hot weather is well and truly upon us, the need to stay hydrated is essential. Closed in shoes are a mandatory Workplace, Health and Safety requirement for all school activities. Thank you for your continued assistance regarding these items.

P&C News

Email: pandc@eimeoroadss.eq.edu.au
Uniform Shop - opening fortnightly
(see enclosed notice).

Dollarmite Banking to commence Tues March 11th
(see enclosed notice)

Welcome back fancy dress dance was postponed due to the weather to Thursday the 6th of March. If you can help to serve food and drinks while your child/ren is not dancing please come join us.

Hotdogs and Drinks only.

P&C membership & nomination (for Exec/Committee positions) forms are available at the office or email us.

P&C Meetings - 3rd Tuesday each month. Next meeting is our AGM on 18th March 2014 @ 6pm in the Admin Building Staff Room ☺

Win iPads for Eimeo Road School

The Daily Mercury is offering a set of 10 iPads to be won by one lucky school. The school with the most tokens per student wins! We would like you to collect the tokens from the Daily Mercury and place them in the box in the office foyer. The tokens appear in the paper daily from Monday 22 February to 31 March.



FROM THE GUIDANCE OFFICER

Zzzzzzzz.... The Importance of Sleep

Did you know:

- Hyperactivity in some young people may be due to a sleep problem
- Snoring can affect school work
- Quality of sleep is just as important as quantity
- Most sleep problems occur in teenagers and the elderly
- Ten percent of teenagers have clinically significant anxiety causing sleep problems
- Over a third of primary school-aged children experience problematic night fears
- Lack of sleep can cause hallucinations
- Collapsing with laughter may actually indicate a sleep problem
- Nine out of ten people who play a computer game, dream of it that night

Sleep, or lack of it, is probably one of the most-discussed topics of a human being. New parents discover its vital importance in those first few weeks and months. The quality and quantity of sleep affects the well-being of everyone in the household — it's the difference between being cheerful, alert and action individuals or members of the walking dead.

Most kids' sleep requirements fall within a predictable range of hours based on their age, but each child is an unique individual with distinct sleep needs. Still, sleep is very important to a child's well-being. As a general rule, 6 to 9 year olds require 10 hours sleep a night; 10 to 12 year olds, at least 9 hours ; teens, 8 to 9.5 hours per night. Ideally routine contributes to better sleep ie. going to bed at the same time every night and waking at the same time. The link between a child's lack of, or poor sleep, and his or her behaviour isn't always obvious.

The type of sleep a person has is equally important. A good night's sleep will give enough rest and energy to tackle life's challenges. Snoring or holding of breathe will affect oxygen flow and cause disruption to sleep patterns. Tossing and turning, talking in one's sleep, constant moving, waking regularly or sleep walking indicate an active mind and body which again works against restful sleep. When adults are tired, they can either be grumpy or have low energy, but kids can become hyper, disagreeable, and have extremes in behaviour. Concentration and general behaviour are affected and in the school setting this can be dire.

There isn't one sure way to raise a good sleeper, but every parent should be encouraged to know that most kids have the ability to sleep well. The key is to try, from early on, to establish healthy sleep habits. If you have concerns seek help from your Doctor.

Dates to Remember

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| Thursday 6 March – Welcome Back Dance |
| Tues 18 March – P&C AGM 6pm |
| Wed 19 March – Pass the Poetry – Art Council Performance |
| Fri 21 March – Harmony Day – Wear orange shirt / gold coin towards Chaplaincy, Anti Bullying Day |
| Mon 24 March – Choral Festival, MECC |
| Fri 4 April – last day of Term / Boardies Day – gold coin for Lifesaving |

Safety Circus

The Safety Circus is in town, and Eimeo Road School's grade threes were lucky enough to see them live in their own school. The Safety Circus team loved performing for the grade three students and they were an excellent audience. The students helped Jessie (the main character) to find her mum after she lost her at the circus, and together they learnt lots of new safety skills.

Safety Circus showed the grade threes all about how to stay safe when riding your bikes, scooters and skateboards, and now they know to always clip your helmet up and act just like a car would on the road (stop at traffic lights and stick to the left). They also know that they can help their friends out if they are ever being bullied. They can use the distracting method, that is taking the focus off the person they are picking on, and if it continues they should definitely tell a trusted adult. Finally, they learnt all about listening to their bodies and the funny butterflies that can be in their tummies if they're feeling unsafe. They know all about their five safety networks and that each finger is another trusted adult that can listen and help. Safety Circus would like to thank the students and teachers at Eimeo School for having them and hope they enjoyed their time at the circus.



Music Notes

Welcome to another year of music at Eimeo Road State School. As always it promises to be full of an array of musical adventures for all ages.

To start the ball rolling, we have again the annual Mackay Choral Festival, in which members of our school's year 5 and 6 students perform in a massed choir of around 500 at the MECC. This year for the first time it is open to year 5 students, of which many have taken advantage of this opportunity. **Tickets are available from March 1** for this performance on **Monday evening March 24**, and they will most definitely be sold out 'el pronto' and families will miss out, so please do not hesitate to purchase your seats at your earliest convenience.

Invitations for Instrumental Music Camp have been issued to our year 6 students, who will spend the week at Yeppoon, and then perform what they have learned at a concert at the Beaconsfield State School hall of Friday May 30 commencing at 4pm. This concert is open to the public, and is highly recommended if your child has any interest in instrumental music for the future.

Drum Kit and Guitar Clubs have opened this week. They are open to year 3 and above and are conducted on Tuesday and Wednesday 2nd break respectively. These are not instructional lessons, but rather a gathering of students interested in gaining some skills on these instruments. All students in these age groups

are welcome to attend these clubs. Students who have their own guitars are encouraged to bring them if at all possible, as this frees up the number of limited school guitars available for students who do not possess their own.

Fife Band is in the process of learning marches for this year's Anzac Day Parade. Fifes are available from the office for a mere \$8.00ea, and students will need to collect a permission form from the music room in order to qualify. Fife band rehearses each second break Monday, which is our school parade day, in order to prepare for the end of parade march off.

African Drumming is open to all ages prep to year 6, and meets every Friday morning in the uniform shop area. All are encouraged to have a go, and year 6 African Drum Leaders are always eager to help young beginners.

String Ensemble is conducted each Monday morning for years 4 to 6 students. This commences at 8am, so students are expected to be there around 7.45 in order to tune, and ready to start right on 8am. Likewise, Concert band rehearses each Thursday morning at 8am, and students are required to be there around 7.45 in order to start right on 8am.

Rob Covey.



Junior Touch – Nominate Now

Junior Touch winter season begins on **Friday 28 February**. If you would like to nominate a team (boys or girls) or nominate as an individual (and be put into a team) please phone Sharon on 0409050554. If you have never played before but would like to give it a go come along to the Come and Try day on Friday, 7 March. A skills, drills and info session will start at 5.00pm followed by an exhibition match with Sam and Jess from the Biggest Loser. A sausage sizzle will be held at 5.45pm and canteen facilities are available.

Mackay Softball

Mackay Softball Association invites parents to get their kids active and playing a great sport whilst making new friends and social groups. All the clubs welcome new players for the 2014 season commencing in May. All upcoming Softball Sign on days for adults and children are held at the Mackay Softball Fields, Beaconsfield Road, Andergrove. Come along to any of the days for more information and sign on.

Dragons: 2nd March 2pm – 4pm

Contact: Noreen 4942 7606

Angels: 8th March & 15th March 10am – 2pm

Contact: Chub 0416 432 988 or Linda 0427 114 955

Hawks: 16th March 2pm – 4pm

Contact: Cheryl 0428 182 248 or Kim 0420 309 905



HAWKS SOFTBALL CLUB

Come along and join in both the fun, and the competition of this great sport!

Sign on 16th March 2014 - 2pm – 4pm

Theo Hansen Park (Softball Fields)

Beaconsfield Rd, Mackay

We offer the following grades:

T-Ball/U12 (4+) C Grade

B Grade A Grade

Men's Comp

New and old players are encouraged to join!

Games are played from 12noon Saturdays

Contact: Cheryl PH: 0428 182 248

HAPPYGRAMS

This huge number of wonderful students have earned 10 "Beaut" certificates showing that they can :

Be Safe,

Be Responsible,

Be Respectful,

and so have been awarded a Happygram

Year 1

Sharlett Burrows

Felicity Harris

Izabella Nunn

Sarah Smith

Dallin Oliver

Samantha Woods

Riley Camilleri

Georgia Day

Cooper George

Kai Hahne

Talia Kocour

Lachlan Laird

Hannah Reid

Sophie Withers

Lachlan Hansen

Bradley Gallagher

Oliver Grieve

Liam Cotton

Kassidy Davis

Brianna Duncan

Eva Jackson

Grace Ridge

Faith Thompson

Year 2

Eliana Atkinson

Jasmine Busst

Mackenzie Crichton

Benjamin Dingle

Saxon Fatnowna

Lachlan Ferris

Tyler Gregory

Keegan Hutton

Harry Laing

Flynn Marchant

Shayla Mitchell

Cooper Powell

Katie Purser

Molly Robertson

Noah Serrano

Paige Susdorf

Jaysia Tuhiwai

Lacie Walsh

Brodie Wilson

Benjamin Dingle

Luke Marwick

Katie Purser

Jake Young

Year 3

Ethan Bradley

Darcy Darlington

Ocean Johnston

Tyler Morgan\

Brooklyn Perkins

Brianna Phillips

Andrew Stevens

Lexie Walton

Bree-Elle Wilson

Josh Zammit

Montanah Dowden

Megan Thomson

Maya Weatherley

Jemima Burgess

Nikolaus Djukic

Cooper Fairfull

Aleisha Harris

Rayeang Hayward

Evie Jones

Madison-Lee Polkinghorne

Jordan Rockliff

Jacob Turner

Rylee Venton

Year 4

Michael Braker

Tahlia Campbell \

Ashlee Morrison

Tamane Namai-Glanville

Ty Parker-Von Stanke

Sybrandt Scholtz

Benjamin Withers

Sophie Baldwin

Chloe Chase-Hodgson

Lara Edge-Williams

Lucas Clarke

Jamie McNally

Nandini Potunak

James Webb

Johl Barron

Levi Browne

Corey Cowan

Tamika Jose

Shakira Mills

Jaxon Minchin

Bohde Norton

Dakota Pretlove-Mullings

Oliver Rule

Madison Tisdell

Quinlan Wilson

Hayden Wong

Year 5

Kelsey Chapman

Claire Kellion

Mikaela Laguda

Alyssa Neilsen

Georgia Pegg

Stephanie White

Carl Will

Savannah Bell

Lily Buttigieg

Ziggy Hamilton

Catie Heald

Year 6

Michael Bowen

Amber McGrath

Sarah Raines

Jessica Walters

Taylah Browne

Shae Clarke

Georgia Knox

Ella Millen

Courtney Mitchell

Denver Pegg

Cody Poole

Casey Smith

Jacob Smith

Kaitlyn Sola

Seanna Tyler