AUGATHELLA STATE SCHOOL NEWSLETTER

Motto: Strive to Succeed

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Quote of the Week

"Don't be afraid to take an unfamiliar path, sometimes they are the ones that take you to the best places"
- Unknown

Thanking our Tuckshop Volunteers

During November, tuckshop convenors and volunteers are recognised for the important contribution they make to the operation of school tuckshops across the state. Tuckshop Day is an opportunity to say thanks to our volunteers for their time and contribution. We are fortunate to have our tuckshop operate each week and we **acknowledge and thank Jo as coordinator and all of the mums and helpers** who volunteer their time and donate cooking to ensure that this service is available to all of our school families. Tuckshop provides nutritious food and drinks which helps students to concentrate and learn well in class. It also means our families can have one less task to worry about at the start of one of their weekdays! Thank you to all our amazing volunteers – we appreciate the time you contribute to our tuckshop program.

I ♥ my tuckshop
Smart Choices for Queensland Kids

Transition Visit

It's that time of year again when some of our **Year 6** students work through a transition program that will see them attend Charleville State High School in 2027. Another transition day happens this Thursday 5th November and I would like to **thank the High School** for providing these opportunities for our students – it is an important part of allowing students to feel familiar and more comfortable as they move from primary school into secondary school. We look forward to hearing all about the day!



Kindy 2026 Information Session

Starting Kindy is an important milestone in a child's life and supporting children to successfully transition to Kindy helps foster their enthusiasm for lifelong learning. We will be offering an orientation and information session on **Monday 9th November** for families and Kindy kids from **9 – 10am** to discuss our Kindy program and its requirements. Another **orientation session for our 2027 Kindy children will then be offered on Tuesday 24th November from 9-11am** when children will be able to join the Kindy to familiarise themselves with the room and staff. We look forward to welcoming our pre-Kindy children to our school knowing that this transition is a time of great excitement and anticipation, not just for the children, but their families also. I would like to encourage all families to attend the information session – we look forward to seeing you then.

Assessment and Reporting

As the term continues, I would like to remind our families about the importance of ensuring that students are attending school each and every day. All classes are currently preparing to undertake numerous **assessments** that will be used to base end of year judgments on. The next couple of weeks will be very hectic for students in the classrooms so your support is appreciated. When all assessments are complete, we will begin our **school reporting process**. We anticipate that reports will be available to families during the last week of Term 4.

Parenting Information

This week we are sharing some parenting information that is provided by the Australian Parenting website – **raisingchildren.net.au**. With the term entering a busy period, it is important to remember and encourage **good sleep habits** in our children to ensure they are ready to perform at their best in all class activities and tasks. Some good tips, and some I am sure would be good, not just for the kids, but for us as well!

Natalie Newell, Principal.

Kindy - Prep - Year 1 - Year 2 Class - Natasha Wade

Welcome to Week 5! This week for English, the P-2 students have compared the similarities and differences of a poem and a procedure. The students did a really great job thinking all the way back to their Term 2 learning and had so many great comparisons. We will look at a new poem this week, highlighting the language features and answering some questions about it. In Maths, the students have been using MAB blocks to show numbers in a variety of ways, skip counting in 2s, 5s and 10s and also continuing their learning about repeated patterns. In Kindy this week, their focus story is *Pig the Monster.* The children will do some learning and exploring with pumpkins - counting the seeds, painting with it and exploring them in the sensory tray. Have a wonderful week!

Year 3 - 6 Class - Olivia Matherson

Hello and welcome to Week 5! Can you believe we are already halfway through the term? Last week, our behaviour of the week was "I ask for help". This is an important behaviour to focus on, as it is vital that students develop both the confidence and ability to ask for help when they need it. In English this week, we have been analysing traditional Australian poems, identifying rhyming patterns, sound devices and literary devices. It has been fantastic to see the students diving deeper into these poems and developing their ability to recognise and explain the different features of poetry. In Maths, students are learning about algorithms and the number patterns that can be generated when set rules are followed. Students will also be completing assessment before we move on to a new topic of Probability and Statistics next week. In HASS, our Year 3 and 4 students have been investigating maps and familiarising themselves with using an atlas to locate important places. Meanwhile, our Year 5 and 6 students have begun exploring needs and wants as they brainstorm ideas for a new business that could benefit our community. I look forward to seeing the creative suggestions they come up with!

As always, have a wonderful week, and please feel free to reach out if you have any questions.

Positive Behaviour for Learning (PBL)

Be Respectful Be a Learner Be Safe

Behaviour of the Week: I follow instructions.

This week in our Positive Behaviour for Learning lessons, the students are learning about the importance of following instructions. This positive behaviour expectation has a Be Respectful focus and is applicable to all areas. In class, students discussed the importance of following instructions and what it means to be an active listener.

Students of the Week

I ask for help.

Lucy & Ardie

Tidy Class

3-4-5-6

Class

Tuckshop

On tuckshop this week will be Melissa Russell and Nisha Dhakal. Melissa Russell will be on homebake.

Key updates, information and still to come…

Kindy Information Session - 9-10am Monday 9th November
Remembrance Day - Wednesday 11th November
Pool Lifeguard Training - Saturday 21st - Sunday 22nd November
Swimming Clinic - Monday 23rd - Tuesday 24th November
Kindy Transition Morning - 9-11am Tuesday 24th November
CPR/First Aid Training - Tuesday 24th November
Swimming Carnival - Friday 27th November
Kindy Graduation - 2:30-3pm Tuesday 1st December
Rewards Day - Wednesday 2nd December
Presentation Night - Thursday 3rd December
Term 4 Finishes - Friday 4th December



Good sleep habits: 12 tips

Getting into good sleep habits can help your child have a good night's sleep. And if your child is sleeping well, chances are you might sleep better too. Here are some ideas to get you started.

Establish routines

1. Keep regular sleep and wake times
If your child is six months or older, help him go to bed and get up around the same time every day. Keep wake-up times on school days and weekends to within two hours of each other. This can help get your child's body clock get into a regular rhythm. The body clock is just developing in children younger than six months, but you can still encourage a regular bedtime and wake-up time.

2. Avoid daytime naps for older kids
If your child is five years or older, avoid daytime naps. Daytime naps longer than 20 minutes can make it harder for children over five to get to sleep at night, to get into deep sleep, and to wake up in the morning.

3. Relax before bed
Encourage your child to relax before bedtime. A regular bedtime routine of bath, story and bed help younger children feel ready for sleep. Older children and grown-ups might like to wind down by reading a book, listening to gentle music or practising breathing for relaxation. This helps the body get ready to catch a 'wave' of sleepiness when it comes.

4. Wind down at night
If your child has a busy morning routine, encourage her to use some wind-down time at night to complete morning tasks, such as getting clothes ready for the next day, making lunch, or getting her school bag ready.

Check your child's sleep environment

5. Make sure your child feels safe at night If your child does feel scared about going to bed or being in the dark, you can praise and reward him whenever he's brave. Avoiding scary TV shows, movies, computer games or books can help too. Some children with bed-time fears feel better when they have a night light or a personal alarm under their pillows.

6. Check noise and light in your child's bedroom A dark, quiet, private space is important for good sleep. You can check whether your child's bedroom is too light or noisy. It'll probably help to turn off electronic stimulation in your child's bedroom at least one hour before bedtime. This includes loud music, mobile phones, computer screens and TV.

7. Avoid the clock If your child is 'clock watching', encourage her to turn her clock around or move it to where she can't see it.

8. Try relaxing activities before sleep
If your child can't get to sleep straight away, he could try doing something relaxing like listening to gentle music or reading a book under dim light. In the mornings, he should get out of bed when he wakes up, rather than trying to go back to sleep.

Encourage good health and nutrition

9. Eat the right amount at the right time
Make sure your child has a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make the body more alert or uncomfortable. This can make it harder to get to sleep.

10. Get plenty of natural light in the day
Encourage your child to get as much natural light as possible during the day, especially in the morning. This will help her body produce melatonin at the right times in her sleep cycle. A healthy breakfast also helps to kick-start the body clock.

11. Avoid caffeine
Encourage your child to avoid caffeine – in energy drinks, coffee, tea, chocolate and cola – or avoid offering them in the late afternoon and evening.

12. Do some exercise
Physical activity and exercise help children aged 2-15 years to sleep longer. It's not a good idea to play sport or be active late at night, though. The stimulation and increase in body temperature can make it harder to go to sleep.

Other ideas

If worries and anxieties affect your child's sleep, you could work on the problem together during the day. You could talk about it with your child or he could try writing anxious thoughts in a journal.
It's always a good idea to praise your child when you notice she's trying to make changes to sleep patterns or is trying out a new routine.

Sleep problems

Up to 40% of children and teenagers have sleep problems.
Lack of sleep affects children and adults in different ways, and can have a negative effect on behaviour, emotions, attention, social relationships and school or work performance. For example, your child might be, moody, have trouble concentrating and get sick a lot. When you lack sleep you might have trouble making get drowsy while driving and have trouble following a conversation.