Dear Parents and Carers,

Once again it has been an incredibly busy fortnight, our term is racing away very quickly! Over the past 2 weeks, we have all been excited by the Rio Olympics. It has been very special to see some of our own kids on the TV screen as part of the Woolworths advertising campaign and also on the 7 Local News. Being involved in the campaign has been a great experience for our whole community and has connected our children to the Olympics in a much more personal way.

I personally love the Olympic Games, not only for the sports themselves but for the wonderful displays of dedication, determination and sportsmanship by the athletes. It is always inspiring to watch athletes like Anna Mears, Usain Bolt and Micheal Phelps competing in their events, but I think the most inspiring athletes are those who lose with grace, support others in their sports and represent their countries with pride.

I have been particularly inspired by the show of great sportsmanship from Cameron McEvoy when he was beaten by Kyle Chalmers in the 100m freestyle. It must have been a crushing moment for Cameron McEvoy who was a clear favourite before the race, but his show of support for his teammate was just beautiful. I was equally impressed by athletes American Abbey D’Agostino and New Zealand’s Nikki Hamblin who both fell in the 5000m foot race. D’Agostino appeared to clip her opponent’s heel as the pair collapsed, with both sustaining injuries. D’Agostino lifted Hamblin off the ground, but it soon became the clear the American had come off worse as she urged her rival to carry on without her. But Hamblin was having none of it, and the duo continued to run for a short time before D’Agostino let Hamblin move ahead. The Kiwi ended up finishing with a time of 16.43, over a minute-and-a-half behind heat winner Almaz Ayana, with D’Agostino finishing last in 17.10. It is these defining moments which I believe make the Olympics so special and can inspire our children to greatness – who knows, we may see some of our kids competing in Tokyo in 2020?!?

Have a fantastic fortnight everyone,

Hayley Laidlow
Principal
Save the Date
28 August – IGA BBQ
24-26 August – QASSP State Conference – Hayley away, Tracie in charge
30 August – Regional Director Sharon Schimming and ARD Reid Thompson visit, P&C Meeting
2 September – Spirit of ANZAC presentation, Townsville Civic Theatre
3 September – Water Festival
12-16 September – Hayley LSL, Tracie replacing
15 September – Burdekin Cluster Day ‘The Arts’ – Clare State School
16 September – Last day of school

P&C News
Active P&C membership is vitally important to the success of our school so I would encourage you all to come along to our meetings and see how you can help. All parents, carers and friends of the school are welcome to attend. Our next meeting will be held on Tuesday 30 August at 6:30pm in the staffroom.

Attendance
Our current attendance rate for the year (as at 18 August) is 88.7% - this has improved marginally over the last fortnight and we hope to see continued improvement over the coming weeks.

Playgroup
Unfortunately, due to changing work commitments, Mrs McConville is no longer able to facilitate our playgroup and as such it has been cancelled until future notice. We would like to say a huge thank you to Mrs McConville for all her hard work in helping to run our playgroup this year. If you, or someone you know are interested in assisting us with running our playgroup in the future, please let us know as we would like to get it started again as soon as we can.

Reward Day
As your children have probably told you, the class filled their marble jar today! This is very exciting as it has taken 3 terms for the students to achieve this class goal. The reward for filling the marble jar is a class reward day! We will be taking the children to Townsville on Thursday 1 September for a day full of fun and surprises. There will be no cost involved for this excursion. Children will need to wear their school uniform and bring a hat and water bottle. Please be at school by 8:30am on the day.

Spirit of ANZAC presentation
On Friday 2 September, students in Years 4-6 will be travelling to Townsville to view the Spirit of ANZAC presentation at the Townsville Civic Theatre. Due the nature of the content of the presentation, it is unsuitable for younger grades. There is no cost for this excursion, students will need to wear their school uniform and bring their lunch, a hat and water bottle. We will meet at school and Miss Laidlow will transport the students to the United Service Station on the north side of the Burdekin Bridge where we will meet the bus. We will then travel to Townsville with the other schools, attend the presentation and then travel home. The students will return to school by 3:00pm.

IGA BBQ
This Sunday, the P&C will be holding a sausage sizzle at IGA from 10am-12pm. If you are able to help out, please come along. Please wear closed footwear.

Student Banking
Don’t forget, Student Banking day is Wednesday. Student Banking is a great way to teach kids about how to save money and it also benefits our school as we receive financial benefits for each student who has an account which is registered with our school banking account. If your child does not have a student account and you would like to open one, please let us know and we give you a copy of the required forms.
Eggs

Our chickens are very happy and are laying well. We are currently getting approximately 3 eggs per day. If you would like a dozen eggs, please let Miss Laidlow know. All we ask is that you make a small donation to our ‘feed fund’ and return your egg carton to school.

Reading Strategy of the Week

QAR Strategy

The question–answer relationship (QAR) strategy helps students understand the different types of questions. By learning that the answers to some questions are "Right There" in the text, that some answers require a reader to "Think and Search," and that some answers can only be answered "On My Own," students recognize that they must first consider the question before developing an answer. Four types of questions are examined in the QAR:

- **Right There Questions**: Literal questions whose answers can be found in the text. Often the words used in the question are the same words found in the text.
- **Think and Search Questions**: Answers are gathered from several parts of the text and put together to make meaning.
- **Author and You**: These questions are based on information provided in the text but the student is required to relate it to their own experience. Although the answer does not lie directly in the text, the student must have read it in order to answer the question.
- **On My Own**: These questions do not require the student to have read the passage but he/she must use their background or prior knowledge to answer the question.

The QAR strategy is helpful in developing children’s understanding of text and their comprehension skills. For more information about the QAR strategy you can visit [http://www.readingrockets.org/strategies/question_answer_relationship](http://www.readingrockets.org/strategies/question_answer_relationship)

How to raise resilient kids

Next time your child is furrowing their brow and staring off into space, ask them if they're thinking dolphin or shark thoughts. That's the advice from psychologist and resilience specialist Andrew Fuller on helping your child to recognise the positive (dolphin) or negative (shark) approaches they may be taking on life issues.

"Dolphin thinking can help you out and shark thinking can eat you up. It doesn't matter how old your kids are, they can still understand it," Andrew says. Dolphin thinking and shark thinking is just one in a series of simple tools you can use to help your child develop good resilience skills. Other tools include playing games and puzzles with your child to develop their problem-solving and concentration skills, teaching your child to read people's emotions to understand objective situations, and helping them to learn how to cheer themselves up after a hard day.

Learning to become successful is one of the most important aspects of building resilience. "The things that are most important are teaching children what a good life is, how to live life well, how to extract pleasure out of things and how to turn things around when they're tough," Andrew says.

Top tips on building resilience

1. Teach your child to experience success by supporting them in something they like doing whether it's a sporting, academic or artistic endeavour.
2. Help them develop skills to be successful at school such as having a good concentration and memory by playing card games and puzzles.
3. Being able to read people's emotions is powerfully predictive of how well children can get on with people at school. Play games with your child by predicting what sort of day a person walking down the street may have had.
4. Be aware of the ‘yuk and yum’ factor – some things will make your child feel good and other things will make them feel bad. The idea is for them to gather things around them that cheer them up if they've had a bad day.
5. Keep things in perspective – explain to a grumpy child their circumstances are not the worst possible, and that others have been through similar situations. Walk beside them as they handle the situation. This helps them to build hope and the belief they can handle problems when they come up.

Wonderful Work from Osborne this week…

Everyone had a great time and tried their very best at the Small School Combined Sports Carnival held at Clare SS. We have also been working hard on our reading – using our new reading tents for quiet reading time. We have also started writing our traditional stories and information reports in English.
Does Your Child Have a Chance of Being Successful?

1 or 2 days a week doesn’t seem much but......

<table>
<thead>
<tr>
<th>If your child misses....</th>
<th>That equals....</th>
<th>Which is.....</th>
<th>and over 13 years of schooling that’s...</th>
<th>Which means the best your child might perform is ......</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day per fortnight</td>
<td>20 Days per year</td>
<td>4 weeks per year</td>
<td>Nearly <strong>1.5 years</strong></td>
<td>Equal to finishing in grade 11</td>
</tr>
<tr>
<td>1 day per week</td>
<td>40 Days per year</td>
<td>8 weeks per year</td>
<td>Over <strong>2.5 years</strong></td>
<td>Equal to finishing in grade 10</td>
</tr>
<tr>
<td>2 days per week</td>
<td>80 Days per year</td>
<td>16 weeks per year</td>
<td>Over <strong>5 years</strong></td>
<td>Equal to finishing in grade 7</td>
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<tr>
<td>3 days per week</td>
<td>120 Days per year</td>
<td>24 weeks per year</td>
<td>Nearly <strong>8 years</strong></td>
<td>Equal to finishing at grade 4</td>
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Osborne State School
For all students to have opportunities to obtain a quality education and develop life-long learning skills

At Osborne State School
Every Child Matters, Everyday

Ask us about help with getting your children to school everyday!!!

Quality Behaviour......
Quality Teaching & learning.....
Quality Relationships.....
Quality Outcomes