

# The Osborne Observer

Friday 28 February 2014

Newsletter 3, Week 5

Osborne State School

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Dear Parents and Carers,

We have had a busy fortnight with a visit from the Gudjuda reference group, children working hard on assessment items and in class. Unfortunately due to inclement weather, we had to postpone the working bee that had been scheduled, please keep an eye on our Facebook page over the coming week, as we will be rescheduling soon.

## P&C Meeting

Our next P&C meeting will be held on **Monday 10<sup>th</sup> February 2014 at 7pm** in the staff room. At this time we will conduct our **Annual General Meeting (AGM)** which will be followed by a general meeting. At the AGM, all executive positions will be declared vacant. 2014 will be an extremely busy year for our school and any assistance you can offer us is greatly appreciated. All parents, carers and friends of the school are welcome to attend.



## Centenary Committee Meeting

Our next centenary committee meeting will be held on **Wednesday 5 March at 3:15pm** in the staffroom. The centenary events are fast approaching and we need all hands on deck to help with preparation. Please come along and see what you can do to help out.



Education Outreach Inc.

## JAG – Junior Astronomy Group

The first meeting of JAG will take place tonight (Friday 28 February) at 6pm on the school oval. All students in Year 5 and over are welcome to attend.

## Paluma Science Camp

Currently, in science, we are studying biology and are part of the IMPACT Science project. As a pilot school, we are participating in weekly, online science lesson, led by Miss Laidlow where we connect with other small schools from across the North Queensland Region. As part of the assessment for this unit of work, students will be visiting the Paluma Environmental Education Centre to study the biology of the rainforest. Children in Grades 3-7 will be involved in this excursion. It will involve a 2 night stay at Paluma from Wednesday 19 – Friday 21 March. The cost of the excursion is **\$40 per student** (this cost has been heavily subsidised both by the school and P&C). If your child will be attending, please return the attached **permission forms and money to school by Friday 14 March.**



## Reading Strategy of the Week

Each fortnight, we are going to feature a reading strategy in the newsletter. This week we are featuring 'Eagle Eye'. The Eagle Eye strategy says – Look at the pictures for clues. When reading picture or short chapter books, there are often great clues for reading in the pictures. When reading with your child, don't forget to remind them *"Use your Eagle Eyes!"*

## Student Resource Scheme 2014

The current levy is **\$55 per child per year**. This levy will cover ALL stationery items for the 2014 school year. Items that are not covered under this levy are: school bags, hats, lunch boxes, lunches and school excursions. All student resource scheme payments will need to be finalised by Week 10





## Healthy Lunches

As we have 3 breaks during the day, some children are finding that they are eating all of their lunch in the first 2 breaks. Please ensure that your child has enough food in their lunchbox for 3 breaks, including something healthy (a piece of fruit/vegetable or a sandwich) to eat at snack break time.

### **Why are healthy lunches important?**

A healthy school lunch provides sound nutrition to establish a lifetime of healthy habits and the energy your child needs for the rest of their busy day.

**Provides Key Nutrients:** It's vital your child eats a healthy lunch, because lunch provides one-third of their daily calories. You want to make those calories count by offering nutrient-dense foods. Children who eat a healthy lunch have a higher nutrient intake not only for lunch but also for the entire day -- compared to children who don't -- according to the website,

**Limits Fat Intake:** The Heart Association recommends children get no more than 25 to 35 percent of their calories from fat, with most fat coming from polyunsaturated and monounsaturated fats. Think fresh fruit and sandwiches as opposed to pizza, cake and cookies. This is enough to support normal growth and development, and to meet your child's energy needs while supporting sound heart health -- for now and the future.

**Prevents Obesity:** Dr. Dan Taber, an investigator for the research program, Bridging the Gap, told the Robert Wood Johnson Foundation that providing children with healthy foods at school is a key step in decreasing childhood obesity rates. Healthy options, such as high-fiber foods, whole-grains, fruits, vegetables, legumes and low-fat dairy products, will fill up your child and keep them full longer. This can prevent unwanted weight gain and chronic health conditions.

**Boosts Energy and Grades:** When children don't eat a healthy lunch, it's harder for them to concentrate at school and to muster the energy for after school activities. They're also more likely to reach for unhealthy snacks later in the afternoon. By offering a healthy school lunch, your child will get the energy they need to power through the afternoon. A study published in 2008 in the "Journal of School Health" examined the eating habits of nearly 5,000 school children. Children who ate more fruits, vegetables and protein and fewer calories from fat, performed better on literacy tests compared to children with a high-fat, high-salt diet.

For more information visit: [www.livestrong.com](http://www.livestrong.com)



## Classroom Rules

This week we have been focussing on learning our classroom rules and putting them into action. We have 3 classroom rules, they are known as the 3 Bs:

1. Be responsible
2. Be respectful
3. Be safe

## Hi 5

This year we are continuing our use of the Hi 5 strategy at school to help increase children's coping strategies and resilience in the playground. Hi 5 is a strategy children can use when another student is annoying them or is not treating them respectfully. The Hi 5 steps are:

1. Ignore
2. Talk friendly
3. Walk away
4. Talk firmly – 'Stop it! I don't like it'
5. Tell a teacher

Please reinforce these strategies with your child at home.



## Why is Sleep Important for Kids?



"Time to get ready for bed!" someone calls from the other room. Oh, no! You're really into the great book you're reading or that computer game that you're winning. "Why do I have to go to bed?" they ask. "Sleep is boring, and I'm not even tired!" – does that sound familiar? Getting to bed on time can be a challenge for most of us, but sleep is more important than you may think. Maybe you can think of a time when you didn't get enough sleep. That heavy, groggy feeling is awful and, when you feel that way, you're not at your best. This is exactly how kids feel when they don't get enough sleep.

The average kid has a busy day. There's school, taking care of your pets, running around with friends, going to sports practice or other activities, and doing your homework. Phew! It's tiring just writing it all down. By the end of the day, your body needs a break. Sleep allows your body to rest for the next day. Everything that's alive needs sleep to survive. Even your dog or cat curls up for naps. Animals sleep for the same reason you do — to give your body a tiny vacation.

### *Your Brain Needs Zzzzzs*

Not only is sleep necessary for your body, it's important for your brain, too. Though no one is exactly sure what work the brain does when you're asleep, some scientists think that the brain sorts through and stores information, replaces chemicals, and solves problems while you snooze. Most kids between 5 and 12 get about 9.5 hours a night, but experts agree that most need 10 or 11 hours each night. Sleep is an individual thing and some kids need more than others.

One more reason to get enough sleep: If you don't, you may not grow as well. That's right, researchers believe too little sleep can affect growth and your immune system — which keeps your kids from getting sick. For information about the importance of sleep and other great health tips visit: <http://kidshealth.org/>

Yours in Education

*Hayley Laidlow*

Principal

## Wonderful Work from Osborne this week...

# Turtle Talk



Last week, the staff from the Gudjuda Reference Group visited our school to talk to the students about sea turtles. Ranger Eddie, Leah, Anthony and Michaela talked to the students about the importance of putting rubbish in the bin and keeping the ocean clean. They also told us about their work in catching and tagging turtles around Wunjunga beach. We found the presentation very interesting and look forward to having them visit our school again soon.