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From the Principal

16th October, 2014



The Principal's Perspective

Welcome back to the final term for the 2014 school year here at Chatswood Hills. In my travels around the school this week it appears that students have settled back in well and are working hard towards their individual learning goals. It was heartening to see so many parents taking part in our three way reporting process towards the end of last term. Students need to take responsibility for their own learning but parents play a vital supporting role in education. Simply by turning up to the parent – teacher – student interviews, asking your child daily about their learning, attending school functions, and reading with them regularly, you are sending a clear message to your child that you value their education and are willing to play an active role in assisting them to achieve. It is no coincidence that the families I have been meeting at our Principal's Morning Teas all tell me how proud they are of their children, and the ways they encourage them at home to learn. I have publicly stated for many years 'that being a parent is the most important job in the world!'

Another way in which you can assist your child to be successful at school is to establish regular sleeping habits at home. A recent study in the UK highlighted the importance of students having regular bedtimes in order to perform well. It really outlined how boys in particular, are adversely affected in the areas of reading, writing and mathematics, if regular sleep patterns are not adhered to. More and more studies are showing how a lack of sleep is linked to poor behaviour, anxiety and depression as well as poor cognitive performance. Children love routines. Good routines of all kinds (meal-time, bath-time, homework time, bed-time, wake-up time) are essential to children's healthy development and makes them feel safe and secure. Kids in chaotic homes use much of their brain power figuring out what comes next and this heightened state of arousal has a negative effect on the developing brain in the long term. As adults, I'm sure you've all at one time or another, felt the effects of not getting enough sleep. We feel sluggish, tired and run down, find it hard to concentrate, and certainly are unable to function and perform at our best.

Here are a few simple ideas to make sure your kids' bed-time stays regular and routine-like:

1. Don't let kids stay up more than an hour or two later on weekends.
2. Have a regular unwind time before they go to bed and don't let them sleep in front of the TV. Often parents who arrive home late from work will want to play with their children just before the designated bed-time and this makes them over-excited. Perhaps some quiet card games, reading or block building may be best if this is the case.
3. Try to avoid exercise, big meals or hot baths directly before going to bed and dim the lights
4. Prior to bed-time and limit computer games/TV/iPads or other devices which emits strong light.
5. Reading a book with a warm glass of milk prior to sleep also helps.

A handout providing more information about the importance of sleep and further tips for children can be obtained from our office.

Congratulations to Ms Taylor for all of her expert organisation in ensuring that PE Week was successfully promoted and celebrated in our school. Visitors to Chatty throughout the week included representatives from the Brisbane Roar, Qld Cricket, Lawn Bowls and Hockey. They engaged our students in a variety of fun skill drills and games as well as highlighting the importance of maintaining an active and healthy lifestyle. Feedback from the children indicated that they loved the variety of Physical Education options that Ms Taylor organised. Particularly popular was the staff vs students soccer rounders game today, which after a couple of dubious umpiring decisions, ended in a 10 all draw. Everyone involved had heaps of fun.

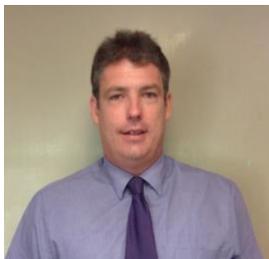
This is yet another wonderful example of the variety of learning experiences afforded to the children who attend our great school!

Yours in Education

David Teale

Principal

From the Deputy



Welcome back to Term Four. It is during this time that we start to put together classes for 2015. This process takes a long time and isn't finalised until after the eighth day of the new school year, although we aim to have a day in the last week of school where students will move up to their 2015 classes. In light of this it is imperative that existing families with Prep aged students for 2015 have the correct enrolment paperwork into the office as soon as possible. If you don't get your paperwork in by this time we cannot guarantee a place for

your child in the new academic year. Prep parents must also have birth certificates for their child. Without an official birth certificate a student cannot start at our school.

Prep and 2015 enrolment interviews start next week. We will hopefully be in a position to make offers to families at the end of October, beginning of November. Our aim is to ensure that families don't go to the Christmas break not knowing that they have a position at Chatswood Hills State School.

If you know for sure that you will not be at Chatswood Hills for next year could you also let the school know that you will not be returning in 2015.

Term four is also the term full of lots of celebrations, Year 6/7 graduation, P and C Christmas Carols, report cards, Academic parade and many more.

I look forward to working with students and families over the next 8 weeks.

Please remember that next Monday, October 20 is a Pupil Free day.

Behaviour and Uniform

A reminder that now that the warmer weather has arrived there should be less jumpers. If your child needs to wear a jumper it needs to be a school one. Please remind students to drink lots of water throughout the day as the weather warms up.

Remember that senior girls can only wear the sport shorts on days that they represent the school in sport. All girls need to wear the school culottes.

Shoes must be all black. Most students follow this requirement. Of those that don't many would adhere to the school's dress code if they bought black shoelaces. High top (or basketball shoes) are not part of the school's policy.

A new term means that our students are back to Phase One. This award is already given to our students and it is up to each individual to maintain a Phase One level

UNSW Results

Congratulations to the following students who have achieved at a high level in the UNSW Maths competition. Certificates will be presented on assembly after the holidays.

Alexander	Year 3	Distinction
Nikhata	Year 7	Credit
Clancy	Year 6	Credit
Sohini	Year 6	Credit
Joseph	Year 5	Credit
Paige M	Year 5	Credit

Ryan	Year 5	Credit
Melody	Year 5	Credit
Danny	Year 3	Credit
Jaoquin	Year 3	Credit
Carly	Year 6	Merit
Jonty	Year 6	Merit
Jazlyn	Year 5	Merit
Trey	Year 5	Merit
Robert	Year 5	Merit
Jade	Year 5	Merit

School News

Principals Awards

Paige P for outstanding attitude towards learning.

Erika A for being a delightful student, always demonstrating the 4C's.

Filip G for working hard on Maths extension problems.

Brandon P for consistently following all rules and always striving to contribute to class discussions.

Ellora S for always applying yourself in class demonstrating the 4C's.

Jack C for always applying yourself in class and demonstrating the 4C's.

Shaylen B for being a responsible student in our class.

Tehlia W for always being on task and working hard.

Makaylah W for enthusiasm and commitment to learning.

Kassidy T for being our fastest speller

From the Guidance Officer

PARENTS/CARERS- Do you want to feel more in control, be less stressed and have less conflict in your day.

Do one or two problems make life harder than it should be ? Tantrums ? Mealtimes, Kids arguing?

Find out SIMPLE WAYS TO MORE POSITIVE PARENTING. Kids feel happier about themselves, make friends easier, do better at school.

The focus of positive parenting is to support the emotional and behavioural needs of the child to PROMOTE APPROPRIATE BEHAVIOUR and IMPROVED LEARNING OUTCOMES, in conjunction with supporting parents/carers in developing a wider repertoire of EFFECTIVE BEHAVIOUR MANGEMENT STRATEGIES.

Come along to any of these FREE SESSIONS to hear about some simple ideas to make parenting a more positive experience.

29 Oct (Wed) Logan Central McDonalds 12.30pm start

26 Nov (Wed) Springwood McDonalds 12.30pm start.

Presented by specially trained staff from the Management of Young Children Program (MYCP) which is an Education Queensland Program. For further information contact your school's Guidance Officer.

Jenny Hickey

Chappy at Chats

Operation Christmas Child

Last week!!! If you would like to be involved in this initiative, all items and boxes need to be received by next Thursday the 23rd of October. This allows time to finalise boxes and get them to the Collection Centre.

Operation Christmas Child is a unique program which allows individuals the opportunity to pack a shoebox with small gifts for a child who lives in an area impacted by war, famine, natural disasters, or extreme poverty. Here is a simple way that we can make a difference.

Over the last 2 weeks I have visited each class to talk about Operation Christmas Child and many children and classes have already chosen to be involved. It has been wonderful to see the excitement and enthusiasm of students giving to others less fortunate than themselves.

Items to be included -Something to love (Teddy bear, doll, soft toy).-Something for school (pencils, books, colouring books).-Something to wear (T Shirt, hat, sandals).-Something special (Bangles, Necklace, stickers). - Something to play with (Ball, skipping rope, marbles)- Something for personal hygiene (Toothbrush, soap, washer)

Do Not Include- *No Items that leak or melt *No Food or lollies * No used or damaged items
* No breakable items with glass or mirrors * No item that can scare or harm a child
*no gambling related items.

Parent Connect

Parents are welcome to meet together at the Library on Thursday the 30th October at 2pm for light refreshments and an opportunity to connect with other parents. All welcome.

Light of The World Family Festival

Light of the World is a free entry family festival being held at Mabel Park High School field on Friday the 31st of October from 5:00 pm until 9:00 pm. There will be live music and stage entertainment with local and overseas talent. There will be food on sale and an unlimited pass for rides costs \$2.

Chappy Karen

Lost Property

We are asking for a gold coin donation for any item you wish to purchase from the lost property box. The box is situated outside the office. Please feel free to browse.

P & C News

Uniform Shop News

**** NOW OPEN ON THURSDAYS ****

(not open on Tuesdays anymore only Thursdays)

8am to 8:45am

* If you cannot get to the uniform shop on Thursdays then you can email an order or enquiry to

PandCUniformshop@chathillss.eq.edu.au or put your order with money/credit card details in an envelope with your child's name & class for delivery to their class.

* Uniform Pre-order forms will go out in the next couple of days - return these please by Oct 30th - NO Payment is required until pick up days in January 2015. Pop the completed forms into the Red box in the office, or at the uniform shop or even drop it off at the tuckshop. 1 form per family please.

* Have 1 x size 12 yr 6 senior shirt for sale - \$20 (new)

* Currently out of stock of size 57cm (M) hats. Due back in stock within a month.

* Limited edition Signature Chatty Bears available now !

Sizes Large - \$20 Small \$15

adopt them at the Uniform Shop on Thursdays.

* If your child has grown out of or is leaving the school we kindly accept donations of the old uniforms - bring them down to the uniform shop on a Thursday morning.

Please make sure they are clean, still in good condition (no holes, stains, faded, ripped) so they can be put in the pre owned boxes.

School Banking

The Dollar mites have uncovered the ancient Clam of Fortune. Inside they found these amazing prizes that you could win a share of:

40 x GoPro Hero3 White Edition Cameras

150 x Slip "N" Slide Double Wave Riders.

How to enter

Every deposit you make with School Banking will automatically create one entry for you into the competition. So the more you Bank the more chances you have to win.

Competition closes 30th November 2014

Terry Hodges
School Banking Co-Ord

Date Claimers

22-24th Oct Year 5 Camp

1st-3rd Dec Year 4 Camp

1st-10th Dec Prep-3 Swimming

8th Dec Swimming Carnival (4-7)

9th Dec Graduation (Years 6/7)

10th Dec Dreamworld Excursion

12th Dec Last Day of School 2014

Address: PO Box 330
SPRINGWOOD QLD 4127

Phone: 07 3489 2222

Fax: 07 3489 2200

Absentee Line: 07 3489 2260

Email: info@chathillss.eq.edu.au