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Parents – Students – Teachers

21 October 2009

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Principal's Paragraph

Dear Parents, caregivers and community members

End of year assessments and the reporting period will be upon us before we know it, so did you know that good nutrition every day will assist with mental alertness and the ability to learn? Here's some food for thought on the well fed brain.

While no single food can make a person brilliant, good nutrition is important. The brain is a hungry organ, needing a steady supply of nutrients. It's abuzz with electrical impulses, neurotransmitters and electrolytes that help relay messages. Young people need regular, nutritious food to keep their bodies fuelled and their brains alert.

Sweet thoughts

The brain's preferred energy source is glucose, which is found in carbohydrate foods such as bread, rice, pasta, potatoes, milk and fruit. Include carbohydrate foods in most meals and snacks – but choose the healthy ones!!

Brainy brekkie

Breakfast is the most important meal of the day, as it provides much needed blood glucose to the brain. Research shows skipping breakfast can impair school performance.

Clear your head

Being physically active helps us feel good and think clearly. Regular physical activity and a healthy diet can help keep us sharp. We include Smart Moves in our daily programs.

Brain drain

The brain is 85% water, so dehydration is bad news for brain power and cause headaches and loss of concentration. We should all try to drink 2 litres of fluid a day including plenty of water. Students at Bohlevale are required to have a water bottle with them at school every day.

The brainy Bs

These vitamins help reduce a “learning stopper” in our body.

- Vitamin B6 – helps make neurotransmitters. It is found in chicken, fish, bananas, potatoes, spinach and some breakfast cereals.
- Vitamin B12 – helps maintain a healthy nervous system. B12 is found only in animal products, so meat, fish, chicken, eggs and dairy.
- Folate – essential for normal brain function. Low folate is associated with poor learning performance. It is found in liver, leafy green veggies, some brekkie cereals and peanuts.

The good fish

Brain tissue contains a lot of Omega 3 fats, so these are important for brain function. Fish has a reputation as a “brain food” due to its levels of Omega 3 fats – so eat fish a couple of times a week.

At Bohlevale, we actively encourage children to have healthy food choices at school. Many of our children eat chips, cheezels or high sugar processed foods before school. This does not help blood sugar to remain stable and young brains to be properly fuelled for learning. Teachers will encourage your child to choose options such as a sandwich or fruit during the school day, and keep packaged food and treats for after school.

Every little bit counts in helping our students be the best learners they possibly can.

With kind regards
Loretta Swayn
Principal

PREP PARENT INFORMATION EVENING

The school will be holding an information evening for parents of children who are beginning Prep in 2010.

Date: Wednesday 4th November

Time: 5:30 pm

Venue: Bohlevale State School Library

The evening is designed to inform parents of Bohlevale's:

- curriculum
- uniform requirements
- sun safe policies
- Prep booklist
- daily requirements
- first day procedures

Enrolment forms will also be provided on the evening. If your child is due to begin Prep, please come along and learn about what Bohlevale has to offer.

THIS TERM YEAR 5 ARE LEARNING ABOUT THE AUSTRALIAN GOVERNMENT. AS A WRITING TASK, STUDENTS IN 5MVI WERE ASKED, WHAT WOULD YOU DO IF YOU WERE PRIME MINISTER OF AUSTRALIA?

If I was a Prime Minister I would be great. All teachers would have to wear uniforms. I would give poor people money and buy beds for hospitals. I would also buy more computers, more books and more desks for schools.

By Sydney

If I was the Prime Minister, I would like all of the people to like me. I would give the hospitals more money to get beds, So that people won't have to wait.

I would give the schools more money for education so students learn more.

By Shola.

If I was Prime Minister I would ban homework. There would be no homework given out at all. Homework takes away important family time.

Secondly, I would give hospitals more money because too many people are dying when they should have more beds.

By Maddison .F.

If I was the Prime Minister I would give schools more money for learning and more computers so they don't need to worry about needing to share. I would also fund more libraries and computers, so classes can go at the same time. I would also give more money to the poor so they have the money to buy the stuff they need and can pay there bills & pay for power.

BY KAHLEE.

If I was a Prime Minister I would take care of problems like money problems, housing problems and living problems, so people can be happy. I would give money to the poor so they can have food, water, clothes, first aid, schools, houses, hospitals and shops, so their kids can have money too. Then there will be nice towns and cities.

By Britney

If I was Prime Minister I would be awesome. I would provide schools across Australia with the best education for children, so they can get the job they want when they grow up. I would give more money to jobs, so the workers are not working hard for only a small amount of money. I would also give more money to the poor and homeless so they have money to buy a house, food and clothes. They should not be living on the street. I think nobody deserves to live on the street. I would also give more money to hospitals to extend the buildings and put in more beds. If I was Prime Minister I would make life absolutely wonderful.

By Adrian

If I was Prime Minister I would make a law that no one is allowed to litter in public places. I would pay working people more because they work really hard and don't get enough money. Also I would run a huge hospital fundraiser, so they have enough money to buy more beds and hire more doctors and nurses.

By Dahna

SCHOOL LEVY REMINDER

Just another reminder for all families who still haven't paid their Classroom Resource Scheme (CRS) levy for 2009, that the levy is \$55 for years P-7. This voluntary resource scheme, which has the full support of our P&C Association, is vital for the purchase of classroom resources and consumables that enhance the learning opportunities for each class. If we don't receive these levies from families, the funds must come from school grant funding that could be used to purchase additional resources for the benefit of all our students. Thank you to the families who have already paid their contribution. We would appreciate the families who have not yet paid to please do so at your earliest convenience.

TUCKSHOP NEWS

We still have sports shirts, (\$28.50) and hats (\$11.00) in most sizes and house colours. Either of these can be purchased during tuckshop hours 8.00a.m. to 1.30p.m. Monday to Friday.

Could everyone please make sure they have an up to date price list, these are available from the office and the tuckshop. This menu was printed at the beginning of the last term and is still current. We still have many people using old price lists and therefore changes to orders are sometimes required. There have been no price changes this term. Where possible, please have orders in by 9.00a.m. at the latest and a separate bag is required for each break. Each bag needs to be clearly marked with your child's name, class and order. Correct money where possible is greatly appreciated or orders can be processed for you straight away and change given back to you.

If anyone has any suggestions for what they might like to see on the tuckshop menu please feel free to leave your suggestions at the tuckshop. Thank you for your continued support.

Julie Vickery – Tuckshop Convenor

FAMILY PORTRAITS

The P & C have organised for a professional photographer from *NQ Family Portraits* to take portraits of Bohlevale State School families and friends on Friday the 23rd (late afternoon) and Saturday 24th October. All photos will be taken in the studio at 8 Carthew Street Kirwan. (Not at the school as in previous years). **You will receive a FRAMED 25 X 33cm (10" x 13") FAMILY PORTRAIT FOR \$10.** Additional portrait sizes and other poses will be available on the day. (Please note the \$10 offer is a family portrait and must consist of 2 or more generations.)

Please ensure you return these to the cash window ASAP as spaces are limited and the booking form must be returned with \$10. Any queries, please contact Jo Thomson on 0410 307 204.

STUDENT ART WORK CALENDARS, GIFT CARDS AND MOUSE MATS

The Student Council is holding the art works fundraiser again this year. All students from Prep to grade 7 will be creating an art piece that can then be made into a calendar, pack of gift cards or a mouse mat. They all make great Christmas presents!! The costs are Calendars \$11, Gift Cards \$14 and Mouse mats \$14. Order forms will be given out as soon as they arrive and all orders are to go to the cash window by the 29 October.

PE AND SPORTS

Term 4 Prep to Yr 3 Swim Lessons

Prep to yr 3 students will be given the opportunity to do swim lessons at the North Shore Pool in term 4. The students will receive 8 lessons for \$56.00 – which is \$7.00 each lesson (40 minutes per lesson). The lessons focus on life saving skills and stroke correction for the better swimmers.

Permission notes and payment forms have gone home and lessons start 10th November. If you need to make a payment plan please speak to the admin office staff. Please also note that the school helps reduce the cost for each student attending through the Education Queensland Learn to Swim Grant and this has already been taken from the final price.

The 8 lessons will be done on Tuesday and Thursday for some classes and Wednesday and Fridays for other classes. Two lessons a week for four weeks. Class teachers will advise students and parents of days and times as we get closer.

Athlete Development Program NEWS

ADP Crocs Visit – 40 students from the program will be chosen by Mr. Floyd to attend the Crocs Experience on Tuesday October 27th. There will be a permission note given to these students and no cost will be involved in the activity.

2009 ADP Parent Surveys – last week students in the program were given a parent survey to take home for feedback on the program – please return these to Mr. Floyd by Friday 23rd October. Students and staff are also doing a review of the program ready for 2010.

2010 Expressions of Interest – Mr. Floyd will pass out forms and information for next years Athlete Development Program over the next few weeks. If you are interested please ensure your class teacher provides you with a form. Only students in yr 3 to yr 6 for 2009 can be considered for next year's program. ADP Camp Sausage Sizzle – we have Saturdays booked still – 24th and 31st October 2009.

ADP Athletes of the Week – Congratulations to the students below who were awarded athletes of the week for Term 3

wk 1 wk 2 wk 3 wk 4 wk 5 wk 6 wk 7 wk 8 wk 9

Tyrone	Matthew	Aaron	Aleesha	Lachlan K	Myar		Jacob	Zaniah
Kyla	Sascha	Jake H	Danielle	Kyla	Nikita		Talia	Declan
Kada	Haley	Damien	Brandon	Rebekah	Damien		Chylee	Jesse F
Ebony	Koralie	Haydon	Connor	Matthew	Nathan		John	Kirby

PLAYGROUND VOLUNTEERS

Any interested parents who would be willing to volunteer their time to 'play' with our students at lunch time, please phone the school office for more information. We are looking for positive, encouraging adults to coach children to play happily together.

RED CROSS VOLUNTEERS REQUIRED

Red Cross require more volunteers to help run the school breakfast club between 7.20am – 9.00am. If you can help, please contact Debbie on 0428 561 465

CALENDAR OF EVENTS

4 November	Prep Information Evening 5.30pm
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