WHY TRUE GRATITUDE IMPROVES OUR LIVES

Teaching our children to say "thank you" is important, but truly instilling a sense of gratitude in them is another matter entirely. Gratitude goes beyond good manners - it's a mindset and a lifestyle. Studies show that children who count their blessings reap concrete benefits, including greater life satisfaction and a better attitude about school.

Why is it important to cultivate an attitude of gratitude?
First of all, gratitude is healthy for us, adults and children alike. Cultivating gratitude increases happiness levels. Gratitude can also help individuals live happier, more satisfied lives and enjoy increased levels of self-esteem, hope, empathy and optimism. Children who practise grateful thinking have more positive attitudes toward school and family.

Gratitude gives perspective. When you take into account the sheer number of opportunities, privileges and material possessions most children enjoy through no effort of their own, it’s easy to see why many of them feel entitled. After all, they get used to getting stuff without knowing or caring where it comes from. Practising gratitude, on the other hand, underscores the fact that all those toys and creature comforts don’t just pop out of thin air. When children recognise that the things they own and the opportunities they have come from someone other than themselves, it helps them develop a healthy understanding of how interdependent we all are. Then they may be more inclined to treat others with genuine respect.

Gratitude improves relationships. Would you rather show up at work every day to colleagues who freely acknowledge and appreciate your contributions, or colleagues who take your efforts for granted with a perfunctory grunt of thanks? It’s a simple principle: gratitude fosters stronger, more positive and more genuine relationships.

Gratitude counteracts the ‘gimmes’. Fundamentally, gratitude is about being aware of who or what makes positive aspects of our lives possible, and acknowledging that. When children learn to think in those terms, they can be less apt to make mindless, self-centred demands. Plus, they begin to appreciate what they have rather than focusing on what they wish they had.

Acknowledgement: Andrea Reiser
**Project 600 – Numeracy** aims to improve the numeracy skills, with a focus on problem solving, of Year 8 and Year 4 students from the Darling Downs South West Region in 2014 by:

- utilising pre and post test data to inform curriculum choices to target the needs of students and to monitor and celebrate student success.
- explicitly embedding problem-solving strategies and skills by engaging students in a targeted learning program that improves specific knowledge and skills in using Polya’s process of **See, Plan, Do, Check** – with acknowledgement to Metropolitan Region’s Teaching and Learning Team who initiated the use of Polya’s process in Project 600
- developing the students’ general capabilities as described in the Australian Curriculum including Numeracy, Critical and Creative Thinking and Information and Communication Technology Capability
- to provide teachers and school leaders from participating schools with PD opportunities in relation to online learning and the teaching of Numeracy
- to engage parents in supporting their child’s participation in the project

What does Project 600 look like?

- Web Conference – 60 -70 minutes each week
- Whole group with online teacher – Mrs Marsh, Miss Matthews. These lessons are accessed through iConnect and occur at the same time each week
- Virtual Classroom Tasks – 20-30 minutes each week. These tasks are divided into MUST DO and CAN DO tasks. Students must complete the first tasks as part of their learning. This can be done through the Learning Place while at home or in the school computer lab – before school

In the Numeracy Notes I will give the Problem Solving Strategies that the students will be using as part of this program.

*Cathy Cameron*

**Numeracy Coach**

---

**Prep News**

**Ms Nettie**

Welcome back to the new term. I hope that you all had an enjoyable holiday. We once again jump straight into a busy week. In Maths, we are using units of measurement to compare and record length. In English, we will be exploring rhyme through immersion in rhyming stories and verses.

For the next couple of weeks we will be discussing the Texas Show and creating some items for the School Display, as well as, painting for the Fine Arts section and card making for the Craft section. We will also be involved in biscuit decoration to put in the Kids Kitchen section. Don’t forget you can enter any of the competition sections of the show with your child/ren. You can pick up a show schedule from one of the business houses down town.

Please remember to send in the Parent Interview forms so they can be sent to the office to organise times. I look forward to meeting with you for parent interviews next week to discuss your child/ren’s progress.

**Congratulations** to the Students who received **Sight word Certificates** on Parade in the last week of term 2:

- List 1 Sight Words – William
- List 6 Sight Words – Brooke and Henry
- List 7 Sight Words – Madison and Kayden
- List 8 Sight Words – Kayden
- List 9 Sight Words – India and Stella
- List 10 Sight Words – Isabella and Leah
- Lists 1 - 10 Sight Words REVIEW– Annabelle and Monique

*Congratulations also to our Students of the Week: Sally and Eli*

---

**GRANITE BELT MATHS CHALLENGE**

On Thursday 26th June the Granite Belt Maths Challenge was held in Stanthorpe. Seventeen teams from the Granite Belt area and our Texas team competed in a Team Event and a Relay Event. The Team Event included 12 challenging questions that students were able to work on as a group.

For the Relay Event students worked in pairs with a runner. Problems were scored from 8 points for very difficult questions to 2 points for easier questions. Students were able to attempt the question more than once but with every attempt the value of the question went down by one point.

Amelia, Reegan, Jack, Blake and Tom worked well as a team and came third in the event. Congratulations to these students on their great result. It was very exciting to see students working for 2 hours on challenging maths problems and having fun. This is a timely reminder that **MATHS IS FUN!!**

*Cathy Cameron*

**Numeracy Coach**
PRINCIPALS POINTS

WELCOME BACK TO TERM 3 – Some tips to start the semester!
Start your routines again as soon as you can. Getting back to school-day bedtimes is a good place to start. Decide on a school-day routine and stick to it.
Try to prepare in advance. Then you won’t be in a panic assembling books and gear at the last minute and your children will be equipped for their school day.
Be prepared for back-to-school blues. Changing from the relaxed and lazy days of holidays is hard on all the family but if your child seems too worried or stressed, find out what is wrong and see what you and the school can do to help.
Talk about change. Whether it is a new teacher, or a change in your family’s circumstances, make time to talk about any fears or worries. Accompany your child so they can get used to the new journey.
Your child may be worried about losing friends who are going to a different school or about making new friends. Talk about ways children can gradually make new friends.
Address any problems left over from last term. If your child has experienced bullying or has had problems at school, discuss what they want to happen this semester and how they can achieve their goals.
Be prepared to give them a bit of leeway for the first week. School can be a long day for children and when they are out of practice it can be exhausting. Early bedtimes and a regular routine are helpful.
Celebrate the first week back. Have a family outing or meal or other treat to regroup and talk about the week.

Remember to SMILE! Parenting is mostly GREAT!
Mike

REPORT CARDS AND PARENT TEACHER INTERVIEWS
Report cards were sent home with students who attended the last day of school in Term 2. If your child did not receive their report card please contact me. Parent/teacher interview notes are to be returned by Wednesday 16th July. Parent/teacher interviews will be conducted from Monday to Friday of Week 2. Lisa Putzolu HOD - Curriculum

English 31st July

Maths Olympiad 3—30th July

Rewards Day

Students have worked hard all term and on the last day of term a Reward Day was held. Students enjoyed a movie with their classes and waffles, ice-cream and topping for afternoon tea. Year 1/2 took a tour of the school with Mr Edmondstone. They visited each classroom and the Science Lab where they looked at the skeleton and took the body parts out of a model.
The popcorn machine purchased by the school had its first outing and made popping corn for whole classes a much easier task.

The P&C needs volunteers to man the gate at the Texas Show on Saturday 26 and Sunday 27 July 2014 from 6.30am each day. Thank you to those parents and citizens that have already volunteered. We only need an hour or two of your time. This is a fundraising event for the Texas P-10 State School. If you are able to help, please contact Carina Mayers, David Spooner, Di White or myself, or leave your name, contact number, the day and times you are available at the office and they will pass it on to us.
Thanking you
Andrea Andersen
Rule of the Week

Be Safe: Washing Hands

Why is it important to wash your hands properly?
Students need to wash their hands with soap and dry them thoroughly to keep safe and well.

How should we wash our hands?

HPE Award Week 9—Year 5/6

Attendance Award for Week 9

Year 10 - 97%

Attendance: Every day counts!

Attendance Award Week 9—Year 9 Facts

- 2 classes above 95%
- Weekly average 92%

Cathy Cameron
Dean of Students
TEXAS SHOW DANCERS

Our school will be performing two dances at the Texas Show that have been choreographed by Miss Paine and the Texas School students.

The students have been practising every day!

Our ONE performance will be on SATURDAY 26th July at 12.30pm.

Please meet at the brick office by 12.20pm to get organised.

We look forward to seeing you there!

Ms Nettie and Miss Paine

For all student absences please phone
Student Absence Line: 4653 3366

LATE TO SCHOOL
Any students arriving at school between 9am and 9.30am must present at the Office before going to class.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>WEEK 1</td>
<td>First day of</td>
<td></td>
<td>P &amp; C Meeting</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>TERM 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>July 20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>WEEK 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>July 27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>WEEK 3</td>
<td></td>
<td></td>
<td>ICAS English</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>August 3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>WEEK 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>August 10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>WEEK 5</td>
<td>P &amp; C Meeting</td>
<td></td>
<td>P &amp; C Meeting</td>
<td></td>
<td>Interhouse</td>
<td>Athletics Carnival</td>
</tr>
<tr>
<td>August 17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>WEEK 6</td>
<td>School Social</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>August 24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>WEEK 7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>August 31</td>
<td>Sept 1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>WEEK 8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept 7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>WEEK 9</td>
<td>P &amp; C Meeting</td>
<td></td>
<td>P &amp; C Meeting</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept 14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>WEEK 10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Last day of Term 3</td>
<td></td>
</tr>
</tbody>
</table>