

Newsletter Date:
24th February 2009

Term 1 Week 5



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Tuesday's News

Important Dates for Term 1

28th February Working Bee—Weed and mulch gardens—8:00am

Dear Parents/Carers

Congratulations to the elected captains and vice-captains of each sporting house for 2009. The Dragons captain is Kiah Barney with the vice going to Shardaii Thompson, while for the Unicorns Brenna Ward is captain and Henry Balmain is the vice-captain and I know each of these chosen representatives will undertake the leadership role to the best of their abilities.

This Saturday the P&C association has organised a working bee at the school from 8 am to clean up the gardens, grounds and some of the equipment sheds. To coincide with this any older furniture or fixtures that are no longer required at the school are being offered for sale by a gold coin donation. These items will be available for sale from 11am.

Monday March 2nd will see the honourable Mr Jim Pearce visit the school for our assembly starting at 9 am, to present the school captains and vice captains with their badges for 2009. All parents and community members are invited to attend as the parade will be followed by a short morning tea to celebrate each student's achievements.

Finally could all parents please take the time to check that the contact details held at school are correct and up-to-date. Recently we have attempted to contact some parents and home or mobile numbers have been disconnected or incorrect. It is vital that we have current contact details in the event of an emergency.

Until next week.

Brad Carlson

Tuckshop

Thanks to Kerri McInosh, Caryn Hunt, Rebekah, Hannah and Christine Barlow for doing tuckshop on yesterday.

Workers for Monday 2nd March — Christine, Hannah and Rebekah Barlow.

Physical Education

HAT FOR PE— Just a reminder to all students to please remember your hats every Thursday for PE. If students don't have a hat, then they must sit out in the shade with reading/unfinished class work to do. Please remember that PE is a curriculum subject and lack of participation will affect a child's overall results. Also if students are unwell, injured or not capable of participating in PE lessons, a letter must be supplied by a parent/guardian.

Fun Run 2009

This year our School Fun Run shall be held on Thursday 9th April (last week of this term). We shall be hosting a "Golden Circle Fundraising Event" for our Fun Run. Next week a letter of information and a sponsor/donations sheet shall be sent home explaining this event. Students who raise funds will be rewarded with prizes and our school will also benefit from the fundraiser—enabling us to purchase sports equipment and other resources for the students and school. This Fun Run shall also determine which students from Year 5,6 & 7 will attend the Rockhampton District Cross Country Trials next term. Please be part of the fun and support this great event.

Many Thanks

Sally Kluver

5,6,7 NEWS

If you have any pillows please donate them to 5, 6, 7. Thank you to those people who have already donated a couple.

We are practising on our 3, 5, 7 tests. It was good to see Miss Rota on Friday.

We would all like to congratulate Brenna for being elected Unicorn captain and Henry for vice of the Unicorns along with Kiah for being elected as captain of the Dragons and Shardaii for vice captain.

We have been working on our class value posters and nearly everybody is finished they are looking very good. Mrs Kluver also has us busy working on our "ME" profiles and we have started our Spelling groups this week. Don't forget to learn your ten oral spelling words for the week.

By: Daniel Stanke & David Foxwell

Tuckshop News

Thanks to the parent for using the **NEW TUCKSHOP MENU**. It was great to see the response.

PLEASE REMEMBER AS FROM MONDAY 23RD FEBRUARY THE OTHER MENU WILL NOT BE IN USE.

Any queries please contact Christine or the school.

Chaplain's Corner...

Hello everyone! It's great to be back for 2009. Yes! Willing to help and support students, teachers, parents, grandparents and caregivers – the whole school community. In so doing, I've found some interesting information on Parenting Ideas from Michael Goose. I will have one topic per newsletter and there are 24 topics over the twelve months. File them all together and make yourself a book.

I will be attending your P&C Meeting, so I'll see you there! Thanking you for your love and support.

Ross Mayer, Chappy.

Topic #1

TALKING WITH KIDS

Talking with our children comes naturally and we don't often give it a great deal of thought. It's something that we just do, like preparing breakfast or making lunches. However, the quality of our communication does make a difference. Good communication helps children shape positive attitudes about themselves, allows parents a window into their children's thinking and promotes good relationships.

BRIGHT IDEAS

Meals are great social occasions—more than just refuelling stops. They provide a great opportunity for families to get together and talk. Talk about each other's day—the highlights and low lights. Share your own day with your children.

If you have a 'conversational clam' in your family try talking over a snack, or while doing an activity. Boys, in particular, tend to open up more while their hands are busy. Relax, go for a walk and watch how their tongues loosen up.

If 'nah' or 'yep' are the only responses you get from your children consider asking questions that begin with What, Where, How or Why. Ask interesting questions that will spark more than a one-word response.

Talk with children on their turf. Many children will open up in the privacy of their own bedroom, particularly when they are relaxed and feel secure.

Respect children's boundaries. There are times when a good listener will know when to keep quiet. Children will often divulge information when they are ready.

TALKING TURN-OFFS

Lecturing children: 'When I was young...'

Shouting: Using a quiet voice is a more effective way to get a point across than a raised voice.

Put-downs: They lower children's self-confidence and they turn children off listening to you.

Chaplain's Corner... cont.

Please note the change of days for your School Chaplain.

Monday & Wednesday – Allenstown State School

Tuesday & Friday – Crescent Lagoon State School

Friday – Ridgeland State School

Topic #2

Working and Parenting

Work rather than family structure or number of children is the common denominator for most Australian families. In over half of dual-parent families with dependent children both parents work; while just under half of sole parents work. The increase of women into the workforce has impacted on families in a number of ways. The traditional division of labour where father was the breadwinner and mother was responsible for raising children is slowly breaking down. All aspects of parenting are now being shared more evenly than in the past. Even so, many fathers are unsure of their roles within their families.

Working parents need to be conscious of the amount of time that they spend with their children. With work such a prominent part of our lives, there is a real danger that children will have to compete with our jobs for our time and attention. The greatest challenge for working parents is to achieve a long-term balance between work, family and their own personal and social lives. This can only be achieved with planning and good organisation rather than by accident.

Bright Ideas

One of the secrets to successfully working and raising a family is to share the load at home—with your partner, children, friends and relatives. Sharing the load with your partner involves a joint approach to leadership as well as an even distribution of tasks. One of the benefits for working parents is that their children often develop independence earlier than other children.

Consider giving up a small portion of your income to hire a cleaner or even a gardener to create extra family time. Spending an hour with your family is far better use of time—and money—than pushing a vacuum over floors or a lawn-mower around a backyard.

Learn to use the best time management tool there is—say no. Get into the habit of saying no to those who make unrealistic demands on your time and take you away from the important areas of your life.

Be organised. Establish one or two goals for yourself in the following areas of your life: work, family, social, personal and community involvement. Then make realistic plans to achieve them.

Be creative with the way you organise family life. One family who valued shared mealtimes ate together three mornings a week which suited their particular situation.



P & C GARDENS WORKING BEE
START TIME - 8:00am
P & C will be having a working bee on Saturday 28th February starting at 8:00am. Please bring any tools to do with weeding and mulching the gardens, eg. shovels, wheelbarrows, gardening forks, utes and trailers etc.
 Also on the Saturday 28th, Brad will be clearing out any older/unused furniture or fixtures from the school. It will be up for sale at the cost of a gold coin donation from 11am.

BUS MEETING
CROSER BUS MEETINGS
WEDNESDAY—25TH FEBRUARY 2009
In the School Staff Room
Dalma/Moses Rd/Morinish Run at 7:00pm
Garnant/Calmorin/South Yaamba Run at 7:30pm
Please come and support these bus runs even though everything is running smoothly

Friday Afternoon Sport—27th February

Softball

Senior -	Alton Downs	v	Bye		
Junior-	Alton Downs	v	Frenchville	@	Western St 4
T-Ball-	Alton Downs	v	Allenstown	@	Western St 7

Cricket

Senior -	Alton Downs	v	St Joseph Wandal	@	Victoria Pk 1
Junior -	Alton Downs	v	Crescent Lagoon	@	Victoria Pk 2
Minor -	Alton Downs	v	Crescent Lagoon 2	@	Port Curtis Rd



MEETINGS



Ridgelandss Qld 4702

Web address: www.ridgelanss.eq.edu.au

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P & C NEWS

PLEASE NOTE THE MEETING'S TIME CHANGE

*P & C Meeting Thursday 12h March 2009 in Staff
Room at 7:30pm*



PLAY GROUP Every Wednesday



Held in the undercover area at Ridgelandss School

What to bring: Plate for morning tea and \$1 for supplies.

Any queries please contact Michelle Rose Ph 49345635

Notices

Sign On

North Rockhampton Little Athletics

Sign on day Sunday 8th March 2009

- Where: Sports Oval, Nth Rockhampton High School. Cnr Dean & Robinson St Frenchville
- Sign On: From 12:00pm
- Events: From 1:45pm—try sprints, hurdles, discus, shotput, high jump and javelin (some age limits apply)
- Ages: Athletes 5-16yrs (proof of age must be shown at time of registration)