South Snippets

Swimming Lessons – Wednesday and Thursday
This term all classes will be swimming during PE lessons. In the event of wet weather the school will continue swimming unless it is unsafe to do so. To ensure safety we are adopting the Australian lifesaving policy around lightning and swimming. Parents are to presume swimming lessons will occur unless told directly by the school.

Playgroup at South—Starting Tuesday next week
Starting next week on the 9th of February, we will be holding a playgroup every Tuesday from 9am until 11am. All members for the community are welcome to attend with their children who are not yet of school age. The playgroup will be co-ordinated by Kelly and will have indoor and outdoor activities for children to play and socialise. Parents can come to the office for directions.

Year 6 Boyne Island Outdoor Education excursion
Next Friday the year 6 students will be going to the Boyne Island outdoor education centre for a leadership excursion. All notes and money need to be to the office asap. Students need to meet at the bus stop by 8am.

P&C Grant success—$30 000
A very big congratulations goes to the Gladstone South P&C association for successfully receiving a $30 000 grant to replace the playground on the top oval. The School and P&C are in the process of organising for the work to commence. A special thank you to Kirsty Golding for all of her efforts in writing the application.

Support the Parents and Citizens Association
The P&C Association of any school is one of the most vital sources of support a school has. In many cases P&C meetings are under attended due to parent concerns about being roped into a job or position with the group. While some positions need to be filled most parents are able to come to meetings and support school functions without stepping into a lead position. As a parent you may have some wonderful ways to raise funds, support the school or offer talents that will help the students. On the 10th of February at 5:30pm in the Library the P&C will be holding its first meeting for the year. I would love to see as many parents at the meeting as possible.

Make this year a great year at school
Here are some ideas to help you make the most of the fresh start and make this year your child’s best year ever year at school:
1. Commit to your child going to school every day on time.
   One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.
2. Help kids start each day well.
   A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.
3. Establish work & study habits.
   The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.
4. Make sure your child gets enough sleep.
   Many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night’s sleep consolidates learning, as well as assist future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bed time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.
5. Encourage kids to exercise.
   Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives.

Like us on Facebook at:
Gladstone South SS
Or the web:  www.gladsoutss.eq.edu.au
For some great parenting ideas visit:
www.parentingideas.com.au

Student Absentee
Hotline
4899 4366

Important dates
9th Feb - Playgroup Begins
10th Feb - P&C Meeting
12th Feb - Year 6 Excursion
10th Mar - School Photos
23rd Mar - School Cross Country

NEW SPORTS SHIRTS
The school is now selling new sports shirts from the office for $25. The shirt is a cool dry material with the school logo on it with the house name underneath. Please see Tracy at the front desk for more information.

School Uniforms
The school has received the new school shorts and skorts with the schools name embroidered on them. School uniforms prices are:
- Shirt - $30
- Shorts - $17.50
- Skort - $20
- Hats - $15

Before and After School Care
The before and after school care program run by Camp Australia has started at Gladstone South. The program runs from 6:30am to 6pm on all school days throughout the 2016 year. For more information please contact the school office or drop into the demountable building near the top oval before or after school.

Next P&C meeting:
10th February- 5.30pm in the Library

Beginning of Term 1

BEFORE AND AFTER SCHOOL CARE
6:30am– 6pm
www.campaustralia.com.au