It is our School expectation that every child reads every night/morning. Prep children should be read to or read their homework readers for at least 5 minutes. This builds up to Year 7 when students are expected to read for a minimum of 20 minutes.

It is absolutely vital that children are reading every night and develop the positive reading habits. If children are starting reading from a couple of months old, their love of reading is ingrained by the time they are in Prep. Reading is absolutely vital to a child’s success at School. If they have difficulty reading, then all subjects, Maths, Science, History, Geography, and Technology suffer because of the problems with reading.

Please, for your child’s sake, ensure that your child reads every night/morning so they can be on the correct path to experience success at School.

Senior Band families have a number of activities coming up and these activities really do need your action.

On our website, Extra-curricular/Music/Senior and Junior Band information, there are three items for you to download if your child hasn’t brought a note home
- Workshop for Senior Band at Nerang State School details on 9th August
- Combined Senior Band Day at Canungra State School is Friday 10th August
- Senior Band Gold Coast Eisteddfod is Tuesday 14th August
Please look at these three documents, complete, and return to School so we can organize transport in plenty of time, so everyone is organized in plenty of time.

If the weather holds, this carnival will be held this Friday 20th July. At this point, there are only a couple of changes to the transport note that was sent home last Thursday. A new transport list will be issued tomorrow, so everyone is up to date.

All students from Prep to Year 7 take part in our Public speaking Day and competition on Tuesday 21st August. The Prep to Year 3 students have a non-competitive Public speaking activity during the day on the 21st that ensures every student comes away feeling very confident with their Public speaking efforts.

The Year 4 to 7 students have a competition starting at 5pm on the 21st and our Champion Public speakers represent our School at the Nerang Alliance of State School Speaking Out Competition on the 17th October.

Public Speaking is a vital skill for all children and this activity ensures all Beechmont children are developing essential life skills.

A caring family school...
**COMING EVENTS**

**JULY**
- Wed 18 Senior Band 7.45am
- Wed 18 Opti-MINDS 3 – 6pm
- **Thu 19 Parade 8.50am**
- Thu 19 Jump Rope for Heart on Parade
- Thu 19 Junior Band and Strings lessons
- **Fri 20 No Parade**
- Fri 20 Beechmont & Canungra Athletics Carnival
- Wed 25 Senior Band 7.45am
- Thu 26 Junior Band and Strings lessons
- Thu 26 Opti-MINDS 3 – 6pm
- Fri 27 Parade 8.50am
- Fri 27 Opti-Camp at School from 3pm
- Sat 28 Opti-Camp at School
- Sun 29 Opti-camp at School
- Sun 29 Working Bee 8am-12noon
- Lunch and Refreshments provided

**THANKYOU**

Thank you to Melissa & Stephen Walters, Jodi Kapusin for your help at the Beechmont Markets on Sunday.

Thank you to Renae Knowles, Dan Blunt, Michael Kenyon, Julie Ayers, Karen Cording, Janine van B, Wendy Trulson & Matt Smith for your great work at the Bunnings BBQ on Sunday. We raised approximately $600 for the children so it was a worthwhile Sunday.

**WORKING BEE**

The Beechmont School will be having a working bee on Sunday 29th July 2012. As a means of assisting our principal David Murphy I have offered my services to help co-ordinate the work on the day. The school through David has identified a number of jobs that require completing and as such we are seeking your assistance and asking for a few hours (usually about 4hrs) of your time to help keep the school grounds clean, tidy and safe for our children. There are photos on the school website of the jobs to be completed.

The jobs include, but are not limited to, weeding, mulching, spreading soil, pruning and rubbish removal. The school does have some equipment but we would appreciate if you could bring any of the following: shovels, hoes, pruning tools, wheel barrows, brush cutters, Ute and trailers.

At the end of the mornings work David puts on a BBQ lunch and some "refreshments", so why not come along and help out, because we know cannot rely on the bloody education department to do it!!

If you are available and can help out, please contact me to register on 5533 3774 or 0418 731 737 Regards, Tony Knowles.

**JUNIOR CHOIR**

**CHRISTMAS IN JULY**

All Junior Choir members should have brought home a note about their performance at Binna Burra for the Christmas in July on Friday 20th July. If your child hasn’t brought home a note it is on our website, orange tab Support and resources/Parent resources or Extra-curricular/Music/Junior and Senior Choir information.

Binna Burra put dinner on for the children at 6pm and then they perform at 7pm. You are free to go after that or else the children can stay for a spotlight walk.

Please read the note as it contains all the details.

**CLASS TARGETS**

Each term, teachers set Learning targets for the children in their classes. These targets aim to improve learning in that class. The following table outlines the targets set for each class, more detail appears in each teacher’s class news later in the newsletter.

<table>
<thead>
<tr>
<th>Class</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep</td>
<td>All students to know all of the names and sounds of the letters of the alphabet as well as some other common beginning sounds such as ‘ch’, ‘th’ and ‘sh’.</td>
</tr>
<tr>
<td>Year 1/2</td>
<td>Children will be able to insert text, pictures and music into a digital multimodal presentation (such as PowerPoint or Photostory) and save their work.</td>
</tr>
<tr>
<td>Year 2/3</td>
<td>Students will write using clearly-formed joined letters and develop increased fluency and automaticity. Students will develop and apply more automaticity with their addition mental strategies, strategies such as count-on, doubles, near-doubles and rainbow facts.</td>
</tr>
<tr>
<td>Year 3/4</td>
<td>Our targets for Term 3 are for every child to have a firm grasp of the four operations with smaller numbers and have a sound understanding of Place-Value.</td>
</tr>
<tr>
<td>Year 5/6</td>
<td>Improve fitness, Improve handwriting by obtaining Pen Licence, Improve knowledge &amp; use of ICT</td>
</tr>
<tr>
<td>Year 6/7</td>
<td>All students using checklist/rubrics effectively to improve the quality of work Improvement in recall of Number facts</td>
</tr>
</tbody>
</table>
Tuckshop

Yeh say a few of our children. We finally have full stock of the Potato Top Party pies. They arrived last Wednesday morning.

We haven’t heard as yet from anyone re introducing spaghetti bolognaise to the Tuckshop menu during the colder months. Mr Murphy is keen and is already eating up the first batch. Let us know if you would like this option so that we can offer it to the children as well.

Coles and Woolies Vouchers and Stickers

Please keep collecting these and send along to School. Woolies stickers close on August 12th and Coles closes on August 14th. We have very strict deadlines that we have to get our vouchers and stickers back to the companies, so please send in as you get them. Last year, we had to throw out heaps of vouchers that we received after the close off date. So please send in to school or drop into the Lower Beechmont Shop as soon as you have them so we can get the best gear for our children.

Fighting at School

Unfortunately, we have experienced a small increase in the number of fights that are happening at school between the boys. We as yet haven’t had a girl physical fight.

Our school policy is that students who are engaging in a fight, they will be suspended. There is no room for students to be fighting at school in any shape or form. The person initiating the fight by a push, hit, trip etc will be suspended & if the other student retaliates, they also will be suspended.

At play times there are always adults on duty, in classrooms or in the staff room. If children feel that they are being mistreated, they need to see an adult, not be a person who retaliates, but seeks the correct course of action.

Get Double the Stickers

From Wednesday the 18th - 24th July, you will get double the amount of stickers by just spending $10 or more and including at least one Kelloggs, Dairy Farmers, Be Natural, Pura or Berri product in your basket.

Jump Rope for Heart

This term, the children will be taking part in the Jump Rope for Heart program. The Jump off day will be Thursday September 13th. Children gain sponsors for themselves and the money raised goes to the heart foundation.

There are a range of prizes for the children depending on how much each child raises. Some of these are really excellent prizes, so the incentive is there to get lots of sponsors.

The Heart Foundation supply us with the ropes and instruction manual, we have to raise the money. So at the end of the promotion we have a heap of skipping ropes and resources for the children to continue using, so we do need your support for the children to obtain sponsors.

For more information go to the School website, click on Extra-curricular/Sports/Jump Rope for Heart and there is also a link to the Heart Foundations Jump Rope site, as well as some photos of the Year 6/7 class skipping.

Uniform News

The Uniform Shop, which is the first door on the right as you enter the undercover area, will be open every Friday from 8.15am – 8.45am.

Winter uniforms are now in stock.

Sale items:
Girls Gabardine Trousers $6.00 (all sizes available)
Girls Boot Leg Pants $22.00 (limited stock available)

News from the Teachers

Prep News

This term is off to a great start. Every child did a great job with their reading homework. Thank you, parents for your help with this.

This term we are beginning to learn and practice how to correctly write and form each letter of the alphabet. They will need lots of practice with this so each week your child will have homework sheet glued into their homework scrapbook, to work on with your help. They really do need adult supervision with this task to make sure each letter is written correctly. This homework will now be sent home on a Friday and needs to be returned to school by Thursday (of course it can be brought to school earlier if you get it finished).

We have also started a new science unit this term. Prep will be studying and observing the weather and the effect the weather has on our lives.

Enjoy the rest of your week.

Warm regards, Elizabeth Perkins.
eperk17@eq.edu.au

Year 1/2 Class

This week the children will be enjoying their second visit from the Fire Brigade. In Literacy we will be learning about biographies and the genre style of
recount. In Maths we will be studying measurement; area, mass and capacity.

Our class goals for this term centre on technology, aiming for all children to be able to make a presentation using digital media. Children will be able to insert text, pictures and music into a digital multimodal presentation (such as PowerPoint or Photostory) and save their work.

Congratulations to last week’s award winners: Aroha Mogler for the Intrepica Leaderboard and Jela Sola for super Spelling.

If there is anything you wish to discuss you are welcome to contact me on 55459100 or kpryo8@eq.edu.au Wishing you all a good week, Kerry Pryor kpryo8@eq.edu.au

**YEAR 2/3 CLASS**

This week in maths children are learning how to add two 2-digit numbers when there is regrouping in the ones column. They are also learning about volume and developing an effective referent for a litre through estimation activities and hands-on lessons.

For homework children have a adding with regrouping sheet to complete. If students are still not understanding the concept and struggling with their homework then I have encouraged them to let me know so I can help them one-on-one.

In literacy we will be exploring traditional tales from around the world, such as fairy tales, folk tales, fables, etc. Students will look for common characteristics between these stories and explore the structure and use of messages and morals in stories.

Have a good week, Demelza dathe1@eq.edu.au

**YEAR 3/4 CLASS**

This week in Maths we have been working on volume. The children have been investigating the amount of space inside 3 dimensional shapes. Yesterday we poured water from various vessels into measuring containers and used the scale to calculate volume and capacity. Today we will be investigating how cubic centimetres can be used to calculate the volume of solid shapes. As stated last week, our targets for Term 3 are for every child to have a firm grasp of the four operations with smaller numbers and have a sound understanding of Place-Value.

In English, the children have completed their descriptions and are now working on a speech about a character from a class novel. Spelling activities have recommenced for this term. Please encourage children to spend time each day practising their spelling sorts and learning their spelling lists for the week.

In Science, we have been exploring the School grounds to find areas where erosion has occurred. The children are investigating the reasons for this erosion and how human activity has an effect on this erosion.

Have a great week.
Regards, Dan. dalbr1@eq.edu.au

**YEAR 5/6 CLASS**

What an exciting first week we had! NAIDAOCC day was a great success and all the children in the class went home with their bag of goodies as well as with a variety of educational experiences they collected throughout the day. Our class participated in a Cartooning activity for Raw Art. We have quite a few cartoonists amongst us.

With regards to our class goals, we are going to continue to improve our fitness by doing our daily circuit training and improve on using cursive for handwriting. To date our class’ fitness has improved – all children were able to do an extra 2 to 5 repetitions more than at the beginning of the year. We also now have 6 students who have received pen licences and the majority of the class is using cursive whenever they write. In fact, a few have commented that they now find it difficult to print. To add to these goals, our class will endeavour to improve our knowledge and use of ICT. We have begun by implementing digital homework using Ed Studios on the Learning Place.

As predicted, the digital homework has begun with a few complications. I am working really hard on solving all problems and I anticipate that due to the variety of computers that children have at home and their capabilities, we may not be able to get to the bottom of all the problems. Digital homework should be ready to work on by the weekend and I will be checking on homework completion on Fridays. Spelling words will be issued on Mondays and children will need to practice their words in their homework books and be ready for testing on Friday mornings.

Please see Douglas if you paid and have not yet received your refund for the camp.

Award winners for week 1 were: Connor Richards, Jasper Marshall, Byron Roney, Wishy Thirasantikamol, Emma Bennett and Gillian Clarke. Congratulations to all.

Have a great week.
Katie and Joyce kmann38@eq.edu.au jbour96@eq.edu.au

**YEAR 6/7 CLASS**

We have found so far this year, that the children are not great at following checklists or Rubrics to complete set projects or assignments. Science was a case in point last Semester when they were given a rubric for their endangered animal project, which clearly stated what they needed to do, to obtain an ‘A’ rating. There was only a couple of students who followed the rubric to obtain an ‘A’.

These forms of checklists are used very widely in High School, so it is important that children get used to following them.
Consequently, this is our class target this Semester to have children closely follow Checklists/Rubrics to ensure they receive greater success with their projects/assignments/classwork/homework. This is along with an improvement of every child in Number Fact recall. Children will be given a target this week that they are to be aiming for in their weekly Number Facts test results.

To assist children in the following of checklists, each child has a checklist that has been glued into their homework book clearly outlining the requirements for homework that they need to be completing each night. This is a very simple table that children need to tick when each activity is completed. Please ask your child to show you this checklist.

**Have a great week, warm regards,**
Tanya Stanley & David Murphy
tstan15@eq.edu.au & dmurp19@eq.edu.au

The following information is from Kids Health Info on the Royal Children’s Hospital Melbourne.

**Fish oils - what the research says**

Omega-3 and fish oil

Omega-3 fatty acids are important for our eyes to work well; and for parts of the brain used for memory, learning and reasoning. If we do not eat enough omega-3, these functions may be impaired. Omega-3 is an Essential Fatty Acid, found in fish and seafood. Many people who don’t eat much seafood choose to take ‘fish oil supplements’, because these contain large amounts of omega-3. Research shows mixed results about the benefits of fish oils in children. This fact sheet explains what we do know.

Can fish oil help your child? - A research update

What we do know

• **Children with ADHD are more likely to show symptoms of low omega-3 levels (eg. dry skin, dry hair, excessive thirst) and have lower levels of omega-3 in their blood than children without ADHD.**

• **There is some evidence that increasing omega-3 levels reduces the severity of ADHD-type behaviour, such as inattention, in some children. However not all fish oil studies have shown improvements in ADHD-type behaviour. There are not enough good quality studies for us to be sure of its benefit.**

• **Some children with reading difficulties have shown major improvement in their reading after taking fish oil, but again, we know of other studies that show no improvement.**

• **Fish oil supplements vary a lot in their content and some appear to provide more benefit than others.** What we don’t know

• **The effects of fish oil for children with no learning or behaviour problems. One study showed that healthy young adults who took fish oil showed improvements in attention. We do not yet know if this also happens in children.**

• **We do not know how many children show improvements in behaviour and learning after taking fish oil, or what influences this.** As you can see from above, there are mixed research findings about fish oil. There seem to be benefits in some children, but we need to do more research to confirm this.

**Are there any side effects from taking fish oil?**

Fish oil is generally considered safe.

• **Some people complain of a fishy aftertaste and stomach upset after taking high doses of fish oil.**

• **Other possible side-effects include nausea, diarrhoea, belching (burping) or a rash.**

• **Some people also are at risk of problems with bleeding if they take very high doses.**

**Should my child take fish oil?**

Your child should NOT take fish oils if they:

• have a known hypersensitivity to fish oils

• have a bleeding disorder

• are taking anti-coagulant or antiplatelet medicine.

Otherwise, taking fish oil is considered safe and may have some benefits. Every child is different - you may or may not see a difference in your child’s behaviour or learning.

If your child has ADHD and is taking medication, they can also take fish oil. Speak to your child’s doctor about this before you start. Fish oil should not be used instead of the usual medication without a doctor being involved.
COMMUNITY NEWS

Communwealh Respite and Carelink Centre
Respite Assistance may be available through Commonwealth Respite and Carelink Centre
Ph.: 1800 052 222

Early Intervention Holistic Family Support Program

An invitation to a Weekend Retreat with a holistic approach to supporting your family.

One parent from each family of a child aged from 0 to 6 years diagnosed with a disability is invited to attend.

Friday 27th July from 5pm to Sunday 29th July 4pm
11 Mirani Street, Lower Beechmont
in the beautiful Gold Coast Hinterland

Activities provided for a small group of parents will be designed to inform and nurture, with the aim of leaving you feeling refreshed and supported.

Activities during the retreat will include:

• Parenting Skills and guidance to support the child.
• Counselling to assist in creating a healthy unified family unit.
• Pathways to support networks creating support from the larger community.
• Sharing Sessions - uncovering the similarities and developing one's strength.
• Creative Activities such as Art, Craft and Music.

Interested parents are asked to contact:
Sunhaven Early Intervention Manager - Roslyn Lake
Email: roslyn@sunhaven.org.au Phone: 5533 1136 A/H: 5502 6874

Weekend retreats are also planned for August. Please express your interest to attend.

Sunhaven
11 Mirani Street, Lower Beechmont
Ph: 07 5533 1136 Fax: 07 5533 1108 Email: info@sunhaven.org.au

MobileMuster
Schools Recycling Challenge

Please bring your old mobile phones into Beechmont State School Administration foyer and place in the box provided

- 5 x 1 hour sessions (once per week) after school
- Cost: $80
- Rookies 2 Reds Pack included
  (Football/backpack/waterbottle, hat etc) as seen in picture
- Official junior development program of the Queensland Rugby Union, Similar to Auskick
Please register on Line
**SCHOOL FUNDRAISER**
A Recycle container is in the School Administration foyer for you to leave your old printer cartridges; both ink jet and laser cartridges are taken Canon, HP, Lexmark and Epson only.

**SPIRIT BECOMES TAO**

**Martial Fitness Class**

*Martial Fitness* combines the elements of Kung Fu training and current day fitness programs. Learn Kung Fu, keep fit and have fun without going through the grading system (unless interested). *Martial Fitness* is for those that want to explore Kung Fu as a means of Health and also for those that just enjoy the benefits of a strong capable body.

Current classes are held at Hall on Graceleigh, Beechmont. Classes are Wednesday evening from 4pm – 5pm and 5pm – 6pm. Cost is $10/person.

**Qi Gung/Taoist Stretching Class**

In this class we explore the benefits of *Qi Gung* and light stretching to increase vitality and wellbeing. The gentle breathing refreshes the body with Qi and calms the mind. *Taoist stretching* compliments *Qi Gung* as we send collected Qi throughout the body gently rotating joints and loosening muscles. *Qi Gung* aids in healing the body by supporting the blood system which provides nutrients to all areas of the human structure.

Meet at the Old School Site, Beechmont. Class is Saturday, begins at 8am and is about 1 hour. Cost is $10/person. Children under 14, $5/person.

For more information on any of the above classes or to book in advance contact Shen on 0488768017 or (07) 55630105.shenattig@yahoo.com.au.

http://attiigblog.wordpress.com

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We currently have some availability for our two parenting programs here at the Family Interaction Program, Griffith University. I have attached a small advertisement that may be suitable for a school or teacher newsletter. Please let me know if you would prefer more information.

In case you are not familiar with our programs, we provide two free services:
1. Parents and Toddlers Together (PTOT) for children aged 12 to 30 months
2. Parent Child Interaction Therapy (PCIT) for children aged 2.5 to 6.5 years

PTOT is a 12-week program designed to help parents provide structure, set age-appropriate boundaries and limits, and manage developmental issues such as tantrums and eating, toilet training and sleeping problems.

PCIT is a 20-week program. It is an evidence-based intervention for parents of children with significant behavioural problems and has been shown to:
- increase parent/carer confidence
- increase positive parenting
- increase compliance across contexts (e.g., home and school)
- reduce parental distress
- reduce disruptive behaviour

I have attached a brochure for each of the programs for your information and for distribution to families who you think might benefit.

Please feel free to contact any of our team on (07) 5552 9105 or email our program co-ordinator, Dr. Michele Dunbar on m.dunbar@griffith.edu.au if you have a family you would like to refer or if you would like any further information about our services.