Principal’s News

One Mile SS Involved in STEM Hub

On Monday afternoon Mr O’Keefe and Mrs Springall participated in the very first meeting of the Gympie Regional STEM (Science, Technology, Engineering and Mathematics) Hub.

The Hub’s goal is to get better communication between organisations who have an interest in STEM and the community; more collaboration between organisations for collective impact and to spread the word about what is happening in our region in STEM related fields. This initiative is a collaborative effort between Inspiring Australia, USQ and Kaye North who is working in the position of STEM Champion Ed QLD, North Coast Region.

Mrs Springall shared what we are doing at One Mile around STEM and it looks like a worthwhile project to be involved with.

Same Day Notification

Since the beginning of 2017 One Mile has been sending SMS Text messages when students are absent without explanation. You should only be receiving an SMS Text message if you have not informed the school the reason for your child’s absence.

Parade tomorrow Friday 17th February

It will be great to recognise all our new School Captains, Sports Captains and Class Captains on parade tomorrow. We have a great team of leaders this year and I look forward to working with them throughout 2017.

Mr Stuart Bell

From the Deputy’s Desk

Behaviour Level Nominations

Congratulations to all our students who confirmed their current behaviour level. Applications are now open for students wishing to move up a behaviour level. Please discuss the criteria with your child if they are applying.

Playground Equipment

Students should not bring their own equipment (soccer balls, cricket gear, handballs etc..)

Ms Sue Eastwood

Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Function</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>17th Feb</td>
<td>School and House Captains recognised on parade</td>
<td>School hall</td>
</tr>
<tr>
<td>20th Feb</td>
<td>P&amp;C meeting – 6.00pm</td>
<td>School</td>
</tr>
<tr>
<td>3rd Mar</td>
<td>Orders close for cookie dough fundraiser</td>
<td></td>
</tr>
<tr>
<td>15th Mar</td>
<td>School photos</td>
<td></td>
</tr>
</tbody>
</table>
Enrichment Antics

The OMSS Enrichment program has kicked off for 2017. Currently students are completing the Engquest bridge design and construction program. This involves the children carrying out a range of practical and theoretical activities relating to Beam, Truss, Arch and Suspension bridges. Students will construct straw bridges using the design features and with an understanding of the forces they have discovered.

To extend this further, they will innovate on their straw prototypes to design and create wooden bridges. Final products will be showcased in a presentation for the whole school community.

In addition, selected Year 6 students will also be sharpening their construction skills at the USC Science and Engineering Discovery Day on Monday 6th March.

The Berbras Computational Thinking challenge is another task all will complete this term.

Any parents who would like to assist with our Enrichment projects are most welcome to contact me at the school.

Jo Springall
Enrichment Teacher

Netball

Thank you to those who have nominated to join the One Mile netball team. If you intend to nominate please do so as soon as possible. If you are considering nominating please contact Dionne Bunn or myself for information.

Sporting Schools Golf

In addition to our Sporting School Swimming I can announce that our year six students are participating in a Sporting School Golf program. This program is run over 4 weeks on Thursday afternoons starting this week. As a Sporting School we can offer this program free of charge. Patrick Jones will be running the program and is keen to speak with anyone wanting their child to play regular golf.

Prep Swimming

This year we are starting Prep swimming in term 1. All Preps should have received an information note regarding details of the program. The main aim is to familiarise the children with the pool environment including the dangers and benefits. Hopefully students will develop confidence and be ready to progress further in term 4. Lachlan Clifford will be supervising the program with our usual swim teachers and parent volunteers on Thursday mornings for 3 weeks starting 23rd February.

Andrew Martin
PE Teacher

Student Absences

Recording your child’s absence is an important task when your child is away. We have a student absence line for your convenience.

Please Call 07-5480-2760

Note:- Student absences of more than 10 days duration require an approved student exemption form. Please see the office.

Student Resource Scheme

Forms have been sent home to families who have not yet indicated if they would like to participate in the Student Resource Scheme. Please return your form to the office as soon as possible even if you choose not to participate so invoicing can be finalised.
Music – Mrs Airey

School Rock Band

I would like to thank everyone who auditioned for the school rock band. We have a lot of talented students at One Mile which made my decision very difficult. Over 40 students auditioned! Thank you to every single one of you for showing courage and giving it a go! I would like to invite the following students to be members of the school rock band: Montana D (6C), Ella F (6A), Elijah H (6C), Natalee J (6D), Abby L (5P), Connor R (6D), Laurel S (6A), Alyssa S (5P), and Jack W (6D). Practices will be every Tuesday at first break.

School Choir

Don't forget Senior Choir (Years 4-6) on Mondays at first break and Junior Choir (Years 1-3) on Wednesdays at first break. Thank you to every student who works to the best of their ability in the music classroom and in extra-curricular music activities!

Keep making music!

Kathleen Airey
Music Teacher

Instrumental Music -

STRINGS

I would like to welcome all the students, both new and continuing, to this year’s Instrumental Music program. It is great to see so many keen and happy students! Lessons are still on Fridays for my string students, so please make sure you bring both instrument and music to school each Friday.

If there are any students who would still like to join the string program this year and may have missed out on the testing/recruiting last year, please leave a message for me at the office.

I am looking forward to having an amazing year of music making with you all.

Kylie McIvor
Music Teacher

EarlyAct

Friday Frozy Cups!
Every Friday after school
near the tuckshop
50 cents
Fundraising for EarlyAct

Tuckshop News

Please note:
1st and 2nd break orders are to be ordered by 10.00am or placed in Class boxes.
No food or drink will be sold over the counter at 2nd break

Tuckshop hours are 8.30am – 1.30pm
Tuesdays, Wednesdays, Thursdays and Fridays.
Closed Mondays

The Tuckshop is always looking for volunteers, so if you are able to help in any way, we’d love to hear from you.

Ros
Tuckshop Convenor

School Dental Van

Dental forms have been sent home, one to every student. If you wish your child/children to be seen, please fill out the consent/medical for one child and list the other children on the CDBS flyer.

Dental staff will contact families to arrange examination appointments on receipt of forms. Parents will need to be present for these appointments. Any queries, please feel free to contact dental van staff on 9412-365-164.
General Meeting
The next general meeting will be held on Monday 20th February at One Mile SS starting 6.00pm

Cookie Dough Fundraiser
An order form was sent home with the eldest in the family last week:-
You can check it out online and place orders at www.cookiedough.com.au. Just go to the One Mile SS shop.
There are prizes for multiple sales, so make sure you share this with all your family and friends.

School Banking

Hi My Banking Buddies

Thursday is banking day of each school week. If you forget your book on Thursday, just bring your book to the Tuckshop on Friday and I will do it for you.

2017 reward items

As part of our Future Savers theme, the following rewards are a great way to keep children motivated and demonstrate the value of saving. The rewards are released throughout the year.
- Term 1: Cyber Handball – Colour Change Markers
- Term 2: 3D Chalk Set – Tablet Case
- Term 3: Smiley Emoji Keyring – Volt Handball
- Term 4: Pencil + Tech Case – Epic Earphones

To redeem a reward, students must cut out the corresponding coupon from the Rewards Card and hand it in at school along with their 10 silver Dollarmites tokens.

Future Savers can experience the magic of Tokyo Disneyland

The School Banking program not only puts your child on the path to good money skills, it might even put them on the path to Tokyo Disneyland. In 2017, one lucky Future Saver will fly to Japan for an unforgettable family trip.

How to enter

Every student who makes 15 or more School Banking deposits by the end of Term 3, 2017 will automatically go into the draw to win a family trip for up to two adults and three children to explore Tokyo Disneyland and its amazing attractions, including the futuristic Tomorrowland.

The Grand Prize
- Five nights’ accommodation at the Sheraton Grande Tokyo Bay Hotel
- Return economy airfares from the winner’s nearest capital city to Tokyo, Japan
- Three-day Magic Pass to Tokyo Disneyland & Tokyo Disney Sea
- AU$1000 spending money.

Diana Read
School Banking Co-Ordinator
Tennis Gympie

Primary School Challenge
Years 1 to 6

Notes: Players from the winning school must play a minimum of four challenges to be eligible for a medallion.
A new school year means a fresh start for students. Regardless of your child’s performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours. Here are five ideas to help you make the most of the fresh start and make this year your child’s best year ever 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 your 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 wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting 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 bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. **Insist kids exercise**
   The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet 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 your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. **Focus on being friendly**
   Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be open and tolerant; to be friendly; to be sensitive to others; to be involved in plenty of activities and to be social risk-takers. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

7. **Develop self-help skills**
   Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.