



School News



6th May 2021

PRINCIPAL:
DEPUTY PRINCIPAL:
BUSINESS MANAGER:

MR STUART BELL
MS SUE EASTWOOD
MR TREVOR WARD

PHONE: 5480 2777



Principal's News

NAPLAN - 11th – 17th May

NAPLAN for Years 3 and 5 is back this year after not going ahead last year due to the disruptions of COVID 19.

Students in Years 3 and 5 will sit the tests on the 11th -13th May with One Mile having a catch up day on Monday the 17th due to our show holiday falling on the 14th of May.

If you have any questions about the tests please contact me.

	Tuesday 11 May	Wednesday 12 May	Thursday 13 May
Year 3	Language conventions 40 minutes Writing 40 minutes	Reading 45 minutes	Numeracy 45 minutes
Year 5	Language conventions 40 minutes Writing 40 minutes	Reading 50 minutes	Numeracy 50 minutes

School Banking Update

School banking services will cease to be offered in our school and all Queensland state schools from 31 July 2021. In line with several other states and territories, the Department of Education's decision is in response to the [Australian Securities and Investments Commission's \(ASIC\) Review of](#)

[School Banking Programs](#) report in December 2020.

Students will be able to maintain their banking relationship directly with their bank. [Consumer and financial literacy](#) will continue to be delivered to students as part of the Prep to Year 10 Australian Curriculum.

District Cross Country

On Tuesday we participated in the District Trials for Cross Country. We had nine One Mile Students make it through to represent the District Team that will Trial for Wide Bay selections at Gayndah.

Wide Bay Trials

We currently have a number of students participating in Wide Bay Trials in Hervey Bay. The sports that are part of the carnival are Netball, Hockey, U12 Rugby League Soccer and Tennis. Well done to the students for making it this far and being part of the district teams. I can't wait to hear how you go.

Stuart Bell

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 office staff.



PE News

District Cross Country Results

Congratulations to the following students who have made the Gympie District team to compete at the Wide Bay Cross Country Trials in Gayndah, Tuesday June 1! It was great to see the effort One Mile runners produced. There are 36 potential under 12 runners selected and One Mile filled 9 of those positions or one quarter of the team! We wish them well in their respective events! Below are the results and runners who made the top six are in bold and will progress to the Wide Bay Trials.

12yrs Boys	Tyler L 2nd , Joshua E 14th, Dillon M 23rd, Logan T 29th
12yrs Girls	Maddi T 28th, Felicity B 30th

11yrs Boys	Ryder J 3rd, Rory J 5th, Tyson B 6th , Lincoln M 19th, Ryan B 22nd
11yrs Girls	Miley P 5th , Sylvia B 10th, Zahli T 33rd

10yrs Boys	Jimarakhi TP 3rd, Dominick PH 6th , Reon S 19th, Nash F 25 th , Flynn M 28th, Thor M 29th
10yrs Girls	Isabella W 3rd, Alyssa H 4th , Sophie M 15th, Abigail C 25th, Heidi A 28th, Abbey D 30th



Tyler



Miley, Dominick, Isabella, Jimarakhi, Alyssa, Ryder, Rory, & Tyson

Winter Carnival

The Winter Carnival is on Thursday and Friday in Hervey Bay. This is an annual selection event for several sports. We have many One Milers representing Gympie District and we wish them all the best. They include:

U12 League	Arthur B, Damien S, Kobe K
Hockey	Brooke W, Xavier V, Isabella W
Soccer	Ryder J
Netball	Abbey P
Tennis	Ryan B

Andrew Martin

Thank you to everyone who has followed our expectation **"I engage in the learning"** from our school **"Learner"** rule this week. It has been great to see students participating in their learning.

Our expectation for Week 4 is from the **"Respectful"** rule, **"I respect myself"**. Teachers and staff will be looking for students who are respecting themselves by making good choices, being kind to others and believing in themselves.

We hope you have a great weekend.

PBL Team

Dates to Remember

Tuesday 11th – Thursday 13th May	Year 3 & 5 NAPLAN	OMSS
Friday 14th May	Gympie Show Day	Public Holiday
Monday 17th May	NAPLAN Catch Up Day	OMSS

Music Notes

Don't forget our lunch time music activities...



Rock Band - Tuesday first break

Senior Muso's - Wednesday first break

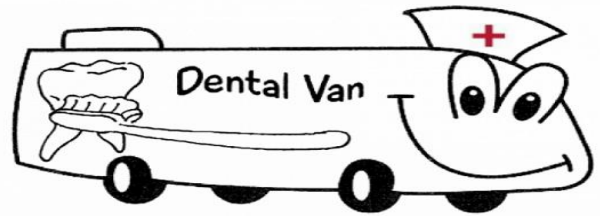
Mini Muso's- Friday first break

Only those students attending each week will be invited to perform!

See you in the music room! 😊

'Discover the Gold Within'

Kate Airey



The Gympie School Dental Service will be at One Mile State School from Friday April 23.

ALL primary school children are eligible for our services. If your child is also eligible for the Child Dental Benefit Schedule you will be bulk billed. If you would like to make an



appointment, or have any questions, please call us on 0412 365 164.

Administration News

EFTPOS is available in person at the office. For your convenience, you can also pay your invoices through QParents and BPoint. We cannot take card payments over the phone.

If you haven't received an email asking you to join QParents, please check your junk mail or contact the office.

Parents & Citizens News



Last year the Cash for Containers scheme contributed funds. Any year 6 parents that can help collecting the containers can talk to Roz in the tuckshop.

CASH FOR CONTAINERS SCHEME ID: C10051031

If you use our scheme id when you deposit containers yourself, the money will go directly to the P&C.

The P&C are always interested to hear about ideas you might have for improving the school.

Don Maskall, President
0407 588 437

Email the committee on pandc@onemiless.eq.edu.au



schoolstream



COME JOIN THE REST OF THE PARENTS & STAFF USING OUR NEW APP.

- Keep Up to Date With Instant Notifications
- Online Absentee Forms
- Online Permission Slips
- Add Event Reminders Straight to your Calendar
- IT'S FREE to Sign Up



HOT SHOTS TENNIS EXCELLENCE PROGRAM

Gympie and District Tennis Association Coach Brett Cottrill will commence the Hot Shots Tennis Program Term 2 on **Monday, 10th May and Tuesday, 11th May** at One Mile State School. Lessons will be held **Monday or Tuesday from 8.00am to 8.45am** for a **minimum block of 7 weeks**. Costs will be **\$85.00/pupil, \$160.00 for 2 children or \$210.00 for 3 children in the same family**.

**Day please tick Monday..... Years 4, 5, 6
or Tuesday..... Years Prep 1, 2, 3**

Please note for families with 2 or more children they can be placed in the same group for convenience.

To register for the program please contact Brett Cottrill on 0417746795 or return the completed form back to the office by **Monday 10th May**.

Name.....Age.....Grade.....

Contact Phone/s.....

Email.....

Parent or Guardian

Signature

**We accept the Fair Play Sporting Vouchers.
Cash or Cheques made payable to Brett Cottrill please.**

Direct Deposit: B A COTTRILL

BSB: 014585

ACCT: 583359786 students name as reference please.

Hi School Banking Buddies



We only have 11 weeks of School Banking to go and I would like to finish with some great banking days.

I am going to be doing one more colouring competition in June. There will be 2 prizes 1 for Girls and 1 for Boys.

Rewards

Please remember the reward slips that I sent out with the note about school banking was only to let everyone know what the rewards are.

I have all the rewards in the Tuckshop if you would like to have a look at them before you select which reward you would like. If I am not there just ask Rozzie and she will show you.

When you have reached 9 tokens you will receive a reward slip that you can choose your reward and return on your next deposit. I will also put a stamp on your 10th deposit page of your book, you will only need to send 9 silver tokens back with your rewards slip, then you will also receive a Gold Token for your 10th deposit this is for you to keep and collect.

Remember to mark 2 rewards in preference of which you would like 1 and 2, just in case one is not available.

When your reward arrives I will deliver it to your classroom teacher.

Saving regularly is an important habit to get into, whether you're saving a little or a lot. Remember, there is no minimum deposit with School Banking. You can send as little as 5c per week in, saving regularly is what is important.

Congratulations on receiving your Bronze Certificates for making 10 Deposits:

3S: Teah H

Thank you all for supporting School Banking.

Regards

Diana Read

School Banking Co-ordinator



Tuckshop News

Wednesday Special for May 12th



Loaded Beef Burrito

\$5.00



Serving Tuesday – Friday from
8.00am – 8.40am

Hot Milo Cup

\$1.00

Volunteers Needed

	Tue	Wed	Thurs	Fri
Volunteers	3	4	5	5

8.30am – 10.30am	Orders prepared
10.50am	Serve students
11.00am	Over the counter sale of Ice Blocks and Juice Bombs

Menu Item Change

Rozzy Meal – Burger and Bomb \$8.50
Vegie Sticks with Dip \$1.50

Donations Needed

The tuckshop is in need of the following items:

Brown Paper Bags **Alfoil**

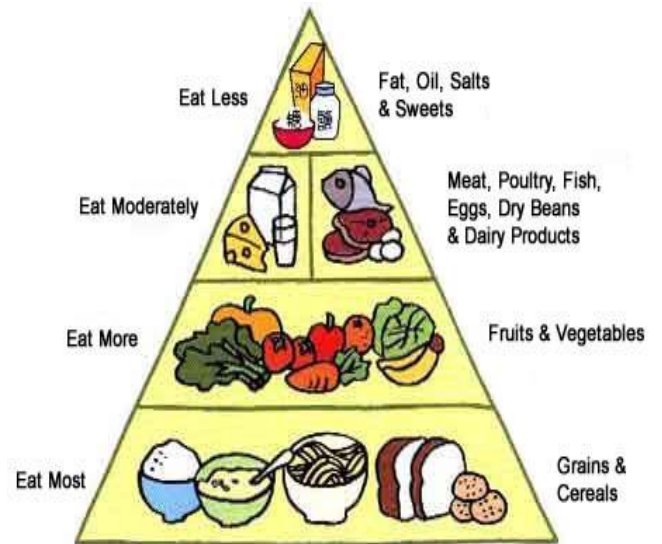
Zip Lock Sandwich Bags

All donations are gratefully appreciated!

See you in the Tuckshop soon

Roz

Tuckshop Convenor – 5480 2716



Kids Bizz Outside School Hours Care

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After School Care
Vacation Care

Family Owned and Operated
Qualified Educators

John St
Gympie

Complimentary Bus Service For Most Schools

0412502552

54826222

E: kidsbizzoshc@hotmail.com



ONE MILE PUPS PLAYGROUP

THURSDAY 9 - 10:30AM

COME AND JOIN US FOR A FREE AND INFORMAL
MORNING OF FUN AND GAMES.



- SAFE OUTDOOR PLAY AREA
- GROUP MUSIC/STORY TIME
- A RANGE OF ORGANISED ACTIVITIES FOR BABIES, TODDLERS AND YOUNG CHILDREN

ONE MILE PUPS PLAYGROUP  IS FREE!

JUST BRING YOUR CHILD'S HAT AND MORNING TEA.

TEA AND COFFEE IS PROVIDED FOR CAREGIVERS.



ENTRY AND PARKING VIA PHOENIX STREET OR MCLEOD LANE
IF YOU'RE INTERESTED IN ATTENDING OUR PLAYGROUP PLEASE CONTACT THE OFFICE ON 07-5480-2777

THIS PROGRAM DOES NOT RUN DURING THE SCHOOL HOLIDAYS

Earlyact News:



Mother's Day

Stall

WHEN: Before school

WHAT DAYS: Tuesday 4th May to Friday 7th May
(unless sold out!)

WHERE: Rainbow Room

PRICES: From \$1 to \$10

WHY: To raise funds for Earlyact Projects

Come along and buy a gift for your Mum or the "Mum" person
in your life.

Vibes Wellbeing Centre

Weekly Session Times

We have lots of fun and craft activities for all ages



Home Craft and Textiles - Tuesday 9:30am – 11:30am

Girls Youth Club - Tuesday 3:15pm – 5:15pm

Craft Club - Wednesday 9:30am – 11:30am

Kids Chill Zone - Wednesday 3:15pm – 5:15pm

Lab of Awesome (LoA) - Wednesday 3:15pm – 6:00pm

Lil Youth Club - Friday 3:15pm – 5:15pm

Lab of Awesome (LoA) - Friday 5:00pm – 8:30pm

TGI Friday - Friday 5:30pm – 8:30pm

For More Information:

Phone: 0474 557 952

Email: Info@fotsinc.com.au

We are an Inclusive Service with NDIS Support



Functional Occupation
Therapies & Supports

LEAGUESTARS.COM

PLAY LEAGUE STARS

The League Stars program appeals to the true nature of kids, in all their messy, high energy, love of fun and play. Each week, your child will participate in specially designed games that get them smiling and sweating.

League Stars kids have loads of fun with their friends, old and new, but the program delivers so much more. Each week they'll unlock more of their unique strengths, building physical, cognitive, social and emotional skills that will help them take on challenges big and small, now and in the future.

REGISTER FOR LEAGUE STARS
LEAGUESTARS.COM



Pack items may differ from ones shown



BE YOUR OWN HERO



WHEN:

20/5/2021 - 24/6/2021

LENGTH:

6 weeks

WHERE:

One Mile State School
John St, Gympie
QLD 4570

TIME:

Thursday
3.05 pm - 3.50 pm

AGE: 5-8 Years

COST: \$79



Pack items only after 10am on-site.



PLAY LEAGUE STARS
LEAGUESTARS.COM

NOOSA COME TOGETHER

MUSIC FESTIVAL AND BUSKING CHAMPIONSHIP

Bringing Noosa together to help people with disabilities in our communities

5th & 6th JUNE 2021 FREE EVENT

LOCATION?

Saturday - Noosaville on Noosa River Foreshore
Sunday - Pirate Park, Gympie Terrace, Noosaville

WHEN?

Saturday - 10am - 3pm
Sunday - 11am - 7pm

A COVID Safe Event

MUSIC

Family Friendly Music Festival
Free Entry - Sunday
4 Stages

BUSKING

Noosa Busking Championships - Saturday

LASER SHOW

Noosa's Biggest Laser Show

WHAT'S THERE?

Kids Field, International Food Court,
Water Activities, Sailing
Giant charity auction at
www.galabid.com.au/noosa

LASER SHOW

Noosa's Biggest Laser Show

WEBSITES

www.noosacometogether.com.au
www.noosabuskingchampionship.com



noosaville
business
association

LAGUNA
EXCELLENCE IN REAL ESTATE



COAST 2 COAST
EARTHMOVING



INSIGHTS

Parenting for emotionally healthy kids



Most people steer clear from using destructive, toxic parenting strategies for fear of raising dysfunctional, emotionally unhealthy adults. Living vicariously through your kids or using fear to gain obedience are the types of strategies most parents avoid. So, what behaviours can parents practise that will help their kids function well, relate well to others and reach emotional maturity in adulthood? These behaviours will help your lay the foundation for your child to become an emotionally healthy adult.

Helping kids tolerate discomfort

While you don't need to expose kids to pain just for the purpose of toughening them up, you don't need to shield them from discomfort. Missing being picked for a team, a friend moving away and sitting a test that makes them nervous are the types of situations that reflect real adult-life. Providing children and young people with exposure to such experiences and giving them coping strategies such as positive distraction builds their resilience, which is essential for success and good mental acuity.

Validating their feelings

Telling kids to stop worrying or stop crying sends a message that emotions are bad. It teaches them to hide their emotions or fight their feelings. Similarly applying the terms 'good' or 'bad' to emotions sends a message that some emotions are not acceptable. The use of terms 'pleasant' and 'unpleasant' when discussing emotions is non-judgemental and shows your acceptance of all feelings. Let kids know through your language and behaviour that all emotions are a natural part of life, and that they provide important information to help them navigate their world. "Ahh! I see you feel upset about this" is the type of statement kids want to hear particularly when feelings are negative.

Letting kids live their own life

Parents have unrealised dreams as well as unhealed emotional scars. It can be tempting to put your own emotions onto your child or steer them away from areas of life that caused you pain. This practice places enormous pressure on children and restricts them from developing their own sense of self that comes from making your own life choices and living with the consequences. Kids require a certain amount of emotional space to develop their own interests and strengths that may be at odds with your expectations, which can be challenging when parenting small families.

Being emotionally available

One of the most difficult and time-consuming aspects of parenting is sharing a child or young person's emotional burdens. Supporting a child who is sad, or helping a young person manage disappointment is draining emotional labour, requiring your full attention. Supporting, coaching and coaxing kids when they are down is when parents do some of their most important work.

In closing

Raising children and young people to reach emotional maturity is an often (unintentionally) neglected part of parenting. By paying attention to their emotions and responding positively rather than shutting them down when their emotions get the better of them you will help lay the foundation to live healthy, balanced lives.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.