Whether your child is just starting school or the children are returning after a long summer’s break, getting into the swing of things at the start of the school year can be a challenge! Listed below are some simple strategies that can be useful to get everyone back into the routine of school days!

Ensuring your child has had adequate rest is very important. Is your child getting to bed at a reasonable time? Children’s need for rest can vary at times and warm summer nights and more daylight hours can affect your child’s sleep patterns. It is important to set an agreed bedtime, and stick to it where possible. If your child is wakeful, encourage them to read quietly in their bed or listen to some quiet, restful music.

Setting a regular pattern of events in the morning can impact on how smoothly and happily everyone gets ready for school. Here are a few ideas that other parents have found useful which can save a lot of last minute headaches and fuss:

**The night before:**
- Check that your child’s school clothes are clean and ready for the next day. Encourage them to place their shoes with their clothes in readiness.
- Are there any additional activities happening (eg. PE, Music, library?) Have your child place the necessary items in their school bag.
- Lunches can also be prepared or semi prepared. Children can help with this.
- Bags can be packed (don’t forget sunhats!) by your child and placed in a regular spot ready for the next morning.

**In the morning:**
- Using an alarm will ensure everyone is out of bed with plenty of time to get ready.
- Be positive! Grumpy parents make for grumpy children. Encourage and give positive feedback.
- Keep the TV off! If the TV is to go on, only allow it to go on after your child is absolutely ready to go!
- Provide a healthy breakfast eg. cereal, milk, juice, water, toast and spread, fresh fruit. Kids are like cars …they run (behave and learn) better on good fuel.
- Encourage children to get ready by themselves: cleaning teeth, brushing hair, packing school bag, making bed, helping them only where needed.
- Leave the house on time. Setting the kitchen timer can be a help here. Tell the children that when the alarm goes you will be leaving for school; make sure you are ready yourself!

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**Exceptional Behaviour Focus of the Week!: “Using Courtesy and Manners”**

The behaviour focus for Week Two is “Using good manners and courtesy”. It is important for all of us, as members of the Lowood State School community, to be respectful of one another and of ourselves. One simple, and well known, way of doing this is the Golden Rule “Treat others as you would like to be treated”. Saying “Please and Thank you”, “Hello” or “Good Morning/Afternoon” with a smile when you see people. Helping others when you can, holding a door open, or picking something up for someone else. Remember that if we are all following the ‘Golden Rule’, others will be doing nice things for you and showing good manners and courtesy. The big bonus is; it makes you feel good too and it costs you nothing. So every time this happens at least two people go on their way feeling good. Try it you will be amazed!
Welcome back to the new school year! It has been an excellent start to the year with lots of smiling and exciting faces!

2017 is going to be a fantastic year at Lowood. We have set some ambitious goals and all staff have been busily working towards preparing the school to be a fantastic space for student learning.

This year, the school will continue to evolve. We have worked planned around the school grounds as well as 14 fantastic teaching spaces that are all air-conditioned and have an interactive TV or Interactive Whiteboard. Every classroom has their own Classroom Library too! In addition we have employed an additional two support teachers to support student learning. The school still has places available in most year levels. If you know of a family intending on enrolling at the school, please ask them to contact the administration team ASAP!

Vivo rewards online behavior recognition program returns this year as well as awards for Magic 100 sight words and home reading program.

We are so excited to have everyone back at school.

Have a great week,

Jordan

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**School News**

From the Administration Team

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**Late Arrivals & Early Departures**

Any children arriving late to school must sign in at the office and receive a late slip which must be handed to their classroom teacher. Students leaving early, must be signed out, a ‘specific reason’ given at the office by their parents/caregivers. Any early departing students will be collected at the office.

**Students Absences**

Under Queensland law, you must make sure your child/ren of school age is enrolled and attends school all day, every school day unless your student has an acceptable reason. If your child is suffering with an illness for a period of 3 or more days, the school requires a medical certificate from the doctor covering ALL absent days.

Parents/caregivers must notify the school with the reason for every day that their child/ren are absent from school. Parents/caregivers can notify school by phoning the absentee phone number 54262366 and leave the details of the students and reason of absence from school.

Students returning back to school must bring a note to their teacher or Admin stating a reason of absence. All medical certificates must be returned to the school office.

The Lowood State School must account for ALL students and their absences.

**Outside School Hours Care (OSHC) Survey**

Accompanying the Newsletter today is a survey to collect information on the viability of an Outside School Hours Care at Lowood State School. This survey is the first step towards the operation of a OSHC at the school and can only go ahead if there is a suitable number of students who would use the service. The OSHC would cater for before and after school care as well as vacation care during school holidays. If you are interested in utilising the service can you please return the survey to administration by Friday 3rd of February.

**2017 Lunch time Programs**

This year we are offering a fantastic selection of activities for students at lunch times. Student can choose which activities they would like to participate in each break. Not all activities are available each day however there are multiple activities each day that are more than enough to keep our students busy! The activities include: Rest and Meditation room, Junior Playground, Computer room, Organised Games on the Oval, Robotics, Chess, Construction Crew, Creation Station, Gardening Club, Guitar club, Collector Cards Club, Choir, Dance, Auslan Sign Language Club, Media Club, Athletics & Run Club, Library and Social Skilling Club. As you can see lunch times has never been more exciting!

**Homework**

In 2017 the school has implemented a consistent approach to Home Work across the school. This week a letter went home with all students outlining the new homework structure. Essentially Homework will focus around the core skill that need to be practiced each day which includes a sustained 15-30 minutes of Home Reading, supported by library borrowing, the learning of sight words, the spelling of Non-Negotiable Words and quick math mentals. Teachers are available to meet with parents to support the completion of homework.

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**P&C News**

**GENERAL P&C NEWS:**

PLEASE NOTE: Canteen is open Wednesday, Thursday and Friday. Volunteers are urgently required to help at the Canteen. If you are to spare some time please see Lyn and Alan at the canteen.

Next meeting is 21/02/2017 @ 6:00pm in the Staffroom.

Facebook page (Lowood SS P&C): Code of Conduct and the Social Media Procedure need to be read and adhered to, this can be found on the Facebook page or you can ask for a copy.

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**DATE CLAIMERS**

January 2017
30th– Parade

February 2017
6th - Parade

March 2017
31st - Cross Country

April 2017

May 2017
22nd - School Photos

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Peace Street, Lowood 4311

☎ (07) 5427 2333  Email: admin@lowoodss.eq.edu.au
☎ Student Absence (07) 5427 2366

*Our P&C Meet on the 3rd Tuesday of each month*

www.lowoodss.eq.edu.au