14th June 2013

**PRINCIPAL'S REPORT**

"You must be the change you wish to see in the world." - Mahatma Gandhi

“If we are to play our part in bringing about positive change in the world we must first change ourselves to be what we want to see in the world. If we want to see greater harmony and less strife we need to learn to become more adept at showing kindness and concern for others.” These are the thoughts of the Principal of the International School in Hanoi, Dr. Yutzy, and exactly what many of our parents, grandparents, students and wider community have done to help our student forum in their efforts to provide warm clothing for children in the isolated mountains of the Lao Chai District of Sapa, Vietnam.

The project was commenced after I shared with the student forum that a colleague of mine had been teaching in Hanoi. Family and friends of the school trekked through the mountains to donate 100 jackets and 100 pairs of socks and boots to one school in Lao Chai. The project has now expanded to 5 schools in the region whose students suffer extreme poverty and isolation. The teachers and students work in unheated classrooms where...
the temperature drops to below zero on most days of winter. Shoes are rarely seen on the children whilst others wear rubber slippers. On the coldest, wettest days many children do not attend school.

Through the generous donations of wool and the subsequent scarves, jumpers and mittens knitted by our school community these children will be able to study in their unheated classrooms in greater comfort and hopefully in better health.

Our forthcoming free dress day coin donations will help pay the cost of sending the many boxes of warm clothing to Sapa. To ensure the clothing reaches its intended recipients we are organising the delivery with the Australian Embassy and the International School in Hanoi. It is not too late to donate warm clothing or to knit an item. We still have wool available and the packaging will occur next Thursday.

Once again, on behalf of the Ashmore State School Student Forum thank you to all who contributed to this worthy project. You have been the change you wish to see in this world.

The children inside their classroom. Note their bare feet.

Wooden classroom with cement floor at highest elevation of 2000m above sea level.

Trekking up the mountain to reach the school.

Fun at the Fair!
As I write this report the rain is pelting down outside! I know this is happening simply because Mother Nature wants our gardens and green grass nicely freshened up for a sunny Family Fun Fair (or at least that’s what I am hoping!). Saturday will be a great day thanks to the untiring efforts of our P&C, our groundsman Gary, our teachers, students and parent volunteers. We kick off the fun at 10a.m with plenty of stalls, rides, games, baby show, fashion parade, a Hangi, sausage sizzles and much more! Come along and join us for what promises to be a great event in this year’s school calendar and should there be a shower then shelter under the umbrella!

**Report Time**

It’s that time of the year when students receive their Semester One Reports. Following the introduction of the Australian Curriculum some grades may differ to what you or child may have expected due to the manner in which grades are awarded according to the new Achievement Standards guidelines. Your child’s teacher will explain this in greater detail at student/parent/teacher interviews scheduled for early Term 3. Regardless of the grades your child brings home, focus on positive aspects of the report. For some parents, this might mean highlighting a strong effort or behaviour grade, or congratulating an academic accomplishment. It could mean praising a perfect attendance record or acknowledging a small improvement shown in a particular area. Starting on a positive note shows your child that you truly care about the accomplishments, not only areas that need improvement.

**Thought for the fortnight:**

“I want my children to understand the world, but not just because the world is fascinating and the human mind is curious. I want them to understand it so that they will be positioned to make it a better place”  
*Howard Gardner*

*Author Multiple Intelligences*

Margi James

Principal

**DEPUTY PRINCIPAL- LEIGH JOSEY**

*Junior Playground Out-of-bounds Before School*

Just a reminder that no students or their siblings should be playing on the play equipment before school in the Junior Playground. This is for everyone’s safety and well-being. Students should be either in the hall before school or sitting with parents or carers in an undercover area.

Thank you for helping to ensure all students and siblings remain safe at Ashmore School.

Leigh Josey (Deputy Principal)
BUSINESS SERVICE MANAGER- MRS PETA DONOGHUE

Excursion Payments

Just a reminder that every excursion or school event that requires a payment to be made will have a set ‘DUE DATE’ that must be adhered to. If you have difficulties prior to the ‘DUE DATE’ making a payment, please do not hesitate to come and see me or someone in Admin to make other arrangements. We will NOT be accepting any late payments after ‘DUE DATES’ in 2013. If you pay over the internet please ensure that you make the payment 3 days prior to the due date to ensure that it clears in the schools bank account. Thank you for your cooperating in this matter.

Messages for your children

As stated in previous newsletters, it can be extremely difficult to give students personal messages from parents during the school day, so to alleviate this issue we will be implementing a cut off time of 2pm each day. If you require a message to be given to your child you will need to ensure that you phone the office prior to this time. Could you please advise your child of after school pick up times and locations prior to dropping them off at school as this seems to be the most common messages. If you contact the office after this time we will not be able to assist unless it is an emergency.

BANKING DETAILS

You may wish to print these details for easy reference throughout 2013.

PLEASE CLICK HERE TO VIEW

RESOURCE CENTRE

Premier’s Reading Cup

The Premier’s Reading Challenge is an annual state-wide event for students from Prep to Year 7 in state, Catholic and independent schools as well as home-educated students. Individual students, whole schools or individual classes can enter the Premier’s Reading Challenge.
The reading period for the 2013 Premier's Reading Challenge commenced on Tuesday 14 May and closes Friday 6 September.

The Premier's Reading Challenge is not a competition but a way to encourage students to develop a love of reading for life. Through the challenge students are given an opportunity to further develop their appreciation of the English language and are encouraged to explore and enjoy a wide range of literary texts.

For a student to successfully complete the Premier's Reading Challenge they must read or experience a number of books. Teachers will send home information sheets with a reading log for parents to complete.

**Book Club and Book Fair**

Our next Book Club will be going out at the beginning of Term 3. Plans are currently underway for our Book Fair to be held during week 8, Term 3. We had a very successful Book Fair last year and once again we will be decorating our Resource Centre and planning activities for the children. We will keep you posted as the date approaches.

**Gold Coast City Library**

When was the last time you visited your local Gold Coast City Library? There are 13 branches and 1 mobile service. All the branches have a wonderful selection of resources available to members. In particular, the online resources include downloadable eBooks, homework helping sites and websites. There is also an app available for easy access. A visit to your local Library would be a great holiday activity!

**GUIDANCE OFFICER**

**Children and Sleep**

Did you know:

- Snoring can affect school work
- Quality of sleep is just as important as quantity
- Over a third of primary school-aged children experience problematic night fears
- Nine out of ten people who play a computer game, dream of it that night

Sleep, or lack of it, is probably one of the most-discussed topics of a human being. New parents discover its vital importance in those first few weeks and months. The quality and quantity of sleep affects the well-being of everyone in the household — it's the difference between being cheerful, alert and active individuals or zombies.
Most kids' sleep requirements fall within a predictable range of hours based on their age, but each child is an unique individual with distinct sleep needs. Still, sleep is very important to a child's well-being. As a general rule, 6 to 9 year olds require about 10 hours sleep a night; 10 to 12 year olds, at least 9 hours; teens, 8 to 9.5 hours per night. Ideally routine contributes to better sleep ie. going to bed at the same time every night and waking at the same time.

The link between a child's lack of, or poor sleep, and his or her behaviour isn't always obvious.

The type of sleep a person has is equally important. A good night's sleep will give enough rest and energy to tackle life's challenges. Snoring or holding of breathe will affect oxygen flow and cause disruption to sleep patterns. Tossing and turning, talking in one’s sleep, constant moving, waking regularly or sleep walking indicate an active mind and body which again works against restful sleep.

When adults are tired, they can either be grumpy or have low energy, but kids can become hyper, disagreeable, and have extremes in behaviour. Concentration and general behaviour are affected and in the school setting this can be dire.

Set up a bedtime routine for a good night sleep. Most children have no problem sleeping alone. If they are too afraid to do so, find out why. Solve the underlying cause - don’t give in to sharing the bed just for the sake of peace. If your child has to share your bedroom for any reason, try to provide a separate space - even if it means fixing a curtain in between your bed and a mattress on the floor. Encourage your child to take his/her last drink at 6pm. This should give the body enough time to eradicate any excess before bedtime, thus minimising the need for toilet breaks throughout the night.

Give your child warning about when bedtime is and try to stick to it each night. Turn TV’s off (or down) in the main living space, speak calmly, softly and reassure your child about the great sleep they will have. Read a short story (nothing scary!) when you put your little one to bed, or encourage your older child to read to you for 15 minutes. If your child has a television or computer in their bedroom – remove it. We hear too many stories of children ‘secretly’ turning their tv or internet on at midnight when mum and dad are asleep.

There isn’t one sure way to raise a good sleeper, but every parent should be encouraged to know that most kids have the ability to sleep well. The key is to try, from early on, to establish healthy sleep habits. If you have concerns seek help from your Doctor.

Further information can be found at www.kidshealth.org or www.parentlink.act.gov.au

Carla Loughnane

Guidance Officer

FOLLOW US ON TWITTER
NEWS FROM THE SPORTS DESK... JUNE

Rugby League Sport Jersey Return – All students who participated in Rugby League must return your school jersey to your coach immediately.

Athletics Carnival 2013 – see dates for the Ashmore Athletics Carnival for Term 3.

- Senior Athletics Carnival - Tuesday, 9 July & Wednesday, 10 July
  - Parent volunteers needed. Please email Mr. Ellis (relli129@eq.edu.au) if you are able to offer assistance.
- Junior Athletics Carnival – Thursday, 11 July
- Back up day – Friday, 12 July

Gold Coast North District Trials – Students of Ashmore have had some impressive results recently at trials. Below are just some of the highlights:

- Jade K. 7A – South Coast Team (Touch)
- Kara R. 7C – South Coast Team (Touch)
- Josh G. 7D – South Coast Team (AFL)
- Cody H. 7C – South Coast Team (Soccer)
- Zac B. 5/6D – South Coast Team (Soccer)
- Keoni N.B. 7B – South Coast Team (Touch)
**Regional Cross Country Trials** – Congratulations to all students who represented Ashmore at the Regional Trials. Special mention to Zac B. and Blake F. who qualified for the Gold Coast North Team at the South Coast Championships. Both boys ran outstanding races and should be proud of their result. The Regional Trialists from Ashmore are listed below:

<table>
<thead>
<tr>
<th>Brayden D. 7C</th>
<th>Avery V. 7B</th>
<th>Nemika N. 7B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cody H. 7C</td>
<td>Luke P. 7C</td>
<td>Brandon G. 7B</td>
</tr>
<tr>
<td>Zac B. 5/6 D</td>
<td>Tyler W. 5/6D</td>
<td>Eliza A. 5/6E</td>
</tr>
<tr>
<td>Jasmine M. 5C</td>
<td>Blake F. 5C</td>
<td>Charlie C. 5B</td>
</tr>
<tr>
<td>Tia S. 4A</td>
<td>Luana A. 4B</td>
<td>Brooke P. 4D</td>
</tr>
</tbody>
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**Swimming** – Ashmore will be offering swimming lessons through the PE program again this year. The lessons will be at City Pools Nerang and transportation will be by bus. Swimming is a required component of the PE curriculum. The lessons will be scheduled during weeks 9 to 11 of Term 3 in the month of August. A cost breakdown will be sent home at the beginning of Term 3.

**Fitter, Faster, Stronger** – AKA Running Club goes from 8:00am to 8:30am. Students from all grades and parents are welcome to attend. New participants are always welcome. Bring a change of clothes for the wetter days. Thank you to all parent and teacher volunteers. Your help is greatly appreciated.

**Mon** – Fitter, **Tues** – Faster, **Wed** – Stronger, **Thurs** – Fitter, **Friday** – Faster.

Please contact Mr Ellis (PE/Sport Teacher) if you have any questions.

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**COMPUTER LAB OPEN FROM 8.15AM**

Just a reminder that the computer room is open for Mathletics and and “The Workshop” every day of the week, before school from 8:15am and after eating in the second break.

If anyone has any old timber skateboards for “The Workshop” they would like to donate to the school for the children to repair and restore, I will gladly take them off their hands.

Thank you

Mr Dart
FREE DRESS DAY

There will be a free dress day on Tuesday (18th). Theme is to dress in your favourite "Sport's Team Colours or Sport's Team Clothing". Gold coin donation and money raised will go towards sending our scarves and Winter clothing to our sister school in Hanoi. Clothing must be sun safe and in keeping with our school's policy.

SECOND HAND CLOTHING DRIVE

PRE-LOVED CLOTHING STALL
EVERYTHING- 50 Cents a Piece
CARMICHAEL CENTRE
School Carnival - this Saturday – Start time: 10.00am
EARLY SHOPPING WILL ENSURE THE BEST BUYS
Please join us and have a great day!

GIRLS

Shorts, Jeans, Shirts, Skirts, Coates, Shoes, Dresses. Scarves, Socks, Sweatshirts, Hats, Pyjamas

0 – 4 years
5 – 8 years
9 - 10 years
11 – 14 years

BOYS

Jeans, Shorts, Shirts, Coates, Shoes, Scarves, Socks, Sweatshirts, Hats, Pyjamas

0 – 4 years

5 – 8 years

9 - 10 years

11 – 14 years

LADIES

Pants, Shorts, Skirts, Shirts, Dresses, Coates, Shoes, Scarves, Socks, Sweatshirts, Pyjamas

MENS

Jeans, Pants, Shorts, Dress Shirts, T/Shirts, Coates, Shoes, Sweatshirts

TOYS

BOOKS

PUZZLES

SHOES

HATS

SOCKS

SCARVES

BELTS

The following children's families have kindly donated 2nd hand clothing:-
Thank you one & all

from

"The Baby Boomers"

HELPING HANDS

PLEASE CLICK HERE TO VIEW

ITEM 2 FOR HELPING HANDS- CRAZY CARTOONING
PET GROOMING

Wags 2 Whiskers Dog Grooming & Pet Sitting
Call Fran
0432161562
325 Ashmore Road
Benowa 4217

www.wags2whiskers.com.au

ORAL HEALTH

GOLD COAST HOSPITAL AND HEALTH SERVICES – ORAL HEALTH SERVICES

ORAL HEALTH CARE MATTERS

Did you know that Gold Coast Hospital and Health Services – Oral Health Services in both the community and school dental clinics accept Medicare Teen Dental Scheme Vouchers?

Good oral health care is important for young people. The government has provided Medicare Teen Dental Scheme Vouchers to help enable and maintain good oral health and preventative care. These vouchers can be presented to private dentists or Gold Coast Hospital and Health Services – Oral Health Services, including a community or school dental clinic.

Children attending schools up to the end of Year 10 who present a Teen Dental Voucher with Gold Coast Oral Health Services will receive a comprehensive examination, x-rays, scale, clean and a full course of care.

Children in Years 11 and 12 in receipt of a voucher can only be seen by Gold Coast Oral Health Services if the eligibility criteria is met. They will then be placed on a waiting list to receive a comprehensive examination, x-rays, scale, clean and a full course of care.
If the Teen Dental Voucher has been used at a private dental practice, completion of the private dentist’s treatment plan will need to be undertaken privately at own cost. Gold Coast Hospital and Health Services will only be able to provide Emergency Care for these children, not a full course of care as prescribed by the private dentist.

Gold Coast Hospital and Health Services – Oral Health Services have qualified and experienced dentists, oral health therapists, dental therapists and dental assistants who work together to provide a range of oral healthcare services to meet your child’s specific oral health needs in a caring environment.

As the Teen Dental Voucher expires by 31.12.13, it is important that you arrange your appointment as soon as possible by telephoning the Gold Coast Oral Health Services Call Centre on 1300 300 850. Oral health services are also provided during all school holiday periods.

For more information on the nearest community or school dental clinic, the Oral Health Call Centre will be able to assist you with your enquiry.

AFTER SCHOOL CRAFT
WHEN - 21st June

TIME - 3.15-4.15

WHERE - Hall
BOOKINGS - Need to be made online

FOX’S REAL ESTATE

COMMUNITY CUPPA - SONESHA

PLEASE CLICK HERE TO VIEW

Currumburra Road
ASHMORE 4214 QLD

07 5656 1330

07 5656 1300

ashmore@eq.edu.au

http://www.ashmoress.eq.edu.au/

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