

# NEWSLETTER

## Richmond State School

*Deeds Not Words*

Volume 2, 2021



## From the Principal

### 5 Questions for Parents

As we progress towards the mid-way point of Term 1, I encourage parents to speak with their children regarding their learning. As teachers, we are working to build effective learning walls in classrooms and support assessment literate learners. We also utilise the 5 Questions for Students to check in with students about their understanding of their learning.

5 Questions for Parents	5 Questions for Students	5 Questions for Teachers
<ul style="list-style-type: none"><li>∞ What is my child learning?</li><li>∞ How is my child progressing or achieving?</li><li>∞ How do I know?</li><li>∞ How can I assist my child improve?</li><li>∞ Where/Who can you go to seek help?</li></ul>	<ul style="list-style-type: none"><li>∞ What are you learning?</li><li>∞ How are you going?</li><li>∞ How do you know?</li><li>∞ How can you improve?</li><li>∞ Where can you go for help?</li></ul>	<ul style="list-style-type: none"><li>∞ What am I teaching?</li><li>∞ Why am I teaching it?</li><li>∞ How will I teach it?</li><li>∞ How will I know that my teaching has been effective?</li></ul> <p>WHAT NEXT?</p>

Term 1 Curriculum Overviews are to support you in understanding what your child is learning throughout the term and can be utilised in conjunction with the above questions.

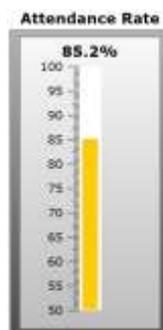
### Attendance

As we return from holidays, we have unfortunately had some of our students and families who have been unwell, in conjunction with some road closures which have both had an impact on our current whole school attendance data. This year, we are implementing processes to closely monitor student attendance. Please support us by ensuring you inform the office if your child is unable to attend school.

### Principal Congress

I have recently been invited to sit as a Principal Representative on the Department of Education Principal Congress. The Congress meets once per term and is chaired by the Deputy-Director General for Education, Mr Peter Kelly. The purpose of the Congress is to provide feedback and critical insights on policy and other significant matters that affect schools. This will provide an opportunity to advocate for the students of Richmond State School and more broadly, rural and remote education. Our first meeting will occur on 22<sup>nd</sup> February 2021.

Regards,  
Elizabeth Mayo



## Contact Us

Principal: Mrs Elizabeth Mayo

HOC: Miss Tanya Sinden

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**“The beautiful thing about learning is that no one can take it away from you.”** BB King

# Curriculum, Teaching & Learning

## *Enriching student learning*

Delivering the Australian Curriculum in ways that interest and challenge our students remains a core focus of our Explicit Improvement Agenda in 2021. As such, in Term 1 Richmond State School is trialing the implementation of a writing enrichment program for selected students in Years 3 and 5 through the IMPACT Learning Centre.

Each week, participating students attend an online lesson with specialist teachers who are supporting our students to increase their ability to plan, write and edit sophisticated short narratives and improve their writing stamina while improving their computer literacy skills. Improving computer literacy skills plays significant role in equipping young Australians to live and work successfully in the 21st century.

The students are thoroughly enjoying improving their writing and computer skills whilst engaging with students from Distance Education who join us in our lessons. We cannot wait to read their narratives that they develop throughout the program and see how participation in the program improves their literacy outcomes in the classroom.



## Calendar of Events

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4		Yr 7-10 Immunisation SBYHN Visit	Student Council Meeting		
Week 5	P&C AGM				PBL Goden Morning Tea
Week 6	Guidance Officer visiting				
		Hearing Screening SBYHN visit			

# Achievements & Awards



**Student of the Week**



**PBL Happy Voucher Awards**



**Class Awards**



**Class Awards**



**Student of the Week**



**Student of the Week**

## Chaplain Update

Hello Families,

During the last few weeks I have witnessed lots of our children having moments where they have had to have *courage*. First days, new Teachers, presenting speeches, new subjects and new responsibilities.

***“Each time we face our fear, we gain strength, courage and confidence in the doing”***  
– ***Theodore Roosevelt***

When learning new things, it doesn't always feel comfortable, and can mean facing difficult tasks. Courage also gives us the confidence to trust our own abilities and not second guess our decisions for the future.

I like to tell the children that having 20 seconds of courage can change your day. Having opportunities to enact courage can be empowering to a child and give them confidence to try new things.

As always if you or your child are having a difficult time, I am available to have confidential conversations. Please contact me on 4768 6333 or [tonih@chappy.org.au](mailto:tonih@chappy.org.au)



Blessings

Chappy Toni

## P & C Information

The Richmond State School P & C Association will be holding their Annual General Meeting on Monday the 22<sup>nd</sup> February 2021. This will be held in the school library commencing at 2:35pm

### Can't make it?

If you are unable to attend but would like more information or to stay involved, please contact Alison on [PandC@richmondss.eq.edu.au](mailto:PandC@richmondss.eq.edu.au)

### Why come to a P & C Meeting?

- Connect with other parents
- Be the first to hear about important news and upcoming events at school
- Have a voice in the activities and programs the P & C supports

Volunteer your time, or at home, to make a difference in our school community

## Community Announcements

A big thank you to Steve and Leah from Laidlows Supermarket. Steve and Leah have kindly donated a \$10 voucher each fortnight to our Student of the Week award. With the generosity of both our local supermarkets, we are able to alternate our voucher each week for Student of the Week. Thank you both for your continued support in 2021, it is greatly appreciated.

# Student Leadership Induction



# Student Leadership Induction



# School-based Health Nurse Update

## *Is your teen sleep deprived?*

Sleep is essential for all, but especially teens. Sleep is necessary for growth and development, not only for our bodies but also our minds. Academic failure is a major issue for many sleep deprived teens, along with the inability to concentrate during school.

Recent studies have shown that teen sleep deprivation has doubled in the last 15 years from 35% to 70%. Teen mental health problems have also increased by 27% per year since 2008. In Australia 70% of teens are chronically sleep deprived on school days. That's more than triple of any other age group. Australia has been found to be the 3rd worst country globally for sleep deprived teens.

So why are our teens so sleep deprived? There are many factors that conspire to sabotaging teen sleep such as:

- Social connectedness (social media) & Fear of missing out (FOMO)
- Late body clocks
- Part time jobs
- Homework and extracurricular activities ( Over scheduling – too busy to sleep)
- Ambition, pressure, and high expectations of our teens
- Sleep is no longer valued or seen as a priority

Some effects that go beyond just tiredness and academic failure are: Getting good quality sleep helps with:

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| <ul style="list-style-type: none"><li>• Screen addiction</li><li>• Poor food choices and obesity</li><li>• High cortisol levels (Stress Hormone)</li><li>• School lateness &amp; absenteeism</li><li>• Cyber and non-cyber bullying</li><li>• Depression</li><li>• Anxiety</li><li>• Impaired ethical and moral judgement</li><li>• Increased chance of developing a mental health disorder</li><li>• Increase in motor vehicle accidents</li><li>• Family/relationship breakdown</li><li>• Loss of sense of humour</li><li>• Poor stress coping</li></ul> | <ul style="list-style-type: none"><li>• Learning, concentration and memory</li><li>• Supporting our emotional health and wellbeing</li><li>• Positive behaviour and decision making</li><li>• Improving energy levels and promoting healthy growth, metabolism and immune system</li></ul> |
|--|--|

And many more.



How much sleep is required for teens? Teens should get on average 9 hours of sleep a night to ensure their body and mind has rested/recharged adequately. Any less than this teens run the risk of fatigue and sleep deprivation. How do we help? There are “3 Pillars” of good teen health which include good sleep, regular exercise and good nutrition. Together they help to protect teens’ mental and physical health and reduce the amount of stress they may feel in the event of a crisis. Ending screen time 1 hour before bed will also allow the brain to wind down for a restful night's sleep. More information can be found at the links below or you can organise a time to have a chat with me at school.

<https://www.sleephealthfoundation.org.au/sleepshack.html>  
<https://www.familyzone.com/anz/families/manage-screen-time>  
<https://thesleepconnection.com.au/sleep-for-children-teenagers/>

Your School Based Youth Health Nurse  
Kayleigh