From the Principal

Dear Norris Road Community,

It is hard to believe the term is almost over. I can hear the pitter patter of little paws already. Thank you for the great start to our year.

New Classroom Building – Year 2

Everything is underway. Soil testing complete. Most works will happen over the break.

Traffic Management

We met as a committee this morning with Council and investigated options for a STOP-KISS-AND-GO designated area on Pritchard Place as well as increasing the space to turn left out of Pritchard Place. Council are going to ‘do the maths’. We anticipate a definite plan by next term.

Until such time, all signage is there for a reason. NO STOPPING means NO STOPPING, not a spot to drop off adults to walk into school to pick up students.

2 Minutes means 2 Minutes, not park from 2.00 p.m. We can all help the traffic congestion if we abide by the rules.

National Day of Action against Bullying – 16 March

We joined the coalition last Friday. Thank you to the Year 6 boys who put in a huge effort to present their anti-bullying message in rap form.
We continue every day to remind each other of the importance of respecting others and dealing with conflict, however small, in a productive way.

Helping young minds appreciate the impact they have on each other when they choose inappropriate ways to deal with conflict it’s vital if we are going to change behaviour.

**Harmony Day – 21 March**
We have really shown our colours today. Sunshine hit Norris Road with it’s full intensity today. What a spectacular sight it was. So many cultures represented. Over $600 was collected from our students today and our Student Council are planning to purchase two friendship benches.

**Celebration of Learning**
Miss McKendry and I were thrilled to spend time with Year 2’s working on their Science/Technology assessment – the lunch box. The questions we posed showed the extent of the learning. Students were problem solvers, with scientific minds, finding solutions when drafts were not successful. It was great to hear how problems were solved and also to share in the failings – this is what drives learning. Well done Year 2 😊

**Point for Reflection**
Mindfulness is about paying attention and noticing ourselves and the things around us in a particular way. Sometimes our minds wander- we just go through the motions and our minds are not focused on what we are doing in the present moment. We might eat without tasting, look without seeing and talk without really knowing what we are saying. Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally, to the unfolding experience (Kabat-Zinn, 2003).

Mindfulness is an active process leading to awareness. We focus on the present rather than the past or future, and we accept what is, without labelling it good or bad. Cultivating mindfulness leads to reduced stress and anxiety, improved sleep, greater self-awareness, less anger and frustration, increased confidence, better relationships, improved capacity for focus and concentration, better learning and greater levels of enjoyment in life (Greco et al., 2005; Semple et al., 2006).

Practising mindfulness involves training our minds to focus on the present moment and notice our environment, feelings, thoughts and sensations. Mindfulness can be practised in activities such as eating, washing hands, drawing, colouring in and walking (Dimidjian and Linehan, 2003).

**Shannon Lusk**
Principal

**Easter Eggs for Students**
Please do not give out Easter Eggs at school. Due to RED Food Day Restrictions we cannot allow unhealthy foods unless they fall in one of eight designated days throughout the year.

**Leaving at the end of Term 1**
If you are leaving our school at the end of this term, please notify the office by calling 3261 0777.

**HAVE YOU PAID FOR YOUR CHILD’S ASSESSMENT BOOKS $15**
OR FOR YOUR CHILD’S
**Voluntary Contribution - $60 Or $120/ Family**
PARENT /TEACHER INTERVIEWS - BOOK NOW

Parent/Teacher Interview evenings have been scheduled and are now open for Bookings for Tuesday 17, Wednesday 18, Thursday 19 and Friday 20 April to allow you to consult with your children’s teacher. Students need to be present at the meeting with teachers and parents as they will have a role to play in the discussion around their learning and achievements and in particular their goals. The opportunity will empower our students to assume increasing responsibility for their learning. Interviews will be conducted in the School Hall and are of 15 minutes' duration.

To co-ordinate the interviews we have employed an online booking system to assist parents in securing their preferred interview times. The procedure is as follows:

• If you wish to see any of your children’s teachers, you need to secure an appointment time using this system. If you do not have access to the internet you can call the school office or see your child’s teacher and they will be able to assist you to access the program and make your bookings.
• The booking system will only be accessible from 6.00 a.m., Monday 19.03.18 through to 3.00 p.m., Tuesday, 17.04.18. No interview requests will be accepted outside of these times.
• In your web browser type in the school website https://norrroadss.eq.edu.au/Pages/default.aspx and when this appears click the link for 'Parent-Teacher-Interviews' in the quick links section on the right hand side of the front page. This will take you directly to the booking site for our school.

How to Book your ‘3 Way Conference’

NOTE: Information entered into this booking system is outside of the school’s network and therefore under the privacy information policy of the website sobs.com.au – their policy states that they will not disclose this information to any other party and nor will the information be used for any other purpose than managing these interviews.

1. Visit the sobs.com.au website
2. Type in your email address
3. Enter your name and contact details
4. Enter your child’s full name and select current year level from the drop down menu
5. Click on the Book Interviews box to book your interview
6. Select your child’s class teacher by ticking the box
7. Select a time from the available slots
8. Once selected you have the option of emailing or printing your interview booking times. If you select the email option, the schedule is sent to the email address you initially entered.

JUNIOR CHOIR

🎶 Save the Date 🎶

JUNIOR CHOIR PERFORMANCE

Wednesday 18 April at 2.00 p.m.
(Week 1 - Term 2)

COLES – SPORTS FOR SCHOOLS

Only three weeks to go so keep collecting your vouchers. For every $10 spent at Coles customers will receive one Sports for Schools voucher. Vouchers can be placed in a special collection bin at the school office.

Lost Property

We will be displaying the lost property in the undercover area near the Tuckshop tomorrow Thursday 21 March and next Wednesday 28 March. Any unnamed and unclaimed lost property will be given to charity during the holidays.

DATE CLAIMER

Instrumental Music – Hire Instrument – $80 and Levy - $20 Overdue

EASTER HAT PARADE

Thursday 29 March in Hall

Year 1  8:30 a.m.
Prep  9:30 a.m.
Year 2  10:00 a.m.
P.E. PITCH
Your body will only do what your mind believes it can.
Active Life fitness

P-2 CROSS COUNTRY WEDNESDAY 28 March 2018

<table>
<thead>
<tr>
<th>TIME</th>
<th>COMPETE IN YEAR LEVELS</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:10</td>
<td>Classes assemble on Bill Mackay Oval Covered Area in year levels.</td>
</tr>
<tr>
<td>11:20</td>
<td>Year 2 Girls (500m)</td>
</tr>
<tr>
<td>11:30</td>
<td>Year 2 Boys (500m)</td>
</tr>
<tr>
<td>11:40</td>
<td>Year 1 Girls (500m)</td>
</tr>
<tr>
<td>11:50</td>
<td>Year 1 Boys (500m)</td>
</tr>
<tr>
<td>12:00</td>
<td>Prep Girls (250m)</td>
</tr>
<tr>
<td>12:10</td>
<td>Prep Boys (250m)</td>
</tr>
<tr>
<td>12:20</td>
<td>Announce progress scores, war cries</td>
</tr>
<tr>
<td>12:30</td>
<td>Pack up and return to normal eating areas for lunch.</td>
</tr>
</tbody>
</table>

- Spectators are invited to come and support our P-2 runners during the Cross Country event.
- Children run the course during lead-up P.E. classes.
- Runners will be required to wear shoes.
- Runners can wear their house shirts: Apollo (Green); Pegasus (Yellow); Zeus (Maroon).
- House name lists are available at the office.
- All runners will earn house points and receive a participant or a placegetter ribbon.
- 1:45- whole school Assembly when the Cross Country shield will be presented to the winning House.

SPORT
School Cross Country – Wednesday 28 March. (see table for times). N.B. Years 3 to 6 students run according to the age that they turn this year. Please make sure your child knows their year of birth and how old they are turning this year.

District Trials - Throughout the year there will be District Trials held for various sports. Most of these trials will be open for 10, 11 and 12 year olds. Some of the District Trials (Swimming, Cross Country, Track and Field) will be open for 9 to 12 year olds.

If your child attends a District Trial they must have very good skills in the chosen activity. They must also pay a $12 District Nomination Fee and they must bring permission forms to the trials. The $12 District Nomination Fee for Swimming, Cross Country and Track and Field is paid to the school. All other District Nomination Fees are paid online.

<table>
<thead>
<tr>
<th>Winter Sport – Term 2 and 3 only</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer OR Rugby League OR Touch Football OR Netball</td>
</tr>
<tr>
<td>Eight Interschool Fixture Days</td>
</tr>
<tr>
<td>Terms 2 and 3 only:-</td>
</tr>
<tr>
<td>1, 8, 15 and 22 June</td>
</tr>
<tr>
<td>24 and 31 August</td>
</tr>
<tr>
<td>7 and 14 September.</td>
</tr>
<tr>
<td>Playing time at venues - 11.30 a.m. to 2.00 p.m.</td>
</tr>
</tbody>
</table>

NO FEES PAID = NO TRIAL
All forms for District Trials need to be returned to school and signed and stamped by the Principal. They will be returned to your child so they can take them to the District Trials.

NO FORMS = NO TRIAL
(The only forms the school will take to District Trials are for Cross Country and Track and Field as these are the only trials where we send staff to the trials).

Interschool Sport 2018 - Summer Sport - 23 March - last Friday for Interschool Sport for Term 1.
Girls and Boys Touch Tootball – Taigum SS.
Soccer – Bracken Ridge State High School.
Intra-school Sport (held at school) - AFL/ Net Sports/ Art/ Community Engagement / ICT.

Congratulations to Keenyn L., Latrell H., Aston M., Remy W. for their selection in the Bramble Bay Rugby League teams and Kaete A on her selection in the BB hockey team.
**Years 3/4/5/6 Cross Country**

**Wednesday, 28 March, 2018**

(WEEK 10, TERM 1)
8.30 to 10.45 a.m.

- **N.B.** ALL 9, 10, 11, and 12 YEAR OLD STUDENTS WHO WANT TO RUN FOR THE SCHOOL TEAM AT THE BRAMBLE BAY TRIALS MUST PROVE THAT THEY CAN COMPLETE THE 3 KM (11/12 years) or 2KM (9/10 years) SCHOOL COURSE.

- **Years 3 to 6 – RUN IN AGE GROUPS:**
  - Born 2006 – 12 years/ Born 2007 – 11 years/ Born 2008 – 10 years
  - Born 2009– 9 years/ Born 2010 – 8 years

<table>
<thead>
<tr>
<th>Approx. Time only</th>
<th>Wednesday 28 March 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.30</td>
<td>Years 3, 4, 5, 6 students move from classrooms (in class lines) to the oval. Sit under house tents.</td>
</tr>
</tbody>
</table>
| 8.40              | Welcome/ instructions. **Students have a choice of race distances:**
|                   | 9 to 12 years – 2km (9/10), 3km (11/12) or 500m or both. (Every student is expected to enter 1 race (minimum) on 28 March. Students may run or walk in the 500m races. Students need to run in the longer races. Every competitor gets points for their house.) |
| 8.45              | 12 years 3km boys and girls (Born 2006) |
| 9.00              | 11 years 3km boys and girls (Born 2007) |
| 9.15              | 10 years 2 km boys and girls (Born 2008) |
| 9.30              | 9 years 2km boys and girls (Born 2009) |
| 9.45              | Conclusion of 3km and 2km events. Start of 500m events. |
| 9.45 500m         | 500m race instructions. **The 500m races** below are for everyone in Years 3/4/5/6. (If a student has already run in a 3 or 2 km race they do not have to run again BUT they can if they want to run again). Run in age groups. (Ribbons for 1st, 2nd, 3rd). |
| 9.50              | 12 year girls (2006): 500m |
| 9.55              | 12 year boys (2006): 500m |
| 10.00             | 11 year girls (2007): 500m |
| 10.05             | 11 year boys (2007): 500m |
| 10.10             | 10 year girls (2008): 500m |
| 10.15             | 10 year boys (2008): 500m |
| 10.20             | 9 year girls (2009): 500m |
| 10.25             | 9 year boys (2009): 500m |
| 10.30             | 8 year girls (2010 - in Year 3): 500m |
| 10.35             | 8 year boys (2010 - in Year 3): 500m |
| 10.40             | Clean up |
| 10.45             | Lunch (FINAL POINTS WILL BE ANNOUNCED AT ASSEMBLY). |
STARLAB PLANETARIUM

StarLab is a mobile planetarium that visits schools to teach the children about space. On Thursday, the Year 3’s were lucky enough to attend!! We had a great time inside the dome, watching the sun rising and setting, shadows being formed, and going on a space exploration of the planets in our Solar System.

PREP SCIENCE INCURSIONS

As part of our Term One Science Unit on Living Things, last week the Prep classes were visited by two guest speakers. RSPCA Education Officer, Darryl came out to discuss caring for pets and animals. Darryl informed the Preps that RSPCA care for more than 54,000 animals each year. The students learnt that our pets need food, water, shelter, vet checks as well as our time and love. Thank you to the Prep families that brought in a gold coin donation for RSPCA to continue the great work they do.

The Preps were also visited by Andrew from Little Green Thumbs. Andrew spoke to the children about how a seed grows and how to care for plants. The students participated in a hands-on gardening experience and planted their own tomato plant. The Preps learnt that their plant will need sunlight, water, healthy soil and fresh air to grow into a healthy plant they can look after in their gardens.

DAY OF ACTION AGAINST BULLYING – YEAR 6 BOYS RAP GROUP
FROM CHAPPY RELL

“What else does Chappy Rell do?”

EMERGENCY MEALS
One of my personal mottos is “when in doubt, cook something”. Often when a family is going through a hard time, such as a bereavement or a separation, there is very little I can do to “fix” things. I can however offer the practical support of providing a few home cooked meals. Some I make myself and some are provided by local churches or other volunteers.

If you are able to help out with a meal or two from time to time, please let me know. Cheers, Chappy Rell

PHONE MESSAGES
Messages for teachers during school hours will be taken by Administration Staff. Messages for students will be handled by the Administration Officer to save unnecessary disruption to classes.

FRIDAY ACTIVITIES

Use of Mobile Phones & other Electronic Equipment by Students
Students are NOT to carry or use mobile phones while on the school campus. Students with mobile phones are to store these at the office on arrival and collect after 2.30 p.m.
Electronic games / devices or MP3 Players are not to be brought to school.
Mobile phones are brought to school at the owner’s risk. No liability will be accepted by the school in the event of loss, theft or damage.

Uniform Shop News

Due to price increases from our suppliers, the cost of our school Polo Shirts and House Shirts will be $36-00 from Term 2.
All other prices will remain the same for now.

We have plenty of football socks in stock now, they are $9-50 and are worn for interschool sports.
Book Club News

Book Club is finished for this term, Issue 2 orders will be distributed by the middle of next week. We will start up again next term, look out for the Issue 3 catalogues.
Zarraffa’s Coffee Carseldine supply the school with Encouragement Award Certificates for our Good On You. Their opening hours over Easter are as follows: