Dear Parents

We have completed our first week of school and I’m happy to say it went very well. All our students settled quickly into their classes, though we did have quite a few tears from some of our preppies and their mums. This is to be expected, of course. Today, a week later, the Preps are happy and getting down to work. The rest of the school is also hard at work on their first units in mathematics, literacy, science, history or geography. We have had very strong enrolment growth in 2015. Last year, with Prep to Year 7 in attendance, we had 368 on Day 8. This year, with only the Preps to Year 6 we will start with 374, after having lost 85 students to high school at the end of 2014. The numbers are high enough for us to form new classes, which I’ll explain below.

New Classes
At present we have our 374 students in 14 classes. Those numbers, combined with some of our own school funds, will allow us to form two new classes. The present two Year 3 classes with 31 students in each, will become three classes with 21 in each. Our Year 5 classes have 28 and our Year 6 has 37 at present. By forming a new 5/6 composite, we will have four classes with approximately 22 to 25 in each. The new Year 3 teacher will be Mr Josh Martin, who was with us last year and the Year 5/6 teacher will be Ms Eugenia Pavouris, a university graduate. Both classes will begin operation on Monday.

School Captains
On Monday, eight candidates presented their school captain speeches to the Year 5 and 6 students. All did a great job and after the student voting was completed, we were left with a short list of 6 who will be interviewed today by our P&C President, Mrs Chloe Boswell and me. From these six, we will choose a final four who will be captains or vice-captains. Their parents will be informed tonight and I’ll report the results in next week’s newsletter. Our new captains, all drawn from Year 6 for the first time, will then receive their badges on a special parade on Friday 20 February at 8:50am

Parking
After a mad first few days in the parent car park with way too many cars for parking spots, the afternoon pick up is now quite calm and working well. I must compliment parents on their patience and good road manners during this time, it was excellent. A few reminders need to be made. Most parents are following the rules well but some are using the staff car park for drop off and pick up. We discourage this practice due to safety and space reasons. I also need to mention that the car park in the units across the road is for tenants only. They have told me that the police intend to book any cars found illegally parked in that complex or on Liberty Drive. Please use our parent car park where possible to spare any trouble or costly fines.

Research
The research item this week is about sleep. I hope you find it interesting

Mark Fisher
Principal
All in a Good Night’s Sleep: How quality of sleep impacts academic performance in children

Making sure school-aged kids get to sleep at a regular hour is often a struggle for parents. But a study by researchers at McGill University and the Douglas Mental Health University Institute in Montreal suggests it's well worth the effort: the researchers found that a good night's sleep is linked to better performance in maths and English, subjects that are powerful predictors of later learning and academic success. In findings published recently in the journal Sleep Medicine, the researchers reported that "sleep efficiency" is associated with higher academic performance in those key subjects. Sleep efficiency is a gauge of sleep quality that compares the amount of actual sleep time with the total time spent in bed. While other studies have pointed to links between sleep and general academic performance, the Montreal scientists examined the impact of sleep quality on report-card grades in specific subjects. The upshot: with greater sleep efficiency, the children did better in maths and English, but grades in science and art weren't affected.

"We believe that executive functions (the mental skills involved in planning, paying attention, and multitasking, for example) underlie the impact of sleep on academic performance, and these skills are more critical in maths and English than in other subjects," says Reut Gruber, a clinical child psychologist who led the study. Low academic achievement in children is a common and serious problem that affects 10-20 % of the population. "Short or poor sleep is a significant risk factor for poor academic performance that is frequently ignored."

The findings underscore the importance of identifying sleep issues that may otherwise go unnoticed, Gruber says. That doesn't mean parents need to rush out and have their kids tested at sleep clinics, but it does point to a need for paediatricians to incorporate questions about sleep into routine check ups, she adds.

"I think many kids might have some sleep issues that nobody is aware of," she says. "And if the paediatrician doesn't ask about it, we don't know that it's there. Regular screening for possible sleep issues is particularly important for students who exhibit difficulties in maths, languages or reading."

---

**Students of the Week**

**Prep B** - The Whole Class for settling in to school so well
**Prep CD** - The Whole Class for settling in to school so well
**Year 1F** - Bailey for being an active listener at all times. Well done Bailey!
**Year 1L** - Alvie for being an enthusiastic learner
**Year 1N** - Keeran for being an excellent active listener in the classroom
**Year 2HM** - Dylan for being an excellent mathematician
**Year 2J** - Zane for a great start to 2015 and always doing his best
**Year 3B** - Riley for asking questions when he needs to
**Year 3M** - Ava for excellent behaviour and lovely manners
**Year 4G** - Poe for a terrific effort in all areas of her school work! Welcome to Taigum
**Year 4S** - Ladu for making a great positive start to Year 4
**Year 5C** - Jada for thoughtful responses to questions asked in class
**Year 5WI** - Rico for writing interesting sentences using precise vocabulary
**Year 6S** - Maverick for an excellent start to the year with neat bookwork, a positive attitude and helping other students in the class

---

**FROM THE OFFICE**

**SCHOOL SWIMMING**

School swimming commenced this week. Please remember all students must wear a swimming cap and rash vest so please remember to pack these items along with your child’s togs and towel.

Only those students with an illness substantiated by a letter from their parent or a medical certificate will be excused from swimming lessons.
PERSONAL DETAILS UPDATE

If you have recently changed your address, contact phone number or emergency contacts, please complete a form at the office to update your details.

ABSENCE FROM SCHOOL

If your child is absent from school due to ill health or other reasons, please phone the Absence Line on 3632 9866, or alternatively, send an email to admin@taigumss.eq.edu.au or a note to your child’s class teacher.

For auditing purposes all student absences must be explained.

SCHOOL PARTICIPATION OFFICERS

Student Attendance
Regular attendance at school is a significant indicator of student success. It is simple really - the more a student attends the better their chance of achieving success during schooling. We regularly review the attendance of students and make contact with parents to discuss concerns. Our aim is to work with you to maximise the opportunities for success for all students. The table below paints a vivid picture of the impact of student absence.

<table>
<thead>
<tr>
<th>If a student misses...</th>
<th>That equals...</th>
<th>And over 6 years of schooling...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day each fortnight</td>
<td>20 days (4 weeks per year)</td>
<td>120 days – more than ½ year of learning time</td>
</tr>
<tr>
<td>1 day each week</td>
<td>40 days (8 weeks per year)</td>
<td>240 days – more than 1 year of learning time</td>
</tr>
<tr>
<td>2 days each week</td>
<td>80 days (16 weeks per year)</td>
<td>480 days – almost 2½ years of learning time</td>
</tr>
<tr>
<td>3 days each week</td>
<td>120 days (24 weeks per year)</td>
<td>720 days – more than 3½ years of learning time</td>
</tr>
</tbody>
</table>

For students to have every chance of being successful at school they need to attend every day. If you have concerns about the attendance of your son/daughter please discuss these with our staff.

In coming newsletters we will confirm for you our attendance target for 2015 and the strategies we will use to improve attendance levels to give all students an even greater chance of success.

Student Absences - How You Can Help
Bed at a reasonable hour, a good night’s sleep and breakfast are great ways to set students up for success during the day at school. We value the support you provide in ensuring students are at school on time and ready to learn each day.

Our Student Absence phone number 3632 9866 is available for parents/carers to ring in to notify us of an absence. This is an automated service where you will be asked to leave details including student name, the date of the absence/s and reason.

Each week School Participation Officers will review student absences and contact will be made with parents where it appears that there are unexplained or lengthy absences that will impact on student achievement. Success in 2015 will be built upon sustained, regular attendance at school. We thank you in anticipation of your strong support of this goal.

Chloe, Bambi & Karen
School Participation Officers
FROM THE TUCKSHOP

Welcome back. Tuckshop will be open on Fridays and our tuckshop menu can be found on the Taigum SS website or you collect a copy from the office. We are always looking for extra help so if you have some time on a Friday and would like to volunteer in the tuckshop, please leave your name and contact details with the office.

Many thanks,
Lisa Virtue
Tuckshop Convenor

FROM THE CHAPLAIN

If you're new to the school I'd like to introduce myself. My name is Steve Unicomb and I'm the school chaplain. I'm employed here 2 days a week but I split that over 4 days, Tuesday - Friday. I also have a second job as a youth & children's worker at the Salvation Army, North Brisbane (about 1km north, up the road from school). I have a son who is in Grade 1 and a daughter who is almost 3.

My main role at School is to look out for the emotional, social, physical and spiritual wellbeing of all the students, staff and even parents at Taigum State School. I do that in a number of ways. First of all, I aim to be a friend of all the students. I meet with some students one-to-one and talk about the life issues that they are facing. I help out at Sport, PE, in the tuck shop, excursions, camps and wherever else I can.

If you would like to talk to me you can either; catch me at school when you're dropping or picking up your kids, ring the school office and ask for me or email me at steveu@chappy.org.au

I'm also going on a camp in the Easter school holidays called GENTS IGNITION. It's for boys in Yr 5-7. It's almost sold out, so if your son wants to go you'll have to sign them up ASAP. Go to http://www.sucamps.org.au/ for all the details. There are also other camps on this website for girls and boys in years 5-6.

Have a good one!
Steve Unicomb

BOOK CLUB NEWS

New look Scholastic Book Club orders for Issue 1 have been sent home with students today. Should your child wish to purchase any items, please ensure their order form and correct money are returned to the school on or before Friday 13 February 2015. A collection box has been placed on the front counter at the Administration Office.

FROM THE P&C

Welcome back to school for 2015! This year started off with a major fundraiser for the P&C in the form of the Election Day Sausage Sizzle and Cake Stall that we held at the school this past Saturday. It was a GREAT success and saw us selling out of all 40Kg of sausages that we had, as well as selling out of all the yummy treats on offer at the Cake Stall. I would like to say a massive THANK YOU to everyone who baked goodies for us; to the students who came down to help out on the day (and did a marvellous job!) and , last but not least, to the wonderful staff members who helped out by baking goods, taking turns to cook the snags or manning the cake stall. It was all very much appreciated, thank you!

Next Monday evening sees our first P&C meeting for 2015. All parents / carers / community members are welcome! It is a great way to find out what is happening around the school, as well as meet and get to know fellow members. Though the meeting itself is structured the atmosphere is very relaxed and informal. The meeting starts at 6:30pm and will take around an hour or so (we try to wrap things up in a reasonable time). I look forward to seeing you there!

I hope you’re all settling into the new term; if there are any queries you may have feel free to pop into the uniform shop in the mornings and see me.
UNIFORM SHOP TIMES

Monday to Friday mornings: 8.15am to 9.00am

Have a great week!
Chloe Boswell
P&C President

SCHOOL BANKING

Don’t forget that Wednesday is School Banking day and students should bring in their weekly deposit. For every deposit made at school, no matter how big or small, students will receive a Dollarmites token. The first token will be received upon the first deposit at school. Once students have individually collected 10 tokens they can then be redeemed for a range of great, exclusive reward items in recognition of their continued savings behaviour.

What a fantastic competition the Commonwealth Bank has on offer this year to reward our most consistent School Bankers. Who wouldn’t want to win a trip to California’s Disneyland? School Bankers need to make at least 25 deposits into their School Banking account within the competition dates. (27/01/15-18/12/15). The prize includes return airfares, five night’s accommodation, transfers and 3 days park entry for up to 2 adults and 2 children as well as AUD$20000 spending money.

DATES TO REMEMBER

FEBRUARY 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th</td>
<td>School Banking</td>
</tr>
<tr>
<td>4th</td>
<td>Walking Wheeling Wednesday</td>
</tr>
<tr>
<td>6th</td>
<td>Interschool Sport Trials</td>
</tr>
<tr>
<td>9th</td>
<td>P&amp;C Meeting – 6.30pm</td>
</tr>
<tr>
<td>10th</td>
<td>After school Swimming Round 1 – Lesson 1</td>
</tr>
<tr>
<td>11th</td>
<td>Walking Wheeling Wednesday</td>
</tr>
<tr>
<td>12th</td>
<td>After school Swimming Round 1 – Lesson 2</td>
</tr>
<tr>
<td>13th</td>
<td>Bramble Bay Swimming Carnival</td>
</tr>
<tr>
<td>13th</td>
<td>Indigenous Hearing Screenings</td>
</tr>
<tr>
<td>13th</td>
<td>Interschool Sport Trials</td>
</tr>
</tbody>
</table>
**COMMUNITY NOTICES**

**TAIGUM TINY TIGERS PLAYGROUP**

*What We Do:*
At Taigum Tiny Tigers Playgroup we cater for children from birth to 5yrs old, and offer a safe and fun environment for little ones and their parents / carers to come and spend a couple hours each week.
We organise a range of fun activities for the children that include: Story Time, Arts & Crafts as well as Imaginative Play!
Coffee and tea is provided for the adults and we encourage everyone to bring something to share for Morning Tea.
For the grown-ups Playgroup is a great way to meet fellow parents / carers. It’s a chance to enjoy a cup of tea and have a chat, whilst at the same time participating in the activities with the children!

*When and Where:*
Taigum Tiny Tigers meets on Tuesdays from 9am – 11am
Commencing on Tuesday 10th February 2015.
We are located at Taigum State School (Room 9 – next to the Tuckshop)
266 Handford Road, Taigum 4018
For any further information please contact Chloe Boswell on: 3632 9888.
We Look Forward To Seeing You There!!

---

**ZUMBA FOR KIDS**

*When: Saturday afternoon*

*Where: BRIGHTON STATE SCHOOL, 2 North Rd, Brighton*

*No need to book*

*No joining fees*

“Littlies” (approx. 4—7 years) 3:00pm to 3:30pm  $6/session

“Biggies” (approx. 8—12 years) 3:45pm to 4:30pm  $8/session

*Enquiries: Sharyn on 0414990185*

www.zumbabrisbanenorth.com.au
Sharyn@zumbabrisbanenorth.com.au
RESILIENCE SKILLS FOR A HAPPY LIFE

Book now for Term 1 groups

Confident Kids and teens is an innovative coaching program for kids 5-14 years that aims to boost confidence, emotional resilience, social skills and brain power. Students discover their strengths, and develop resilient thinking skills to reduce stress, anxiety, worry, or negative thinking. Essential tools to navigate the teen years! Our team of experienced Psychologists will coach, encourage and support your child to be all they be. Medicare and Private health fund rebates apply.

Register and Book online at confidentkidsandteens.com.au or contact us at info@positivefamilies.com.au for more details

ASPLEY RUGBY LEAGUE FOOTBALL CLUB

2015 Sign-On Day

Age Groups open this season U6 – U 18 Boys
U15 & U18 Girls
Little Devils for 3-5 year olds

Where: Aspley East State School
When: Saturday 7th February
10am – 1pm
For Who: All Players

$100 Deposit required – Family discounts apply
10% Discount with Full Payment at Sign-on
Registered for Get Started Sports Vouchers

New Players must bring Birth Certificate or Passport

Contact the office for more details – 3632 9122
kory@aspleyleaguesclub.com.au
www.aspleyfootballclub.com.au

SANDGATE HAWKS AUSKICK

NAB AFL Auskick is running at your school now!

Where: Sandgate Hawks JAFC (Lemke Road Taigum)
When: First session is on Saturday 28th February 2015 Time: 8:00 – 9:00am
Length of program: 8 Weeks* Cost: $70

Register & Pay online by Sunday 22nd February, to receive 4 complimentary tickets* (2 adults & 2 children) for a selected match to see the mighty Brisbane Lions in action at The Gabba. *Selected matches only, subject to availability. For more information visit aflauskick.com.au or call 3865 8700. *Weather permitting
TAIGUM CHILD CARE

NOW OPEN

Taigum Childcare Centre is a not for profit childcare centre catering for children aged 6 weeks to school age. A few of the things that make our centre so special are a prep readiness program, large natural outdoor play areas, Computer literacy programs and an onsite chef. Call in and see us today at 241 Church Road Taigum or call on 38654000.