



# BUNDABERG SOUTH STATE SCHOOL

PO Box 4342, Bundaberg South QLD 4670

Phone: (07) 41 308333

Email: [admin@bundabergsouthss.eq.edu.au](mailto:admin@bundabergsouthss.eq.edu.au)



22<sup>nd</sup> April 2024

## PRINCIPAL'S NEWS .....

Welcome back to Term 2! It was wonderful to see all of the students and teachers return to school last week.

### Before School Supervision:

Can I please remind parents/carers that there is no supervision on school site prior to 8:15am. We have staff rostered on to supervise students from this time. We would appreciate parents/ carers to consider the supervision times when dropping students at school early.



### 2024 Anzac Day Citizens Parade:

I invite all students from Bundaberg South State School to participate in the 2024 Anzac Day Citizens Parade on Thursday April 25. Students will meet at 8:00am outside the ANZ Bank on Bourbong Street and are expected to start marching at 8:30am. Students will be accompanied during the march to Buss Park by staff from the school. Students require full school uniform including a hat and water bottle.



**A friendly reminder that Thursday 25<sup>th</sup> April is a public holiday.**

### Life Ed Visiting Bundaberg South State School:

Life Ed will be visiting next week. All students have been provided with a permission note for parents to sign. Students are required to return the permission note to attend the session with their class. If you have misplaced the note, please contact the office for another copy. There is NO cost for students to attend.



### 3 Way Interviews:

3 Way Interviews will commence next week. Notes for interview times were sent out yesterday (Monday). If you didn't get a note, please contact your child's teacher so another can be provided. Interviews will take place in the Hall. Students will be sent down from the classroom to the Hall at the time of their interview. Parents are **NOT** required to collect children from the classrooms.

### PREP Vision Screener:

PREP Vision screening will take place on **Friday April 10<sup>th</sup>**. All PREP students are eligible for vision screening at **NO COST** to families. QR codes have been placed outside PREP & P/1 for online registration, alternatively, a registration form has been sent home. **Registration online closes this Sunday (April 28).**

**ONLY 1 REGISTRATION NEEDS TO BE COMPLETED.**

## Free Prep Vision Screening is coming

Have you completed your  
consent form yet?



**Bundaberg South State School**

Please scan this QR code to complete your child's  
consent form by **Sunday, 28 April 2024** to secure  
your spot



 Queensland  
Government



# KEPNOCK

STATE HIGH SCHOOL  
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 Kepnock State High School  
 [twitter.com/KepnockHigh](https://twitter.com/KepnockHigh)

PO Box 4310, Bundaberg South, Qld 4670  
P 0741 311 888 F 0741 311 800  
E [principal@kepnockshs.eq.edu.au](mailto:principal@kepnockshs.eq.edu.au)  
W [www.kepnockshs.eq.edu.au](http://www.kepnockshs.eq.edu.au)

## Who should apply?

### ACE students...

- *Are keen and enthusiastic and have high potential in English, Mathematics, Humanities and Science*
- *Have demonstrated the ability to learn through self-motivation*
- *Are creative and high quality thinkers who engage in meaningful discussions*
- *Have good organizational skills, meet timelines and set their own learning goals*
- *Have demonstrated the ability to learn independently when provided with extra learning opportunities*
- *Have good interpersonal skills, enjoy working in groups and can communicate effectively in a variety of mediums*
- *Have consistently modelled their school's core values and expectations to a high standard*

## Academic Challenge & Excellence

*The Academic Challenge and Excellence (ACE) program challenges and extends high achieving students.*

The ACE program is exclusive to Kepnock State High School and provides opportunities for highly motivated students to excel in their learning. Kepnock has created a program that delivers focused assessment and learning experiences that support the unique learning needs of talented students. Teachers who have proven success in supporting high achieving students, facilitate the programs in English, Mathematics, Humanities and Science.

Kepnock High believes that students who are focused on academic success have needs that are just as significant as any other learning group. By fostering the talents of these learners and all of our students, we create our community's next leaders and entrepreneurs.

While focusing on challenging students in the core learning areas of English, Mathematics, Humanities and Science, ACE students also study all other Key Learning Areas (KLAs) offered at the school including Languages (German or Japanese), HPE, The Arts and Technologies.

Kepnock's ACE Program operates in close partnership with the Coral Coast Cluster primary feeder schools to identify and support the learning needs of high achieving students in reaching their considerable potential.

### Expectations for ACE

Students accepted into the ACE program are expected to continually meet high standards for academic achievement, behaviour and effort. There are regular student review points across Years 7 and 8 where every ACE student's continued participation in the program is evaluated. If students are not meeting the expectations of the program, they may be asked to relinquish their position to higher performing students in non-ACE classes.

Entry into the ACE program is selective. Students wanting to apply for a place in the 2024 ACE Program need to complete an online application and submit it by 4pm Friday 14 June 2024. For further information contact the school on 41 333 888 or

Mr. Peter Gear (Deputy Principal) [pgear3@eq.edu.au](mailto:pgear3@eq.edu.au)

Ms. Danni Hibbert (HOD Engagement – 7/8) [dhibb8@eq.edu.au](mailto:dhibb8@eq.edu.au)

**Applications open Monday 29 April 2024 at 4pm**

**Applications close Friday 14 June 2024 at 4pm**

### To access the Online Application Portal

School website: A page will appear in the Latest News section of the Homepage

Kepnock SHS Facebook: <https://www.facebook.com/KepnockHigh/>

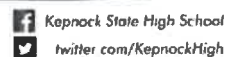
Kepnock SHS Instagram:

<https://www.instagram.com/kepnockstatehighschool/>



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## Bursary Applications

Year 6 students who have demonstrated talents in **academic, cultural or sporting** pursuits are invited to apply for one of four bursaries sponsored by the Kepnock P&C Association. Successful applicants receive financial support for Years 7 and 8 (conditions apply).

Bursary winners will demonstrate **exceptional ability** in one of the following three categories:

- **Sporting** - Demonstrated high standards in School sports, team sports, athletics, swimming, club or individual pursuits
- **Academic** - Achieved excellent grades across all subject areas as well as high results in external competitions (e.g. Mathematics, Science and English)
- **Cultural** - Demonstrated high standards in an artistic endeavor or across many cultural fields (e.g. Performing Arts, Visual Arts, Debating and Public Speaking)

Students are required to submit an application that highlights their talents in one or more of the above fields. All applications are reviewed and shortlisted for a final decision. It is an expectation that all bursary winners will maintain consistently high levels of achievement in their academic and extra-curricular pursuits. They will also be expected to demonstrate the school values to a high standard at all times.

Students wanting to apply for a Bursary need to complete an online application and submit it by 4 pm Friday 14 June 2024.

## Sports Development Program

The Sports Development Program (SDP) is a challenge HPE program that exposes students to fitness programs, nutrition, coaching techniques, sports science, sports psychology and a range of sporting skills. Sports may include, but are not restricted to swimming, athletics, basketball, touch and soccer. Students are challenged through various experiences in these sports and other activities in pursuit of sporting excellence in a supportive environment.

### Expectations for SDP

Students accepted into the Sports Development Program are expected to participate in all school sporting carnivals (swimming, cross country, athletics) and represent Kepnock State High School if selected to be a member of the school swimming, athletics or cross-country team. Students will also represent the school in both the winter and summer sports on offer. Students are to maintain high standards for academic achievement, behaviour and effort. There are regular student review points across Years 7 and 8 where every SDP student's continued participation in the program is evaluated. If students are not meeting the expectations of the program, they may be asked to relinquish their position to higher performing students in non-SDP classes.

Entry into the SDP program is selective. There is only one class (max. 28 students). Students wanting to apply for a place in the Sports Development Program need to complete an application process. For further information on the SDP, please contact Mr. Tom Murray – (HOD Health and Physical Education & Sport) 4131 1888 or [tmurr156@eq.edu.au](mailto:tmurr156@eq.edu.au)





## STUDENT OF THE WEEK

*Congratulations to the following students for receiving their awards this week. Well done!*



PREP	Mercedes
PREP1 Z	Axl
YR 1\2T	Zarnay
YR 2\3 L	Tahrell
YR 3\4 C	Emma
YR 4 F	Zeppy
YR 5 B	Delilah
YR 6 D	Xander
Bluey PAWS	Kaydence



## P&C News:

The P&C will be hosting a Mother's Day Stall.

**When:** Tuesday 07th May, Wednesday 08th May and Thursday 09th May

**Where:** Senior Under Cover Area.

A volunteer form has gone home today, any help would be appreciated. If you can help out, please fill in the form and return to admin ASAP.

## P&C MEETING

**DATE: WEDNESDAY 24th MARCH**

**TIME: 3:15PM**

**WHERE: ADMIN UNDERCOVER AREA**

- ✓ Meet other parents
- ✓ Get your questions answered
- ✓ Discuss important information

*Come along to our informal meetings. We value your ideas and suggestions. Meetings are a great way to be engaged in your child's education.*



# Bluey's Rule:

## Breathe like Bluey...

### DID YOU KNOW?

There are 3 main parts to your brain.

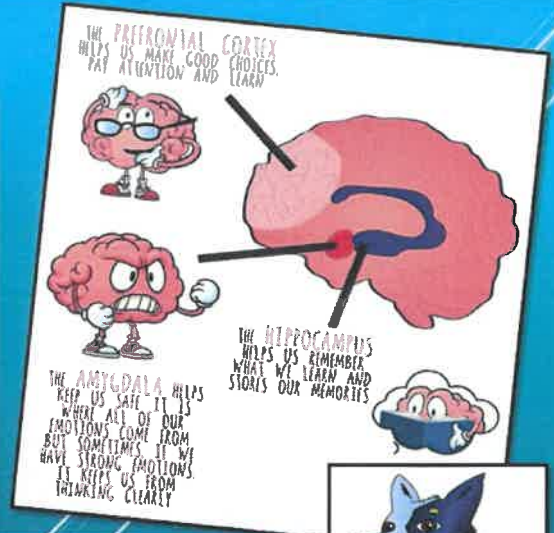
One part of your brain called the **Amygdala**.

This part of your brain is responsible for keeping you **safe**.

When you are mad, frustrated or upset, this emotional brain takes over and **controls what you do**.

This is called "**flipping your lid**".

When you practice **deep breathing**, you are able to **calm down**, as it allows the part of your brain used for decision making to **work correctly** again.



## Help yourself to have a CALM BODY & BRAIN - breathe...



Thinking Brain  
Upstairs Brain  
Ready to Learn



Yellow Zone  
Caution area



Feeling Brain  
Downstairs Brain  
Flipping your lid

## Some of Bluey's favourite breathing exercises...

### Balloon Breathing

Imagine that you have a balloon in your belly. As you breathe in through your nose, the balloon expands. When you breathe out through your mouth, the balloon deflates.



### Honey Bee Breathing

Take a deep breath in through your nose. When you breathe out, hum quietly.



### Snake Breathing

Take a deep breath in. When you breathe out, hisssss quietly like a snake until you have no breath left.



### Dragon Breathing

Take a deep breath in. When you breathe out, roar like a Dragon.



### Candle Breathing

Take a deep breath in through your nose. Breathe out through your mouth and imagine that you are blowing out a candle with one long breath.



### Bunny Breathing

- ✓ Sit in a comfortable position
- ✓ Take 3 sniffs in through the nose
- ✓ Now exhale it out
- ✓ Repeat 3 times
- ✓ Take a long breath in and sigh it out!





*Here are some of the Year 3/4 C students showing different ways of 'calm breathing'.*





# Guidance News:

**FROM THE GUIDANCE OFFICER** - Rachel Tobin

## **LAUGHTER THE BEST MEDICINE**



**The sound of laughter is far more contagious than any cough, snuffle, or yawn.**

Laughter is a natural part of life. The part of the brain that connects to and facilitates laughter is among the first parts of the nervous system to come on line after birth. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Now is the time.

While humour and laughter can cause a domino effect of joy and amusement for anyone in range, it is well researched that this activity can make us healthier.

Though it can be difficult to define what exactly makes humour funny, laughter has long been considered helpful to the healing process. Substantial research indicates that humour and laughter play a health role. Did you know that laughing:

- **exercises the internal organs** (great for the stomach muscles and the cardiovascular system),
- **with all that mouth opening and deep breathing, laughing gets more oxygen to the brain** (to enhance alertness and thinking),
- **boosts endorphins** (natural mood-elevating and pain-killing chemicals), and
- **strengthens the immune system** (to help fight off disease).

Laughter has also been shown to **improve pain tolerance, reduce stress, lower blood pressure, and protect the heart.**

The social effects too are many. They include:

- improving a person's **optimism and outlook on life,**
- **connecting you to others** – others will want to spend time with you,
- fostering instant **relaxation,** and
- **IT MAKES YOU FEEL GOOD.**

Unlike more invasive therapies, laughter therapy is cheap and has no harmful side effects - not bad for such an enjoyable activity.

The great Groucho Marx who spent his movie life clowning around stated :

***A clown is like an aspirin, only he works twice as fast.***

***But, 'Humour' must be used with care.  
Children should not be exposed to inappropriate adult humour.  
Never use humour to offend or shame another person. It's not about laughing at another person but ensuring everyone enjoys the joke. If you feel a need to laugh at someone, make sure that that someone is 'you'.***

Try these activities. They will benefit your child and you:

- Watch appropriate comedy DVD's and TV shows.
- Visit the circus.
- Listen to comedy while driving.
- Read comic authors/ tell jokes.
- Seek out funny people.
- Bring humour into conversations. Tell and invite funny stories.
- Just practise smiling and laughing. If you have to - 'fake it till you make it'.

Adapted from Gregory J. Boyle and Jeanne M. Joss-Reid, "Relationship of Humour to Health", *British Journal of Health Psychology*, Feb. 2004.

### **Here are some jokes to share:**

Q What can you never eat for breakfast?

A ...Lunch or dinner

Q What looks like half an apple?

A.... the other half

Q If you throw a red stone into the blue sea what will it become?

A.... wet

Q How can a man go 8 days without sleeping?

A... No problem, he sleeps at night

Q How can you lift an elephant with one hand?

A... You will never find an elephant that has one hand!

Q If it took 8 men ten hours to build a wall, how long would it take 4 men to build it?

A... ..No time at all as the wall is already built

Q How can you drop a raw egg onto a concrete floor without cracking it?

A..... Any way you want as concrete floors are very hard to crack.

**SO LET'S LAUGH MORE**



# Chaplaincy News:

Welcome back everyone. So good to see everyone back refreshed and ready to tackle the new term. Some wonderful adventures were had by some of you over the break and definitely some much needed rest. I look forward to this new term. I will be starting up some arts and crafts soon and I can't wait to see all the amazing creativity from you all.

Many Blessings Chappy Ariel

Winter is just around the corner so I thought I would share this Chicken Soup recipe:

- 2 tablespoons vegetable oil
- 1 package (20 oz) boneless skinless chicken breasts, cut in 3/4-inch pieces
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¾ cup chopped onion
- ½ cup chopped carrot
- ½ cup chopped celery
- 1 carton (32 oz) Progresso™ chicken broth
- 1 ½ cups uncooked medium egg noodles (3 oz)
- Chopped fresh parsley, if desired
- Garlic-flavored croutons, if desired



## Steps

- 1) In cooking pot, heat oil over medium-high heat; season chicken with salt and pepper. Cook chicken in oil 6 to 8 minutes, stirring once, until chicken is browned on outside. Using slotted spoon, transfer to bowl; cover and keep warm.
- 2) Add onion, carrot and celery to oil and drippings in Dutch oven; cook over medium-high heat 2 to 3 minutes, stirring frequently, until softened.
- 3) Stir in chicken broth; heat to boiling. Stir in egg noodles and the browned chicken; return to boiling. Reduce heat; simmer uncovered 8 to 10 minutes, stirring occasionally, until noodles are tender.
- 4) Serve soup topped with parsley and croutons

# Communication @ Bundaberg South State School

## BUNDABERG SOUTH STATE SCHOOL



Call admin on (07) 4130 8333 for direct contact with the school. This is the best form of communication.

## SPACETALK SCHOOL APP

Download the Spacetalk School App from the app store on your smart phone. You will need to enter the email that is registered with your child/rens enrolment. Weekly newsletters, reminders and important information will be uploaded to the app regularly.



## f FACEBOOK

Find Bundaberg South State School on Facebook to keep up to date with day to day information and get a sneak peak of what's happening around the school.

# COMMUNICATION



## ABSENTEE SMS

If your child\ren are absent from school please message 0408526246 with students name, year level, date of absence, reason for absence and expected duration of absence.



Email us-  
[admin@bundabergsouthss.eq.edu.au](mailto:admin@bundabergsouthss.eq.edu.au)

For immediate contact please call admin.



## Contact

### Contact details

- There are times when we may need to contact parents and carers. Do we have your most up to date contact details? If not, please contact the School Administration Office on 07 4108 333 so we can update our records. These details include parent/carer's name, address, phone numbers, email address and emergency contact details. Please remember to contact the School Administration Office if any of these details/custody/emergency contacts change at any time.

### Absence Notification process

- Please remember to call the school on **07 41308 333** early in the morning if your child is going to be away or late for school so your child's absence can be recorded correctly.

### Same day notification

- Our school will contact parents by SMS text message as soon as practicable on the day if a student is not at school and we don't know your child is away with a reason, please contact us as soon as possible by SMS text **0408 526 246** or phone **07 41308 333** to let us know where your child is and the reason for absence. Further SMS text messages will be sent to parents if no response is received.

STUDENT ABSENCES	
To inform the school of your student/s absence please make contact by 9.00am on the day of absence, in one of the following ways:	
SMS text only	0408 526 246
Tele phone	07 4130 8333
When reporting absence/s, parents/guardians should state the student's	
	name and year level
	date of absence
	reason for absence
	expected duration

### Facebook



Keep up to date with school news, events, notices, Bluey's Playgroup and P & C News on our school Facebook Page **BUNDABERG SOUTH STATE SCHOOL**

### School Website

Keep up to date with school information.



## Community News:



MAKE YOUR CHILD'S DEVELOPMENT MORE FUN!  
**TRY RUGBYTOTS**

Our dynamic weekly play sessions enable **boys and girls aged 2-7** to develop their social and physical skills in a fun, positive environment. For more details, just call or email

**0406 741 908**

[widebay@rugbytots.com.au](mailto:widebay@rugbytots.com.au)



[rugbytots.com.au](http://rugbytots.com.au)

the world's favourite rugby play

Rugby Tots @ [www.facebook.com/widebayrugbytots](https://www.facebook.com/widebayrugbytots)  
South Bay - **2020KIDS**  
Come along & join in the fun!

Contact Simon on  
0406 741 908.



You're invited to

Join our free Kids Club or Youth Program

Bible  
Stories

Games

Crack

Songs

Food

Prizes

Where:

Georgie Hall  
10-12 Crofton St

When:

Thursdays, 5pm to 6:30pm  
(during School terms)

Contact:

John McIntyre: 0448 577 482  
Noel Jacobsen: 0428 556 511