Welcome to Term 1

Welcome to our first term in Level 4 (Grades 5 & 6) for 2015.

Our Level 4 staff members for 2015 are:

5N: Miss Alana Newbigin
5C: Mrs. Mel Caudry
5/6H: Mr. Ken Hallett
6C: Miss Brooke Cousins
6F: Mr. David Focken

The specialist team for the year include Claire Knell (P.E), Mandy Johnson (Art), Hua Yao (Chinese), Sarah Butler (Music) and Shannan Feenan (Drama).

We are looking forward to working with you this year.

Effective & Engaging Classroom Program

We started the year across the school with our Effective & Engaging Classroom Program. This program enables students and teachers to get to know each other, build a team environment and set clear expectations through discussing and establishing student and teacher contracts. This aims to ensure the year ahead is set up to be both enjoyable and productive for all.

Each class presented their student and teacher contracts to a group of other classes and Mr Pollard. All murals and contracts were a high standard and entertaining to watch. Some classes are presented songs, role plays, posters or films to demonstrate their key points.
Homework and Organisation

Homework:
- Sent out on Monday, due in on Friday morning.

As well as any tasks sent home, students should:
- Read for 20 minutes a night, at least five nights a week (see page 4)
- Practise mathematical skills such as times tables
- Practise spelling words

Could parents please encourage all homework to be completed on time and that it demonstrates their child’s personal best effort. If your child has a valid reason for not being able to complete their homework on time, please send a note to the teacher.

Using Diaries Effectively

Student diaries will be used to assist our students to organise themselves, take responsibility for their learning and improve their time management skills. Learning how to use a diary effectively will help our students when they reach high school. Please encourage your child to show you his/her diary and use it regularly.

Please sign your child’s diary weekly. Teachers will also endeavour to sign the diaries weekly.

The diary should come to and from school each day. Students are expected to use their diary for recording the following:

* Important upcoming dates
* Nightly reading
* Reminders
* Due dates for projects/homework
* Spelling words

What does your child need to bring to school each day!

- A hat. As a Sun Smart school, during Terms 1 & 4, every student needs a hat otherwise they will be directed to shelter
- Correct uniform and footwear
- Brain food (fresh fruit or vegetables)
- A water bottle.
Term 1 Curriculum Focus

Literacy

In Term 1, students will further develop their comprehension strategies. Students will learn a range of reading, grammar, spelling and writing skills. There is a persuasive writing focus for Term 1, before moving towards narrative by Term 2. Throughout the year, students will develop their drafting and editing skills. Students will be encouraged to edit and revise their own work to the best of their ability. Students will be encouraged to develop their speaking and listening skills through participating in group discussions. Students will have opportunities to present in front of their peers. We will continue to use THRASS as a tool to teach spelling skills. There will be a THRASS information session for parents in Term 2.

Numeracy

During Term 1, our Level 4 students will revise and extend their understanding of place value. They will do this through explicit teaching, open ended tasks, practising skills and playing number games. Students will also be developing skills in measurement and geometry, and statistics and probability.

Staff have worked with Numeracy consultant, Michael Ymer, on our recent Curriculum Days and this will continue in 2015.

Integrated Studies—Government

This term in Integrated Studies, Year 5 & 6 students are focusing on ‘The Australian Government System’. Students will be developing their understanding of Australia’s Democracy, learning about the functions of the three levels of Government and exploring the process of making and changing laws. Our Integrated Studies topic will include discussion of the influence and contribution of Aboriginal people and Torres Strait Islanders in the shaping of modern Australia. Students will begin to understand that Australian society is shaped by its Government and democratic processes. Towards the end of term, students will apply their knowledge of the democratic process through undertaking various parliamentary roles and responsibilities in mock parliament sessions.

Please assist your child’s classroom by supplying a box of tissues and a roll of paper towel. You wouldn’t believe how many we go through over a year! If we all bring one each, it makes for a much happier classroom!
Make sure your child eats well and gets plenty of sleep

The value of a healthy diet are well known, what is less acknowledged is the value of a good night’s sleep. **Primary school children need between 9 and 11 hours of sleep.**

The first reason for needing sleep is so that we can function well the next day. Well rested children are able to be more focussed.

The second reason is around what happens in the brain during sleep. Our brains create and strengthen different types of memory in different sleep cycles. For example, just before your child wakes in the morning, their brain uses the last stages of REM (rapid eye movement) sleep to sort and store memories and information from the previous day and get ready for the day ahead.

**Sleep Tips for School-aged Children**

- Teach school-aged children about healthy sleep habits.
- Continue to emphasise need for regular and consistent sleep schedule and bedtime routine.
- Make your child’s bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.

The third reason is to enable the body to grow and develop. During the deep states of NREM (non-rapid eye movement) sleep, blood supply to the muscles is increased, energy is restored, tissue growth and repair occur, and important hormones are released for growth and development.

**Year 5 Camp**

The Year 5 camp this year will be held at Coonawarra Farm Resort. The Year 5’s are in for an exciting adventure camp, with activities including: canoeing, high and low ropes courses, flying fox, giant swing, orienteering, team rescue and archery.

More details will be sent home in the near future in regards to the Year 5 camp.

Dates: 1st—4th September. Estimated cost: Approximately $342 (based upon last year). The cost will be confirmed later once we receive an updated quote from the camp.

**Year 6 Camp**

Our Year 6 students enjoyed their time at Anglesea. Hopefully by now you have had a chance to hear about their wonderful time and see photos of the activities. Thank you to the staff and parents who volunteered their time to attend.
Mindfulness

You may have heard your children coming home speaking about ‘Mindfulness’ recently. The whole school has started including Mindfulness into our daily routine. Mindfulness is about being aware of what is happening in the present on a moment-by-moment basis. It is contrasted with states of mind in which attention is focussed elsewhere e.g. pre-occupation with memories, fantasies, plans or worries, and behaving automatically without awareness of actions. It includes a sense of approaching all experience with openness and curiosity.

The benefits of Mindfulness are endless:

**For students:**
- Supports readiness to learn
- Promotes academic performance
- Strengthens attention and concentration
- Reduces anxiety before testing
- Promotes self-reflection and self-calming
- Improves classroom participation by supporting impulse control
- Provides tools to reduce stress
- Enhances social and emotional learning
- Fosters pro-social behaviors and healthy relationships
- Supports holistic well-being

There is a website and App available to help students with the practice of Mindfulness: **Smiling Mind**. Smiling Mind is modern meditation for young people and has formed the basis for the introduction to Mindfulness at Montrose Primary School. It’s a simple tool that gives a sense of calm, clarity and contentment. Smiling Mind is a unique web and App-based program developed by a team of psychologists with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programs. Smiling Mind is a free tool and is available online or as a smartphone App.
Why Your Child Can’t Skip Their 20 Minutes of Reading Tonight

James
reads 20 minutes per night.
5 times per week

Travis
reads only 4 minutes per night
...or not at all

In one week:
100 minutes of reading

20 minutes of reading

In one month:
400 minutes of reading

80 minutes of reading

In one school year (9 months):
3600 minutes of reading

720 minutes of reading

By the end of sixth grade:
21,600 minutes of reading

4320 minutes of reading

Which student would you expect to read better?
Which student would you expect to know more?
Which student would you expect to write better?
Which student would you expect to have a better vocabulary?
Which student would you expect to be more successful in school and life?
How do you think each student will feel about himself as a learner?