



BARCALDINE PREP-12 STATE SCHOOL
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NEWSLETTER

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What's On & Date Claimers:

Week 5, Term 1		Week 6, Term 1	
Mon 20/02	- Secondary Parade - NW Netball Trials	Mon 27/02	- Secondary Parade - School Photos - Guidance Officer visiting
Tues 21/02	- Blue Light Certificate 2 Rural Ops Meeting - NW Netball Trials	Tues 28/02	- Guidance Officer visiting - Early Years Teacher PD in Longreach - Parent and Community Engagement Meeting 5:15pm, all welcome
Wed 22/02	- Speech Pathologist visiting		
Thurs 23/02	- Student Leader Investiture 10:45am		
Fri 24/02	- Primary Parade - Guidance Officer visiting	Thurs 02/03	- Mitchell vs Leichhardt lunchtime games - NW Rugby League
		Fri 03/03	- Playgroup - Schools Clean Up Day - CW Netball 10-12years

Principal's Message:

As always there are positives and negatives to living in a small rural community. If you are ever wanting clarification regarding something that is happening in our school or something that you have heard in the community, please contact me directly. Clear and open communication provides clarity for everyone. While I am bound by Code of Conduct, Student Protection and other Education Queensland policies, I am more than happy to provide insight into what I can.

In celebratory news, next week we officially welcome and congratulate our school captains, house captains and SWAT representatives into their leadership positions. Official invitations have been posted home to these families and I look forward to seeing you all next Thursday.

Meet & Greet:

Thank you to the families that were able to join us at Meet & Greet. Building partnerships that are meaningful and successful with your child's teacher(s) is the starting block for respectful professional relationships. I trust that you were able to share your aspirations for your child and build the teacher's knowledge about your family. For balanced perspectives, I hope you also gained an understanding of the teacher's approach and focus areas they have for their particular year group.

Children need to know that their parents are fully behind what their teachers are trying to achieve if they are going to commit fully to learning. The best way to support your child's teacher is to trust their knowledge, professionalism and experience.

While we don't have Parent/Teacher Interviews this term, our teachers are always willing to meet with you via the methods that I'm sure they've already shared this term. Keeping the lines of communication open provides the best outcomes for all.

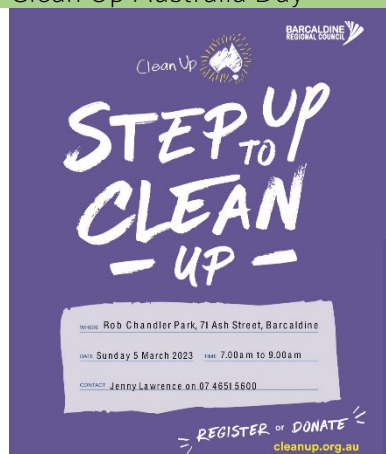
I hope to see you in our school again soon as you become involved in many of the wonderful events that will take place this year.

P&C:

On Wednesday 15th February we held our P&C AGM. I would like to congratulate and welcome our 2023 committee: President: Toni Austin, Vice President: Kylie Rowlands, Secretary: Kate Birse, and Treasurer: Kylie O'Dell. I look forward to working with this group of ladies once again as they support our school and students with various events and fundraising opportunities, bringing with them a wealth of support through both parent and community volunteers.

We had a great turn out at our meeting and hope to see more families and community members join us throughout the year. Our next meeting is scheduled for Wednesday 15th March in the Main Office at 5:15pm.

Clean Up Australia Day



Supporting and keeping our community clean and tidy should be something we do a regular basis. While this is the case, the annual 'Step Up to Clean Up' event allows us to meet as a community and work collaboratively to keep our town looking great. We hope to see many of our students and families participating in this great cause.

Where: Rob Chandler Park, 71 Ash Street Barcaldine
When: Sunday 5th March 2023
Time: 7:00am - 9:00am

We have also registered to participate in the annual 'Schools Clean Up Day' on Friday 3rd March. Students will be provided with all necessary hygiene requirements as they too work collaboratively to keep our school looking wonderful.

Students Going Home:

We have a very clear process in place for students who are feeling unwell during the day. If you can please reinforce this process with your child/ren and support us with the implementation of this, that would be greatly appreciated.

Primary students:

- Inform class teacher who makes a decision to monitor and rest in class or be sent to sick bay
- If sent to sick bay, office staff will monitor and either allow rest time or contact parent to discuss options

Secondary students:

- Inform class teacher who notifies leadership and sends student to F Block
- Leadership monitor and either allow rest time or contact parent to discuss options

At no point in time should students be contacting their parents directly. Mobile phones should not be in use during the school day. Our leadership team and office staff are more than happy to collect students and communicate necessary messages so please contact us directly.

Teenage Social Problems:

Teenagers and social problems occur every day in high schools across the country. Teenagers gain an increasing amount of independence from their parents as they enter high school. Unlike the primary years, kids in this age group often look to friends instead of parents for guidance. The pressure to fit in and be part of the cool crowd clouds the judgment of vulnerable kids. On a daily basis, teens influence their peers on everything from clothes to illegal activities. Why do they allow themselves to be swayed by peers? Fitting in and avoiding taunts is a major factor. No one wants to be left out. Kids who are curious about a certain behaviour may decide to try it, particularly if they think everyone else is doing it.

While peer pressure is usually associated with negative behaviours, it is worth noting that some peer pressure results in positive outcomes. Teens have the power to use peer pressure positively by encouraging peers to make better decisions. Having calm conversations with teenagers regarding these outcomes supports their decision-making process.

The Teenage Brain:

Our brain reaches its full size in early adolescence. However, its wiring is still a work in progress and will continue even throughout later life. Brain development during the first months and years of life is characterised by an overproduction of neurons and connecting synapses. This provides the developmental plasticity needed to adapt to and learn from the avalanche of new information that infants and young children receive. In contrast, brain development from late childhood through adolescence is dominated by processes that remove neurons and synapses. While this may seem unintuitive or even detrimental, it is an integral part of brain maturation and key to the behavioural, emotional and cognitive changes that occur during the transition to adulthood.

While the death of excess neurons is pre-programmed, the reduction of synaptic connections – a process called synaptic pruning – is subject to experience. Frequently used connections, say those used when playing a musical instrument, are reinforced and become hardwired. Unused connections are removed.

But these changes do not affect the brain areas simultaneously. The sensory and motor areas mature first, followed by regions involved in language and spatial orientation, and then those involved in higher-order cognitive processes and executive functions, such as flexible thinking, reasoning, and self-control. The last to mature is the dorsolateral prefrontal cortex at the very front of the frontal lobe. This area is involved in planning, judgement and decision making, and also processes emotional information sent from the amygdala – the fight or flight centre of the brain. This delay in maturation may help explain typical risky, short-sighted teenage behaviour and the often-apparent lack of control over impulses and emotions. - Queensland Brain Institute

Uniform:

Uniform expectations are clearly addressed on a regular basis through my newsletters, and for students, through house groups each morning. I ask that you please continue these conversations at home and if you or your child has a concern with the uniform expectations that you, please contact a leadership member at school or a member of our P&C. There are a large number of students responding with “call my parents, they don’t care.” While we understand that these statements may not reflect the true discussions had at home they are still of concern. Part of our responsibility in providing uniform expectations, is to teach respect and prepare students for future work requests. A united front in supporting our future generations with these skills would be greatly appreciated. Thank you to the families who are already supporting us with this.

House shirt orders were due in today and will hopefully arrive soon. Students are allowed to wear their house shirts or school representative shirts every Thursday. Aligning our fortnightly lunchtime activities with a Thursday also provides opportunities to build healthy competition and see our Prep-Year 12 students coming together in different ways.

School hats are also back in stock and can be purchased from the front office for \$20. Due to proceeds of these hats going to our P&C, cash payment is required.

Until next time,
Nicole Landers
Principal

