From the Principal

Last week our Parents and Citizen Association held their Annual General Meeting. A large attendance was present for this important event. Thank you to all school community members that attended and support your Association.

Congratulations and thank you to the office bearers elected. Your P&C for 2019 is as follows:

President - Vacant
Vice President - Kerry De Ruiter
Secretary - Nicole Callaghan
Treasurer - Emma Burstall
Work Place Health and Safety Parent Representative - Kylie Molkentien

As listed above the role of President is still vacant. If any member would like to consider the position of President they can discuss this with me or Mrs De Ruiter. It is very important that we fill all positions.

It was resolved at the AGM that all future P&C General Meetings will be held earlier commencing at 7pm. This new time will be effective as of the May meeting (note there is no April meeting due to the Public Holiday).
Cross Country
Congratulations to all students that participated in the annual cross country last Friday. Well done to Oxley Sport House for being crowned as the winning cross country sports house for 2019. Students of 10, 11 and 12 years of age that will be selected to attend the Lockyer Zone cross country trial on April 5 will receive their selection paperwork shortly.

Upcoming events
I would like to wish all our school chess students and Mr Butler all the very best as they contest some chess tournaments/events. Selected students will compete at the upcoming Brisbane West tournament and some will be travelling to Hatton Vale SS also for a chess exchange also. All the best to every student.

School community members are also reminded that in the first week of Term Two there will be several school events. The first of these will be our annual Track and Field Sports Day. The older students (primarily Year 4-6) will be participating in events on Wednesday 24 April and the whole school will participate in the main day of Sports Day on the Friday 26 April. Between these two days there will be a Public Holiday for ANZAC Day (Thursday 25 April). Fernvale SS in conjunction with the Lowood RSL sub branch will co-ordinate the ANZAC Day service for the Fernvale community at the Fernvale Memorial Park in the centre of town. Students will be encouraged to wear their full School Uniform and march on the morning. Our school choir and Instrumental Band will also be performing at the community event. More information specifically pertaining to the ANZAC Day Commemoration Service will be posted in next week's newsletter.

Parent Teacher Interviews
Parents and Carers are reminded that an opportunity to meet with your child's teacher will be held Tuesday 26 March. All interviews must be made prior using the online booking system that has been heavily promoted over the last month. This opportunity is important to discuss with your child's teacher the areas your child is doing well in at the moment and areas identified for further development. Please ensure you book a time to discuss progress of your child.

QT Prep photos
It is our understanding that the QT paper will publish all 2019 Prep class photos across the region this Wednesday. Make you sure you get your copy of the QT this week to view these photos.
From the Principal

School Facilities Upgrades
This week work should be completed on the installation of two new water bubbler systems. New drinking troughs will be installed onto the wall of the Eblock building and a new water system installed in the shade structure area adjacent to K block. These systems will provide additional drinking opportunities for all students.

Major Project Upgrade of the School Hall
Final plans were completed and signed off for the upgrade of the Hall. Stage One of the upgrade has been completed already which has seen all the fluorescent and Halogen lighting replaced with LED lighting systems throughout the Hall.

The second stage of the project will see the Hall closed to all from April 4 to April 28. Work undertaken will see all items and fixtures in the Hall removed (including stage) and upgraded with a new specific Sports Flooring. Once completed the Sports Flooring will be set up with an indoor Netball court, Futsal, volleyball and tennis markings. This will be of great benefit to our school community and students. I look forward to this project being completed. The stage will then need to be set up again at the Southern end of the Hall and volunteers may need to be sought to assist in the process if required.

Western Ranges Sport Representatives
Congratulations to our latest sport representatives.

Well done to Helena Armstrong-Ravula and Claire Ivanovic on their selection for Western Ranges netball last Friday. Well done to Samantha Bremner and Annabelle Callaghan on being named shadows also for Western Ranges netball.

Congratulations is also extended to Brodie Martyn, Cayden Wass, Levi Newnham and Max Rayward on their selection in the Western Ranges AFL team. Well done boys.

Well done also to Georgia Robison for making the girls 10-12Yrs Western Ranges AFL team.

Congratulations to James McColm on his selection in the 10-12Yrs Western Ranges Hockey team.

Finally congratulations to William Tatt on his selection last Friday also in the Western Ranges Rugby League team. Well done William.

Kind Regards
David
Congratulations to all involved in Cross Country on Friday. It was so wonderful to see so many children participate and feel proud of themselves for completing their course!

It is a busy couple of weeks as we move towards the holidays. This week we have West Zone Chess competition and our Parent Teacher Interviews on Tuesday afternoon/night. We have our ‘Making Friends’ Arts Council visit on Thursday and Our ‘Go Blue for Autism’ day on Tuesday next week. Another very important event for our Junior School is our fabulous ‘Easter Bonnet Parade’. The Parade this year is on Friday 5 April at 9am in our undercover area (behind Peel House). Our bonnets (which are made at school) will be paraded, songs will be sung and we will also enjoy a performance from our lovely Junior Choir.

Everyone is welcome!

Next term our Year 2-6 children would normally have the opportunity to participate in the ICAS assessments. The International Competitions and Assessments for Schools (ICAS) is an independent, quality skills-based assessment program which rewards and recognises achievement.
There have been a number of changes to the testing formats with the tests moving online. The only offline test is writing for Years 3 and 4. Another change is the online testing is now available in Term 3. You will receive information next term regarding opportunities for your child to participate in Science, English, Writing, Spelling, Mathematics and Digital Technologies.

The other assessment occurring next term is NAPLAN (National Assessment Program Literacy and Numeracy). Dates are below and more information can be found at [www.naplan.edu.au](http://www.naplan.edu.au)

<table>
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<tr>
<th>Year 3</th>
<th>Tuesday 14 May</th>
<th>Wednesday 15 May</th>
<th>Thursday 16 May</th>
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<tr>
<td>Language conventions</td>
<td>Reading 45 minutes</td>
<td>Numeracy 45 minutes</td>
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<td>Writing 40 minutes</td>
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<tr>
<td>Year 5</td>
<td>Language conventions</td>
<td>Reading 50 minutes</td>
<td>Numeracy 50 minutes</td>
</tr>
<tr>
<td>Writing 40 minutes</td>
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NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. It is important to remember that NAPLAN tests are not pass/fail tests. The best preparation for NAPLAN is quality teaching of the Australian Curriculum and at Fernvale SS, this is one of the things we do best!

We all want our children to become resilient: to overcome obstacles, keep calm, persevere when problems arise, and bounce back from adversity. Resilience can be described as the capacity to cope, learn and thrive in the face of this change, challenge or adversity.

How young people describe resilience
- Dealing with things that are tough and still holding your head up high
- Giving things a go or trying your best
- Being strong on the inside
- Being able to cope with what life throws at you and shrug it off
- Standing up for yourself

As you can see, the idea of resilience focuses on how we deal with stressful situations and adversity – the more resilient we are, the more able we are to manage adversity.
Research suggests that there are certain factors and circumstances in life that promote resilience. Some of these factors include:

- Supportive and stable family relationships
- Having positive expectations or being optimistic
- Sense of self worth
- Participating and contributing to social and or community activities
- Having a sense of belonging and good friendships
- Personal attributes such as problem solving abilities and communication skills
- Positive relationships with an adult outside of the family

Ways to develop resilience with children and words you may like to use

- Positive self–talk. That means: tell that voice in your head to think about all the good things around you and all the good things that you can do.
- Set realistic goals, take small steps and build on success.
- Make good choices.
- Be a positive person. Compliment others and they will compliment you.
- Make friends and work at being a good friend.
- Join in – hang out with positive people and friends who build you up rather than let you down.
- Exercise, play sport, learn skills, be active.
- Accept that you will make mistakes – say sorry to yourself as well as to others - then try to put things right and have another go.
- Get involved in different things like art, music, drama.
- Give yourself time to think!

We all come from different backgrounds and have different life experiences, not everyone has had the ideal circumstances to develop resilience. So it’s good to know that it’s possible for anyone to learn from adversity and to develop positive ways of dealing with things.

Through dealing with adversity, many young people have learned to build resilience and have discovered courage they didn’t previously know they had. While people can’t be resilient all the time, it is important to remember that resilience is something that can be learned and improved on, and support is available to do this. More information can be found at www.kidshelpline.com.au which provides a large number of age appropriate fact sheets on support children in a number of areas. Kids Helpline fact sheets are truly wonderful and free resource!

Have a great week!
Kylie
Arts Council
‘Making Friends’ Arts Council $5 payment due to the office **today Monday 25th March.**

Mother’s Day Stall
Any donations of items for the Mother’s Day Stall would be greatly appreciated. Please drop any donations off to the School Office.

Fundraising Disco Raffle
Any donations of items for the School Disco Raffle would be greatly appreciated. Please drop any donations off to the School Office.

April is Autism Awareness Month. On World Autism Awareness Day, held each year on April 2, iconic buildings across Australia and the world will turn their lights blue for the entire month of April to promote autism awareness. Autism Queensland supports this global initiative, through its annual Go Blue for Autism campaign.

On Tuesday, 2 April 2019 Fernvale State School will be raising awareness and funds to support people living with ASD and their families by holding a Go Blue for Autism Day. All students and staff are requested to Go Blue and donate a gold coin for Autism Queensland.

For an additional gold coin donation students and staff will also have the opportunity to purchase a Go Blue for Autism wristband or tattoo or have their hair sprayed blue by the Inclusion Team in the Years 2-3-6 Undercover Eating Area.

Go Blue for Autism Merchandise will also be available to be purchased from the Office.

Thank you for your support.

Karen Mahon – Head of Special Education Services
Fernvale Optical
Brendon Pearce Optometrist
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