We would like to thank the amazing Mrs Milles for organising yet another successful year of performances with the students and teachers. Also her helpers Mrs Scott and Miss Shan and the support of the teachers. Well Done to everyone that was involved. Victoria Park State School was placed second overall school in the Choral Championship of the Eisteddfod for 2015.

<table>
<thead>
<tr>
<th>Group</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recorder Ensemble</td>
<td>2nd</td>
</tr>
<tr>
<td>Concert Band</td>
<td>Unplaced</td>
</tr>
<tr>
<td>String Ensemble</td>
<td>Highly Commended</td>
</tr>
<tr>
<td>Small Wind Ensemble</td>
<td>Unplaced</td>
</tr>
<tr>
<td>Show Choir</td>
<td>Silver</td>
</tr>
<tr>
<td>Prep Choir</td>
<td>Silver</td>
</tr>
<tr>
<td>Grade 1 Verse Speaking</td>
<td>Highly Commended</td>
</tr>
<tr>
<td>Grade 2 Verse Speaking</td>
<td>Highly Commended</td>
</tr>
<tr>
<td>Folk Group</td>
<td>Gold</td>
</tr>
<tr>
<td>Grade 6 &amp; under Choir</td>
<td>Gold and the trophy for best school overall in this section</td>
</tr>
<tr>
<td>Grade 3 Choir</td>
<td>Silver</td>
</tr>
<tr>
<td>Grade 2 Choir</td>
<td>Gold</td>
</tr>
</tbody>
</table>

Would your child like to join our amazing music program in 2016 and play an instrument? We have available spaces in the instrumental band and the string ensemble. Woodwind/Brass places are open to the current Yr 3 and the String places are open to the current Year 2. Please contact the office to make an appointment as soon as possible with Mrs Milles.
Friday marks the halfway mark of this term. It is colloquially known as “Hump Day.” This term gives the impression that we have reached the top of the hill and that everything there after is a “downhill cruise.” This is far from reality. If the school term is related to a 1500 metre swim then Friday marks the halfway point of the swim and the business end of the swim is ahead of us. Now is the time for students to apply themselves even more to the upcoming learnings and to finish the year on a strong and positive note.

You can assist your child to remain focused and finish strong by ensuring children are

* At school everyday
* Meeting the advertised deadlines set for class assessment work
* Having at least 8 hours sleep each night
* Eating a balanced diet, eating breakfast each morning and having sufficient food for first and second breaks each day.
* Engaging in vigorous physical activity on a daily basis
* Practicing those essential skills of reading, spelling and maths each evening
* Staying in contact with your child’s teacher

Muhammad Ali was not only a champion athlete, he knew that time lost or wasted was time that can never be caught up.

Outstanding Payments

The school offers students access to a number of activities and resources through a “user pays” system or as a “student resource scheme”. Parents and carers are requested to finalise any outstanding payments owing to the school including Laptop hire, excursion costs etc.

Please contact the school office to arrange payments as soon as possible please.

Mackay State High School Update

Year 7 students are looking forward to our camp early next year at Fairbairn Dam near Emerald. What do students experience on camp? Much more than can be gained in the school environment.

Canoeing, high ropes, raft building, mad olympics, orienteering, eating great food, lantern stalk (don't be afraid of the dark). More importantly though: making new friends; teamwork skills; learning to communicate as a group; learning how to take the lead no matter your personality; respecting the views of others; building upon team strengths and weaknesses. These qualities are used throughout the school years in all aspects of school life.

Some photos of this year's camp:

Always join in and "have a go", no matter your level of skill or experience
Year three children participated in a School Camp Day during Week 2 of this term. The Goldsmith Oval was an ocean of colourful tents and energetic children running around experiencing the variety of activities to be enjoyed. Kite-making, nature collage, water play activities and cricket were just some of the opportunities available. Though the day wasn’t all play with sleeves rolled up (and hopefully hands washed) to create delicious scones cooked in our camp ovens by our wonderful parent volunteers. The children also had to wash up their cups and plates after lunch and snacks and keep their homes-for-a-day tents clean for tent inspections. A Queens Park walk and swimming afternoon completed the fantastic day that would not have been possible without all of our amazing teachers, teacher aides, parent volunteers and The Harberger family. A gigantic thank you from all of the Year three children.

Attendance Cup winners _P-3_

From Week 4 is 2B with 99.2%

Attendance Cup winners _4-6_

From Week 4 is 4/5 with 97.4%

Total Gotchas for Week 4 was 490
Total Gotchas for the whole school so far this year is 9696.

Only need 304 more gotcha’s to receive extra free play on Friday.

Tuckshop Winners for Week 4

Prep Catelyn B
Year 1 Jack C
Year 2 Chloe W
Year 3 Harper T
Year 4 Noah P
Year 5 Olivia K
Year 6 Tamika M
Principals Gotcha Award

A student with 50 Gotcha Cards during the year. For following the 4 school rules. The student also receives a Principal Awards Certificate on parade to recognise their achievements.

Week 5 award winners are:

2C Max, Tauhid, Nathaniel, Kayla, Wani, Matthew, Jhelyzamei
3C Brenden, Mischa
5B Gemma, Sacha, Llerena, Sarah

Gold Gotcha Award Winners
are students who have received 36 Gotcha Cards

Gold Certificate award winners for week 5 are:

Prep A - Zoe, Eaden, Dunia
2C Jai, Te Maiorha, Bonnie– Jean, Xanda, Ebony, Cruze
3C Brooke, Chelsea, Ethan, Cooper, Harper
5A Jaleel
5B Olivia, Sasha, Llerena, Sarah. Gemma, Zekintha.

Silver Gotcha Award Winners
Students who have received 24 Gotcha Cards.

Receiving their Silver Certificates in week 5 is:

Prep A Hayden, Carlo, Coham, Declan, Alyssa, Vincent, Esther, Meroni, Gypsy
2A Blair, Nacanieli
5B Anna, Liberty, Jai
5C Rhiannon
6A Lawrence, Casey
6B Chayce, Joel

Bronze Gotcha Award Winners
are students that have received 12 Gotcha Cards

The following students received a Bronze Award in Week 5 are:

1C Jacob
2A Tom, Mayah, Ethan, Tafea, Liam
3A Bulou
5B Thomas, Larz, Chance, William
5C Zach, Pierce
6A Jed, Kyle, Holly, Brandon, Yidi
6B Levi

7th NOVEMBER
5pm –9pm
THIS SATURDAY

The Christmas Fair is ONLY DAYS away and we are URGENTLY looking for parent helpers from all year levels to help out between 5 and 9pm

A big thankyou to the many parents that have already put their hand up to help in the lead up to the fair. The parents that have popped their head in to help have met some new people and had a nice chat. There is always something to do and everyone is welcome to be involved.

There will be a P&C representative outside the P&C room every day this week to assist you in picking a time on the year level helpers sheets. The year level (yes the WHOLE year level) that has the most parent helper hours volunteered will WIN a pizza lunch. If you are able to help out please fill in and return the green or pink helpers forms that were sent home or contact Michelle on 0438 576 784. The more helpers the more we can turn this event into a successful one.

We appreciate all the notice we can get to make it easier to organise. At the moment we have 27 helpers all up and to run this event -we need at least 10 from each year level. Please have a think about how or when you can help out as this is one of our major fundraisers for the year. 100% of profits go back into the school to make a difference in our children’s education and everybody can MAKE A DIFFERENCE by volunteering a couple of hours.
Be Respectful: In all areas of school

- Respect others’ personal space and property.
- Talk about others positively.
- Greet everyone with a happy smile.
- Use polite language and tone towards teachers and peers.
- Wait your turn.
- Treat others the way you would like to be treated.

Social Skill of the Week

Following Instructions
1. Look at the person
2. Say “Okay.”
3. Do what you’ve been asked right away.
4. Check back.

Keep an eye out in each newsletter and on the Skoolbag App to keep updated with the weekly rules. The weekly rules and social skills are presented by students on parade each Monday. Please take the time to discuss them with your children at home also.

Keep up to date by downloading the FREE Skoolbag App from the App Store or Google Play.

Parent Focus of the Week

Be a Respectful:
In all areas of school

- Talk about our school and school staff in a positive way.
- Talk to your children and other children in a positive way.
- Say hello to others as you pass them on the footpath.

Victoria Park State School
4 School Rules to Follow
* Be Safe * Be Respectful * Be Responsible * Be a Learner

Each week on parade the rule of the week is announced. This week the Rule of the week is BE A LEARNER. Please talk to your child about the rule of the week.

ROUND 3 IMPACT PROJECTS IN ACTION

Nina, Danika, Declan & Alyssa concentrating hard whilst working in the Booster online writing project.

Year 4 students have a brain break during their Maths ‘Solve it’ project.
So what does sleep do for us?

Many and varied effects that essentially keep mind and body at optimal levels of functioning. This includes the immune response, hormonal balances, emotional and psychiatric health, learning and memory and clearing toxins in the brain. Taken to extreme in rare medical conditions where the person can't sleep, then this condition is eventually fatal.

"Ironically though, the more researchers uncover about the unconditional necessity of a good night’s sleep for proper functioning of mind and body, the less time 21st Century citizens spend in the soothing arms of Morpheus, the Greek God of dreams”.

Current research would give every indication that reduced sleep can certainly make you sick and has a propensity to make you fatter. Trials with immunisation for Hepatitis B that monitored volunteers’ subsequent sleep patterns found that at the end of the course of vaccines those with an average of less than six hours sleep were seven times more likely to have low antibody response levels. This basically means they would be unable to fight off subsequent infections.

Hormone studies involving young men getting less than four hours sleep per night for just five days found a dramatic drop in their ability to regulate blood glucose with the hormone insulin. In addition the delicate interplay between hormones ghrelin (appetite stimulating) and leptin (appetite suppressing) is negatively affected making the study participants hungrier.

In several investigations, children from six to nine years of age who got fewer than ten hours of sleep were one and a half to two and a half times more likely to be obese, and studies in adults suggest a fifty percent increase in obesity among participants with fewer than six hours sleep.

Despite the findings as explained above, it is the brain that appears to be most affected. Of particular interest to parents were studies that indicated sleep deprivation inclined the subjects to better remember negative memories as opposed to positive or neutral. This may well incline the person to potentially depress memories of the ups and downs of a normal day. Of course this isn’t rocket science with any parent able to tell you the undesirable behaviours of overtired kids. More concerning now is the extent of studies that indicate poor sleep can contribute to clinical depression and other psychiatric disorders.

"Men and women with a diagnosis of sleep apnoea are respectively 2.4 and 5.2 times more likely to have major depression compared with their better rested counterparts." 2

Use of mechanical devices to help restore airflow made a significant difference to depression symptoms in these adults and interestingly in children with apnoea and ADHD led to an even greater decrease in hyperactivity symptoms.

Sleep time is brain processing time. Time to clear out the junk and consolidate that which is prioritised from longer term memory. Recent studies however have challenged the notion that once committed to long term memory it's in the equivalent of a mental filing cabinet. It would appear that even after remembered and consolidated the brain retains the ability to re-activate and change. This brings the memory back to an unstable state where it could be modified and retained or lost altogether. Hence memories can be corrupted or corrected and of course the person is none the wiser.

Researchers now talk of memory evolution instead of memory consolidation when considering the effects of sleep on memory processing. Hardly surprising then that authorities want witness statements promptly, if investigating an accident or incident.

Of course we all know the therapeutic effects of a catnap. We all feel a thousand percent more alert. It is however no substitute for a decent block of sleep time at night. The phases that sleep progresses through are now revealed to enact different processes in the brain. REM (rapid eye movement) sleep assists in visual discrimination tasks and other phases such as non-REM improved aspects of process learning. In particular, emotional memories are preferentially enhanced during sleep and those the subject places a conscious-particular importance on. The lesson in this for teachers and parents is finding a relevant context for the child and strive to make whatever you’re teaching interesting. Fairly obviously, bored / disengaged kids (and adults for that matter) won't learn. Whatever is there during the day is most likely discarded at sleep time.

"We have evolved memory systems not so we can reminisce about the past but so we can use prior experience to enhance our future performance”. (Daniel Schacter – Harvard University)

This would appear to be the magic of sleep. Researchers discriminate between two different memory systems. Those involved in remembering facts (the What System) and those involved in learning skills (the How System). Naturally it's the 'how' that is particularly difficult to learn and has a dramatic effect on the person’s future capacities. A period of sleep, following process learning, appears to have an impact on improvement. The brain ruminates on complex learning and starts making connections that improve future performance. No wonder young people need such a lot of offline time (formally called sleep).

Finally an interesting finding on the physical impact of sleep on health of the brain. In this age of longer living and the scourge of dementia, current studies on rodents found their ability to clear beta amyloid (the precursor of the amyloid plaques found between the neurones in Alzheimer’s) was much enhanced during sleep. It is thought that the increased flow of cerebrospinal fluid during sleep was better able to move the potentially toxic molecule from the brain areas where it could cause damage.

In summary, the research is firmly indicating that when it comes to sleep you can’t cut corners. This is particularly for young people but the effects are dramatic for older age groups. Parents who insist on this routine will be doing their level best to form healthy, happy and intellectually astute young adults.

Source: quotes from Scientific American 2015
There was NO winner for the last fortnight. The picture taken was in Mrs Hughes Prep class. Please keep an eye out each fortnight in the newsletter for a photo that has been taken in one of our classrooms. Ask your children if this photo has been taken in their classroom?? Reply to the newsletter message on the SKOOLBAG APP with your Name, your child’s name and class and the Classroom you think this picture has been taken in. Eg 6A.. Get the Answer correct and you will WIN a Tuckshop voucher. The Winner will then be published when the next photo is released. Good Luck!

Were these made by your child?? Or are displayed in their classroom to get your answer to enter the competition. Why not have a look in your classroom while you are attending your parent teacher interview? We look forward to receiving your entry soon.