To support the students with enhancing their emotional intelligence as people and as learners, in 2016 we will be utilizing a not for profit initiative called ‘Smiling Mind’ that is based on a process that provides students with a sense of clarity, calm and contentment.

At the beginning of the year all staff participated in a ‘Smiling Mind’ introductory workshop. During term one all staff will be exploring the initiative on their own (some with the students) as well as being part of a 5-week program. Over the term we will be working together to discuss how we could use ‘Smiling Mind’ effectively across the school for both the staff and students from term two and beyond. If you would like to learn more about ‘Smiling mind’ please visit the following website: smilingmind.com.au

I have explored using the ‘Smiling Mind’ initiative with my daughters over the past 12 months. We started off by using the ‘app’ prior to bedtime. The first time we tried the ‘app’ I think she lasted 7 seconds before she wanted to have a conversation with someone.
After 15 seconds she started huffing and puffing and rolling about. 30 seconds into it she complained that this was taking too long! I think this experience convinced me about how important experiences like ‘Smiling Mind’ were for not just children but even adults! As we all know, throughout our life we are presented with many challenges. Having tools and strategies that support us to deal with these moments determine how well we can manage stress build resilience and reduce anxiety.

Parents can download the free Smiling Mind ‘app’ and trial it at home as a family as well. We are also looking at organising a Parent Information Session in early Term Two.

Have a great week!

Alex Artavilla
Principal

CLASSROOM HELPERS

Our classrooms are busy and vibrant environments and we welcome parents to come along and assist in a variety of ways. This could be being a classroom helper, it is essential for parents to attend a brief one hour meeting to go over a few important details. It is also a government regulation that any adult working in the school has a current “Working With Children” card.

The “Classroom Helpers” session will be run in the next few weeks and will be advertised in the newsletter.

If you completed the “Classroom Helpers” session last year, there is no need to do so again. Please feel free to see me at any time if you have any questions.

Jacinta Goldie

STUDENT OF THE WEEK
Presentation at Friday Assembly

Prep:
A Charlotte Urankar
B Ivy McNamee-Rabbitt
C Paris Hoang
D Arlo Pye

One:
A Ashveer Singh
B Vince Leung-Wai
C Emin Bal

Two
2A Ardian Azi
2B Liam Rosado
2C Michael Woodford

Three:
A Rai Supriatna
B Huseyin Sanoglu
3/4A Mara Rico

Four:
A Charleen Dang

Five:
A Ebrar Koyu
B TBA

Six:
A Tiffany Oldfield
B Jay Smith-Patterson

Multimedia: Shuab Mahamed
Sport: Georgia Robb
Spanish: TBA
Art: Alexis Montgomery
Science: Arlo Mykyta

Congratulations Everyone
Great Achievement!
Hello Parents and Guardians

Well last week we had our first inter school sports matches it was great to see all our students enjoying and participating in all sports against Christ The King Primary School. With some stiff competition the scores were.

Basketball Mixed
Sunshine Heights 12 - Christ The King 4

Basketball Girls
Sunshine Heights 12 - Christ The King 2

Soccer Mixed
Sunshine Heights 4 - Christ The King 3

Cricket Mixed
Sunshine Heights 76 - Christ The King 77

Bat Tennis
Sunshine Heights 5 - Christ The King 37

Regards
Rasha
Our aim is to enhance the school grounds using sustainable plants and methods. Run by parents, we will help to reconnect the students with nature and become environmentally responsible.

February news

Sunny Bees word of the month is MULCH!
Yes, MULCH! It’s brown and not very glamorous, but it does wonders for our plants. It retains moisture, feeds the soil and suppresses weeds, and... it’s lots of it. Help the Sunny Bees move mountains.
Join us for a free cardio work-out moving the stuff, and undo your good work with yummy cake!

Summer planting

- Basil
- Beans
- Beetroot
- Bok Choy
- Broccoli
- Brussel
- Sprouts
- Cabbage
- Capsicum
- Carrot
- Chili
- Chives
- Coriander
- Cucumber
- Eggplant
- Endive
- Fennel
- Kohl Rabi
- Leek
- Lettuce
- Mustard
- Greens
- Okra
- Onion
- Parsely
- Parsnip
- Radish
- Rhubarb
- Rocket
- Rockmelon
- Shallot
- Silverbeet
- Sunflower
- Sweet corn
- Tomato
- Turnip
- Watermelon
- Zucchini

- Come and join us for a quick ½ hour gardening session on Fridays from 9am!
- Planting, mulching and watering are just some of the easy jobs we do, so you don’t need to know anything about gardening.
- Have a look at our Pinterest page and get your green thumb on!
- Join the Sunnybees email list to get regular updates.
- Preschoolers welcome.

Friday mornings 9 - 9.30
Tel: Lisa 0423 329 734
Email: vinlisa@optusnet.com.au

Pinterest www.pinterest.com/sunnybees/