Dear Parents and Community Members,

Another week is over!

We always reflect on how things went over the past 5 school days. I can report that the vast majority of our students displayed the character and behaviour that we expect of kids who are enrolled at Ravenshoe State School P-12; the dozen or so who did not have accepted the consequences of their poor behaviour choices….and there is always a consequence!

We had a visit from the Regional Positive School Wide Behaviour Officer (Mr Colin Cutler), we had a two-day BEACON Program involving our Year 10 students, culminating in a lunch for a number of local business personnel, we had school photos, QCS tests for our 6 OP students, a Year 07 Canberra trip parent information evening and sausage sizzle, a Local Chaplaincy Committee meeting, an Indigenous dance performance, a performance by an Innisfail School band - just to mention a few educational experiences engaging students across our P-12 Campuses.

With just two weeks of Term 3 remaining it is expected and important, that children attend school every day – if a student does not engage regularly in his or her learning program, then academic outcomes will not be maximised – sending your children to school is providing them an opportunity to have a better future!

Enjoy the beautiful weather with your families - keep safe.

Regards,

HENRY CONDON
Principal

Ravenshoe State School P-12 acknowledges the Traditional Custodians, the Jirrbal tribe, of the country in which this school is located and pays respect to their Elders past and present.
From the Primary

Week 7-8

BOOK WEEK EXTRAVAGANZA!!!!

What a terrific time was had by staff, parents and students. The variety and effort that went into costumes was amazing. This is a great way to celebrate and enjoy learning by involving everyone. This term is going by so quickly that it will be holidays soon enough. Between now and the holidays there is still much learning to happen. Often I have students coming to my office for great improvement in many areas such as reading, writing, maths, behaviour and much more. These are the highlights of my day. It is very positive seeing students aiming to achieve their goals. Unfortunately those moments which are not highlights include students who are not following our school focus of being safe, respectful learners. These behaviours not only impact on the students involved but also on the other students, as it hinders the learning and teaching process for everyone.

Last Tuesday we had the final two sessions for the Ready Readers which is a program designed for parents of children 0 to 8 years of age. This successful program was well received and valuable for all who attended. If any parents are interested in more courses or sessions like this please don’t hesitate in getting in contact with me.

This week we have had a couple of special visits, some parents came in and joined us. On Monday we had an Island Dreaming Performance from 2.15pm – 3.00pm. On Friday, the Innisfail Combined Primary Band gave a concert 2.15pm – 3.00pm.

It is terrific that such performances come to our school for our students to experience and enjoy. Have a great weekend.

Kind Regards,

ANN-MAREE DUESBURY,
Acting Deputy Primary

Junior Secondary Corner

Welcome again to the Junior Secondary Corner. This week I would like to discuss the latest research on multi-tasking or task switching as it is otherwise known. As humans, we have a limited capacity for information processing, and when our brain can no longer provide the attention required for certain tasks, it gets overloaded. This results in the loss of ability to make decisions, process information and prioritize tasks. We think that we are completing multiple tasks simultaneously but what’s happening is your brain is jumping back and forth between the tasks, focusing briefly one at a time.

Constant interruption (which is what multi-tasking is) brings on higher levels of stress. It’s cognitive overload, and it dulls our brain and our reaction times. According to a study at the University of Sussex, constant multi-tasking actually damages your brain. They found out that people who are regularly multi-tasking have lower brain density in the region of their brain responsible for empathy, cognitive control and emotional control. So what’s the alternative to multi-tasking when you have too many tasks and too little time? The following are five suggestions taken from the research that could be useful to our students.

1. Remove distractions.
   Interruptions and noise are two big ones

2. Group like with like. If you group similar tasks together, like writing articles or answering emails, you are using the same part of your brain. Reduce the switching and you’ll reduce the time you waste gearing up your brain to think in a different way.

3. Set boundaries. By setting boundaries with others, they’ll know not to expect an immediate email or phone response from you, but they will be confident you’ll get back to them in a timely manner.

4. Just say no. This is truly an art. There’s no doubt it’s difficult to say no to people. Reconsider your interpretation of the word no. Instead understand that by saying yes, you are in fact saying no to all those items on your To Do list.

5. Take a break. Remember to get up from your place of work or study and move around. Stretch. Get a drink. Go outside. These mental breaks are important to keep you sharp and alert.

Regards,

WOODDE
HOD Junior Secondary

Early Start

Wow! Lots of great reading is happening at Early Start every day. Many of the Year 1s are coming regularly and are progressing well. Mrs Anderson is very happy with their letter, sounds and reading skills.

Early Start runs from 8.30am until 9.00am every Tuesday, Wednesday Thursday and Friday. However, some students are missing out because they aren’t getting to school before 8.30am to join in these targeted sessions. Please ensure your child is at school by 8.30am so they can attend. Parents are most welcome to come and see what their child is learning.

Next term, reading will continue to be the focus for Early Start. Targeted Year 1 students and ALL Prep students will be invited to attend. Look out for the invitation letters that will be sent home in the last week of this term.