I started Mini-school week with a reminder to our students of our school values. Resilience. Relationships. Responsibility. Integrity. I have to say that I have already seen many examples of these in the four short weeks we have been back. It would seem 2019 is going to be another shining example of how wonderful our CSDE community is.

This term we are so spoilt in Emerald with not one, but two opportunities to enjoy having our students in town! Mini-School last week was a fabulous five days, and we now look forward to Cluster and Athletics in week 10. Which, considering we are already half way through the term, will be upon us in no time!

Mini-School was its usual great week of fun and learning, and it was a delight to watch our fresh faced students excited for the school year ahead launch into every activity with gusto. Even the afterschool sport on the hottest of days! Phew. We also enjoyed meeting our new Home Tutors who have joined the team, and who got the year started with many sessions during the week. Our Prep students did a great job of learning the ropes, and settled in with such maturity, as did our new Year 6 Leaders, who have stepped into their bigger shoes with style.

We are especially grateful to those families who could make it to Mini-School, and who will travel out here for Athletics, as we are very aware that our rural community and isolated families are enduring a whole variety of what Mother Nature has to offer. To those families battling the extremes who are unable to travel away, we understand, and appreciate the dedication and time you give to your students’ education at home. Our students are most certainly destined to be resilient in the face of adversity and you, our rural parents, set the very best example of this.

Enjoy the next few weeks of lessons, and we look forward to seeing you in week 10 at Cluster!
Ahhhh…. 2019. Fresh year, fresh start right?

Not necessarily. You see no matter where you go in the world, things will be similar for you because you bring with you the similar thinking, similar habits, resulting in similar patterns.

A fresh start IS possible but only if you make subtle changes like being aware of your beliefs and self-talk. Positive affirmations are useful, but are not effective unless you take action.

**How to make a positive change**

Self-discipline is the key. Start small. Be consistent. Focus on what you DO want. Write down a goal or create a vision board to look at daily. Then, like Batman at a villain convention, burst into action!

Changing habits can be hard to do alone. Communication is the key.

- Talk
- Text or email
- Write notes

Let them know how you are feeling and your goal so they can help you get there. Newsflash, teachers want to help too. We are not psychic so you need to communicate your goals, fears and needs so we can help be your cheer squad. We can give you feedback to make you better!

Positive thoughts are a great start but ACTION IS THE KEY. You can do it! We believe in you. What you do EVERYDAY shapes the life you will lead. Each small, purposeful action yields staggering results. So STOP. Observe. Reflect. Decide what is working for you.

**Mindset** – the way you perceive the world drives the way you perform in it. While your attitude/ beliefs is important for learning, it is not everything you need to be successful.

**Health set** – exercise for a minimum of 30 minutes a day is essential for the brain, learning, and vitality.

**Heart set** – emotional life. Feeling happy and safe. Practicing gratitude. If you are feeling hurt, anxious or angry your frontal lobes (the thinking part of your part of your brain) will not work properly. Emotions are the glue to building memory.

Health = more energy + your brain will be more effective for learning.

Decide what you want. Set goals, then go for it! We believe in you. We are in this together. 2019 is going to be an amazing year for us all.

---

**Teresa Anderson**

ACTING HEAD OF CAMPUS ROCKHAMPTON
DATE CLAIMERS

28th January
Australia Day Public Holiday

18th – 22nd February
Prep to Year 6 Mini-School (Rockhampton & Emerald)

22nd February
Junior Secondary Drop in Day

2nd April
Athletics Carnival (held in Emerald)

MY SCHOOL CONNECT

OUR SCHOOL UNIFORM IS NOW ONLINE!

Download the free app or access www.myschoolconnect.com.au/csdeemerald

Here is some information for people to purchase uniforms and souvenirs via website or app. This is available from now and there is no need for you to fill in order forms or take money anymore.

For more information, click Rockhampton or Emerald for your Campus’ information and an order form. You can install the app on your smart phone and make an account to be able to order from there!
Senior Secondary Drop in Day

Please join us for an action packed day TERM 2!

♦ Meet your teachers
♦ Socialise with CSDE students
♦ Fun activities that will leave you wanting more.....

PIZZA LUNCH SUPPLIED

Contact Information
Address: 241-259 Farm Street, Kawana, QLD 4701
Phone: (07) 4931 4800   Email: jbenf8@eq.edu.au
The first Mini-school for 2019 was highly successful. We had approximately 60 students attending, with some travelling for 5 hours to get here. For 19 of these students, it was their first ever Mini-school. It was lovely to be able to spend a week together catching up with our continuing families and getting to know our new families.
Wow! What a FANTASTIC time we all had at the Rockhampton eKindy Play days.

Throughout the week, we were involved in many fun activities that saw us investigate, explore, play and socialise with our eKindy friends.

We used our fine gross motor skills to thread beads, create pictures with the hammer and shapes board, use the crocodile tweezers to find the hidden animals in the coloured rice, squirt and squeeze with the pipettes and syringes, squish, squeeze, roll, cut and chop the play dough.

We even had magic play dough that started out white but when we used our big strong finger muscles to squish it, it turned a colour – AMAZING!

We also had lots of fun using our senses when we:
- We made our binoculars and went walking
- Explored the shaving foam
- Experimented at the ‘mixing colour fun table’
- Made Rainbow Cookies
- Cooked, mixed and stirred in the outdoor kitchen
- Measuring, scooping and playing in the coloured rice and water beads
- Using our imaginations to make dumplings and dig holes and make roads in the kinetic sand
- Cooling off in our ice and water play pools.
This Mini-School we focused on getting to know each other and ourselves. We played many games and took the time studying our reflection and drawing self-portraits. It was a beautiful start to the year!
When I am 100, I will live watch T.V. and sit in the chair. I will have a beard and I will be wrinkly. I will shrink because I am old.

When I am 100, I will go wrinkly and I will be sick. I will watch T.V. sometimes and my shows will be the news. I will paint sometimes because I don't have a job.

When I am 100, I will be wrinkly and slow. I won't be walking and I will watch tennis and soccer. I will have grey hair and a moustache.

When I am 100, I will live in a caring home. I could eat soup or juice for tea. I will have grey hair and will be wrinkly. I will sleep a lot because I’m old and retired.

When I am 100, I can do whatever I want. I will have grey hair and pimples. I will have a beard and a moustache. I will still like playing my Play Station.
Click here to see what the Year 5 & 6 students got up to during Rockhampton Mini-School.
Click here for the Sizzlin’ Sixers article, brought to you by the Year 6 Leadership Team. In this article, you’ll be able to meet the Year 6 students and get to know them a little better.

We hope you enjoy the newsletter as much as we did writing it!

Members of The Leadership Team:

- Hayley McDonald
- Georgia Appleton
- Brielle Murray
- Hamish McArthur
- Jack Black
- Charlotte Wilson
- John Lamb
- Tia Dillon
- Alanah Rooney
- Dustin Roots
- Abi Heelan
- Jake Deguara
- Kaida MacDonald
- Lily Mulcahy
- Kate Lindemayer
MINI-SCHOOL SCIENCE FUN!

Wow! What a whirlwind week! Students attending Rocky Mini-School participated in a huge range of Science activities related to their current units. It is really important for developing scientific understanding to give kids the opportunity to get involved in practical experiences, so we made the most of it at Mini-School.

**GRADE THREE** kids also designed potato growing boxes which they took home. These boxes are designed to prove that plants grow towards the sun, even when a maze is placed in their way. Ms Scheuber was hugely impressed with the Year 3s’ ability to think ”outside the box” and come up with creative and constructive ways to build their boxes. There are many very strong independent workers in that year level!

**GRADE FOUR** got very loud! We used our knowledge of forces to play a series of games, and to test out the transfer of energy when applying forces to washers via a wooden ruler. Students’ thinking about gravity and friction was great, and it was exciting to see students taking it upon themselves to give demonstrations to help their peers understand the concepts.

**GRADE SIX** created their own batteries from lemons, copper, galvanised nails, wires and an LED. We found out that we would need A WHOLE LOT of lemons to power anything more than an LED.

Overall, CSDE students were creative, inquisitive, and engaged. There are some amazing up-and-coming scientists among us!
Welcome TO YEAR 7

This term in assembly, we will focus on the students’ as they grow from childhood to adolescence. They will investigate a range of physical, emotional, social and intellectual changes occurring during adolescence and consider how they impact on their identity.

In week 4 this directed us to take a look at anxiety and how it can prevent us from doing our best. We read a book called “Wilma Jean the Worry Machine.”

Below is a list of strategies directly from the book to use if you notice your child displaying signs of worry and apprehension.

Here are a few tips for dealing with an anxious child:

- Genuinely accept your child’s concerns.
- Listen to your child’s perceptions and gently correct misinformation.
- Patiently encourage your child to approach a feared situation one step at a time until it becomes familiar and manageable.
- Always try to get your child to events on time, or early – being late can elevate levels of anxiety.
- Continually set equal expectations for all kids anxious or not. Expecting a child to be anxious will only encourage anxiety.
- Role-play strategies – how to react in certain situations. – Explore both best case scenarios and worst case scenarios using realistic evidence.
- Build your child’s personal strengths.
- Help your child organize their school materials for the next day the night before.
- Allow and encourage your child to do things on his own.
- Allow extra time on tests and/or allow students to take tests away from the other students.
- If a child is going to be singled out for a classroom activity, let that child know a day in advance so that he can feel more prepared.
- Designate a “safe person” at school that understands your child’s worries and concerns.
- Try not to pass your own fears onto your child.
- Work together as a team (family members, teachers, child, day-care providers etc.)
- Set consequences – don’t confuse anxiety with other types of inappropriate behavior. Set limits and consequences so that you don’t allow anxiety to enable your child.
- Have reasonable expectations.
SECONDARY DROP IN DAYS

Catching up with class friends...

PIZZA!

Virtual reality

Good times

Junior

Senior
THIS YEAR OUR LANGUAGES DEPARTMENT IS DELIVERING JAPANESE TO OVER 1000 STUDENTS FROM PREP TO YEAR 10.

NAME: Mrs Claire Sellens

Schools that Mrs Sellens is teaching this year: CSDE Yr 5 & 6, Taranganba SS, Injune SS, Burra Burra SS, Milman SS & Birdsville SS.

Favourite Colour: Blue

Likes: Autumn

Dislikes: The wind

What I love about Japan: EVERYTHING!

NAME: Miss Melinda Wolfenden

Schools that Miss Wolfenden is teaching this year: Dalby South SS

Favourite Colour: Aqua

Likes: Learning new things, music and dance

Dislikes: Mosquitos

Something you probably don’t know about me: I was born in the Japanese year of the rooster. とりどしです。

What I love about Japan: The food! おいしい ですね

NAME: Mrs Stacey Stewart

Schools that Mrs Stewart is teaching this year: Mount Archer SS

Favourite Colour: Pink

Likes: Swimming, hiking, travelling and spending time with my family.

Dislikes: Brussel sprouts and bad drivers

Something you probably don’t know about me: I have lots of pets!

What I love about Japan: The food and the cleanliness of the place! Everyone is very respectful
NAME: Mrs Shelley Beasley

Schools that Mrs Beasley is teaching this year: Nebo SS, Capella SS, Clermont SS, Capella SHS & Clermont SHS.

Favourite Colour: Aqua

Likes: Travel

Dislikes: Technology problems

Something you probably don't know about me: I hate, hate, hate horror movies!

What I love about Japan: The amazing variety of delicious foods.

NAME: Mrs Yuko Smith

Schools that Mrs Smith is teaching this year: Bell SS, Hampden SS, Middlemount Community School, Taranganba SS, Durong South SS & Meandarra SS.

Favourite Colour: Dusty pink

Likes: Jazz music

Dislikes: Chicken

Something you probably don’t know about me: I am afraid of heights!

What I love about Japan: Cherry blossom and food.

NAME: Mrs Jeni Mair-Peut

Schools that Mrs Mair-Peut is teaching this year: Bluff SS, Jambin SS, Jandowae SS, Moranbah East SS & Park Avenue SS.

Favourite Colour: Red

Likes: Japanese Curry Rice

Dislikes: Seafood

Something you probably don’t know about me: I collect board games to play with my family and friends.

What I love about Japan: I love to travel to see beautiful landscapes to learn about the culture and people of the area.
<table>
<thead>
<tr>
<th>NAME: Mrs Kylie Huff</th>
<th>NAME: Mrs Tegan Kelloway (Kelloway Sensei)</th>
<th>NAME: Robyn McRae-Zurvas</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Schools that Mrs Huff is teaching this year:</strong> Peachester SS, Burra Burra SS &amp; Dalby South SS</td>
<td><strong>Schools that Mrs Kelloway is teaching this year:</strong> Keppel Sands SS, Wowan SS, Lakes Creek SS &amp; Dalby SS.</td>
<td><strong>Schools that Mrs McRae-Zurvis is teaching this year:</strong> Dalby South SS, Injune SS, Kulpi SS &amp; Northview SS.</td>
</tr>
<tr>
<td><strong>Favourite Colour:</strong> Pink</td>
<td><strong>Favourite Colour:</strong> Pink</td>
<td><strong>Favourite Colour:</strong> red あかい, orange オレンジ and purple ムラサキ.</td>
</tr>
<tr>
<td><strong>Likes:</strong> Fitness</td>
<td><strong>Likes:</strong> ANYTHING Japanese! Oh... and chocolate!</td>
<td><strong>Likes:</strong> I love coaching karate 空手 to kids just like all of you.</td>
</tr>
<tr>
<td><strong>Dislikes:</strong> Boredom</td>
<td><strong>Dislikes:</strong> Coconut and lemon</td>
<td><strong>Dislikes:</strong> I don’t like a bad sports’, I encourage everyone to have a go, and learn something from those who make you feel frustrated.</td>
</tr>
<tr>
<td><strong>Something you probably don’t know about me:</strong> I can walk on my hands.</td>
<td><strong>Something you probably don’t know about me:</strong> I lived and worked in Japan for 2 years as an English teacher – It was amazing!</td>
<td><strong>Something you probably don’t know about me:</strong> In 2012, I competed in Karate’s SKIF World Championships and made it to the semi-finals. I also came 3rd in the World in kumite (free fighting). Free fighting in karate will be an invitational sport in the Japan 2020 Olympics. Australia will send 10 girls and boy to compete by invitation at the Olympics.</td>
</tr>
<tr>
<td><strong>What I love about Japan:</strong> The culture and the people</td>
<td><strong>What I love about Japan:</strong> The delicious food of course, and the beautiful scenery.</td>
<td><strong>What I love about Japan:</strong> Japan has over 127 million people and yet I go there as often as possible to relax and wind down, by roaming through all their amazing Temples, Shrines, National Parks and magnificent gardens. Of course, I squeeze in karate training in Tokyo at honbu (head office) most of the times I go to Japan.</td>
</tr>
</tbody>
</table>
NAME: Mrs Caroline Large

Schools that Mrs Large is teaching this year: CSDE Year 8, Middlemount Community School & Injune SS.

Favourite Colour: Orange and earth colours

Likes: A good book and a cup of tea

Dislikes: Frantic madness

Something you probably don’t know about me: I did Distance Education for my primary schooling.

What I love about Japan: They are the only culture I know who can be conservative and crazy at the same time!

NAME: Sandy Vass

Schools that Sandy is teaching this year: CSDE Japanese Years 7-10

Favourite Colour: Teal

Likes: Seals, alpacas and photography

Dislikes: Burpees and spiders

Something you probably don’t know about me: I grew up on first a Paw Paw Farm, then a Macadamia Farm. I then went on and purchased my own mango & lychee farm which I have recently sold for a new adventure.

What I love about Japan: Although I have always been drawn to the challenge of learning Japanese language, I am also a history, culture and food lover. My favourite aspects include Shogunate Japan, Japanese gardens, temples and shrines, cherry blossoms in March & April and the delicious street food at the many festivals held throughout Japan.

NAME: Douglas Rutherford

Schools that Mrs Large is teaching this year: CSDE

Favourite Colour: Murasaki (purple)

Likes: Mathematics, chocolate milk, rainy days & trivia

Dislikes: Pumpkin, hot weather and traffic

Something you probably don’t know about me: I am married with two children.

What I love about Japan: I love the rich Japanese culture and social etiquette that Japanese people have. I hope to go back to Japan with my family in the future.
**HIGH ACHIEVERS**

**PREP**

**Lucy:** For being a kind, caring, bucket filling friend to all of her new Prep friends.

**Wilson:** For putting 100% effort into every activity and demonstrating fantastic learning behaviours during mini-school.

**YEAR 1**

**Harriet:** For being a super engaged learner and contributing to class discussions.

**YEAR 2**

**Eliza & Sam:** For having beautiful manners and helping our new classmates.

**YEAR 5**

**Ethan:** For an enthusiastic approach to learning Japanese.

**YEAR 6**

**Harrison:** For confidently communicating his thoughts and trying his best in Mathematic lessons.

**Sophie:** For always answering questions and following instructions in Japanese.

**YEAR 7**

**Brydee:** For excellent participation in all classes.

**William:** For sharing expert knowledge in English.

**Emma-Lee:** For the massive effort she has put into practising Maths concepts for her exam.

**YEAR 8**

**Mia, Gabby, Amber, Indi, Destiny, Heath, Zoe and Zaryin:** For showing enthusiasm and making the effort to catch up on missed lessons

**Madison and Kyran:** For always being willing to answer and have a go

**Cooper:** For the courage to keep learning even when no one else can log on.

**YEAR 10**

**Ashlynn, Darcy & Braith:** For consistent effort and engagement.

**Jayme, Travis, Harry, Daniel & Martin:** For diligent students, applying much motivation and effort to their classwork. Homework is always punctual and of a pleasing quality whilst progress is also excellent.

**Georgia, Alexander & Kaleisha:** For diligent students, applying much motivation and effort to their classwork. Homework is always punctual and of a pleasing quality whilst progress is also excellent. And for also having active participation and engagement.

**Max & Madison:** For consistent effort and participation.

**Sophie:** For being a diligent student, applying much motivation and effort to classwork. Homework is always punctual and of a pleasing quality whilst progress is also excellent. Also for consistent effort and engagement.

**YEAR 11**

**Leah, Tyneal & Shakayla:** For great work on tasks during breakout room time.

**Travis & Mason:** For good effort during breakout room time.

**YEAR 12**

**Charlie, Haylee, Nikki & Skye:** For good engagement with assessment.

**Tegan, Lachlan & Kimberley:** For good engagement with assessment and during class discussions.

**Channel & Jed:** For engagement during classes.

**Lane:** Food contributions to get class discussions going.
Let your child be the weird kid.
Let them be the funny kid, the quiet kid,
the smart kid, the athletic kid, the theatre kid,
the numbers kid, the teacher’s pet,
the chatter box, the valedictorian, the middle
of the pack, the “barely made it” kid.

Just don’t let them be the mean kid.
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AT A GLANCE!
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- Attend school overseas
- Live with a local host family
- Make memories to last a lifetime

"THIS HAS BEEN THE MOST AMAZING ADVENTURE, THERE ARE NO WORDS!"
CAITLIN, CANADA

SCHOLARSHIPS AVAILABLE!
Kids College Queensland, in conjunction with the University of Queensland, is proud to present Explorama, an exciting program that offers a variety of inspiring, exciting and challenging courses for grades 1-7.

**Explorama** is a program designed for students with strong learning abilities and special interests in grades 1-7. Kids College Queensland is committed to providing stimulating programs for these students. The wonderful sponsorship of the University of Queensland means that students experience working in the fantastic facilities of the University. Our course leaders are expert teachers and bring a wealth of experience and knowledge in their chosen courses. Students who attend our programs have an opportunity to work with like-minded students and spend a quality day delving and immersing themselves into their chosen areas of interest, explore their potential and reach for the stars.

Typically, students who attend Explorama have a love of learning and are highly curious and inquisitive young people who enjoy challenges and exploring their passions and interests. These students may be:

- Identified Gifted and Talented students.
- Members of Gifted and Talented/ Extension/Enrichment Programs.
- Students with specific talents and strong abilities in certain areas.
- Students who would benefit from an enrichment-based program.
- Students who have a special interest in any of the course topics and can work at a high standard.

We invite you share this information with your parents and students to participate in Explorama.
Click here to download a printable PDF document (letter) that can be shared with your parents and students: [Invitation letter to parents and students](#)

Please feel free to share this information with your school community and wider school network. Although places are limited, we’d love to provide the opportunity for as many children as possible from your school to participate in Explorama.

Registration opens online on the 15 February and closes on 22 March, so please circulate this information to students and parents as soon as possible. For course information, registration and payment options please visit [www.kidscollegeqld.com.au](http://www.kidscollegeqld.com.au) or send email enquiries to [enquiries@kidscollegeqld.com.au](mailto:enquiries@kidscollegeqld.com.au)

Thank you for your support.
Kind regards,
Jill & Jason Green
Kids College QLD
ALPHA SHOW SOCIETY PRESENTS

DINKUM DINOSAURS

Monday 20th & Tuesday 21st May 2019
Monday Show Times - 10.30am & 1pm
Tuesday Show Times - 11am & 2pm

An exciting exhibition combining dinosaur education with comedy family entertainment & an animatronic dinosaur walkthrough display & T-Rex encounter.

- includes a 30 minute educational talk on dinosaurs followed by a 30 minute comedy dinosaur puppet show with ventriloquist Ranger Jim.
- PLUS 2 T-rex encounters with a 4m long full body dinosaur puppet. The dinosaur trail is open all day & Ranger Jim is available between shows to answer questions on dinosaurs & fossils.
You're invited to a FREE, informative workshop:
TO BE HELD AT: BUSHkids, 5 Clermont Street, Emerald Qld
ON: Friday 8th March
TIME: 9 – 10am

For more information or to register:

1. Call BUSHkids on 07 49 820 905
   Monday to Friday, 8.30am – 4.30pm
2. Send an email to:
   emerald@bushkids.org.au
3. Complete the tear-off slip below and give it to your local BUSHkids team member.

Registrations are needed COB Monday 4th March to assist our planning.

YES, please! I / we will attend the FREE BUSHkids workshop:

At (location) ____________________________ On (date) ____________________________

Name ___________________________________ Postcode _____________________________

Name ___________________________________ Postcode _____________________________

Contact phone number/s ____________________________ Email address ____________________________

A BUSHkids team member will contact you to confirm your registration and answer any questions you may have.