I read this quote on Twitter this week from a teacher...

**A plea: Adults please keep your hands off student projects!**

It made me smile, remembering the long hours spent at home helping my two girls do their school projects. I was pretty good at helping them build responsibility around the home and own their learning, however, when they hit their senior years at a local high school, the projects piled up. This pile, and the fact that the projects seemed to be more about an efficient way to assign a mark than any purposeful learning, resulted in me often jumping in to help get them done quicker. Knowing your desire for their success steps in and then takes over their effort is key to getting the support right. In line with this, I share a very interesting article, once again from Twitter, written by Jessica Lahey.

When teachers are asked, “What one thing would you want your students’ parents to know?”

The following five points come up over and over again.

**Your kids can do much more than you think they can do.**

Despite all evidence to the contrary, your children do not need your help tying shoes, zipping jackets, sharpening pencils, packing their backpacks and lunch, or any of the million other tasks they expect you to do for them every day. Take some direction from kindergarten teachers. If you think it takes an eternity to get your children out the door, imagine getting 20 children out the door, six times a day. Early Childhood teachers are masters of delegation, so the child proficient at shoelaces becomes their “tying expert,” and the boy with a skill for zippers becomes the designated “zipper helper,” and before you can say “self-sufficient,” every child in the class has learned to tie and zip themselves. The next time your child tells you they can’t do something, step back and wait.

**It’s not healthy to give your child constant feedback.**

When children require approval on every scribble, homework project and picture they draw, it’s probably because they have been offered feedback on every scribble, homework project and picture they draw. It’s vital that children develop their own internal focus of approval and honest self-assessment, because as they grow up and face hardship, they need to be able to look to themselves for strength and approval. If they can’t, they will be much more susceptible to the superficial external approval that comes their way in the form of peer pressure, bullying and the usual social jostling. As you wean them off of your feedback, turn their, “Mommy, is this picture good?” or “Daddy, did I do a good job?” back on them, and ask them how they feel about their work.

**We promise not to believe everything your child says happens at home if you promise not to believe everything your child says happens in our classrooms.**

Experienced teachers know that not everything children share during circle time represents an accurate reflection of what goes on in their home. When, for example, my cousin’s son told his entire class that a robot had come to his house and removed his mommy’s lady parts, his teacher was wise enough to remain sceptical. Accordingly, when your child comes home and claims...
that the teacher screamed and yelled at him in front of the entire class for his low test score, try to give his teacher the benefit of the doubt until you’ve had a chance to talk to the teacher about it.

Your children learn and act according to what you do, not what you say. You are your child’s first and best teacher, and they learn more from your actions rather than your words. When you tell your child that it’s rude to text during conversations, yet you continue to read your email while pretending to listen to him talk about his day, you are teaching him to distrust your words and your intent, while reinforcing the very behavior you seek to modify. In the same vein, if you want to promote a behavior, such as a love of learning, model that, too. Seek out new knowledge and experiences; learn something new just for the sake of learning. As teacher S.Q. wrote in an email, “Model intellectual curiosity and a visceral pleasure in learning. Not just the brainy stuff, but anything of interest (how to clean spark plugs, what kinds of wood work best on a wood lathe, what the fox says). Show your own interest in learning by reading, thinking aloud, wondering aloud.”

Teach your children that mistakes aren’t signs of weakness but a vital part of growth and learning. Let your children see you fail, admit to your mistakes, and talk openly about how you have learned from those mistakes. As teacher K.M. wrote in an email, “Failure is part of the process. It’s what they do after they fail that matters. If you pick them up after their every failure, they learn nothing about how to begin again.”


Valerie Campbell-Hogg
School Facilitator

WHAT’S COMING UP AT SILKWOOD?

Wednesday, 8 June (new date)
Winter Music Concert
5.15pm – 6.30pm @ Bellevue Park Primary School Hall

Monday, 13 June – Calendar Misprint
Normal school day – not public holiday; apologies for error

Tuesday, 14 June
Junior ‘Fire & Ice’ Winter Festival – Year 1-5
4.30pm arrival and stalls
5.15-6.00pm Festival proceedings

Wednesday, 15 June
Moonlight & Starbright Prep Winter Festival
5.30pm – 6.30pm

Thursday, 16 June
Senior Winter’s Light – The Power of Fire’ Festival – Year 6-10
4.30pm arrival and stalls
5.30-6.30pm Festival proceedings

Thursday, 16 June
Last Day Term 2

Monday, 11 July
Term 3 commences

QUICK SCHOOL CONTACTS

Student Absentee Notification
P: 5655 0300 before 8.30am
E: attendance@silkwood.qld.edu.au

School Fee Account Enquiries
E: monique.berriman@silkwood.qld.edu.au

Outside Hours School Care – Bookings/Enquiries
P: 0475 824 342 E: silkwood@helpinghandsnetwork.com.au

Class Matters
Contact your Class Teacher or Syndicate Learning Manager through the School Portal.

ABSENCES FROM SCHOOL

Parents are asked to telephone the School before 8.30am on the morning of absence on 5655 0300 or email attendance@silkwood.qld.edu.au.

Unexplained absences will be investigated. The School requires a medical certificate when a student is absent due to illness for three or more consecutive days.

WINTER CONCERT

Join us for a heart-warming inspiring concert, performed by our talented Silkwood students

Wednesday, 8 June
5.15pm – 6.30pm

@ Bellevue Park State Primary School - School Hall
Slatyer Avenue, Ashmore

Come and be delighted by the wonderful Silkwood groups as they present a diverse evening of entertainment including all the Choirs, Intermediate and Senior String Orchestras, Class 3 Strings and Guitar Ensembles.

All performers are required to be at the venue at 4.30pm, dressed for the concert and with their instruments and music.

Thank you for your support,
Melanie and Sarah

The most precious gift we can offer anyone is our attention. When mindfulness embraces those we love, they will bloom like flowers.

— Thich Nhat Hanh
CLASSES IN THE SPOTLIGHT THIS ISSUE...

YEAR 2 TALLOW NEWS

Last week, Year 2 Tallow completed their circus workshop with our friends from Three Worlds. All the students gained impressive skills with hoops, flower sticks and juggling plates.

This week we are finishing our Number Pattern integrated unit. We have explored missing numbers, square numbers and problem solving by investigating number patterns. We enjoy singing The Ants Go Marching each day and playing the magic wand game.

In English, our focus is on narratives. We are starting to use WOW words and grab the reader’s attention. We love the author’s chair which is a time when we get share our work with the class.

Currently in Math we are learning strategies to assist us in solving addition and subtraction problems. We are working on accuracy and fluency. The class enjoys practising this through our new favourite game, Golden Child.

Miss Elena has taught the class to finger knit with four fingers to create scarves for the Winter Festival. The class looks forward to this each week.
Dave has worked with our class all term to create birdhouses. This was a great learning experience as we learned the importance of accurate measurement, following instructions and how to use tools safely. The birdhouses are ready to be hung throughout the nature trail. The class is so proud as they look wonderful.

The birdhouses are ready to be hung throughout the nature trail. The class is so proud as they look wonderful.

Wow, how our term has flown by. Time certainly flies when you’re having fun in Year 5! This term has been an action packed term for our class with the introduction of Interschool Sport and inclusion of a number of workshops.

The students have been attending Interschool Sport on Mondays and playing Soccer, AFL or netball against other schools. It has been great to see our Silkwood Students out and about and practicing their skills against other children. A fantastic experience and one we look forward to each week.

This term we have been working on our Bits and Bytes Integrated Unit and more recently our Egyptian Mythology Unit. The students have engaged in a number of workshops in relation to these including our CyberWise Safety presentation, Egyptian Mask Making and Nefertiti Clay sculpture. We may have even mummified a chicken….Very cool!

In Proficiency, Year 5 has been working hard to solidify measurement-skills within our Area and Perimeter Math project.

Times tables have been high on our list of ‘things to make sure I know’ as we move toward decimals and fractions later in the year.

In English, we have been focusing on a number of grammar skills and conventions and will be venturing into the world of poetry to showcase our creative flair.

Our students have been working hard to manage their laptops and online learning portfolios with the introduction of their online e-portfolio. We are busy making preparations to showcase their classwork on this new platform.

We are on the home stretch of our second term with no signs of slowing down, with our final cooking class with Lauren (Permaculture) this week and preparations for Winter Festival in full swing. No doubt our Year 5 students will have earned their holiday break!

Nikki and Paulette

YEAR 7 NEWS

It’s time for ignition!

Our Integrated Unit on Creative Writing has been underway with students writing screenplays, stories, adding to their novels, and various kinds of poetry. “Just get writing” is our mantra, forget about the spelling and remove the worn-out words and phrases because we can pick it all up in the editing. Our budding writers had an all-day poetry and prose writing workshop with Josh Holmes (a noted slam poet) and Joh who played with photos, props and sounds to ignite some wild ideas. Our Pre-Service teacher, Tara, has been planning and teaching this very practical unit and is certainly encouraging our students who “can’t write” to push out of their comfort zones, value their voice and play with language, with some fabulous results.

Practical and hands-on, is our way of doing things this term. Our textile cushion-making project is finishing up with some wonderful results, the Passion Projects are showing us how passionate and focussed our students can be in everything from electronics to cake decoration and the Visual Arts Vision Boards on the question, “Who am I and Who do I want to be?” are really taking shape using background texture, layering techniques and paper-toll to enhance chosen photos and images. The final COPI sessions have shown us how deep and philosophical our class can be, while also respecting the ideas and feelings of their peers.

Possibly the most exciting aspect of this term has been our Year 7’s learning and mastering fire twirling techniques in readiness for the Senior Winter Festival on the final Thursday of this term. The fire safety and lighting workshops with Kristian from ThreeWorlds certainly established the seriousness of this art form and the safe ways to use and control fire in performance. The skills and developing confidence of all our students has been fantastic to see and the final performance will be one not to be missed.

SILKWOOD NEWSLETTER
2 JUNE 2016
4 | P a g e
On a final note, we are sad to say farewell to our beautiful sunflowers. The project to grow and track these majestic plants for the UQ Sunflower Competition was Chris’ idea and some members of our class have clearly excelled at growing the tallest flowers, while others have a very high yield of seeds, the fastest flower and various other interesting comparisons.

Don’t miss the “Sunflower Snacks” stall at Festival for a healthy dessert made from our massive seed harvest; all proceeds will go towards Kokoda. As the flowers are now finished their growing cycles we have taken them away, to be at peace, but we have really enjoyed the rest of the school’s enjoyment of our gardening and hope to make this a part of the Year 7/8 program again next year.

Johanna & Alana

YEAR 9 NEWS

Year 9 are exploring a moving interdisciplinary unit this term: Seeking Asylum in a Volatile World.

They had three special visitors this week that helped them to understand life from the view of a refugee.

These USQ Uni students, Prudence, Margaret & Paul, were all refugees as children. They arrived in Brisbane, Australia, by plane and were moved to Toowoomba via UNHCR placements. As young regional Australians who have experienced seeking asylum, they are taking on migration issues and are visiting schools such as Silkwood, sharing their stories. They have named the project “E-Raced.”

Their youth-led not-for-profit organisation promotes resilience and aims to break down racial barriers. They don’t have a political agenda and asked our students to ‘seek to understand,’ without judgement, through hearing their stories and journeys - and what they have endured is beyond belief. Years 9-11 all participated and in between sessions, students invited the visitors to play soccer and basketball with them. Our new friends loved Silkwood and we had so much fun learning with them.

YEAR 11 NEWS

INVITATION TO THE COMMUNITY

Year 11 is holding a ‘Show and Tell Expo’ on Tuesday, 7 June at 2.00pm in the School Hall.

The students will individually present a synopsis of their current projects and take questions, comments and feedback on what they are doing. They will also have small display tables for you to wander and chat to them there.

It will be over before the end of the school dayso you are encouraged to come early and have a listen before pick up.

We would REALLY like to get as many people as possible to come along and see what the Year 11 students are up to – EVERYONE is welcome!

Any questions, please get in touch.

Alicia Kent-Rooney
Advisor, Learning Manager 11-12
alicia.kent-rooney@silkwood.qld.edu.au

DISTRICT CROSS COUNTRY

On the Thursday, 19 May, a small group of students from Years 5-10, represented Silkwood School in the Broadwater District Cross Country.

Out of the 31 schools, and around 1,500 students competing, Silkwood School ranked 16th in aggregate points, a very good feat considering we only had 25 students compete and other schools had close to 50 or more! Well Done Silkwood Students!!

Congratulations to all the students who competed. This is an achievement in itself just to be there. Most of our students placed in the first half of each race, which is excellent, as some races had in excess of 100 students!

Special congratulations to three of our students who have made it through to the South Coast Regional Cross Country event to be held on Tuesday, 7 June – Shaun A (Year 4), Maddie W (Year 8) and Ethan S (Year 10).

Megan Knowles
PREMIER’S RECONCILIATION AWARDS 2016

At the Premier’s Reconciliation Awards held last week, Silkwood School received Highly Commended in Education Category for our Connecting to Country through Totems whole school indigenous integration initiative! Reconciliation Australia

Gold Coast on a winning roll here! Reconciliation initiatives and innovations alive and thriving on the Gold Coast. Congratulations to Yuga mbeh Youth Choir and Bond University as well.

SPOTLIGHT ON PARENT HANDBOOK

NUTRITION & SCHOOL LUNCHES

Research is clear that nutrition plays a key role in the quality of a young person’s physical and neural development. For this reason, for optimum success with a student’s learning program, we believe that students should be fed the best quality nutrition possible. It is aiso important that students are encouraged and supported to take responsibility for the quality of food they eat themselves.

Specifically, we ask Silkwood families to:

• Provide lunches that are nutritious, wholesome and free of artificial chemicals/additives/colours, made up of fresh fruit, salads, vegetables, grains, nuts, eggs, meats, dairy, pasta or any other healthy, fresh, whole foods.
• Empower students to make good choices about their own food by involving them in making their own healthy lunches.
• Choosing foods that avoid or reduce packaging and have a positive impact on our environment.

Please note: All food packaging, waste and leftover food in lunch boxes is returned home with the students.

There are some food items that are well researched enough that we know have an adverse effect on children’s health or simply add no nutritional value to a lunch tin. These foods are the ones that we need co-operation with in excluding them from school lunch containers: lollies, sweet treats i.e. biscuits, cakes, ice creams, ice blocks, foods containing chocolate, sugary spreads, chips, drinks (other than water).

For those who would like more nutrition information, the link below will provide you with interesting information on children’s health;

• www.spcottawa.on.ca/ofsc/food_additives.html
• www.drlibby.com

NUDE FOOD

At Silkwood we encourage families to follow the Wipe Out Waste – Nude Food guidelines.

What is Nude Food? Nude Food is food without excess packaging. This reduces the amount of ‘stuff’ that needs to go in bins to be sent to landfill. Durable, reusable containers are a great way to bring food, as they may last from pre-school through to high school and beyond, providing long term cost savings and environmental benefits.

We encourage families to reduce the amount of material sent to landfill to benefit the environment by packing...

• Snacks/food in reusable containers.
• Water in a reusable stainless steel bottle.
• Reusable utensils when needed.
• A reusable lunchbox.

Avoid...

• Lunches packed in plastic bags, wrap, foil or wax paper.
• Single use plastic forks and spoons.
• Pre-packaged single-serve snack items.

Tips for parents packing Nude Food lunches

• Help children to make nutritious, waste-less lunches and let them make their own lunches. Try packing lunches the night before and storing them in the fridge overnight.
• Discuss with your child what they like to eat and how much. Be mindful of what comes home in your child’s lunchbox. If you’re not sure how much they can eat at school, start small, e.g. a piece of fruit and a sandwich, and build it up if they are asking for more.
• Cut up fruit and vegetables and pack them in reusable containers so that children can eat some and save the rest for later. For example, it’s hard to take some bites from a big apple at break and save the rest for lunchtime. It’s easier to eat a wedge or two and then reseal the container. A rubber band around a sliced apple will prevent browning.
• Buy snacks in larger bulk packs (rather than the more expensive so called ‘convenience’ packs with lots of packaging) and have your children put the same quantity into a reusable labelled container that they bring home each day.

WATER BOTTLES IN CLASS

It is important that students remain hydrated during the school day. For this reason, drink bottles are allowed in the classroom for easy access to water. Drink bottles should only contain water and not juices or cordials. For safety reasons, glass bottles are not permitted.
Three common parenting mistakes and what to do instead

By Michael Grose of ParentingIdeas

Sometimes, to get something you want, you have to stop doing some of the things you habitually do. If you want to increase your physical fitness you may have to stop some of your sedentary habits (e.g. driving), replacing them with more activity (e.g. walking).

This principle applies as much to parenting as it does to other areas of your life. Often, I see parents doing things out of habit for their kids that just don’t cut the mustard if they want their children to be well-behaved and independent.

Here are three common parenting behaviours that parents should never do:

1. **Never give attention to a behaviour you are trying to extinguish**
   
   If you want your child to stop whining, for example, then resist the temptation to ask him to stop. This inadvertently draws attention to the whining, which will guarantee that it will continue. Instead – move away from the behaviour you don’t want. Do anything, but don’t respond to the whining.

2. **Never do for a child something that they can routinely do**
   
   Once your child can get themselves up in the morning then give this responsibility to them. From time to time they may need a hand to get themselves up and going – often adults stay in bed longer than they should. But once a child has accepted responsibility for something, don’t take it away from them. Instead, make it easy for them to take the responsibility (‘How would you like me to help you?’) with gentle reminders and subtle cues.

3. **Never praise your child for a positive habit**
   
   Are you pleased how your child always packs up their toys at the end of the day? If so (lucky you!), don’t spoil it by praising them for doing what comes naturally. If it’s a habit, then it’s a behaviour that is now embedded into their subconscious mind. Praising it will bring it to their conscious mind – where behaviours come and go. Instead, let them know how a clean room at the end of the day makes you feel – presumably happy, relieved or proud.

   There are lots of other behaviours that should go in your never-do list. This is just a start. What else can you think of?

Never talk to a child when you’re angry because you won’t do much of a job.

Never talk to a child while they’re angry because they won’t hear you.

Never... I’ll leave you to finish the list.
The Silkwood School has a new Buy Swap and Sell Facebook Group where parents can sell or giveaway their second-hand goods including second-hand school uniforms. Please click on the link to join. This is an SCCA initiative.
https://www.facebook.com/groups/700798820062787/

Thermomix in Australia
Creating Everyday Surprises®

The thermomix Consultant available for any questions or queries; ordering accessories, cookbooks/chips, replacement parts; service advice; cooking demonstrations, cooking classes

Moz Dickson: 0409 442 090
dennzom1@bigpond.com

Online survey: Australian parents’ food allergy knowledge and feeding

Australia has one of the highest rates of food allergy in the world, yet little is known about food allergy knowledge and how it affects how parents feed their children. The University of Southern Queensland (USQ) is seeking parents of children aged from 0-18yrs (with and without food allergies) to participate in a research study examining Australian parents’ food allergy knowledge and feeding. Participation involves completing an online survey that should take approximately 15-20 minutes. Your responses are anonymous and confidentiality is assured. Parents completing the survey go into the draw to win a $100 prepay VISA card. Further information and the survey are at:
https://psi.usq.edu.au/ols/?p=FALG15a