

From the Principal

Half way through the term already.....

It is fantastic to be back in the school after my week away. Tuesday and Wednesday were the Regional Roadshow, which involved the Director General and his team speaking to 200 principals from our region about our direction, expectations and next steps for schools across our state. Challenges for me are about ensuring sustainable progress and momentum for improvement at Ballandean, which involves shared understanding and collaboration from staff, parents and students.

We also heard from our Regional Director around principals modelling the practise of improvement. For me this isn't about waiting until you have all the answers, but about implementing changes when needed so our students and teachers have the resources they need to perform at their best.

One of the challenges for me across the principal meetings was around wellbeing and I wanted to share a couple of things with you. Burnout happens when we continue to go, go, go and involves 3 aspects.



- Burnout=
1. Emotional/physical exhaustion
 2. Cynical – depersonalise people, lack of empathy
 3. Decreased sense of accomplishment

Often we try to keep going and ignore it. However I was challenged that people have a “recovery problem”; they don't take short, regular, consistent breaks to recover. They wait for a big holiday, or the long weekend, which isn't enough in the busyness of life. So.....

WHAT DO YOU DO FOR YOURSELF OFTEN AND REGULARLY TO RECOVER?

This year we have increased to three classes which has added a different level of complexity. Remember to communicate with your classroom teacher about concerns, questions or changes so we can continue to ensure we work together to meet the needs of your child/children. Education is a partnership.

Susan

PBL: Week 5 and week 6 certificate recipients



Week 6: **Respectful: Walk quietly through the school**

This is respectful as there are a number of other classes walking and it is important to transition individually or as a class quietly.

Week 7: **Respectful Responsible Resilient**

Expectation is based on a review of our behaviour data and what staff are noticing in terms of reoccurring behaviours.

Welcome to Aurora (Year 4) and Skye (Prep) and their parents who started at Ballandean last week.

This week:

Fanfare in Warwick on Wednesday for our ensemble students. Mrs Evans will be accompanying the students with Mrs Andersen.

Mrs Edwards on LSL this week. Welcome back Mrs Sutton.

Premiers Reading Challenge

Our school is once again participating in the annual Premiers Reading Challenge. Students have been given a form to record each book they read from the 7th May until the 23rd August a letter explaining how the challenge works has also been sent home. Please encourage your child to participate by making sure the form is filled in and returned to school when completed.

2023 saw 98% of students completed at least one recording sheet, hopefully we can beat this by reaching 100% this year.

Mrs G



Wellbeing:

Our bodies are like a machine (intricate and powerful) however, unlike a machine. It is most likely the best machine on the earth. It must be taken care of because if they are broken or damaged cannot be 'easily fixed'. We cannot just order another part on-line or pop on down to the local mechanic to have a part replace. Doctors and Nurses can help us maintain our health or help us when we are sick but it is also our own personal responsibility to look after all aspects of our health. Each of us needs to look after all aspects of our health. Our physical health and all the systems that work together to help us enjoy our lives to the best of our ability. Also, like machines, our emotional and social health is essential so that when we hit pot holes on the road of life, we have a support network of trusted people to help us navigate through the rough patches until we find a new smooth road. Have chat with your child and find out about the amazing systems that are within our body and how we can take an active role in keeping everything working to the best of its ability.

Classroom Happenings:

P-6: Students are planning their Crisps Art entries at the moment around the topic “Futurescapes”. We are brainstorming and teaching some different techniques and options for the students to choose from and apply to their art work.

Special Events:

Josh Arnold will be visiting Ballandean next week to write a song about our school. This will include a video clip of students at the school and at some of significant local places. A permission form will be sent home today for you to complete if you would like your child involved in the film clip. This will be shared on Spotify, via Josh Arnold’s site.



Sleeping Cold at Ballandean State School

As a result of the hundreds of thousands of homeless on the streets, living in cars and couch surfing, the Year 5/6 students wanted to do something to stop the increasing number of people living it rough on the streets. We are starting this project with a pyjama day on Friday. Wear your PJ’s and bring a gold coin (or more) donation to raise money for the Salvation Army who assist people in need. In addition, we are asking for donations of something warm, like blankets, beanies, gloves, jumpers or sleeping bags as part of our project, to help those homeless living it rough and doing it tough. Donations can be brought to the school between now and June 21st. All monies and donations will be given to the Salvation Army.

Bronson DeCaire (on behalf of the Year 5.6 class)