Thought for the Week: Don't forget to be AWESOME! 😊

OUR SCHOOL FOCUSES:
- Reading, at or above grade level
- The number strand in Maths
- Attendance
- Extending our top students in the Upper two bands of NAPLAN (U2B)

UNDER 8S DAY
Today Elliott Heads Prep to Grade 3 students, staff and parents celebrated Under 8s Day. On behalf of all those who came today to celebrate, I want to say a huge thank you to the staff in our Early Years classrooms for the fantastic effort they put in to making the day a success.

It is 60 years since the inception of Under 8s Day. It has been around even longer than Playschool, which celebrates 50 years this year! I’m sure that even after all that time, we can all still sing the playschool theme song off by heart!

“There’s a bear in there, and a chair as well.
There are people with games, and stories to tell.
Open wide, come inside; it’s Play School.”

There was a period when the teaching of nursery rhymes and songs, was not given the attention it should have had. Thankfully new research is showing how important it is for children to learn these, and to be able to recognise and create rhyme. We have a huge focus on this in our early years’ classrooms, as it is a very important component of learning to read.

Today celebrates joy and zest for learning that young children naturally bring to school with them. The theme for this year’s Under 8s Day is Early Learning—Everyone Benefits. We hope to see all our community preschoolers coming along regularly to our 9:00-11:00 a.m. Friday morning Playgroup, to share the fun and early learning opportunities. Your children settle into Prep so much more easily when they’ve been at Playgroup as part of their preparation for school.

See our supplement for some simple ideas on reading with babies and toddlers (or even big kids!) to get the early learning benefits happening in your home today.

SPORTING REPRESENTATIVES
Many thanks to the P&C who voted last Friday to support Sporting Representatives for the following generous amounts:
- District Reps going to Region: $50.00
- Regional Reps going to State: $100.00
- State Reps going to Nationals: $200.00

In the next fortnight we have Lachlan Brown going to Regional Cross Country and Ashanti Wachler going to State Football. Their parents are eligible to apply for the funding. The form will be uploaded to our school website, under the Our Community tab.

UNIFORMS
We have had a limited delivery of uniforms (only 15) in sizes 4 and 6 still available. Please see Tracy (Mrs G) in the office BEFORE school starts, or around 2.30 p.m. in the afternoon, as Tracy is working in classrooms most mornings, from 9:00 a.m. Shirts are $25.00 each.

FEES OWING
There are still many outstanding $20.00 Reading Eggs/Spelling subscriptions that have not been paid, as well as $5.00 for Life Education. It would be appreciated if families could pay these accounts, even if it is just $10/week. Thanks.

MAYOR’S CHAPLAINCY BREAKFAST
Chappy, the captains and I enjoyed a scrumptious breakfast a few Fridays ago to celebrate Chappy Week and to help raise money for chaplaincy in our schools, as the Federal funding does not meet the salary costs of school chaplains. Funding for school chaplains has not increased since its inception in 2006. We were well entertained by two Bundy High students and by Andy Gourley, the Australian founder of Red Frogs, which operates now in Schoolies Week throughout many countries in the world. It may interest parents to know that Scripture Union Qld also offers drug and alcohol free schoolies week adventures in locations such as The Whitsundays, Sunshine Coast, Melbourne, Fraser Island and Hawaii! Visit http://www.suschoolies.com/ to find out more.😊

Safety, Responsibility, Respect and Learning

Great state. Great opportunity.
P&C PICKINGS
Next Meeting: Thursday 16 June, 9:00 a.m., in the library.
Email: pdnc@elliottshdsss.eq.edu.au
President: Bianca Emerson
Vice President: Lyn Barton
Secretary: Monica Ale
Treasurer: Belinda Biggs
Fundraising: Toni Ellis
FACEBOOK PAGE: Please ask to join!
Elliott Heads Parents and Staff. It’s a great way for us to keep in touch with you!

NAIDOC DAY PLANNING
At our next P&C Meeting ON THURSDAY 16th June, we will be finalising our planning for NAIDOC Day in July. We invite any of our indigenous parents who would like to be involved in the planning for this day to come along to the meeting.

TUCKSHOP SPECIALS FOR THE NEXT FORTNIGHT
31 May: Tuckshop special: Tacos $3.00
7 Jun: No Special. Standard menu applies

HEALTHY CHOICES
Lollies of any kind are no longer being sold in the tuckshop, due to new regulations set by the government around offering healthier choices. Each week the tuckshop offers home-made healthy choices, which cost 50c. These might include hummus and carrot sticks, cherry tomatoes on a skewer, mini muffins (savoury or fruit), slices or cookies.
Children can just bring their 50c to the tuckshop at lunch time, or you can order and put the money in the bag. Children can then bring their bag to the tuckshop at lunch time to choose their snack. Please make sure your child KNOWS you have ordered a treat for them, so they go to the tuckshop, with their paper bag, to collect it.

CAN YOU BAKE?
We’d be very grateful to you if you could offer to make a healthy treat for the tuckshop. We only need about 24 items each week.

TUCKSHOP BAGS
Please make sure your child’s CLASS is clearly marked on their lunch orders. Tuckshop volunteers do not always know which class children are in and not having the class on the bag can delay your child’s lunch delivery. Thanks!

TUCKSHOP HELP FOR TERM 3
The P&C are preparing their Tuckshop Roster for Term 3. For a variety of reasons, some people are unable to make their rostered days, so a new roster needs to be drawn up. Grandparents are also welcome to help, but will need a blue card for working with children. We can organise that through the school. As a volunteer there is no charge. Please let us know if you can help next term, by sending in the tear off slip at the end of the newsletter.

SCHOOL REVIEWS
Mrs Patterson will be in Dalby for the week 6-10 June, conducting School Reviews. Mrs Shield will be relieving principal for the week. Please remember that she is on class too. She will have an office day on Thursday to get the newsletter out. Thanks Liz!
Mrs Cremin will be on class on Monday and Tuesday and Miss Christie from Wednesday to Friday.

FREE DRESS DAY FOR ASHANTI
Next Wednesday, 1st June, the Student Council will be holding a Gold Coin Donation Free Dress Day to support Ashanti going to the State Football carnival starting on 8 June. Students can dress in anything sporty. If your child doesn’t have anything sporty, remember you can go jogging in shorts and a t-shirt! Sunsafe rules (sleeves), modesty rules (nothing too revealing) and safety rules (closed in shoes; no spikes) still have to be observed. Thanks for your support of Ashanti and this Student Council Fundraiser!

ATHLETICS CARNIVAL PIE ORDERS
On Athletics Day, we have the Chics Pie Van at school. This is to make lunches easy for our P&C and who also like to watch their children run in races. A pie order form will go home next Friday and needs to be returned, with money, by the following Friday. Please remember to order for Parents, Grandparents and younger siblings who might be attending.

Older siblings, WHO SHOULD BE AT SCHOOL, are not welcome on Athletics Carnival Day. The school cannot condone non-attendance at school. Your cooperation in NOT bringing older siblings of school age on the day, is appreciated.

NEW CARPET IN D BLOCK
Tomorrow, new carpet will be laid in D1 (1/2/3) and D2 (3/4) classrooms. We obviously have to clear the rooms for carpet to be laid, so any help to put it back, from around 8.00 a.m. on Monday morning would be appreciated.

WHAT’S HAPPENING AT EHSS
28 May: Carpet laying in D1 and D2
30 May: Mrs Lee on LSL (2 weeks). Miss Belinda relieving.
31 May: Tuckshop special: Tacos $3.00
Subject Information & ACES Night Kepnock HS
1 Jun: Free Sports Dress Day for Ashanti
2 Jun: Grade 6 Transition to Kepnock SHS
3 Jun: Pie Orders for Athletics Carnival go home
6 Jun: Mrs Patterson in Dalby on School Reviews
7 Jun: Mrs G at training. Office unattended until 12:30pm Tuckshop
8 Jun: Teacher Aides at training for iPad Apps for speech programs
10 Jun: Pie orders to be returned
13 Jun: Mrs G at training. Office unattended all day.
14 Jun: Tuckshop special: Noodles
16 Jun: P&C Meeting, 8:45 am Library
20 Jun: School Athletics Carnival
24 Jun: Level Reward Day & last day of Term 2

KEPNOCK SHS SUBJECT SELECTION & ACES NIGHT
Kepnock State High School will be hosting its annual Subject Selection Expo, on Tuesday 31 May from 5.30-7.30pm, in the library. The purpose of the evening is to showcase the vast array of subjects on offer at Kepnock from Year 7 though to Year 12. Staff will be on hand to answer questions about the Academic Challenge and Excellence (ACE) Program, the subject selection process and general Junior Secondary Schooling at Kepnock. You will be able to view videos about our ACE program and the subject selection process, obtain flyers and information about subjects and programs on offer and of course talk to our staff about enrolling your child attending Kepnock in 2017. If you have any questions please phone Jess O’Neill Junior Secondary Deputy Principal on 41311805.

BIKE RIDING
Once again we have had community members ringing about the dangerous way in which our bike riders are riding to school. PLEASE talk to your children about riding safely to school. They cannot ride in the middle of the road, especially since some Elliott Heads streets are very narrow. I have spoken to all the bike riders and they carry through by banning repeat offenders from riding their bikes to school if they don’t ride safely, as I do not want to be the one making a phone call to a parent telling them their child has been injured in a car accident.

DEALING WITH AN ISSUE INVOLVING STUDENTS
I have also heard that some of our little ‘cherubs’ on bikes have been less than polite to passing motorists.
If you have an issue with a student at our school, whatever that issue might be, it must come through the office to be dealt with. UNDER NO CIRCUMSTANCES is it okay for parents to approach a student to chastise them for doing something they shouldn’t have been doing. We understand that some of their actions might upset you, but kids will be kids. There is a right and a wrong way to deal with incidents and taking it to the office is the right way. Rost assured the incident WILL be dealt with. Thanks for your cooperation.

THANKS!
Many thanks to Craig Brack for the new path to the staff car park and to Michael Gobey for taking our cans to the recyclers! Your help is very much appreciated.
THE SCOOP from 1/2/3

I would like to begin by giving a huge thank you to all of my students for the fantastic effort they have put into writing their final English assessment task for this semester. I am very proud of them all! We have also begun a series of Maths assessments. It is crucial for students to be at school, as these will continue to take place over a series of days.

Last week we visited Harold and learnt all about making healthy food choices and ways we can keep ourselves safe. Our visit inspired out art activity for the week – creating a collage plate of healthy food your child likes to eat. Please feel free to drop in and view their creativity. We are currently working on creating an owl sunset painting, which requires the students to use a variety of painting techniques.

Just a reminder, homework is due on Monday’s and our Library day in now Tuesday. Thank you to everyone who took time out to help us celebrate 60 years of Under 8s Day. I have no doubt you all had a wonderful time and have taken away some beautiful memories of your little ones!

Thank you for supporting your child’s education. LIZ

THE BUZZ FROM YEAR 3/4

It’s been another big fortnight in our classroom. We have welcomed two new students to our room, Thomas and Charisma. In English we have completed the written part of our assessment and have practiced for our oral presentation. We will complete these over the coming days. We have also been checking on our reading levels and I have been amazed at some of the improvements students are making. I am super proud of their efforts.

In mathematics we have been working on various assessments to go towards our upcoming report cards. Everyone is working really hard and I appreciate the great attendance shown by students – this really helps us to complete our work on time.

Our class is starting to think about planting up one of the gardens behind the Prep/1 classroom. If any parents are interested in taking part in this project with us, please let me know.

KELLY

HOT GOSS from 4/5/6

In English we are continuing to work on developing our Moral Dilemma stories, which we are either turning into a cartoon strip using an online cartooning program, a video script to be acted out, or a hand drawn cartoon strip. Students are doing a great job on these and most should be finished in the next two weeks.

This fortnight for our warm ups, we have played a variety of card games to help us develop our addition, subtraction and multiplication skills. In group rotations we have been looking at addition and subtraction of fractions, simplifying fractions, converting fractions to decimals and vice versa and problem solving using decimals. If you would like to see your child get SUPER GOOD at their tables and number facts, download the free version of Math Invaders. See the ad in the Community News section. The download DOES work. I tried it myself!

Students didn’t get a homework sheet this week. They decided they could set their homework out themselves. They have their Spelling Practice booklet. They only have to record their reading and write down what their two free choices were. It needs to be dated for the due date which this Monday is 30th May.

In Science students have been working hard creating a closed circuit game.

In history students are beginning to work on their assessments about Federation.

Art time for students has been designing and painting the base to their circuit game and some students have started to create mosaic pieces with confetti paper.

HOMEWORK IS DUE WEEKLY: Due Monday 30th May and Monday 6th June. SPELLING TEST is on Monday and LIBRARY on Wednesday. Thanks.

TEENY & LORI

TEAR OFF SLIP

<table>
<thead>
<tr>
<th>TUCKSHOP HELPERS TERM 3</th>
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<tbody>
<tr>
<td>I would like to help in tuckshop. I am available:</td>
</tr>
<tr>
<td>□ on a weekly basis each Tuesday</td>
</tr>
<tr>
<td>□ 2-3 times in the term</td>
</tr>
<tr>
<td>□ once a term</td>
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</tbody>
</table>

I won’t be available from ________ to ________

I can’t help in tuckshop but I can bake

as a healthy treat.
Let's get started

Start young. Read aloud to your baby.

Make reading part of your daily routine.

Have fun with books.

Turn off the TV or radio. Your child likes to hear your voice.

Let's join the library

Borrowing a book is free.

There are lots of great books.

Story time and fun activities are available for young children.

Children love to choose their own books.

Let's pick a book

Look for rhyme, rhythm and repetition in books.

Children like the same book read over and over.

- Babies like pictures of babies.
- Toddlers like bright colours and pictures of everyday things.
- Older toddlers like alphabet and counting books and a story.

Let your child choose the books.

Things to do when you are reading

Let your child turn the pages.

Point to words as you read.

Point to pictures and say what you see.

Ask questions and talk about things you see.

Try funny voices and sounds; play and have fun!
MYOPIA (shortsightedness) is becoming an epidemic. Find out why.

The Epidemic

Around the world, more and more children are visiting their optometrists with the blurry distance vision caused by myopia (also known as short-sightedness).

East Asia has been gripped by an unprecedented rise in myopia. Sixty years ago, 10-20% of the Chinese population was short-sighted. Today, up to 90% of teenagers and young adults are.

Other parts of the world have also seen a dramatic increase in the condition, which now affects around half of young adults in the United States and Europe. Double the prevalence of half a century ago.

By some estimates, one-third of the world’s population — 2.5 billion people — could be affected by shortsightedness by the end of this decade. "We are going down the path of having a myopia epidemic," says Patricia Sankaridurg, head of the myopia program at the Ires Sankaridurg Vision Institute in Sydney, Australia.

The condition is more than an inconvenience. Glasses, contact lenses, and surgery can help control it, but they do not prevent the underlying defect: a slightly elongated eyeball, which means that the lens focuses light from objects slightly in front of in the retina, rather than directly on it. In severe cases, the deformation continues, and this is the inner part of the eye, which increases the risk of retinal detachment, cataracts, glaucoma, and even blindness. Because the eye grows throughout childhood, myopia generally develops in school-age children and adolescents.

More Time Outside

This threat has prompted a rise in research to try to understand the causes of the disorder — and scientists are beginning to find answers.

They are challenging old ideas that myopia is the domain of the bookish child and are instead concluding around a new notion: that spending too long indoors is placing children at risk. "We're really trying to give this message now that children need to spend more time outside," says Kathryn Rose, head of orthoptics at the University of Technology, Sydney.

For many years, the scientific consensus held that myopia was mainly down to genes. Studies in the 1980s showed that the condition was more common among genetically identical twins than non-identical ones, suggesting that susceptibility is strongly influenced by DNA.

Gene-finding efforts have now linked more than 100 regions of the genome to short-sightedness.

But it was obvious that genes could not be the whole story. One of the clearest signs came from a 1980 study oftrust parents on the northern tip of Alaska whose lifestyle was changing. Of adults who had grown up in isolated communities, only 2 of 135 had myopic eyes. But more than half of their children and grandchildren had the condition.

There was one obvious culprit: book work. That idea had persisted more than 400 years ago, when the German astronomer and optics expert Johannes Kepler blamed his own short-sightedness on all his study.

The Use of Digital Devices

The modern rise in myopia remains a bane for children in many countries to spend more time engaged in reading, studying or — more recently — glued to computer and smartphone screens. This is particularly the case in East Asian countries, where the high value placed on educational performance is driving children to spend longer in school and on their studies.

However, in the early 2000s, when researchers started to look at specific behaving factors, such as book read per week or hours spent reading or using a computer, none seemed to be a major contributor to myopic risk, but indoor factor did. In 2007, Donald Muir and his colleagues at the Ohio State University College of Optometry in Columbus reported the results of a study that tracked more than 500 eight- and nine-year-olds in California who started out with healthy vision. The team examined how the children spent their days, and "sort of as an afterthought at this time, we asked about sports and outdoor stuff," says Muir.

The Importance of Light

It was a good thing they did. After 5 years, one in five of the children had developed myopia, and the only environmental factor that was strongly associated with risk was time spent outdoors. "We thought it was an odd finding," recalls Muir, but "it just kept coming up as we did the analyses." A year later, those and his colleagues arrived at a study like the same conclusion in Australia. After studying more than 6,000 children at Sydney primary and secondary schools for three years, they found that children who spent less time outside were at greater risk of developing myopia. Close work might still have some effects, but what seemed to matter most was the eye's exposure to bright light.

Inspired by epidemiological studies, Ian Morgan, a myopia researcher at the Australian National University in Canberra, estimates that children need to spend around three hours per day under light levels of at least 10,000 lux to be protected against myopia. This is about the level experienced by sportspersons under a study time, wearing sunglasses, on a bright summer day. (An average day can provide less than 10,000 lux and a well-lit office or classroom is usually no more than 500 lux.)

At a school in southern Taiwan, teachers were asked to send children outside for all 10 minutes of their daily break time instead of giving them the choice to stay inside. After one year, doctors had diagnosed myopia in 18% of the children, compared with 10% at a nearby school.

Conclusion

More than a century ago, Henry Edward Jules, a renowned British eye surgeon, offered similar advice. In 1944, he wrote in a Handbook of Ophtalmic Science and Practice that "myopia has become extraordinarily, the curse of the age — a sight myopia if possible, should be proscribed." As Wittier points out, "We've taken a hundred years to go back to what people were intuitively thinking was the case."

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### TO KEEP MYOPIA AWAY-GO OUTSIDE AND PLAY

<table>
<thead>
<tr>
<th>Country</th>
<th>Estimated Prevalence in 2020 (%)</th>
</tr>
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<tbody>
<tr>
<td>Hong Kong</td>
<td>60.3</td>
</tr>
<tr>
<td>Taiwan</td>
<td>48.2</td>
</tr>
<tr>
<td>Singapore</td>
<td>46.1</td>
</tr>
<tr>
<td>South Korea</td>
<td>44.5</td>
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</tbody>
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*Estimates based on data from the World Health Organization.*