It is hard to believe that we are almost at the end of Term 3. This term has been a very busy time for us with Term 4 set to be just as busy with preparations underway for our School Graduation and Presentation night.

One of the most enjoyable parts of being the Principal of a school is watching staff working with students. This term, there have been many very enjoyable and memorable moments from Literacy Week, to Senior Secondary Camp, Darling Point Fun Run, Cultural Infusion Show and Sports Day:

School Review Action Plan Endorsed

Our School Review Action Plan was recently endorsed by the School Improvement Unit. This plan is a 12 month plan outlining our improvement agenda in areas including curriculum planning, teaching, assessing and reporting. We have already made some very good progress towards achieving several of our priorities which include:

- Identifying a range of specific research-based tests and diagnostic tools to gather data in literacy and communication.
- Redeveloping school curriculum plan to inform development of student ICP based upon evidence of achievement in academics and functional capabilities.
- Reviewing and aligning the Responsible Behaviour Plan for Students with departmental policies and school framework.
How much sleep do we need?
Sleep to some extent adapts to an individual’s circumstances and needs. Sleep needs vary from person to person. The average amount of sleep for an adult is about seven to eight hours, but sleep needs can range from five to ten hours per night. The need for sleep declines by about an hour and a half in people aged from their twenties to their seventies. Judgement on whether we are getting enough sleep depends on how well we feel and function during the day. If we do not feel sleepy and fatigued, then our sleep is adequate, even if it is not the average length of time. Most of the restorative effects of a night’s sleep come during the first three to five hours when most deep sleep occurs. Some researchers have called this core sleep. Research shows it is possible to function normally during the day if you obtain this type of sleep. Research also shows that insomniacs typically obtain their core sleep every night despite believing they have obtained much less sleep. No-one functions at peak levels everyday and within a day, we all have variations in performance and mood. For example, it usually takes 20-30 minutes after waking in the morning to feel reasonably alert. It is also normal to feel drowsy after lunch. Even after a sleepless night, people normally cope quite well even while feeling tired. A good night’s sleep usually puts us right back on track.

Awakenings
Adults will usually wake up a few times during the night. This often occurs during the light sleep stages spaced across the night. Each awakening can be as short as a few minutes and often is not remembered the next morning. When an insomnia sufferer wakes up in one of these normal awakenings, their fear and anxiety of being unable to return to sleep prolongs the waking period and causes further insomnia.

Our perception of sleep
The number of brief awakenings can also affect the way we view the quality of our sleep. Sometimes when woken from light sleep people can feel they were already awake and may have been awake for some time. This is because the thought processes present during light sleep are similar to those we have if awake and relaxed in bed with our eyes closed. Recent research has found that people with insomnia are more likely to misjudge an awakening from sleep as having already been awake. Therefore, it is possible to wake up from light sleep at the end of a 90 minute sleep cycle and not realise you have been asleep at all. If this happens at the beginning of the sleep period you may think you are taking a long time to fall asleep and feel frustrated. If it happens between two brief awakenings in the middle of sleep, you may feel anxious that you have lost a lot of sleep during the night. It is common to overestimate how long you have been awake and thus underestimate how much sleep you obtained. This is particularly true when more awakenings normally occur as we get older. Without a sleep recording one clue you can use to more accurately guess if you have been asleep or awake is to test your memory as to what you can remember thinking about. Since memory doesn’t occur when asleep, if you just woke up from sleep you will only have short fragments of memory of the mental activity occurring just before you awoke. If you had been awake for a long time you will be able to recall many detailed thoughts and worries. To be continued...
In Upper Primary 5 we are very lucky to be able to do a lot of interesting things in our programs. We have recently started to learn to spell two, three and four letter words with Miss Bex and we are having a lot of fun incorporating our brand new Word Wall into our English and literacy lessons.

In Maths we have been learning about length and capacity. Using unconventional forms of measurement, we used our knowledge of length to build a box to put our willing participant (victim) Harley in. For capacity we had some fun with water, figuring out how many cups it would take to fill up certain containers and then using that knowledge to decide which container held the most and which container held the least.

Last week was Literacy Week, and we enjoyed an entire week of reading and fun activities. We also got to dressed up as our favourite characters from our favourite books. Along with his monkey helpers, Mr. Dan told and acted out the story of the Monkey King for us.

Sports Day was a particularly good day for Upper Primary 5 with a great show of support and sportsmanship (as well as a few blue ribbons and medals).

The NAIDOC Week celebration was also exciting and fun for us as we got to have our faces painted and participated in traditional Aboriginal dances with Azza and Pancake.
LITERACY WEEK 31ST AUGUST– 4TH SEPTEMBER, 2015.
Last week, we celebrated Literacy week at Beenleigh Special School. It was a fun filled week full of creative writing, reading and speaking topped off with a book character parade.
All staff and students were engaged in all activities which made it a highly successful week of learning. Here are some of our highlights:

Writing:
Students were involved in writing letters to their peers and posting them in our new school letterbox. Our Senior Secondary students posted post cards from their experiences at camp. Some classes participated in our school writing competition and some wonderful and creative examples of student work was received. It was great to see how our writing program with Bex Nikotemo (Master teacher) has improved the quality of writing examples this year.

Reading:
Our school leaders enjoyed reading to all the class groups during this week. It was lovely to see our class groups exploring the newly decorated school library as well. Award winning guest author Karen Tyrrell, presented her new story ‘Harry Helps Grandpa Remember’ to the students in the Upper Primary school. It was an interactive session and Karen had all staff and students engaged in her book promoting emotions, resilience and compassion.
Some of our Junior Secondary and Senior Secondary students read to other classes in the school. I was especially proud of their efforts in choosing their own text and confidently reading in front of their peers.

Character Parade:
Our week was ‘topped off’ by a book character parade where our staff and students came dressed as their favourite book characters. It was amazing to see the efforts that many parents and staff went to celebrate this day and the enjoyment shared by all.
Senior School Camp 2015

Senior Secondary students had the time of their lives during a three day sport and team building camp at the Gold Coast. They displayed a diversity of skills while engaging in exciting activities like body pump, spin bikes, sailing, volley ball, swimming, boxing and team building challenges. Congratulations to Peter, Shannon, Barbara, Jo, Nathan, Charl and all the senior students and especially Julie for making this event one of the highlights of the year.
Welcome to History, Geography and Active Learning Processes!

Students enjoy learning, work hard and have fun.
Wishing everyone all the best and a safe Spring Holiday! Miss Elena.

Using different materials for creating a story poster.

Making cards for Fathers’ Day.

Performing ‘5 Monkeys’

Compare past & present

Making a model map.

Exploring maps.

Sequencing stories correctly!

Learning to save the World

Sequencing objects of historical significance to a student.

Looking for information on computer & completing puzzle maps

Choosing familiar places.

Looking for information on computer & completing puzzle maps
The role of the Community Linking Officer is to work with people with a disability and their families, to look at what supports are available, and to assist you to access them.

This might mean support with accessing disability services, respite, centrelink, carer support groups or anything else that your family needs assistance with. Help can be, providing information, filling in forms, attending and organize meetings or even just as someone to talk to about what is happening for your family.

The CLO attends the school every second Wednesday afternoon or contact at any time on the details below to discuss what support might be available to you.

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