**CATCH-UP evening**

The first parent and teacher CATCH-UP evening will be held in Week 2, Wednesday February 4 starting at 6:00pm.

Parents are invited to meet socially and establish contact with teachers of their children. There will be information kiosks providing camp details but no set presentation.

Light refreshments and snacks will be served, and the night will close at 7:00pm.

**Camps in March !**

Year 7 and Year 8 camps will both be leaving in Week 7 on Wednesday March 11.

Year 7 will go to Leslie Dam, Warwick for 3 days and Year 8 camp will be held at Koinonia by the Sea, Evans Head.

The cost of the camp will depend on the number of students attending, and thus essential that you make a commitment early to indicate that your child be attending.

All children with medical conditions and medication, will need to provide specific management plans for staff.

**Communication is the Key**

In Issue 1, we discussed that this would be the last FOCUS newsletter that is printed. You will be only able to access the Newsletter via the School Website and the QSchools phone application (iOS and Android).

Many teachers will use email to make first contact with parents and is often the fastest way to send out information. An easy way to provide your email is to send an email to your friendly Year Level Coordinator.

All students will be given a school email address and taught how to email their teachers also.

Year 7 - Mr Brett Morgan
bmorg3@eq.edu.au

Year 8 – Mr Chris Smith
csmith765@eq.edu.au

Year 9 – Mr Zac Walker
zwalk19@eq.edu.au

Head of Junior Secondary - Mrs Jo Marcus
jmarc1@eq.edu.au

“…and then I hit delete!
I haven’t actually eaten any homework for years”

**REMEmBER**

- Parent CatchUp 6:00 Feb 4
- School Swimming Trials Feb 4
- GB U12 Swim Trials Feb 18
- District Sport Trials Feb 18
- Swimming Carnival Feb 20
- “Adolescent Learners” Feb 25

http://www.stanthorshs.eq.edu.au

ph (07) 4681 5888
Swimming Carnival

http://www.stanthorshs.eq.edu.au  ph (07) 4681 5888
Transition Days
Don’t Waste Your Breath

Extract from - Andrew Fuller http://tiny.cc/yowqsx

SLEEP

Adolescents eat more and they sleep less. They have a preference for sleeping and waking later than they did when they were children.

Adolescents need more sleep than they did as children around 9 and a quarter. Most teenagers’ brains aren’t ready to wake up until 8 or 9 in the morning.

Teenagers who are sleep deprived do less well at school and are more prone to feelings of sadness and hopelessness.

As suggested by Pat Wolfe some guidelines are:

• Stay away from caffeine after noon.
• Don’t sleep with a computer or TV flickering in the room
• Avoid bright light in the evening but open blinds or turn on lights as soon as the morning alarm sounds to start the body’s awakening cycle.
• Sleeping more than two or three hours later on weekends than on weekdays can disrupt your body clock. It is also a sign of insufficient sleep during the week.

“Adolescent Learners” - Parent information

Kath Wenban will be conducting a repeat of the “Understanding Adolescent Learners” information sessions delivered in 2014. A session will be held at the school on Wednesday February 25th from 7:00 - 9:00. Please RSVP by Monday 23rd so that catering can be organised.

This is a great way to engage with the research on teens, and discuss ways to support them. This session is targeted at a parent only audience.

Sport for Year 7 students

All Year 7 students who turn 12 in 2015, are eligible to compete in the Granite Belt (GB) U12 Sporting Trials as per other years. The following dates will be advertised in assemblies and notices. It is each student’s responsibility to act on the announcements and see the Sport Co-ordinator Mr Rob Yates. ryate20@eq.edu.au

• Swim Feb 18
• Tennis Feb 23
• Softball Feb 23

Expectation overload

At this time students are presented with a large number of expectations and rules of the school. They are all in the school handbook that is given to students on Day 1.

Some of the crucial expectations that you can assist with are:

• Uniform – students have a timetable that shows when they have practical HPE and AG classes. Put a reminder somewhere so that you can assist them to wear the correct uniform.
• Bookwork – teachers will be paying particular attention to organised and competed work. Planners should have homework tasks written down every day.
• Mobile Phones – any phone that is brought to school is to be switched off at all times.
• Water bottles – students should bring a water bottle that they can take to class. They cannot access drink taps during class time.
• Lunches – students do not eat until 10:45am. Large breakfasts and healthy choices during the day, allow students to maintain energy levels throughout the day.