



"Strong Foundations, Broad Horizons"

**Term 1, Week 6**

**Date Claimers**

8th March	International Women's Day
15–19th March	Book Fair & Harmony Week
16th March	P&C AGM
19th March	NO BULLY DAY—Wear Orange
25-31st March	Parent/Teacher Interviews
26th March	Epilepsy Awareness Month—wear Purple
29th March	SWIMMING CARNIVAL
31st March	CROSS COUNTRY
1st April	Last Day of Term 1 Happy Holidays!
2nd April	GOOD FRIDAY
19th April	Term 2 Starts

# Blackall State School & Community Newsletter

## Principal's Piece

### 'CULTURE OF INCLUSION'

**Inclusion at Blackall State School means removing barriers for staff, students, parents and the wider community, while working collaboratively to ensure that every student is succeeding whilst feeling calm, safe, supported and valued.**

### Smiling Mind Mindfulness Program Prep—Year 6

A good way to explain mindfulness to those unfamiliar with the practice is to compare mindfulness with physical exercise. — Practising mindfulness is attention training, designed to strengthen the mind. The process of repeatedly paying attention is similar to activities you might undertake to build a muscle – a bicep curl for the mind! In this way practising mindfulness strengthens the minds' ability to focus, pay attention and reduce worry — the more we practise, the stronger the mind becomes. Therefore, mindfulness is like gym for the mind.

Mindfulness can reduce emotional distress, settle and calm students and reduce behavioural challenges.

Mindfulness enhances and strengthens the areas of the brain that are involved in learning, thinking and memory.

Research has shown us that practising mindfulness strengthens areas of the brain that control 'executive function' such as the prefrontal cortex and hippocampus.

For that reason, mindfulness leads to better attention, memory, regulation of emotions and self-awareness. In turn, improvements in these areas leads to reduced stress, anxiety and depression, and better academic skills, social skills and self-esteem.

Download the Smiling Mind Ap and give it a go yourself.

Have a fabulous week!

*Karen*

**Blackall ICPA**

**Annual General Meeting**

Wednesday  
17th March,  
3:30pm at  
The Living Arts Centre

*Everyone Welcome*

**Attendance Number**

**0457 385 047**

**P&C AGM TUESDAY 16th MARCH**

**5:15pm School Library**

**ALL Positions Vacant -**

**All members Welcome!**

**Blackall State School**



**BE SAFE  
BE RESPECTFUL  
BE RESPONSIBLE**

# ALWAYS CHOOSE KIND!

## Rule of the Week:

**WEEK 6:** Acquire permission to leave the classroom or school grounds

**WEEK 7:** Use respectful language to all staff, students and visitors

## Random Act of Kindness:

**WEEK 6:** Take unused clothes and toys to the Thrift shop

**Week 7:** Make your teacher a Thank You card

## CROW CALLS

Each week our teachers and Leadership Team will be making random Crow Calls to families to Crow about the great things that are happening in our school with our students. Keep your ear out for your first Crow Calls.

Keep a look out for our Positive Post Cards in the mail as well.



#BeKind Shirts available from the Blackall Buck shop for good Behaviour.



## Parent/carer support – NAPLAN

NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. It is important to remember that NAPLAN is not about passing or failing, but about assessing learning progress.

## Key Dates 2021

NAPLAN practice test window  
**22 March – 30 April**

NAPLAN 2021 paper test window  
**11–13 May**

NAPLAN 2021 online test window  
**11–21 May**

