Pentland students were treated to an amazing morning of fun and learning at Homestead State School on Tuesday. Captain Active entertained children and adults alike, while showing them how much fun it is to be active through activities like “The Bottom Shuffle”.

He was extremely entertaining with his awesome games and antics during his “cooking” demonstrations. Everyone was thrilled and took something away from the day; some of us will be cursing the catchy tunes that are stuck in our heads and will probably be bouncing around there on many a sleepless night.

The morning was topped off with a delicious tuckshop. It doesn’t get much better than this.

Thanks to Homestead State School for hosting the event.
Attendance

Congratulations! Our current attendance rate for term 1 so far is 95.1%. We have had all students at school, except for a few illnesses and flooding where students couldn’t get to school. The most positive thing is that when a student is away, the parents have informed the school, and we have 0% unexplained absences! Keep up the great work; every day counts!

Kindy Pilot Program

Pentland State School is very lucky to be selected to implement a state wide Remote Kindy Pilot Program this year. Thirteen schools in the state were chosen and only three in our region - Pentland SS, Greenvale SS and Boulia SS. As of term 2, Pentland SS will be offering Kindy to students turning 4 years old, before June 30th 2016. The program is flexible and is 15 hours a week in the classroom. If the pilot is successful, this will continue next year. Miss James and myself are heading to Brisbane this month for professional development on the implementation of Kindy and then will make some decisions as to what it will look like in our school. If you have questions about Kindy or have a child/children that are eligible, please phone the school. We are very excited to be given the opportunity to take part in the pilot program.

Maternity Leave

I will be taking maternity leave from Friday 27th May until Easter Holidays next year. At this stage, we are unsure who will be taking my position. I will inform the parents and community as soon as I know.

Playgroup

It is wonderful to see some new faces at playgroup this year. Our newest edition, 4 week old Kaitlyn, received a warm welcome and a lot of cuddles! Playgroup is on every Thursday from 9am-11am, all children aged 0-4 years are welcome to come along and enjoy the activities. There’s always coffee and cake for the Mums and Dads!

Yours in learning,

Laura Peagham
We have had a great start to the year here at Pentland State School. We have a beautiful class filled with students who are eager and ready to learn. Here’s some information about what we have been doing in our classroom:

The new implementation of Sound Speech Pics (SSP) in our classroom has been engaging and an exciting new change for our students. SSP is a spelling program that aims to teach children how to recognise sounds before letters. We have seen great success with this program in other schools and at the rate our students are progressing in SSP so far, we hope to see great results here in Pentland as well.

In The Arts this semester the students have been learning about Art from around the world! They have discussed traditional artworks from various countries such as New Zealand, Egypt, China and countries in Africa. The students are engaged in their learning during The Arts and this is truly showing in the passion and time they are putting into their creations. If you visit our classroom you will see all these fantastic pieces displayed around our room.

This term we have been going to the local pool for swimming and water safety lessons. During this time we have taught the students basic swimming skills, techniques and strokes as well as how to be safe in and around water. The children are really enjoying this time outside of the classroom and have shown improvement in their knowledge and skills over this short period of time. I look forward to seeing their skills continue to progress over the year!
This term P-2 students are exploring “The Living World” in science. Students identified that living things have basic needs, including food and water. Students made plasticine animals as well as their food, water and habitats.

We have looked at the variety of external features of animals and how they change as they grow.

The students were so excited with our field study around the school looking for habitats.

We managed to find an assortment of habitats both healthy and unhealthy.

Alexis was thrilled to find snails under a log in the garden while Dallas was very interested in the native bees nest in a pole. Althea’s favourite were the beautiful butterflies, but Josh loved the wasp larva.

We analysed some unhealthy habitats around the school and the students came up with many different ways we could improve them to attract creatures.
Cows That Type
I disagree with the
I disagree with the
farmer sending an
farmer sending an
angry letter because
angry letter because
he was mad.

I disagree with the
I disagree with the
chickens saying no
chickens saying no
more eggs because
more eggs because
he needed them for
him to breed.
Mr and Mrs Twit were sitting down to their lovely lunch. Mrs Twit just thought up something so cunning but terrifyingly horrible. She said, "I'm going to make a lovely chocolate cake darling. I'll be back in a jiffy." "Well hurry up you old hag, I'm starving. I could eat you." Mrs Twit growled like a grizzly bear and said, "Oh do shut up!" as she slowly but happily walked out the door.

Mrs Twit hopped in her old brown rusty car and thought to herself, 'Oh, this is going to be the best day of my life, ha ha ha.' When she came to her tall black house she made the cake. Now she has to go to the garden and this is where her cunning plan began.

That day Mrs Twit took her dirty bugs into the kitchen. She took the bugs into the fridge and went to the table. "I'm going to get a drink," said Mr Twit. "Just wait, I'll go and get it for you!" Mrs Twit exclaimed loudly. "No I will." So Mr Twit went and got his drink. "Oh no! He's going to see the bugs," thought Mrs Twit. Luckily he noticed, otherwise he'd be a sick old man. He saw the bugs and went to the table saying, "I saw some bugs in the refrigerator." "Oh no! There's what in the refrigerator? I'll have to go and get them out," said Mrs Twit trying to look and sound surprised. So she slowly walked to the fridge.

Time was running out; she had to think smart. She had to make the cake.

"Ok, I need the oven and the milk," thought Mrs Twit. The cake was completed. "Now here goes nothing," said Mrs Twit. "Time to present!"

Mrs Twit hid the bugs really well. "Here you are," said Mrs Twit, trying not to laugh. "Finally," said Mr Twit, listening to his big round stomach rumble. Mrs Twit was getting worried. Was he going to find out?

"Hmmm," said Mr Twit. "It looks weird," said Mr Twit suspiciously. "Don't be ridiculous," said Mrs Twit. "Now eat up." "Oh it's really squishy!" and then there was the sound that no one wants to hear.

"Ahhhhhh: there's bugs. I see bugs. Help me, help me someone, anyone!" He yelled so loudly it broke a wine glass.

Mrs Twit jumped up and down, "Ha, ha, I got ya! I really got ya!" She clapped and laughed so hard that I think she had an accident. Mr Twit said "What? You what?" said Mr Twit. "Yes I pranked you ha ha ha" Mr Twit stamped his feet in anger. He had to get some fresh air. He just thought of something so great and went inside and something bad happens. No one knows, but I do.

MR TWIT LOCKED MRS TWIT IN A BIG DIRTY CHOKY with nails and spiders and it was so small you could hardly stand up. OUCH! And that was the end of Mr and Mrs Twit.

Chelsea
Grade 4
This term in Science the students in years 3-6 have been learning about Marvellous Micro-Organisms. We have been exploring the bread making process and the yeast micro-organism. We have completed a range of investigations; for example, what is the best temperature for yeast to be active and make gas? We have also made and eaten delicious fruit bread and banana bread! In the last couple of lessons, we have explored mould growth and conditions that affect mould growth on food. The students have been enjoying Science lessons!

SPEECH SOUND PICS

We are on fire at Pentland State School implementing Speech Sound Pics! When you visit our classroom you will see all of the sounds displayed on the wall for students to use to help them with their spelling and writing. It is wonderful to see our weekly spelling results improving. Our little prep students did their first spelling test last week and had amazing results! If you hear the students speaking speech sounds, or using duck hands, you will know what they are talking about!
05.02.16

Kenyon is Awesome. He shows excellent behaviour and working in class.

26.02.16

Angela is Awesome. She always works hard in class.

Mathew is Awesome. He is always polite and helpful.

Calendar of Events

- 10th-16th March – Laura & Ella at PD
- 17th – 18th March – Cross Country & Sleepover at Homestead
- 19th March – Election
- 23rd March – Movie Night
- 25th March / 10th April - HOLIDAYS!

SCHOOL RULES

Be Safe

Be Respectful

Be an Active Learner.
Our Playgroup is up and running for 2016, with only one minor change.

Playgroup is now held on Thursdays, to accommodate some of our participants.

We still have the same times and the same fun activities. Playgroup is held from 9am till 11am, when the children share play time and morning tea with all the students and the parents get to share a coffee and chat.

Earlier in the term we welcomed Bella to our group of playgroup students, and then last week we had our first visit from Bella’s brand new four week old sister Kaitlyn. She stole the show, as well as lots of cuddles, from everyone!

We have some wonderful sessions planned in the lead up to Easter for all of our playgroup children, so please come along and join in our fun days.

Pass the word around to everyone who would like to join in!
Pity, Sympathy, Empathy and Compassion

As I drove home this afternoon there was a discussion on the radio regarding the difference between sympathy and empathy. This got me interested to look into this further.

There is a continuum of concern for another’s plight ranging from pity to compassion. At the simple end of the scale, pity is simply feeling discomfort at the plight of another. It generally recognises that the one being pitied doesn't deserve their plight, but that's as far as it goes. It can be condescending, so most people don't want pity.

We then have sympathy, which is more engaging than pity, but still only involves awareness of the others situation and how it is affecting them. Sympathy hopes for the other person's situation to be improved.

Empathy is not just the awareness of the other person's situation but also the attempt to understand and experience the other person's situation, often referred to as “being in another person's shoes”.

Finally, we have compassion, where we don't just try to experience the other person's situation to some extent, but take action to alleviate it. Full compassion will put the needs of the other before your own.

We cannot be compassionate in every situation. Take charities for example: With about 60000 registered charities in Australia, we can't even give them $1 each and cannot engage with any more than the smallest fraction of them. We cannot show compassion to every charity. For most we may have some pity when we hear about them. For many we will have sympathy, particularly for issues we care about. Generally, we will only have empathy for charities that involve issues we have at some time experienced or been touched by. But, we only have compassion, resulting in action (donations or even active involvement) for a very few of them.

When it comes to people we know, it can be different. We can strive towards compassion all the time. It's easiest to do with people most like us, but empathetic compassion is most meaningful when we take the time to do something for someone not like ourselves.

I encourage you, next time you feel pity or sympathy for someone, to try some empathy and look for ways to show compassion.

A friend in Townsville has this quote in his guest room “If you want to be a better person tomorrow than you were today, do something for someone without expecting anything in return.”
Hello Pentland Community. The P&C AGM was held at the beginning of February and a new committee was formed. I am the new President and I would like to thank Mishelle Hurren and Mechelle Larfield for stepping back into their positions as Treasurer and Secretary. I would like to encourage more parents to come along to the P & C meetings, not only for support, but so you can put forward any ideas and any concerns.

We have decided on having Tuck shop every fortnight on a Thursday, which is also playgroup day. If you would like to help out with Tuck shop, please let a staff member or P & C executive know so we can put you on the roster. Tuck shop menu ideas are also welcome.

We are also organising our first movie night on Wednesday 23\textsuperscript{rd} March during our last week of Term one. Pizza will be on the menu; unsure of the movie yet.... Flyers will go out prior to the event.

We are having a Cake Stall at the Local Government Election on 19\textsuperscript{th} March. Please come along and support the children. If you are able to do some baking for us, please let either Laura or myself know, or bring it on the day with ingredient labels. All help will be greatly appreciated.

For any more information contact Laura at school. New members are always welcome to P & C, so please come along!

Nicola

President
Pentland State School P&C

Cake Stall

When: Saturday 19th March

Where: Pentland State School

Time: 8am

Local Gov. Election Day
Pea & Noodle Fritters

**Ingredients**

- 1 1/4 cups frozen peas
- 1/2 x 440g packet shelf-fresh hokkien noodles
- 1/4 cup self-raising flour
- 1/4 cup milk
- 2 eggs, lightly beaten
- 1/4 cup grated parmesan
- 1 red onion, finely chopped
- 1/4 cup rice bran oil
- Cherry tomatoes and carrot and celery sticks, to serve

**Method**

Place peas in a heatproof bowl. Cover with boiling water. Stand for 2 minutes or until bright green and tender. Drain. Refresh under cold water. Return to bowl. Roughly mash peas with a fork. Add noodles, flour, milk, eggs, parmesan and onion. Season with salt and pepper. Stir to combine.

Heat oil in a large frying pan over medium heat. Drop 1/4 cup batter into pan, spreading to form a circle. Repeat to make 4 fritters. Cook for 2 minutes or until golden underneath. Turn. Cook for 2 minutes or until cooked through: transfer to a plate lined with paper towel to drain. Repeat with remaining batter. Serve with cherry tomatoes and carrot and celery sticks.

Store fritters in the refrigerator in an airtight container between layers of paper towel for up to 2 days

Avocado and Bean Salad in Lettuce Baskets

**Ingredients**

- 300g can red kidney beans,
- 1 small red onion,
- 2 tablespoons mild tomato salsa
- 2 tablespoons fresh coriander
- 8 large iceberg lettuce leaves,
- 2 tablespoons natural yoghurt
- 130g can corn kernels,
- 1 green capsicum,
- 2 vine ripened tomatoes,
- 1 large avocado,
- 100g toasted corn chips

**Method**

1. Put the corn, kidney beans, red onion, capsicum, tomatoes and avocado in a bowl and mix to combine.

2. Fold through the salsa and coriander. Spoon the salad into the lettuce leaves.

3. Top each lettuce cup with a dollop of yoghurt and a sprinkling of lightly crushed corn chips.
Lamb Meatball and Yoghurt Pita Pockets

Ingredients
- 400g lamb mince
- 1 brown onion, grated
- 1/2 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 2 tablespoons dried breadcrumbs
- 2 tablespoons finely chopped fresh flat-leaf parsley leaves
- 200g plain Greek-style yoghurt
- 4 wholemeal pita pockets, halved crossways
- 180g mixed salad leaves

Method
Preheat oven to 200C/180C fan-forced. Line a baking tray with baking paper.

Combine mince, onion, cinnamon, cumin, breadcrumbs and parsley in a large bowl. Season with salt and pepper. Using 1 level tablespoon at a time, shape mixture into balls. Place on prepared tray.

Bake for 15 to 20 minutes or until cooked through. Cool completely.

Store meatballs in an airtight container in the fridge until needed.

Meatballs suitable for freezing.

Bacon, Spinach and Tomato Frittata

Ingredients
- 20g butter
- 1 brown onion, sliced
- 3 short-cut bacon rashers, chopped
- 200g cup mushrooms, sliced
- 80g baby spinach
- 1/4 cup chopped basil
- 250g cherry tomatoes, halved
- 8 eggs
- 1/2 cup finely grated parmesan

Method
Preheat grill on high. Melt butter in a 20cm (base) heavy-based flameproof frying pan over medium heat.

Cook sliced brown onion and chopped shortcut bacon rashers for 5 minutes or until browned. Add sliced cup mushrooms. Cook, stirring, for 5 minutes or until softened.

Add baby spinach, chopped basil and halved cherry tomatoes. Reduce heat to low.

Whisk 8 eggs and finely grated parmesan together. Season. Pour over vegetable mixture in pan. Lift and tilt pan to spread egg mixture evenly. Cook for 8 to 10 minutes or until frittata is almost set.

Place pan under grill. Grill for 5 minutes or until just set and light golden. Stand for 2 minutes before sliding onto a plate. Cut into wedges. Cool. Refrigerate for up to 2 days.
Q: Why were the early days of history called the dark ages?
A: Because there were so many knights!

Q: Why is England the wettest country?
A: Because the queen has reigned there for years!

Q: How did the Vikings send secret messages?
A: By norse code!

Q: Why didn’t the 10c roll down the hill with the 5c?
A: Because it had more cents.

Q: Why was the math book sad?
A: Because it had too many problems.

Q: What kind of meals do math teachers eat?
A: Square meals!

Q: Why did the music teacher need a ladder?
A: To reach the high note.