

NEWSLETTER NO.34

OCTOBER 28, 2015

CALENDAR OF EVENTS

OCTOBER

28th Dental van arrives
30th Day for Daniel – wear red

NOVEMBER

2nd Footsteps dance program in the Hall
2-5th Book Week
3rd Breakfast Club
4th Prep 2016 Orientation Day from 9:00 – 11:00am
5th Prep 2016 Orientation Day – 9:00 – 11:00am
9th Footsteps dance program in the Hall
10th Breakfast Club
11th Prep Reef Puppet show 11:45 – 1:15pm
12th Parent Music Information Evening, 6pm in the Library
17th Breakfast Club
17th Music Soiree in Hall at 6:00pm
19-20th Year 4 Camp to Underwater world
24th Breakfast Club
26th Footsteps Disco: Prep to Year 3 from 6pm – 7pm and Years
4 – 6 from 7 – 8:30pm
30th 2016 Prep Information Evening 6:30 – 7:30pm in the Hall

FROM THE ACTING PRINCIPAL

The Hard Work That is the End of the Year

The last few weeks at my house have been pretty hectic with all of the end-of-school-year demands placed on my children before the school year ends. I'm sure you know what I'm talking about - longer homework sessions due to assignments, presentations and projects; preparation for the instrumental recitals; homework craft projects that include glue, colored paper and glitter and of course the end of year parties.

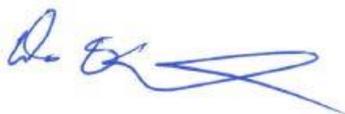
In order to help my kids complete all of their year-end responsibilities, I have made a lot of changes to home life and the way we manage the household. It's not just the kids that are busy during this time of year - it can be pretty exhausting for parents too. I've talked to many people over the years in terms of what they do to get through this time of year.

Here are some tips to help your family handle end-of-year school stress:

1. **Accept that your household will be a little chaotic for the next half a dozen weeks**, but know that this chaos is only temporary.
2. **Stress management is key.** If your child starts to get overwhelmed with stress due to completing projects or preparing for exams, help your child relate how all of their hard work will pay off.
3. **Give each other a break.** Your child might say something a little disrespectful to you because they are feeling like things are very much out of their control. Show them how families pull together in times of stress by letting the "little" things go. Address this disrespect later when emotions have decreased if you need to.
4. **Plan ahead.** Have a family calendar and keep it updated. Buy supplies for projects, parties and whatever else ahead of time - don't wait until the last minute.
5. **Don't expect your child to remember to tell you about important messages.** Touch base every day with your child to see if there are any permission slips that need to be signed, stuff that is needed for school or if you need to make a run to the cash machine for the \$\$\$ that's due for Friday sport.
6. **Use this year's stress to teach your child the valuable life lesson of planning ahead so that next year will (hopefully) run a lot more smoothly.** Talk through with your child how you plan on helping the

7. **Don't expect your child to automatically know how to break down a class presentation into smaller, achievable steps.** This skill does not come naturally to a lot of kids (even teenagers), and you might need to assist your child with project planning. Just don't complete their project for them.
8. **Balance responsibilities with downtime.** Encourage your child to take breaks if you think they are working too hard. Sometimes ease up on chores around the house. This teaches the life skill of family/life balance.
9. **Tell your child about a time in your life (during school or even college) when you felt overwhelmed with responsibilities and how you handled it.** Maybe you hadn't handled those responsibilities very well and you now can reflect upon it - share that with your child too. These kinds of stories help our kids relate to us as people, not just as authority figures in their life.
10. **Celebrate with your child when they have completed their tasks.** Don't just complement the "A" they got on the report card or the award that they won for being an active learner, but also celebrate with them that the hard work for the year is now behind them or how great it must have felt great when they finished their last piece of work for their teacher and how proud you are.

This hectic time of year will be over sooner than you realize and then you and your family can enjoy some time off from school stress during the summer. Always remember that you are teaching your child how to behave through your actions as well as your words. Therefore, try to be very mindful of staying calm and positive during this time of year so that your child learns to tackle future stress in the same manner.



David O'Connor
Acting Principal

P&C NEWS

Welcome back to another week at EPSS! It's hard to believe that November is nearly upon us and we're starting to see next year's Preppies coming along for their orientation morning.

I hope those who attended had fun at the Movie Night in the Park? Whilst it was a little damp, we had a great evening and it was lovely to see the children enjoying themselves. A big thank you go to the rest of the Exec team for helping to

organise our first external function. It was also heartening to get some volunteers helping us out. We'd like to acknowledge the following people:

Steven Clur, Jeff Milgate, Christine and Tony Newman, Susan Seeto, Narelle Shannon, Niki Johnston, Joy Wood, Leyla Stanbridge, and Olivia Matthews.

You made our evening run so smoothly and we're grateful for the offer of assistance. Events such as these can only be successful with volunteers, so it was much appreciated. Please forgive me if you also assisted and I haven't mentioned you. The next P&C fundraising opportunity will be the raffle, to be drawn at Carols Night, so stay tuned for further details!

Some of you may be wondering what happened with all of the Earn & Learn stickers you helped us collect? We ended up with a whopping 27,900 points, which enabled the school to purchase a full new set of home readers. It was a great success for the school and here's hoping we're able to beat that amount next year!

Have a great week everyone.

Tanya Milgate
P & C President

QUEENSLAND POLICE SERVICE

As your Adopt-a-Cop, I would like to provide you with the specific offences relating to traffic matters around our school. Some of you may not be aware of the offences that you are committing that jeopardise the safety of our children.



In Deakin Street it is an offence to cross the School Crossing solid white line.

132(2) Fail to keep left of centre dividing line- \$212, 3 points.

Deakin Street and Lyne Street - 2 minute parking zone.

205(1) Disobey permissive parking sign (time) - \$47.

Barton Street - no parking from 7am - 9am and from 2pm to 4pm.

168(1) Stop contrary to 'NO PARKING' sign - \$47.

As the Adopt-a-Cop and as a parent of children at the school, I am very disappointed that we, as a whole, cannot adhere to some basic road rules to keep our children safe. I have experienced the devastating effects of what can happen when road rules are broken and I do not want this for our children.

Now that you are aware of the rules I trust that you will abide by them. Failing to do so will result in you being served with an infringement notice either by myself or other police.

Thank you in advance.
Senior Constable Meriel Ianna

FOOTSTEPS DANCE DISCO



There will be a **disco** held by Footsteps on **Thursday, 26 November** in the Hall. Prep - Year 3 will be from 6:00 - 7:00pm and Years 4 - 6 will be from 7:00 - 8:30pm. There is no charge for this activity.

ACTIVE SCHOOL TRAVEL



Congratulations to Prep R (with 78% of students) and 3M (with 80% of students) for actively travelling to school, the previous 'Fun Fit Friday!' You have won the Gold Star awards.

The focus for every 'Fun Fit Friday' in the month of November is also 'most improved from baseline'. That means that we need ALL students to ACTIVELY TRAVEL TO SCHOOL. Whether it's by walking, riding your bike, scootering or skateboarding, hitching a bus or carpooling with school friends. Every 'Fun Fit Friday' in November, students who actively travel to school (by ANY mode), will be awarded DOUBLE STAMPS in/on their AST passport/card! Don't miss this chance to get DOUBLE STAMPS.

Don't forget to actively travel EVERY Tuesday (Terrific Traveller Tuesday) for one BONUS stamp in/on your AST passport/card.

AST Points for House Colours' is still running for this term. Don't forget to 'check in' with the House Captains every Fun, Fit, Friday, at the big shed from 8:30 - 8:45am! If there are any Year 5 students who are willing/available to help for the 'check in' session at the shed every Friday morning, please see Miss K.

The countdown is on! There's only 6 weeks to claim your AST prizes! As this is the final year with the AST program in our school, the next 6 weeks will be your last chance to collect AST prizes. Don't forget to claim your AST prizes at the AST shop. The shop is open on Fridays from 11:20am (after first break eating time). If there are any Year 5 students who are willing/available to help in the AST shop, please see Miss K.

Are you one of the students who has finished collecting stamps on your AST card this term? Good news! You're in the draw to win one final BIG prize for your efforts in actively travelling to school! The FINAL draw will be done at the Week 9 assembly (Friday, 4

December). Get your cards in BEFORE that assembly.



STUDENT PAYMENTS

You may have noticed at the bottom of our invoices there is now another option for payments.

BPoint is an Online System provided to schools by Commonwealth Bank as a safe and secure payment method. It can be accessed via ANY Computer or Smart Phone.

- Log on to <http://www.bpoint.com.au/payments/dete>
- Quote your Customer Reference number (CRN).
- Quote the invoice number that the payment is relating (5 digit number).

The school is automatically notified of the payment and are usually matched in an overnight process.

We will still be accepting direct bank deposits, envelopes with credit card details completed and, of course, cheques and cash.

As we do not operate an 'open' receipting area, we cannot process EFTPOS payments at this stage, even though the 'generic information' on the invoice states otherwise.

Any further questions please contact Joy or Barb in the office.

BOOK CLUB

As noted in last week's newsletter, the school's annual Book Fair is taking place between 2 - 5 November. There will be some new and wonderful books on offer! To avoid any overlap, we won't be participating in Issue 7 of the Scholastic Book Club. Issue 8 will be distributed later in the term with plenty of time to get your orders in before Christmas break. In the meantime, if you have any questions, please don't hesitate to contact me via the office.

Thank you,
Carol Morrison
Book Club Coordinator

CHILD AND ADOLESCENT ORAL HEALTH NEWS

The Child and Adolescent Oral Health Program will be offering treatment to the students of this **from Wednesday, 28 October**. Years 4, 5 and 6 have been issued with a consent/medical history form. If you wish your child to be treated please return the fully completed consent form (4 pages) to your class teacher as soon as possible. Due to the demands on our service parents who return consent forms late will not necessarily

have their children treated on site and may be offered treatment at another site. Once dental staff receive a completed form your child will be examined. If your child requires further dental treatment, a 'Consent to Treatment' form will be issued for your signed consent.

Students from the other year levels will be offered treatment after the Year 4, 5 and 6 students are treated. You will be notified via the school newsletter of the date the school dental program commences treatment at this school. For any enquires please contact staff on 0412 706 508.

ART CLUB

We meet at second break each Wednesday and we welcome all budding artists to join us for lots of creative adventures.

GARDEN CLUB



The gardening club meets on **Wednesday morning before school** from 8.10am to 8.40am. Meet at the garden beside the cricket pitch.

DAY FOR DANIEL 30 October 2015

This year we will be participating in the Day for Daniel on this Friday, 30 October. All children, parents and staff are encouraged to wear a red shirt on the day (or black if you can't wear red) and donate a gold coin as contribution to the Daniel Morcombe Foundation. We will be incorporating safety initiatives and our local police officer will be joining us as well. If you are able to participate in the walk from Teralba Park to school, please meet the teachers at Teralba Park at 8.00am. They will be leaving the park for School at 8.15am. and are keen to have as many people join them as possible. The Day for Daniel is the Daniel Morecombe Foundation's National Day of Action promoting children's personal safety and providing Aussie Kids with valuable life skills. Please support this very important day as much as you can. Students in Years 4-6 can wear red on the day and bring a school shirt to change into at first break for sport.
Tracey Irwin (4/5/1 Teacher)

YEAR 6 CAMP 2016

Thank you to the Year 5 parents who have already paid their deposit for the Year 6 Camp for 2016. This early deposit is necessary to ensure your child will be attending camp. Please ensure all notes are returned and payments made by Monday, 16 November. Thanks everyone!

YEAR 6 GRADUATION 2015

Please remember Graduation is approaching fast! All payments must be

made by Monday, 16 November to ensure the caterers can be adequately prepared. Thanks everyone!

PHYSICAL EDUCATION NEWS

Last week Year 4-6 students were asked to nominate which events they would like to compete in for the Senior Swimming Carnival. The events on offer are the 100m medley, 25m and 50m for freestyle, backstroke, breaststroke and butterfly. Students who nominate for any 50m event or 100m medley will need to qualify to compete in these events. Students will be given a chance to qualify during their PE lessons. Students who are in swimming club will be able to give Mr Crawford a swimming club time instead of qualifying during PE lessons. If students don't qualify for the 50m event they have nominated for, they will automatically be placed in the 25m event. Students will not be able to compete in both the 25m and 50m of the same stroke.

BOOK FAIR In the LIBRARY



**TUESDAY, 2 NOVEMBER TO
THURSDAY, 5 NOVEMBER**
(Opens Monday afternoon from
3:00pm)
SALES BEFORE & AFTER SCHOOL
Mornings Tues to Thurs 8:15 –
9:00am
Afternoons Mon to Thurs 3:00 to
4.30pm
Books supplied by Dymocks
EFTPOS available
Great variety of titles
Buy now for Christmas

MUSIC NEWS



CHOIR

Choir rehearsal will be held on Fridays this term at first break (after eating at 11:20am).

ELEMENTS

Come and join Elements Choir every Tuesday at 8am in the Music Room with Miss K and Ms Lovelock.

INSTRUMENTAL MUSIC FEES 2016

After consultation with our Administration team there will be an increase in our Instrumental Music Fees for 2016. These fees have not been increased at our school for at least 10 years. These fees will continue to help with maintaining our instruments properly and helping running our program. For any queries please contact our Administration team

If your child is hiring a school instrument the cost is \$125.00 for the year. If your child is using their own instrument in 2015 the cost will be \$75.00 for the year.

TUESDAY, 17 NOVEMBER - 6.00pm

Don't forget our band, strings and choir groups will be performing at their final concert for 2015 at our school on hall on Tuesday, 17 November at 6.00pm. Letters will be sent home during this coming week.

INSTRUMENTAL MUSIC NEW STUDENTS 2016

Letters have been sent home to families whose children have been accepted into our Instrumental Music Program for 2015. Please let us know as soon as possible.

Our Parent Information Evening about our program for 2016 will be held on Thursday, 12 November at our school library at 6.00pm. It is really important that parents attend this evening.

QWAB - CHILDREN'S CONCERT

Mrs Penny Hall will be playing in a special children's concert featuring works from Frozen, The Incredibles, Superman and Looney Tunes. This is a FREE concert for children. Date: Saturday, 12 December at 7.00pm

For further information contact

www.qwab.com.au

BAND PROGRAM 2016

Information regarding new students who will be part of the Strings, Woodwind, Brass and Percussion program for 2016 will receive which instrument they have been selected for in the next week. There will be a parent information evening about our program on Thursday, 12 November at 6.00pm.

CONTINUING BAND STUDENTS

Letters will also be sent home this week about whether your child in the current Woodwind, Brass and Percussion program will be continuing next year. Viva la musica!

FOR SALE -

TREVOR JAMES ALTO SAXOPHONE: Older model in good condition. Beautiful sound. Suit beginner to semi professional. Packed in original sturdy padded case. Includes all accessories, junior neck strap and music stand. Has just had basic service and pads replaced. Priced to sell at \$750. Please ring Terry - 0417 003627.

For all string queries please contact Ms Anne Keenan at akeen9@eq.edu.au Ms Keenan teaches at our school on Thursdays.

For all band queries please contact Mrs Penny Hall at phall35@eq.edu.au Mrs Hall teaches at our school on Wednesdays.

For all classroom music/choral or The Elements queries please contact Ms Jewel Lucas at jluca85@eq.edu.au Ms Lucas works at our school on Mondays, Tuesdays, Wednesdays and Fridays.

FRIDAY INTERSCHOOL SPORT RESULTS

TOUCH FOOTBALL

Year 5 Boys

EPSS v Northside Christian College - drew 0 - 0.

EPSS v McDowall - won 3 - 1.

Year 6 Boys

EPSS v Aspley A - lost 6 - 0.

EPSS v Stafford Heights - lost 5 - 1.

GIRLS TOUCH FOOTBALL

Year 5

EPSS v Eatons Hill B - drew 0 - 0

EPSS v Cragislea - drew 0 - 0.

Year 6

EPSS v Eatons Hill A - drew 0 - 0.

EPSS v Albany Hills - lost 3 - 2.

EPSS v Eatons Hill A - drew 0 - 0.

VOLLEYBALL

Juniors Team 1

EPSS v Northside Christian College - drew 11 - 11.

EPSS v EPSS 3 won - 22 - 16.

Juniors Team 2

EPSS v Northside Christian College - lost 25 - 34.

EPSS v Northside Christian College - lost 14 - 23.

Seniors

EPSS Team 5 v Northside Christian College - won 24 - 20.

EPSS Team 4 v Aspley - won 38 - 22.

EPSS Team 4 v Eatons Hill - won 44 - 37.

EPSS Team 3 v Prince of Peace - won 22 - 20.

CRICKET

EPSS Magpies v Cragislea Swans - won 55 - 13.

EPSS Crows v Prince of Peace Roosters - lost 41 - 43.

Uniform Shop



The Uniform Shop will be open on both the Prep Orientation days, Wednesday 4 November and Thursday 5 November from 9:00 - 11:00am.

Remember!

The opening day for the Uniform Shop is Monday's for Term 4. The opening time is 8:15 - 9:30am and Flexischools will operate as normal.

Flexischools

Do you need to get uniforms from the Uniform Shop? Why not order it on Flexischools. No need to come into the school at all. I will fill your order and hand-deliver it to your child in class. So save time and order on Flexischools!

2nd HAND UNIFORMS NEEDED

Do you have uniforms lying around the kids have grown out of? Bring them into us!! We need your 2nd hand uniforms.

Bring them to the Uniform Shop on Monday between 8.15-9.30am and we'll have a look at them. They need to be in good condition and if they are we'll PAY you \$10 per item for them, \$20 for Sports Jackets. Just remember to also bring along your account details so we can transfer the money into your account.

Volunteers Needed

The Uniform Shop needs volunteers to help out on Monday mornings. You'll be required from 8.15am - 9.30am and if you can only do one Monday a month that's fine. If you can help out please contact me on jibounceback@optusnet.com.au, or phone me on 0402880216 or pop in and see me one Monday morning. It's a great way of meeting all the wonderful families in our school and I would really appreciate your help.

Jeanette Jenkinson

Uniform Shop Convenor



TUCKSHOP NEWS

Tuckshop is open Monday, Thursday and Friday.

OCTOBER ROSTER

Thursday 29

Ann Jabas

Friday 30

Joy Wood, Kathy Hoffman, can someone help please?

NOVEMBER ROSTER

Thursday 5

Jenny Sewell, Megan Limpus

Friday 6

Peggy Morgan, Jo Hennessey, Karla Chaffey



Hotter days are here.

Lemonade Icy Twists \$1.00

BBQ Chicken Pizza still available until sold out \$3.00

Butter Chicken Curry is now \$4.30

There are a few IOU's that need to be paid by parents/carers. If the Tuckshop has provided emergency food to your child recently or last term could you please send the money to the Tuckshop as soon as possible. A note is always sent home with your child, letting you know what was provided and how much is owed. Many thanks.

Katrina
Tuckshop Convenor

COMMUNITY NEWS

Ferny Grove State High School Uniform Information

Please see the front verandah noticeboard for opening hours for the Uniform Shop at Ferny Grove State High.

Mitchelton State High School Enrolment Information

We are currently finalising enrolments and timetabling arrangements for our new Year 7 classes for 2016. Our Orientation Days, Monday, 30 November and Tuesday 1 December are fast approaching and we pride ourselves on being organised and well planned for those days. Therefore, if you have a child yet to enrol or know of a family looking for a great secondary education, please ensure their enrolment process and interview is completed by the end of November. At Mitchelton State High School we accept **ALL** out-of-catchment enrolments across Years 7 to 12. Enrolling early ensures student subject choices are met and ensures children are well catered for in their start to high school. Please phone our school enrolment officers, on 3330 1111 for an enrolment pack, interview or to organise a school tour.