



# Torquay News

## State School



A community that values clever, skilled, creative and aspiring learners.

### Issue 11 - 2019

## Term Planner

<b>TERM 3</b>	
Fri 26 Jul	P-3 <b>BRONZE</b> Parade - 2:20pm Hall
Tue 30 Jul	Student Council pizza popper day
Fri 2 Aug	4-6 <b>BRONZE</b> Parade 2:20pm Hall
Wed 7 Aug	M'boro Eisteddfod Excursion ( Broлга)
Thu 8 Aug	<b>SCHOOL Photo Day</b>
Fri 9 Aug	P-3 <b>SILVER</b> Parade – 2:20pm Hall
Tue 13 Aug	Yr 2/3 Historical Museum Visit
Wed 14 Aug	Prep 2020 – Open Classroom 9.00am
Wed 14 Aug	Yr 2/3 Historical Museum Visit
Thur 15 Aug	Tuckshop Pre-order lunch day P&C Meeting 3:30pm Staffroom
Fri 16 Aug	4-6 <b>SILVER</b> Parade – 2:20pm Hall
Mon 19 Aug	Book Week (all week)
Fri 23 Aug	P-3 <b>GOLD</b> Parade – 2:20pm Hall
Mon 26 Aug	School Support Staff Recognition Wk
28-30 Aug	Tuckshop Father's Day Stall
Fri 30 Aug	4-6 <b>GOLD</b> Parade – 2:20pm Hall
Thu 5 Sep	Beginner Strings Workshop - KSS
Fri 6 Sep	P-3 Parade - 2:20pm Hall Yr 3/4 Gala Day
Fri 13 Sep	4-6 Parade 2:20pm Hall P&C Colour Run Yr 3/4 Gala Day
Mon 16 Sep	P&C Colour Run Money Return (all wk)
Wed 18 Sep	Jump Rope For Heart Free Dress Day – Gold coin donation Colour Run Orders Cut Off
Thu 19 Sep	P&C Meeting 3:30pm Staffroom
Fri 20 Sep	No Parade <b>LAST DAY OF TERM 3</b>
Prep Enrolments for 2020 for children born 1 July 2014 to 30 June 2015. Open Classroom Sessions:	
•	Wed 14 August from 9.00 – 10.20
•	Fri 30 August from 1.50 to 2.50
•	Mon 9 September 9.00 – 10.20
***** <b>SPRING SCHOOL HOLIDAYS</b> *****	
<b>TERM 4</b>	
Mon 7 Oct	Queens Birthday Public Holiday
Tue 8 Oct	<b>FIRST DAY OF TERM 4</b>
Prep Parent Information Sessions:	
•	Mon 14 October from 9.00 to 10.20
•	Thurs 17 October from 9.00 to 10.20
Fri 25 Oct	World Teacher's Day

## From the Principal



**UNLOCKING POTENTIAL**

High expectations

Engaged community

Guaranteed, vibrant curriculum

High quality teaching

Engaged students

Academic success

Welcome back to Term 3. This term is a busy 10 week term with many extra-curricular activities loaded into each week. This term we will have School Photos, the P&C colour run, pizza and popper day, two gala sports days, the rewards day, Jump Rope for Heart skip off, NAIDOC week, Council visits for year 2/3nd 4/5, Book week, the Eisteddfod for strings and band, the Yr2/3excursion to the historical museum and the Fathers' Day stall.

A reminder that all students should arrive at school by 8.45am, ready for the official start of the school day at 8.50am. This will ensure that students are organised and ready to learn at the start of the school day. Families of students regularly arriving to school earlier than 8.15 (unless bus students) should contact Helping Hands to arrange before school care. The school day ends at 2.50pm with many children walking, riding or catching a bus home. Parents if you are collecting your child please ensure that you are on time.

### Student Safety

There is nothing at all more important to us than the safety and well-being of our students. Sadly, there are some families who seem not to agree with this and are actively encouraging behaviours that put their own children and others at risk! This is taking the form of many inappropriate actions and occurs especially in the afternoons at peak traffic periods – one of the most dangerous times for students and drivers. These unsafe practices include:

- Encouraging children to jump fences instead of using the gates which are there for the safety of all.
- Parents actually crossing and encouraging their children to cross our busy roads without using the crossings located in multiple locations around our school.
- Parents double parking and then encouraging their child to quickly run through cars and traffic to get to their car.

Upon speaking to a number of parents, most of these unsafe practices are apparently to save time. I urge you to think of the preciousness of your child's safety compared to saving a few extra minutes.

### Discipline and Positive Parenting

This article has been shared with permission from <https://parentline.com.au/> Knowing how to best understand and guide your child's behaviour can be challenging. Luckily there are lots of positive strategies out there to help you and your child through!

*What is discipline?* Discipline can play an important role in helping support your child to learn how to interact and explore their world safely. As they grow, they will start to get better at exercising self-discipline. Here are some things to keep in mind about discipline:

- Discipline is not meant to be punitive or punishing - rather it is designed to be a positive way to help guide positive and safe behaviour
- Helping your child to learn effectively is based upon a loving and caring relationship between you and your child
- Discipline works best with patience, clear rules, consistency and realistic expectations
- The way in which you guide your child will depend on their age and level of understanding - eg. how you use consequences would be different for a four year old, versus an eight year old
- Every child is unique, so some strategies might work better than others - some experimenting might be in order!
- Balance is key - aim for a fair, warm yet firm approach. Balance consistent boundaries with encouragement and praise. This helps kids feel safe, secure and loved
- Discuss and maintain consistent family values - this will help your child learn how to regulate their own emotions and behaviour and support them to develop important problem solving and social skills

#### *Understanding your child's behaviour*

Taking time to understand how your child learns about their world and how they express their needs can help you figure out how best to guide them. Here are some things to keep in mind about primary school age kids:

- They are developing a good understanding of themselves and are getting better at expressing their feelings
- They are able to put themselves in other people's shoes - seeing things from another perspective
- They are more aware of how to behave in different situations and places - eg. at home versus school, the library versus outside
- Reminders about boundaries and continued praise for positive behaviour is still important

#### *Tips on guiding your child's behaviour with positive parenting*

- Your child's behaviour can tell you a lot about their emotions, needs and how they are learning. You can respond in positive ways that can help meet these needs and guide their behaviour. Here are just a few of many tips:
- Discuss family rules: Make expectations and limits clear. Begin with a few easy-to-remember rules - eg. We look after each other, we speak nicely to one another, and we help each other.
- Reward emotionally: Praise your child and let them know when you are proud and happy with their behaviour. Try to keep material rewards to a minimal as this may encourage behaving only for a treat.
- Encourage forward thinking and offer choices: Discuss upcoming changes with your child so they can learn to problem solve, manage feelings early and feel included in making choices - eg. If your child wants to play for longer, you could say "we need to head home in 10 minutes to get dinner ready, do you want to play on the slide or the swing for the last 10 minutes?"
- Notice positive behaviour: Let your child know what you like about their behaviour. Be descriptive - eg. "I'm really happy with how well you were sharing with your friend." When your child receives positive attention through praise, they feel rewarded and will likely want to keep up the positive behaviour.
- Teach through modelling: Kids learn best by seeing how things are done - if you want your child to learn to help out around the house, show them how it's done.
- Make limits and consequences clear: Decide early on what the outcome will be for breaking a family rule. Use these outcomes consistently so your child becomes clear on what is expected of them.
- Help them understand why rules are in place: Kids will want to know why there are rules and why you react the way you do. Spend time talking through the family rules together. Include your child in the process by allowing them to decide on some of the rules.
- Encourage responsibility: Use natural and logical consequences to help your child take responsibility for their actions. A natural consequence would be that your child can't find their favourite shirt as they didn't put away their clothes when asked. A logical consequence follows on from a specific behaviour - if your child didn't slow their running down when asked and they knock over and break something, you could have your child clean it up.

This article has been shared with permission from <https://parentline.com.au/> there are a stack of very positive and helpful articles that are just a click away!



Our school actively encourages parents to seek help and support as we recognise that parenting is both one of the most rewarding and yet challenging parts of life. [Parentline](https://parentline.com.au/) is a free, confidential service ready to help. [Parentline](https://parentline.com.au/) is a confidential telephone service providing professional counselling and support in Queensland and the Northern Territory. Their phones are open every day from 8am - 10pm, while Webchat is available every day from 8am - 9pm. 1300 301 300

## Staffing

We are pleased to welcome Mrs Salter (nee Lawford) back to teaching 2/3D. We are also excited to have Mrs MacDonald back from her leave.

Chappy Beth, our new Chaplain, started at our school in week 1. She is working at our school every Tuesday and Wednesday. She loves everything music, especially singing, playing the ukulele, and dancing! She says she's an expert at UNO but not so good at puzzles! She is keen to continue meeting our staff, students and families, so please introduce yourself to her when you see her out and about in our school.

## Curriculum Corner

Throughout this term, our school will be implementing the *Daniel Morcombe Child Safety Curriculum* with students in year 2 & 3 and Day for Daniel Wear Red will be held in Term 4, Fri 25<sup>th</sup> July. The curriculum is based on principles of best practice in child safety education and centres around three key messages: **Recognise, React** and **Report**. Through a series of lessons, students will learn how to recognise, react and report when they are feeling unsafe or find themselves in situations that can have a significant detrimental effect on their physical, psychological or emotional wellbeing. Year 2/3 will be implementing the health unit 'Stay Safe'. In this unit they will learn about safe and unsafe situations. They will explore the emotions they feel in response to safe and unsafe situations. A component of this unit will include the Daniel Morcombe Child Safety curriculum. Information about the *Daniel Morcombe Child Safety Curriculum* can be found at [www.education.qld.gov.au/child-safety-curriculum](http://www.education.qld.gov.au/child-safety-curriculum)



Kind regards, *Heidi Dallimore* - Principal

## From the Deputy's Desk

Welcome back to all of our existing families and new families. Term 3 is always an exciting time as this is when we can expect students to well and truly know the routines and expectations of school. Report cards have gone home and plans and goals should be in place both at home and at school in how to continually improve from first semester. We look forward to sharing this journey.



This Thursday and Friday will see the school have a new computer server installed. This will mean that our network will be down completely or we may have intermittent reception. The server affects our phones, computers, internet etc. We have contingencies in place to ensure that there is as minimised disruption as possible and if you cannot contact us specifically it is not because we are ignoring you, it is because of our network connection.

Respect for staff and our school is important. There are times when people do not agree with decisions or have a concern about something and they do not go through the correct communication channels and have a go at staff. It is not acceptable to abuse staff at school. We are here for your student, all of our students and work extremely hard and tirelessly to ensure that we cater for your child. If you are frustrated with something, please do not wait until it is too late - communicate early.

Jumping the school fence in the morning - please be mindful of the accidents that can occur when this practice is done. It does not take too long to walk to an open gate located around the school. We do not want to see people falling over, tripping on the fence, having clothes ripped or grazes on the body from jumping the fence. Take a few more seconds/minutes and make it to a gate. It is about displaying appropriate safe behaviour.

NAIDOC week celebration has been conducted this week. Our school annually participates in a flag raising ceremony and then students are involved in a range of activities. Voice, Treaty, Truth was the theme this year and it was great to see the school community on Tuesday morning celebrate NAIDOC.

Behaviour focus has been around being safe and following routines and expectations. This coming fortnight is about being responsible and the art of using whole body listening. Ask your child about whole body listening and they should be able to tell you all of the facets involved.

Attendance - if you are ill, going away or moving schools please notify the office as we like to know that you are safe. Attend every day when you can.

Prep 2020 - Our first Pre-Prep session is coming up on Wednesday August 14 from 9am to 10:20am. If you have a student beginning school next year, come to Torquay SS. We are not enrolment managed and we are multi-age again in 2020.

Yours in education, *Phil Theofanes* - Deputy Principal.

## Admin

### Winter Uniforms

Thank you for feedback from families regarding some difficulties sourcing winter school uniforms. We have subsequently contacted some of the major suppliers in town and found that Target and Big W currently have blue jumpers and tracksuit pants in sizes 4 to 14. Please note winter uniform policy is preferably any colour blue from royal to navy or dark blue or if unable to obtain these then any plain dark colour is acceptable. We also have a number of 2<sup>nd</sup> hand winter jumpers and track pants in our uniform shop for as little as \$2.

### School Opinion Survey

The annual suite of *School Opinion Surveys* will be conducted from 29 July to 23 August 2019. All families, school staff and a random sample of students will be invited to participate. We encourage you to take this opportunity to have your say about what our school does well, and how we can improve. Access details for the *Parent/Caregiver Survey* will be sent home with students next week. The survey can be completed via computers, tablets or smart phones with internet connection. Parents/caregivers who do not have access to the internet at home are welcome to complete their survey online at the school. School computers/tablets will be available by appointment. Survey queries or requests for translations can be directed to telephone 07 4194 4333 or email [principal@torquayss.eq.edu.au](mailto:principal@torquayss.eq.edu.au).

## School Photo Day Thursday 8 August

### A NOTE FROM YOUR SCHOOL PHOTOGRAPHER

School photos are almost upon us again! The school has engaged MSP Photography to create our school records this year and you are invited to purchase prints of your child. On photo day, **every student will be photographed** regardless of whether you are purchasing or not. Your child will bring home a personalised order envelope from the photographers. Please take care to read and follow all the instructions carefully. This will ensure your order is processed smoothly and efficiently and will help you to avoid any late fees.



You will have the option to order online or with cash in your student's envelope. Please take care to follow the instructions carefully. Additional order envelopes are available from the school office for **separated parents, blended families and grandparents**. You will need to collect these on or before photo day and give it to the photographer on photo day. Be sure to write "Mum's order" or "Dad's order" on top of your envelope.

To **order a sibling photo**, please collect a sibling Order Envelope from the school office on or before photo day, or order it online **at least 24 hours in advance**. *Please note: Sibling photos are only for siblings who all attend the school.*



If your child has been photographed in a **special group** (i.e. sports team or leadership team), order envelopes will be available in the weeks following photo day. **As school staff are unable to help with photography enquiries or payments, please direct your questions and comments directly to MSP Photography by phoning 4921 3355.**

Thank you for your co-operation and we look forward to a great photo day. **Keep smiling!!!**

\*Please note - "Friends" photos are not being offered this year.

## P&C

### 2019 P&C Colour Run



By now you should have received the school colour run sponsorship form as shown below. It is really easy to follow the instructions in the form to register your child and share their fundraising efforts. The sponsorship form also has the prizes that students can choose as they are raising funds which all go towards our fundraising efforts.



Prizes need to be ordered between Monday 16<sup>th</sup> September and Wednesday 18<sup>th</sup> September. All cash collections must be returned by the last day of term 3. Prizes should be received back at school by the end of the first week of term 4. We will send further details relating to the actual Colour Run closer to the date. Last year's event was a huge success with lots of fun for students and volunteers as well as being a terrific fundraiser.

## Road Safety

Road Safety around school is crucial. Being safe on the roads around our school may take a bit of extra time, but our kids are worth it! Our children take notice of what you and other parents do. Please realise the important role model that you are to your own children as well as others.



## Tuckshop



Our Egg and Bacon Muffins proved to be a hit last term so we are cooking again this term, Monday and Thursday of each week. \$2.50 a Muffin, \$3.00 with Cheese or for grown-ups \$5.00 with a coffee. We are also serving our Warm Milo @ \$1.00 or they can purchase a travel mug for \$5.00 with a Milo then \$1.00 a refill. If your kids need a spoon with food bought from home can you please send one with them, some days I might give

away 20 spoons. I know it is a bit early to mention but we will be running our annual Father's Day Stall later this term. More info on that closer to September. We are in need of some donations...Eggs, Butter, Fruit Salad, Cheese Slices and Milo...thanks to everyone who donates, it helps keep our prices down and profits up which means more money for the school and air conditioners. Thanks, Judy.



## QPARENTS Spotlight

Please [click here](#) for an informational video on [QPARENTS – Managing Payments](#).

## Open now for Prep 2020 enrolments



We are open for 2020 prep enrolments from any address in Hervey Bay for children born between 1 July 2014 and 30 June 2015. We have open classroom sessions which we expect parents to attend with their children on one of the three dates:

- Wednesday 14<sup>th</sup> August from 9.00 – 10.20
- Friday 30<sup>th</sup> August from 1.50 to 2.50
- Monday 9<sup>th</sup> September 9.00 – 10.20

We have parent information sessions where children are welcome to stay in one of the current prep/1 classrooms while we share important information with families. It is expected that parents attend at least one of the following sessions.

- Monday 14 October from 9.00 to 10.20
- Thursday 17 October from 9.00 to 10.20

Please contact the administration staff to collect enrolment packs and to register your attendance for the enrolment sessions. Phone 4194 4333 or email [the.principal@torquayss.eq.edu.au](mailto:the.principal@torquayss.eq.edu.au)

## Healthy Lunchbox

### Leftovers for Lunch

Coming up with clever lunch ideas for kids is always a challenge. Despite fridges groaning with food, leftovers are often thrown away and children may go to school with a pocket full of change or white bread sandwiches smeared with jam or Vegemite.

Using leftovers including protein-rich foods, such as beef and lamb, in the lunchbox is not only delicious, they are also packed with nutrients. Swapping a simple sandwich with spread for a leftover roast beef and salad sandwich with a lovely relish and cheese is a much healthier and tastier option. The average family spends up big buying food for the lunchbox – Aussie parents put more than \$2.75 billion into kids' school lunches each year – but nine out of 10 parents admit to throwing out leftovers, a Galaxy Research survey for Meat and Livestock Australia has found.

If you don't regularly have leftovers after the nightly meal, cook an extra serve of your main meat dish and vegetables or double your recipe to ensure leftovers for the next day, says Brisbane dietitian Kate Di Prima. "Leftovers are cheap, easy and, best of all, you can ensure your child is getting a healthy, nutritious meal to keep their mind active throughout the day," says Kim Coverdale, food editor at Super Food Ideas. "It's not just about cooking extra Bolognese or stir-fry for dinner. Try creating something new for your child so they aren't eating the same meal they had for dinner the night before." "In general, kids like foods that are easy to eat and small pieces of things they can pick up. For this reason, leftover meat used in wraps, meatballs or a small container of rice are good choices," says nutritionist Susie Burrell says.



### Sandwiches and Wraps

"Children often prefer simple sandwich fillings to more elaborate concoctions, so try not to be offended if they reject your mix of lamb, hommus and roasted vegetables, instead asking for plain ham or a simple spread," Susie says. In sandwich negotiations with children, try offering their choice once each week and maintaining a mix of salad and protein on the other school days." One tip Susie offers to parents is that if you are worried about food safety and using meats in sandwiches, try freezing the sandwich the night before or keep a small popper of frozen water in the lunchbox to keep the food cool. Alternatively check out cooler style lunchboxes, which are popular during the summer months. Kim says leftover chicken kebabs or grilled chicken breast can be chopped up finely and tossed with diced cucumber, diced tomato, plain yoghurt and shredded lettuce then rolled up in a multigrain wrap.

### Salad Days

Pasta salad is a great medium for a range of leftover lunch ideas. For lunchbox meals containing protein and fibre, try cooking extra pasta and adding roasted tomato, eggplant and feta to create a great salad. Finely sliced lamb with a mix of lettuce or English spinach leaves, red onion, cherry tomatoes and grated cheese also makes an appetising midday meal.

### Sunday Roast

You can use roast lamb, beef or chicken directly in sandwiches, or combine with roast vegetables and leafy lettuce to make a salad. More creative uses include a shredded roast chicken and waldorf salad or try a cubed roast lamb and vegetable salad with red onion, baby rocket leaves, olives (if your kids will eat them) and a dressing of balsamic vinegar, garlic and crumbled feta. "Leftovers can be enjoyed cold in the school lunchbox or heated and packed into an insulated container – an easy way to save time and money," Kate says. "Using leftovers from dinner, such as roast beef to make a salad or wrap, gives kids a nutritious lunch they will also enjoy eating." Turn a leftover roast chicken dinner into a chicken and roast vegetable couscous salad, says Kim. "Or if you have some grilled steak or roast pork left over, simply slice the meat thinly and toss through cooked rice noodles, sliced vegetables and a little sweet chilli sauce for a delicious Thai-style salad," she advises.

### Frittata

Instead of a quiche, try making a frittata the night before, as there is no pastry to go soggy. A slice of frittata and a separately wrapped wholemeal roll with their favourite filling makes for great lunchbox companions.

For more information see ref: <https://www.taste.com.au/quick-easy/articles/leftovers-for-the-lunchbox/dJIANhG>

## School Watch



## School Watch Number: 131 788

Parents and students can help take care of our school by reporting any suspicious after-hours activity to School Watch on 131 788. By keeping an eye out we can work together to create a safer school community and help to reduce vandalism, theft and arson in our school. If you see something suspicious, please don't intervene. Call the School Watch number and let the local police or State Government Protective Security Service deal with the matter.

## Like us on Facebook

Get the latest news by joining the official Torquay State School Facebook page under "Torquay State School". This page is used as a regular communication tool to update parents and the school community on school activities, events, information and messages. <https://www.facebook.com/TorquayStateSchool>



## Helping Hands Outside School Hours Care



### Helping Hands

### Outside School Hours Care

### Torquay



0475824340
torquay@helpinghandsnetwork.com.au

**WE PROVIDE BREAKFAST AND AFTERNOON TEA EVERYDAY AS WELL AS FANTASTIC ART, CRAFT, SPORT AND COOKING EXPERIENCES THAT YOUR CHILDREN WILL LOVE!**

**Before School Care from \$3.50 per session\***  
**After School Care From \$4.59 per session\***  
**Vacation Care from \$2.38 per day\***

\* Based on your income for 1 child in care per session after CCB and CCR

**COME IN AND CHECK OUT OUR PROGRAM!**



## Absence Line 4194 4366 or enter via QParents App

Please notify the school of reasons for absence as soon as possible. Absences (past, present and future) can be quickly and easily recorded through the QParents app. Alternatively, please phone our absence line 4194 4366. If you receive a text message please reply to the SMS as soon as possible. If you receive an absence letter, please enter a reason and return the letter so we can remove the unexplained absence from the student's record. All late arrivals and early departures are to be signed in / signed out by students' parent/s or guardian/s at the Administration Office.

## Uniforms

**We have second-hand winter jumpers and tracksuit pants for as little as \$2** so please come into the Uniform Shop Mondays 8:30-9:00am and Fridays 2:30-3:00pm to snap up a bargain. School hats are \$12 and are available from the school Uniform Shop and the Tuckshop. New uniforms are available from Sauers and Lowes.

Please note the "No Hat No Play" policy - if students do not have a hat they must remain under cover for play time. If you have school uniforms that you no longer need, donations to our second-hand uniform shop would also be greatly appreciated.

## What's On

### Hervey Bay Senior Citizens Christmas in July Craft Fair & Destash

Sat: July 27th 8am-1pm  
Senior Citizens Club 28 Totness Street Torquay For Information contact 0422812074

### Yarrilee State School P&C Fete

Saturday 17 August at 15 Scrub Road Dundowran. Stalls, art auction, show bags, games, food & drinks, children's craft, kids activities, tombola.



Fraser Coast Cue Sports

Invites you to our:

Open/Sign on Day

If you'd like to come along, head to our junior facebook page and express your interest at:

<https://www.facebook.com/events/391574094783121/>

**When:** 29<sup>th</sup> September 2019

**Time:** 12pm Until 3pm

**Where:** Unit 6/4 Victory East Street, Urangan

**Contact:** [frasercoastcuesports@outlook.com.au](mailto:frasercoastcuesports@outlook.com.au)

Calling all juniors 18 years and under. Come along to our free Open day and have some fun. Tables and cues available. Light refreshments will be provided.

Eightball is an inexpensive sport for all ages regardless of physical ability or skill level. Although it may not be physically demanding it is a highly competitive sport with local players from this community in some instances reaching State and National level.