



Torquay News

State School

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

Issue 8 - 2017

Date Claimers

FRIDAY 26 MAY
FRASER COAST SHOW DAY
PUBLIC HOLIDAY

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MONDAY 29 MAY
National Reconciliation Week Begins
TSS Playgroup – 9-10.30am – Hall
Athletics Rotation 3

TUESDAY 30 MAY
Breakfast Club 8-8.30am

WEDNESDAY 31 MAY
Readers Cup Meeting 10.50-11.30am
3-6 Parade 2.30pm – Hall
Tuckshop Pre-order Day

FRIDAY 2 JUNE
Athletics Rotation 4

SATURDAY 3 JUNE
Mabo Day

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MONDAY 5 JUNE
TSS Playgroup – 9-10.30am – Hall
Athletics Rotation 5

TUESDAY 6 JUNE
Breakfast Club 8-8.30am
Readers Cup WB Competition

WEDNESDAY 7 JUNE
P-2 Parade 2.30pm – Hall
Athletics Rotation 6
Gympie Gold Mine Excursion Yr 5

THURSDAY 8 JUNE
BWP Beginner Workshop

FRIDAY 9 JUNE
BWP Advanced Workshop
Student Leaders Meeting 10.50-11.30am
School Cleaners Day
Athletics Rotation 7
U12 Girls Rugby League Gala Day

From the Principal

Resilience refers to the ability to successfully adapt to change and stressful events in healthy ways – our “bounce back”. It is very important that we help our children to develop resilience in order to develop the control mechanisms that will help them to be happy and healthy. Lynn Lyons (www.pyschcentral.com) suggests there are 10 ways to teach children to manage uncertainty and to solve problems. I have included a summary below, but the full article is well worth a read and includes some examples for each suggestion:

- 1. Don't accommodate every need.** Help your child to learn to be adaptable, by not overprotecting them.
- 2. Avoid eliminating all risk.** Naturally, parents want to keep their kids safe. But eliminating all risk robs kids of learning resiliency.
- 3. Teach them to problem-solve.** Normalise your child's nervousness, and help them figure out how handle challenges. Help them develop the skills to handle challenges.
- 4. Teach your kids concrete skills.** Teaching the skills of conversation, asking for help and how to meet people is very important.
- 5. Avoid “why” questions.** Instead of asking a child “why” they did something – ask them to think about “how” they will rectify the problem or issue. This helps to focus on a solution rather than the problem.
- 6. Don't provide all the answers.** Rather than providing your kids with every answer. Encourage your child to think for themselves – “I wonder what you could do about that problem?” This helps children to tolerate uncertainty and to become more self-reliant.
- 7. Avoid talking in catastrophic terms.** Inadvertently when we talk about the worst possible outcomes, we are feeding a sense of fear and anxiety. Acknowledge that bad things can happen and then promote safe behaviours and actions to avoid the potential difficulties.
- 8. Let your kids make mistakes.** “Failure is not the end of the world. [It's the] place you get to when you figure out what to do next,” Lyons said. Letting kids mess up is tough and painful for parents. But it helps kids learn how to fix slip-ups and make better decisions next time.
- 9. Help them manage their emotions.** Emotional management is key in resilience. Teach your kids that all emotions are OK and that it is how we react to our own and others' emotions that informs future choices and actions.
- 10. Model resiliency.** Try to be calm and consistent. Show you child how you are trying to solve a problem by “thinking aloud” – eg. “Hmmm, I am worried about not having enough money to buy everything we want this week, but I'm sure we'll be fine, I'll just buy what we need and save a little bit of money for the treats next week.”

When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world



Staff professional development

Semester one has seen unprecedented focus on the professional development of our staff. This has included:

- 5 teachers involved in the cluster numeracy project, connecting with other schools to explore, generate and create resources to use in maths. There has been a significant focus on investigative tasks.
- All teachers have worked with our numeracy coach, Shane Folker and our literacy coach Chris Hobbs.
- Every teacher has updated curriculum and planning processes, which has been led by our curriculum leader, Tanya Carmichael.
- 17 staff have been involved in the Changemaker's program where they are exploring ways to improve education processes and thinking within and beyond our school.
- 3 teachers have attended Positive Behaviour for Learning whole day programs and we have another 10 attending twilight sessions this week.
- 2 teachers are giving up their Show Holiday to attend some mental well-being training on Friday.
- 11 staff will attend PD hosted at our school next week that focuses on understanding communities.
- 2 teachers have been supported as beginning teachers with school based mentors and attendance at beginning teacher's conferences.

Investing in our staff leads to long term sustainable and improved teaching and school programs.

Kind regards

Heidi Dallimore – Principal



From the Deputy's Desk

Tolerance

What does this mean and how can we display more of it. It is not saying that we should allow people to take advantage of us but more so to become more empathetic and try to understand what may be occurring in the world around us. Every day at school we are working with a diverse range of people. We learn how to resolve conflict and we learn how to cope with different situations both great and difficult. This is by no means a statement saying that it is a 'free for all' on poor choices, it is more of a note for us to all think about what it may be like to walk in 'someone else's shoes'. At Torquay, we are fair and equitable and decisions made at the time are based on our Positive Behaviour for Learning plan which is located on our website. We have introduced our reporting standards matrix and it is being used as a reflective tool for our students to forge behaviour curriculum goals. If there is ever a concern please do not hesitate to contact your child's teacher in the first instance or administration (we are out and about in the mornings and afternoons). Behaviour focus for this week again has been 'take an active role in classroom activities' and the next fortnight will be 'respect others' right to learn' which is one of our Bronze, Silver and Gold indicators.

Student Teachers

Over the past few weeks and in the next few to come you may see extra people in and around our schools. We have recently had pre-service teachers come to our school to learn high quality practices from our high quality staff. Feedback from staff and students has been positive with all stating how good the pre-service teachers have been.

Attendance

We have had holidays, and the dreaded 24hr bug sweep through the school recently. All of these things are out of ours and your control. We do however ask that where and when possible to keep our students coming to school. Our school is extremely supportive of all of our families. We have sandwiches and sometimes muffins that we are able to pass on to students who have forgotten their lunch and an emergency supply (a few items) of spare clothing at the ready for any unexpected rainfall or yoghurt spills. Our aim is for 95% attendance across the school. Recently, I have started to send out letters reminding families of the Queensland Government and school expectations of attendance. The next step is another letter called and Enforcement of Attendance notice. Continued failure to send enrolled students to school may end in prosecution.

Current rate of attendance at Torquay SS across cohorts – 90.4% in term 2 and overall 92.1% for the semester so far. We have also included a break-down of each cohort across the school and their attendance rate thus far:



2017 Attendance To Date							
Prep	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Total
92.51%	92.99%	92.10%	92.11%	92.94%	90.61%	91.74%	92.14%

To all of our Prep students, we hope you had a great time at the Under 8's day. We look forward to our upcoming athletics carnival, continued professional development in numeracy and behaviour, and National Sorry Day (Fraser Coast Show Day). As part of National Reconciliation Week we are having a whole school ceremony on Monday 29 May at 9:15am and annual Flag raising event on Friday 2 June at 10:30am followed by a shared morning tea in the hall, please bring a plate and come along if you can. This week is in commemoration of the 50 year anniversary since the 1967 Referendum in which Aboriginal and Torres Strait Island people were finally allowed to vote and be included in the national census. June 3 is also the 25th year anniversary of the Eddie Mabo land rights decision.

Yours in Education

Phil Theofanes – A/Deputy Principal



Admin News

Student Resource Scheme Fees

Thank you to those who have paid the \$80 part payment (or paid in full) for the Student Resource Scheme fees by the due date. Please note any overdue SRS fees need to be settled as soon as possible in order for students to continue to access the resources for the remainder of this term. You may make payment via cash or eftpos at the office, via Centrepay arrangement (form available at the office), via BPoint (see front of invoice/statement) or via Direct Deposit (BSB 064 426 Account 00090056 Reference = students name). If you are suffering genuine financial hardship please contact the office to discuss a payment plan.

Keys to Success

Keys to Success				
Bronze Certificates				
Abbey-Lee 3A	Crystal 5C	Jasmin 5A	Madison Prep C	Savarnna 1C
Adrian 5A	Danika 5C	Jasmine 5A	Mathew 2B	Sharlize 1C
Alethea 6B	Destiny 5B	Jasper 6A	Matthew 6B	Sharnee 1C
Alexander 5C	Diesel 2B	Jaxon 2C	Megan 4B	Shaylee 5A
Alexis 2C	Dominic 5C	Jaydee 5B	Mia 2B	Shelby 5B
Alice 5B	Dylan Prep C	Jayden 2A	Mia 5C	Shontae 2B
Amarlii Prep B	Ebony 6B	Jessica 1C	Michaela Prep A	Sobek 2C
Amy 6A	Elora 4B	Jessica 5B	Mitchell 5B	Stella 2B
Anastasia 5B	Eve 5A	Jordan 6B	Moses 6B	Stephanie 5C
Ashleigh 2C	Evelyn Prep C	Joshua 6B	Nicholas Prep B	Storm Prep A
Ashli 5B	Evie 4A	Kalden Prep B	Nikita Prep B	Summar 6B
Aurora 2B	Gemma 6B	Kayla 6A	Nikkayla 5C	Talei 2B
Ayla Prep B	Gemma 6B	Keona 2C	Nikkita 4A	Taya 5C
Balin 6A	Georgia 1C	Kiarni 6A	Noah 5C	Tayah 6A
Bella 6A	Georgia 5A	Kirra 1A	Oliver 5A	Taylor 5B
Billy 6A	Grace 5A	Kobyn 5C	Olivia 5C	Taytum Prep C
Bobee-Jay Prep C	Heath 6A	Laqueisha 5B	Orion 1A	Telisha 5A
Bodhi 2C	Heidi 4A	Layla 2A	Pacey 4A	Torquasia 6B
Brayden Prep C	Holly 1A	Leithan 5A	Paige 1C	Vinnie 5A
Breeanna 6B	Hunter 1C	Lewis Prep A	Paige 5B	Xanda 5A
Brooke 2C	Indi Prep C	Leyah 6B	Rachael 5A	Yagan 6A
Bryan 5A	India Prep A	Liam 5A	Ravneet Prep C	Zack 6A
Callum 2B	Isabella 5A	Liam 6B	Raymond Prep C	Zenayesha 2B
Carter 6A	Isabella 6A	Liam Prep C	Remi 5B	Zoe 5C
Charlotte 1C	Jack 4A	Lillian 2C	Riley 2B	Zoe 6A
Chelsea 1C	Jack 5B	Lillian 5A	Rose 2C	Zoey 5B
Cheyenne 6A	Jack 5C	Locklyn 5A	Ruby 4A	
Chloe 4A	Jahlee 5A	Lyla 6A	Ruby Prep B	
Coby 2A	Jaia 5B	Maddy 6B	Ryan Prep B	
Cooper 2B	Jake 6B	Madeline 6B	Sahara 5B	
Corey 4A	Jasiah 2B	Madison Prep B	Sally 5C	



LEMphonics News

In all words, there is often an explanation as to why a letter or phonogram says a particular sound, as I have explained in the past articles. We can give the reader the tools to work out the words. One of these tools is to identify patterns within words, then reading and spelling both become easier. One of these patterns is **Silent Servant 'e'**. Silent Servant 'e' is always at the *end* of a word. It is always 'silent' and a 'servant' in that it is usually helping another letter change its sound, or performing a function within the word. These functions are marked to show which job **e** is performing, and to give the reader the ability or the tool to 'work out' the word using the markings.

Here are the 6 jobs, and the markings, of Silent Servant **e**.

1. **e** helps a vowel say its second sound (long sound). Fade, theme, bike, note, tube, tyre. Marking- an arch is placed from the **e** back over to the vowel.
2. **e** allows **c** and **g** to say their second sounds 's', 'j'. Dance, voice, service, hinge, orange, large. Marking- an arch is placed from the **e** back over to c or g.
3. **e** can do two jobs at once. He allows the vowel, **and** c and g to say their second sounds. Rice, trace, embrace, strange, page. Marking- an arch is placed from **e** to the vowel and a smaller arch below it from **e** to **c** and **g**.
4. English words may not end with a **v** or **u**. Silent **e** will go at the end of the word instead. Blue, clue, league, value, have, dove, twelve. Marking- a cross is placed under the **v** and **u**.
5. Every syllable must have a vowel so silent **e** provides this. Mid-dle, ea-gle, no-ble, cen-tre, me-tre. Marking- a small **v** is placed above silent **e** to show it is the vowel for the syllable.
6. In some words, **e** has no function so we call this 'no job **e**'. were, shoe, come, please, house, whose, raise, engine, done. Marking- a small cross is placed above silent **e**.

Here are some words for you to try. What job is Silent Servant **e** doing in these words?

sing phone little active rage because
spice course rule litre mince revenue

More next time. Miss Miller.

Tuckshop News

TUCKSHOP ROSTER		2017	FOOD DONATIONS	
Monday	MAY 29	Sonia	MAY 29	Cheese Slices: Donations Needed
Wednesday	MAY 31	Claire		Eggs: Donations Needed
Thursday	JUNE 1	Sonia		Fruit Salad: Donations Needed
Friday	JUNE 2	Sonia		Milo: Donations Needed
Monday	JUNE 5	Sonia		JUNE 5
Wednesday	JUNE 7	Claire	Eggs: Donations Needed	
Thursday	JUNE 8	Sonia	Fruit Salad: Donations Needed	
Friday	JUNE 9	Sonia	Milo: Donations Needed	
HOME-BAKE				
Wednesday	MAY 31	Home-bake Needed		
Friday	JUNE 2	Home-bake Needed		
Wednesday	JUNE 7	Home-bake Needed		
Friday	JUNE 9	Home-bake Needed		



Our Milo supplies are running low so if anyone would like to donate a tin that would be greatly appreciated and remember your children will get a FREE Milo for the week. These donations help us to keep our price at \$1.00 for a milo. We will be serving warm Milo for this term and also term 3. Our Pre Order lunch day is on Wednesday May 31. Thank you for your orders. If your child requires a spoon for food brought from home please include 10c to purchase one from the tuckshop. Thanks, Judy.

Absences Line 4194 4366 or Absence SMS Text 0429 466 895

Please phone 4194 4366 to record details of an absence preferably before 9am on the day of an absence or send an SMS text message to 0429 466 895 so that we can and update the absence reason. This available 24 hours a day 7 days a week. If you receive a text message for an unexplained current day absence, please reply to the SMS as soon as possible so that we can ensure the safety of your child. If you receive a letter for an unexplained absence, please enter an absence reason and return the letter as soon as possible contact the above numbers so that we can remove the unexplained absence from the student's record. In accordance with our OneSchool system, all late arrivals and early departures are to be signed in and signed out by students' parent/s or guardian/s at the Administration Office.



Like our page to get the LATEST NEWS on Facebook

Get the latest news by joining our 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/Torquay-State-School-145941882156551>



School Watch



Torquay School Out 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.

Health News – A Note from Asthma Australia

Saturated fats and asthma

Asthma is a condition of airway narrowing due, in part, to inflammation and swelling in the airways in your lungs. The degree of airway swelling can be indicated by the number of eosinophils (a type of white blood cell which contributes to the inflammation and swelling) circulating in the body and in mucus - the higher the number of eosinophils, the higher the level of airway swelling. It has been found that for people with asthma, a diet high in fat is associated with an increase in the number of airway eosinophils, whilst one high fat meal can result in airway swelling within hours. Another study showed a direct link between the amount of hamburgers (a food typically high in saturated fat) eaten and asthma symptoms - the more hamburgers eaten, the more asthma symptoms. **Can diet improve asthma?** Emerging data from recent research in Australia has indicated that a diet high in fibre, in particular inulin, can reduce airway inflammation and improve lung function. Soluble fibre is present in high concentrations in fruit and vegetables and wholegrains, so if people are wanting to try this strategy, then certainly increasing those healthy foods in the diet is a sensible approach. Fibre rich foods are plant based such as fruit and vegetables. Aim for 2 serves of fruit and 5 serves of vegetables each day to boost fibre. More information can be found at <https://www.asthmaaustralia.org.au/qld/about-asthma/resources/onair/2017/may/fat-v-fibre>

Spirometry

Spirometry is the best lung function test for diagnosing asthma and assessing asthma control. However evidence shows as many as 74% of people with current asthma had not had a lung function test within the previous 3 years. Find out why you should be asking your doctor for a lung function test... <https://www.asthmaaustralia.org.au/qld/about-asthma/resources/social-media-articles/asthma-and-spirometry>

Asthma and the Flu

"Influenza is unpleasant for anyone, but for anyone with asthma it can be more serious and lead to longer periods of illness or time in hospital" says Respiratory Specialist Dr Simon Bowler. People with asthma are being urged to get vaccinated against the flu this season. <https://www.asthmaaustralia.org.au/qld/about-asthma/manage-your-asthma/triggers/asthma-and-flu>



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!

What's On

Urangan State High School Come & Try Day for students going into Year 7 in 2018

This year's **Come & Try Day** will be held on Thursday 22 June 2017 from 9.15am – 2.30pm at Urangan State High School. Year 6 students will have an orientation of the school and experience a sample of subjects on offer at Urangan High. If your child attends a state primary school (except Sandy Strait SS), buses will be organised to transport your child to and from this activity. Students from Sandy Strait SS will walk across.

If your child attends a private primary school please drop them off and collect them from outside Reception in our Administration Block. **Reminder: A complete Enrolment Application for your child MUST be submitted to our office BEFORE they are able to attend the Come and Try Day.** Further information is available from: School website: www.uranganshs.eq.edu.au Enrolment Officer: 4197 0150 or email enrolments@uranganshs.eq.edu.au Urangan State High School Facebook: <https://www.facebook.com/uranganshs>



**HERVEY BAY STATE SCHOOLS
AND BAY EARLY YEARS
EXPO**

**THURSDAY 1st JUNE 2017 / 5pm - 7pm
HERVEY BAY RSL / 11 TORQUAY RD**



**FREE
ENTRY**

WHAT IS THE EXPO?
A gathering of Hervey Bay State Schools, Early Learning Centres and Kindergartens.

WHAT CAN I DO?
Meet directly with principals, directors and teaching staff all in one location. Make an informed choice for school and early learning for your child.

WHAT'S ON AT THE EXPO?

- One Stop Expo
- Give-aways
- Informative Presentations
- Community Support Organisations
- Educational Curriculum Information

PROUDLY SPONSORED BY:   



**YEARS 6 TO 12
OPEN DAY!**
WEDNESDAY JUNE 14, 2017
4PM to 6.30PM

A showcase evening for Year 6-12 current and potential students and parents to view the outstanding classes and facilities at Riverside

CONTACT US
Phone: 4123 1031
Email: college@riverside.qld.edu.au
23 Royle Street, Maryborough

