



Torquay News

State School

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



Issue 10 - 2018

Date Claimers

MONDAY 25 JUNE

Playgroup 9-10.30am – Hall

TUESDAY 26 JUNE

Athletics - Field Events

WEDNESDAY 27 JUNE

Athletics – Track Events

THURSDAY 28 JUNE

1/2A Class Picnic Yr 6 Urangan SHS
visit – enrolled students only

FRIDAY 29 JUNE

Student Leaders Meeting 10.50am
LAST DAY OF TERM 2

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**WINTER SCHOOL
HOLIDAYS**

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MONDAY 16 JULY

FIRST DAY OF TERM 3
Playgroup 9-10.30am – Hall

WEDNESDAY 18 JULY

3-6 Parade 2.30pm – Hall

FRIDAY 20 JULY

Student Leaders Meeting 10.50am

From the Principal



High expectations

Engaged community

Guaranteed, vibrant curriculum

High quality teaching

Engaged students

Academic success

What could possibly be more important than your child’s safety?

Recently I had the pleasure of meeting with and listening to Rachel Downie talking to a group of parents. Her messages are important but also scary. She makes a very strong argument for ensuring that we are aware of our children’s use of technology and the internet. “Psychopaths and sexual predators are on the prowl and they are good – really good at gaining access to children”. Rachel has given me permission to include this article in our newsletter – yes it is long, but I implore all families to read and share the content!

Do you know, really know if your child is safe online? Please, please please, make it a priority to look at the apps that your children are accessing and determine whether you are happy with their safety – take Rachel’s advice, do some research about how the apps that can appear completely harmless, may in fact be putting your child at serious risk.

Getting Your Techno Power Back!

Written and contributed to our school newsletter by Rachel Downie, founder of Stymie.

I’m just going to say it. It is irresponsible for you to give your child unsupervised access to a device that allows them free and open access to the world and all of its dark and uninhibited places, without appropriate levels of protective supervision. I acknowledge that the internet is a great place to learn, network and spend time but more and more, schools are overwhelmed and struggling with the amount of digital harm that students are doing to each other every single day. This harm is increasingly serious, repetitive and it is taking up valuable learning time.

This harm can be drastically reduced by you. You are in charge of your child’s cyber wellness.

Why are schools being asked to deal with incidents that are actually happening in students’ homes?

All too often, I am having conversations with parents who feel as though they have ‘lost control’ over their child’s level of engagement with technology. This is a concern, because losing control means that you are giving away a level of protection. Nationally, our teens spend **33 hours per week** (outside of school) connected. That’s almost a full-time job! Wow! Two hours per day is what the Australian Health Commission says is a suitable amount of screen time for 5-18 year olds, 2-5 year olds one hour (supervised) per day and under 2, no screen time.

Your kids do not need a 30 or 40-something year old friend. It is much harder for you to set protective boundaries if you have a friendship with them. In your home, you are the boss. Your job is to love, nurture, provide, teach digital values and protect. It does not matter if your child pays for the ‘phones or the internet access; your home, your rules. You are the experienced grown up charged with providing a safe environment.

We have been persuaded into thinking that our kids are entitled to more privacy than we would often allow our - grown up - partners. I have experienced first-hand how this unsupervised access is disaffecting their peer relationships, their self-esteem and their learning. 25% of young Australians are unhappy with their lives and our youth suicide rates are the highest they have been in 10 years. Unless you know the how to use their devices, where they go on them and who they invite into your house with them, you have no control over who they are spending (significant amounts) of time with. This means that you also don't know who is having an effect on their feelings, values and attitudes. You also won't know if your child is not treating others with respect. Through experience, I have found a couple of ways, which may help you, regain some footing in actively supervising your child's use of technology. They are all very simple and they work. And, please note my use of the words 'actively supervise'! Passive supervision doesn't solve anything! There is no point in reducing their connection time from 33 hours per week to 10 hours per week if you're still not checking what they are doing.

Know which sites your child holds membership to and have the passwords Your kids do not need to be using anonymous forms of communication. It provides a platform for them to be untruthful and to watch things that they need not be watching. Allowing this, takes away their responsibility for anything they may say to others or others may say to them. A lack of consequence for things our kids are saying to each other is having negative effects on their emotional intelligence.

Know their social networking friends Our children hang out in 'virtual villages'. There are many of them speaking with each other about everything, for hours on end. You need to know who else is having an input into how your child thinks and the concepts they are exposed to. Kids share all kinds of porn, images and messages that we would not approve of. I'm not joking. Statistically our kids are being exposed to illicit sexual material from the age of 9.

Have a central location for computers This is all about active supervision. The dining room table, the breakfast bar, the lounge room; make sure you can see what they are accessing.

Take their 'phones at bedtime Set an alarm on your own 'phone to remind you. If your child makes a fuss about this, you've just answered whether or not they've already been tempted to do the wrong thing. I literally have kids fall asleep in class because they are not getting enough sleep (I don't think it is my teaching!). Kids do not need to be texting or networking with their friends or playing games right up until the second they fall asleep. Their brains need a chance to refresh, which means they need quiet time.

I'm not saying it is easy and I do know how hard it can be. You have to be consistent and strong. Speaking with other parents will also help. With kindest regards and lots of luck! Rachel Downie Director stymie.com.au rachel@stymie.com.au

Staffing news

We would like to sincerely thank Mr Wardell for teaching our Yr 5C class for first semester, while we know that the students will miss him, I know that they will thoroughly enjoy having Mrs Magrin return to our school.

I would also like to thank our students and families for their understanding in the past few weeks when many of our teaching staff have been unwell. Whilst we always try to source a replacement teacher, sometimes this is not possible and we subsequently have to split classes.

Parent involvement invited for NAPLAN review

The Queensland Minister for Education has publicly announced an evaluation of NAPLAN in the Queensland context. I am writing to advise you that this evaluation has now commenced. NAPLAN is just one indicator used in Queensland to assist in our school improvement agenda. As NAPLAN has now been in operation nationally for a decade, Minister Grace is keen to hear the views and experiences of Queensland parents, school leaders, school communities and other key stakeholders.

As the first step in this evaluation, Dr Gabrielle Matters and Dr Robert Lake have been appointed to seek the views and experiences of Queensland parents. A public parent survey is now open for the next several weeks and can be accessed here: <https://ged.qld.gov.au/programs-initiatives/naplan-2018-review> I encourage you to communicate this information to your parent communities through direct email and via your newsletter.

Kind regards

Heidi Dallimore - Principal



From the Deputy's Desk

Watson, Martin, Henderson and Denman take centre stage next week in the annual athletics carnival. Tuesday the 26 June will see the championship events of Long Jump, High Jump and Shot Put be contested by the top two of each house in the age groups of 9,10,11,12 and 13 year olds. On the Wed 27th, the whole school participates from 9am with the Prep to Year 2 classes coming out from 11:30 to 1:30. If you can make it please do. Canteen available on the day.

Last week I posted the first 3 tips of the 10 tips for Resilient Families. Here are the next 3.

No. 4 Spontaneity and curiosity

Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have better mental health and you can't give it to them by getting them to read a book. So the really hard message here is that if you want to raise your children to have mentally healthy lives you are going to have to have a good time yourself. If you want your children to succeed you need to show them that success is worth having.

No.5 Love kids for their differences

When families' function well people are allowed to be different and to be loved for those differences. We all know that children take on different roles. A father of three said, "It's as if they have a planning meeting once a year and say 'you be the good kid, I'll be the sick kid and the other one can be the trouble-maker!' And then just when you think you've got it figured out they change roles again". Having children who are strongly individual and who have a sense of who they are is a sign of good parenting. The problem may, of course be that they will then express their independent spirit in ways that you don't like. The ideal is a mix between someone who preserves their own uniqueness and is able to work with others without becoming dictated to by them. Someone who has their own independent nature but is comfortable enough with themselves to allow inter-dependence.

No. 6. It is clear who is in charge

Families do not work well as democracies. In fact they seem to work best as benevolent dictatorships in which the parent or parents consult a lot with their children but at the end of the day, the parent has the final say. Some parents fear that if they take charge that they will lose the friendship of their children, but often the reverse is true. In families where parents fail to take their own role seriously, children may feel that to express their independence they need to engage in risk taking behaviour and avoid responsibility. Authoritative parenting allows children to feel safe, have clear boundaries and flourish.

Attendance

The cool mornings are upon us and the winter chill is wreaking havoc with immune systems. If you are ill please notify the school and see your GP. When seeing your GP please request a medical certificate. These are important especially when the school enforces attendance as per Government regulations. Attending every day it's the TSS way!

Behaviour

Maintaining great behaviour when supervised and unsupervised. Our proficiency standards are to be SAFE, RESPECTFUL and RESPONSIBLE. Next week we will focus on keeping our school clean and tidy - school pride.

Congratulations to our Reader's Cup team awesome effort in gaining 3rd place in Wide Bay (1/2 a point separated us from second) and to Miss Schrim (TSS student) who won two fruit baskets for the school after entering a colouring competition. This was enjoyed by many during breakfast club and lunch times - Yummy! Have a great fortnight!

Yours in Education

Phil Theofanes – Deputy Principal

Admin News

2019 PREP PROGRAM

For children born 1 July 2013 to 30 June 2014



Prep Open Day Unlocking potential at Torquay SS

For you and your child to attend

Friday 10 August- 'Come try day'	9.30 - 10.30am
Wednesday 22 August - 'Engage in Literacy'	9.30 - 10.30am
Wednesday 5 September - 'Engage in Maths'	9.30 - 10.30am

Prep Information Sessions

For parents and 2019 Prep students to attend

9.30 - 10.30am

Wednesday 24 October

Thursday 1 November

Tuesday 6 November

Please register your attendance for the above sessions

Phone the Administration office on 4194 4333 or email.

principal@torquayss.eq.edu.au

We look forward to welcoming you and your family to our school to start your child's exciting educational journey. Please note we are accepting 2019 Prep enrolments from outside our catchment area.

Smoking banned 5 metres around school grounds

Smoking any tobacco products or using an electronic cigarette [within five metres of any state or private school grounds](http://www.health.qld.gov.au/public-health/topics/atod/tobacco-laws/schools/default.asp) has been banned. This applies before, during and after school hours as well as over weekends and school holidays. On the spot fines can be issued by environmental health officers, police or other officers authorised by the local government to anyone found in breach of this legislation. The ban does not extend to businesses or residences that share a property boundary with a school. Smokers are asked to put out your cigarette and dispose of the litter thoughtfully well before you reach the school boundary. www.health.qld.gov.au/public-health/topics/atod/tobacco-laws/schools/default.asp

Hervey Bay School Dental Service

To Parents - The Hervey Bay School Dental Service wish to advise the Children’s Oral Health Emergency Call Centre and for all other Dental enquiries, we now just have the one contact number of 07 4122 8861, thank you. We apologise for any inconvenience.

P&C

Disco: Our Jungle Safari disco is all set for 22nd June 5pm-6.15pm-Prep to Yr3 and 6.30pm – 8pm for Yr4-Yr6. Gold coin entry. Prep to 3’s must have a parent/carer stay (no drop offs). Loads of food, face painting, dancing and fun to be had!

Fundraising: Our P&C is currently focusing on funding/grants to get our classrooms fully air conditioned. Thanks to the hard work of the previous committee there are not too many classrooms left to go!

Family Fun Night 19th September: Don’t forget about our Family Fun Night on 19th September. We now have enough volunteers to continue on the planning process. We’d still love for more volunteers if we can.....more hands makes light work! Any time you can give would be greatly appreciated. The fabulous Ros Lloyd has taken up the lead role in the planning process and organising our volunteers. If you’d like to help out please email us at pandc@torquayss.eq.edu.au

Next meeting: Our next P&C meeting is July 18th at 4.30pm in the school staff room (behind admin). If you have any ideas for fundraising or need to get in contact with the P&C you can contact us at pandc@torquayss.eq.edu.au or come along to the next meeting.

Tuckshop

Please note: Tuckshop is open every day except Tuesdays.

TUCKSHOP ROSTER		VOLUNTEERS	HOME-BAKE	FOOD DONATIONS	
Monday	25 JUNE	Needed	Needed	Cheese Slices	Needed
Wednesday	27 JUNE	Needed	Needed	Eggs	Needed
Thursday	28 JUNE	Needed	Needed	Fruit Salad	
Friday	29 JUNE	Needed	Needed		
SCHOOL	HOLIDAYS				
Monday	16 JULY	Needed	Needed	Cheese Slices	Needed
Wednesday	18 JULY	Needed	Needed	Eggs	Needed
Thursday	19 JULY	Needed	Needed	Fruit Salad	
Friday	20 JULY	Needed	Needed	MILO	Needed

Our Milo Travel Cups have proved to be very popular, the students are enjoying a warm drink in the morning and helping our environment as well. As always a huge Thank You to our families that provide Milo, Butter and Cheese etc to the tuckshop, it does help us keep our prices down. We hope to see everyone at the P&C Disco on Friday Night, it should be lots of fun. Judy

Sports Carnival

“To Parents - The Hervey Bay School Dental Service wish to advise the Children’s Oral Health Emergency Call Centre and for all other Dental enquiries, we now just have the one contact number of 07 4122 8861, thank – you. We apologise for any inconvenience.” This is not

Uniforms

New uniforms are available from Sauers and Lowes. Second-hand uniforms can be purchased from the school Uniform Shop Mondays 8:30-9am and Fridays 2:30-3:15pm. School hats are \$12 and are available from the school Uniform Shop and the Tuckshop. Please note: Eftpos is not available to purchase second-hand uniforms. If you are having financial difficulty purchasing school uniforms, please contact the school office. If you have current school uniforms that you no longer need, donations for our second-hand uniform shop would also be greatly appreciated. This is a great way to recycle unwanted items as well as assisting other families in need.

Health

Winter in Queensland

If you're up north you might not even notice much of a change in weather, while Western and Southern Queenslanders will definitely feel a nip in the air. Below we've listed some key things you can do to stay healthy throughout a Queensland winter.

Protect yourself from the flu

It's not too late to get your [flu shot](#), but you need to do it soon in order to be protected during peak flu season. After you get the flu vaccine, it takes about two weeks for your body to build up immunity to the vaccine strains it includes. Getting a flu vaccine doesn't guarantee you won't get sick, but it gives you the best chance of not getting the flu, [ending up in hospital](#) with severe flu, or passing it on to those most at risk of getting seriously ill. In addition, you can protect yourself and stop the spread of flu this winter by:

- staying at home when you're sick
- [washing your hands](#) regularly and before preparing or eating food
- using a tissue or the inside of your arm when coughing or sneezing
- throwing tissues away immediately after use and washing your hands
- not sharing cigarettes, cups, lipstick, toys or other objects that come in contact with the mouth or nose
- regularly cleaning surfaces that are touched often, like door handles, taps, tables, benches and fridge doors.

Be mindful of the sun

When there's a chill in the air, it can be tempting to lie out in the sun and let its rays warm you up. But regardless of the time of year, harmful ultraviolet radiation (UVR) is still present in Queensland's trademark sunshine, with [moderate and high levels](#) measured across much of the state even during winter. Follow the five steps '[Slip, slop, slap, seek and slide](#)' to make sure you're protected.



You might think that you need to seek extra sun in winter to get enough vitamin D, but this isn't the case and could see you exposed to dangerous levels of UVR. Most Queenslanders already get enough sun exposure to [maintain healthy vitamin D levels](#) from regular outdoor activities, like walking to the bus or gardening, and don't need to deliberately get any extra sun on their skin.

Remember to hydrate

While hydration might be on your mind while you sweat it out in summer, it's important to keep sipping water in winter, too. Make sure you [drink enough water every day](#), and take extra care after exercise or when spending time in dry, heated environments.

Cook some healthy comfort food

As the temperature drops, warm, hearty meals start to sound extra appealing. The good news is it's easy to make warming comfort food at home that will provide some winter cheer and keep you healthy and happy at the same time.

Check out the recipes on [Healthier. Happier.](#) to keep you fed and well this winter.

Get your vitamins from fruit and veg

You might think that popping a few extra vitamin C tablets will help protect you from winter germs, but a healthy diet is the best foundation for maintaining a healthy body. Fruits and vegetables contain not only vitamins, but minerals and phytochemicals (plant chemicals), that all work together to provide great benefits for your body, including your immune system. They can also be a great source of fibre and water. Find out what [fresh produce is in season in winter](#), and make a goal to eat [five servings of vegetables and two of fruit](#) each day.



More information can be found at:

<https://www.health.qld.gov.au/news-alerts/news/winter-in-queensland>

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!

School Watch



131 788



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 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>

Absences

Please notify the school of reasons for absence as soon as possible. **Absences (past, present and future) can now be quickly and easily recorded through the QParents app!** Alternatively, please phone our absence line 4194 4366. These are available 24 hours a day 7 days a week. If you receive a text message for an unexplained absence, please reply to the SMS as soon as possible. If you receive a letter for an unexplained absence, please enter an absence reason and return the letter so that 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.



What's On

Qld Maroons Fraser Coast Fan Day

The Fraser Coast will be bathed in a sea of maroon ahead of the Queensland State of Origin team visit to the region. The Maroons Family Fan Day kicks off at 9 am and finishes at 1 pm on Tuesday 3 July at the Seafont Oval Hervey Bay. Fans from the Fraser Coast region will be able to meet their favourite Maroons at the free community event, before the focus turns to a corporate lunch where funds will be raised for local rugby league.

Hervey Bay Regional Gallery July 2018 School Holiday Workshops

Children's school holiday workshops at Hervey Bay Regional Gallery are on again this Winter break! Workshops are best suited for ages 5-14 and cost \$11 members, \$15 non-members. Bookings are essential as places are strictly limited. Phone 4197 4206 to book. For more details go to: <http://widebaykids.com.au/kids/event/hervey-bay-regional-gallery-july-2018-school-holiday-workshops/2018-07-10/>

Fraser Coast Libraries July 2018 School Holiday Activities

Fraser Coast Libraries have a fantastic variety of activities planned over the winter school break. Please go to <http://widebaykids.com.au/kids/event/fraser-coast-libraries-july-2018-school-holiday-activities/2018-07-02/> for more information on activities and bookings.

Mary Poppins Festival 2018 – Celebrate the Art of Storytelling!

Friday June 29 – Sunday July 8, 2018 in Maryborough, birthplace of Mary Poppins Author PL Travers

The Mary Poppins Festival runs over the Winter School Holiday break. Maryborough is a town steeped in history. Our heritage streetscapes and original wharf precinct practically hum with the stories that they hold! We pride ourselves as artisans of storytelling – sharing our stories through art and finding imaginative and creative ways to keep them alive. This year's festival presents a 10 day program of storytelling for all ages through all art forms. From music concerts backstage and onstage at the Brolga to pop up performances in the Bond Store Basement. Our artists share their stories through exhibitions and public art installations. Walk the streets and search the rooftops for some very special new surprises as part of the Maryborough Story Trails experience.