



Torquay News

State School



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

Issue 11 - 2018

Date Claimers

- MONDAY 30 JULY**
Flag Raising & Morning Tea 10:20am
- TUESDAY 31 JULY**
Optiminds meeting 1st Break
- WEDNESDAY 1 AUGUST**
Teacher Aide PD 7:45am
NED SHOW- Whole school 2.10-2.55pm
- THURSDAY 2 AUGUST**
Auskick 3.10 – 4.10pm
- FRIDAY 3 AUGUST**
Student Leaders Meeting 10.50am 6B

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TUESDAY 7 AUGUST
Optiminds Meeting 1st Break

WEDNESDAY 8 AUGUST
P-2 BRONZE Parade 2.30pm – Hall
Spelling with Mrs Carmichael 2–2.20pm

THURSDAY 9 AUGUST
Auskick 3.10 – 4.10pm

FRIDAY 10 AUGUST
Student Leaders Meeting 10.50am 6B
Prep 2019 Come try day 9.30–10.30am

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UPCOMING
Tues 14 Aug School Photos
Week 5 Science Week
Week 6 Book Week
Wed 19 Sep Family Fun Night

From the Principal



High expectations Engaged community Guaranteed, vibrant curriculum
High quality teaching Engaged students Academic success

Term three is well underway with children readily settling back into school routines and expectations. Teachers have revised with their students the expectations for learning, safety and respectful behaviours. We would also like to take the opportunity to remind families of ways to support your child’s education and learning:

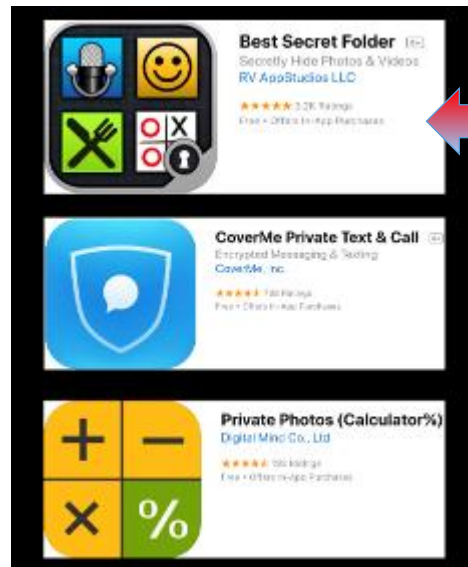
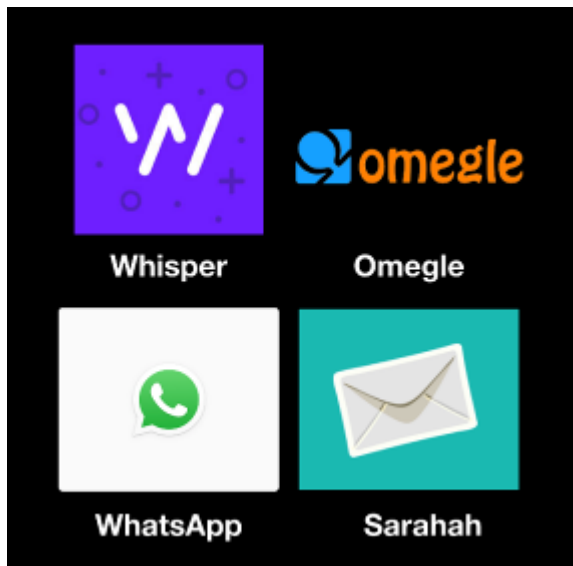
- Help your child to arrive at school on time - no earlier than 8.30 please.
- Help them to become independent, to pack their own bags making sure they have their hat, fruit break, lunch, water bottle, homework and home reading every day.
- Ensure they are wearing their school uniform.
- Minimizing the times your child needs to be away from school and explaining any absences by contacting the school if your child is away or responding to the school’s text messages or notes about unexplained absences.
- Talking to your child about their school day – ask open ended questions like “What was the best part of your day?” or “What made you laugh at school today?” “What was something interesting that you learnt, that you think I might not know about so you could teach it to me”.
- Helping you child to develop and maintain resilience, talk to them about problems that may have occurred during the day, assisting them to identify times and strategies to use that might have impacted positively.
- From time to time, parents will feel frustrated with children other than their own at our school. If this is the case then it is NOT acceptable for the parents to approach that child; the only appropriate course of action is to report the concerns to your child’s class teacher and they will take the necessary action. This is the same with approaching another child’s parent whilst at school. Again, these are matters to refer to the teacher. Children have the right to feel safe and supported at school by all adults and when approached by a frustrated or cranky parent, they feel scared and anxious.
- Importantly make sure your child is getting enough sleep and that they are off screen time at least an hour before bedtime.

Sleep

Your body does a lot of important work while you're asleep. Good sleep is vital for physical and mental health. Please read the information attached in this newsletter in "Health News" about healthy sleep habits.

Online Safety

In the last newsletter from Term 2, some of the images did not replicate to share some of the apps we know are creating trouble in the lives of young Australians. Images of these apps are now shown below. Google them, read up on them and decide if you think they are safe. The reason they are listed here is because they are problematic. Also look up 'chatroulette'.



These are 'vaults'. Kids use these to hide things on their devices. They hide apps and games you may not want them to use.

Support for parenting...

There are times when we all need support. We are aware of at least two resources that are available to assist families and we urge you to share them with others. Parenting is hard, but you're not alone. All parents struggle with the stress of parenting and it's perfectly normal. You'd be surprised at how many people around you would be happy to offer some support. Go to talkingfamilies.qld.gov.au or follow Talking Families (tag @talkingfamiliesqld) to connect with like-minded parents. Parentline is another way of accessing support and counselling. 1300 30 1300

Parentline offers confidential phone and WebChat counselling and support for parents and carers of children in Queensland and the Northern Territory.

Our phones are open every day from 8am – 10pm, while WebChat is available Tuesdays and Thursdays from 7pm – 9pm.

How can Parentline help me?

Sometimes you just need to talk to someone. Sometimes you need guidance.

You can talk to our qualified counsellors about anything to do with those challenges you're facing as a parent or those issues affecting your family.

Whether it's strategies for challenging behaviour, your relationship with your children, co-parenting guidance or mental health help, we're here for you.



"It gave me the confidence to keep going through with a situation that was difficult – to keep going with what I was doing. It reaffirmed things I thought I knew and gave me some tips on some other ways to continue with. It was very clear advice and I got what I needed."

– Amy, mother of two

What can I talk about?

People call for all different reasons, but here are a few examples:

- To talk through the different stages of childhood and what to expect
- For help managing unexpected problems with children
- During times of crisis
- Sharing an achievement or milestone
- When needing someone who can listen and not judge during difficult family times
- To put in place strategies to manage longer term problems with children
- When cultural values conflict with a child's environment

Kind regards

Heidi Dallimore – Principal



From the Deputy's Desk

Welcome back to Term 2. It has been an exciting start to the term for me as I have been acting Deputy in the absence of Mr Theofanes. As I have fulfilled this time in the office, it has been wonderful to see so many students returning back to school after the winter vacation, fresh and ready to continue on their learning journey. During classroom visits I observed a high level of student engagement, participation and some great discussions occurring about the topic being taught.

It is also pleasing to see our uniform being worn with pride and students wearing correct uniform whilst at school "Well done". If your child does not have the correct colour jumper on, please ask them to speak with their class teacher for a uniform pass. We do sell very cheap second hand jumpers in our uniform shop, so pop in and see what our school has to offer.

LOST PROPERTY: There is a huge number of jumpers that have been left behind by students and sadly many do not have names. If your child has lost a jumper please come along to the covered play area in the morning or afternoon to view our lost property. If these items are not claimed by the end of this week, they will be donated to our uniform shop.

Here are a few reminders from Mr T:

NED SHOW - On Wednesday August 1st the whole school will be watching the NED show - NED stands for Never give up, Encourage others, Do your best. It has been approximately two years since their last visit to Torquay. The performance is free and will have positive messages throughout. Afterwards there will be a week-long sale of Yo-yos (which are part of the performance also). If you want to know more about NED then take a look at the website <http://www.thenedshow.com/index.html> - **a note is attached to this newsletter also with further information.**



Good luck to our athletes competing at Zone trials this week at Dundowran. Make sure you keep rugged up and healthy during this winter chill.

Enrol now for Prep 2019, Torquay SS are accepting Prep Enrolments - get in quick before it's too late. Enrolments are open for Yrs 1-6 for 2019. Please take a moment to drop in to the office and collect Enrolment forms.

Yours in Education

Phil Theofanes

Deputy Principal

Please remember to phone our absence line if your child is going to be away from school. If your child has had consecutive days absent from school please be vigilant and let the office administration know as soon as possible so this can be recorded.

Kind regards

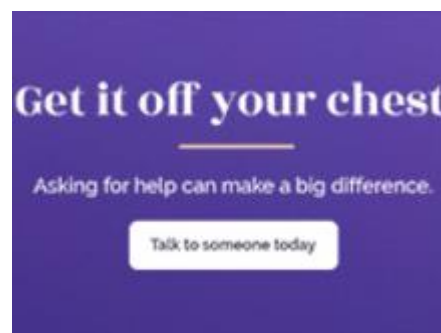
Chris Hobbs – Acting Deputy Principal / Literacy Coach

Talking Families

The Queensland Family and Child Commission has recently launched the *Talking Families* campaign.

The campaign encourages parents or families who are experiencing difficulties to talk to someone and not be reluctant to ask for help.

Further information is available at the [Talking Families website](#).



Admin News

Medication

Just a reminder that if your child requires medication whilst at school this must be dealt with via the office. A medication form has to be completed and signed by the parent/caregiver and principal prior to medication being administered. All medication must be stored at the office and have a pharmacy label relevant to the student which also states the name of the prescribing doctor. Medications, creams or sprays from the chemist without a prescribing doctor are unable to be administered by the school.

P&C News

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 Wednesday 19th September: Don't forget about our Family Fun Night on 19th September. We now have enough volunteers to continue with the planning process. We'd love to see 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 Wednesday 15th August 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. We love to see new faces!



Would you like to:

-  check your child's timetable on your phone, tablet or computer?
-  access your child's report cards online?
-  pay school invoices online with a credit card?
-  notify the school of your child's absences and monitor attendance?
-  engage more closely with your child's school?

Visit qparents.qld.edu.au to find out more.



Health News

School Age Sleep

By school age, your child is probably sleeping through the night regularly without waking up. A good night's sleep is important for growth, learning and development. When children sleep well, they are more settled, happy and ready for school the next day. Good-quality sleep helps your child concentrate, remember things and behave well. This helps him to be a successful learner. Getting enough sleep also strengthens your child's immune system and reduces the risk of infection and illness.

*****At this age children need 10-11 hours sleep a night.***
They're usually tired after school and might look forward to bedtime from about 7.30 pm.**

Some children fall deeply asleep very quickly when they go to bed. Others sleep lightly, fidgeting and muttering for up to 20 minutes, before getting into deep sleep. The first few hours of sleep are usually the most restful. Most dreams happen in the second half of the night.

How to help children sleep well

A good night's sleep is about getting to sleep, staying asleep and getting enough good-quality sleep. Here are some ideas that can help your child get the sleep she needs.

Bedtime routine

A bedtime routine is very important at this age. It helps your child wind down from the day. A bedtime routine might look like this:

- 6.45 pm: put on pyjamas, brush teeth, go to the toilet.
- 7.15 pm: quiet time in the bedroom with a book and a bedtime story or quiet chat.
- 7.30 pm: goodnight and lights out.

Relaxing before bed

After a big day at school, your child might still be thinking about many of the day's events and worries. If they are still thinking or worried when they go to bed, it can cause a restless night or bad dreams. You can help your child settle and relax for sleep by playing gentle music or reading a story together.

Good sleep habits

Children sleep better at night if they:

- keep regular sleep and wake times, even on the weekend
- turn computers, tablets and TV off an hour before bedtime
- has a quiet and dimly lit place to sleep
- gets plenty of natural light during the day
- avoids caffeine in tea, coffee, sports drinks and chocolate, especially in the late afternoon.



Some sleep problems are behaviour issues that you can manage at home with good sleep habits. It's a good idea to talk with your GP if you've been trying to implement good sleep habits and they don't seem to be helping.

For more information, please see ref:

http://raisingchildren.net.au/articles/school_age_sleep_nutshell.html/context/1930

Uniforms

New uniforms are available from Sauers and Lowes. Second-hand uniforms can be purchased from the school's 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.

Tuckshop News

Please note: Tuckshop is open every day **except Tuesdays**.

| TUCKSHOP ROSTER | | VOLUNTEERS | HOME-BAKE | FOOD DONATIONS | |
|-----------------|---------|------------|-----------|----------------|--------|
| Monday | 30 July | Needed | Needed | Cheese Slices | Needed |
| Wednesday | 1 Aug | Needed | Needed | Eggs | Needed |
| Thursday | 2 Aug | Needed | Needed | Fruit Salad | |
| Friday | 3 Aug | Needed | Needed | | |
| Monday | 6 Aug | Needed | Needed | Cheese Slices | Needed |
| Wednesday | 8 Aug | Needed | Needed | Eggs | Needed |
| Thursday | 9 Aug | Needed | Needed | Fruit Salad | |
| Friday | 10 Aug | Needed | Needed | MILO | Needed |


Welcome back all our families to Term 3. Our milo travel cups have proved to be very popular and are available for purchase again this Term. Our students are enjoying a warm milo cuppa on these chilly mornings. The cups are \$5.00 with a Milo then \$1.00 a refill. We will be having a pre order lunch so look out for a note coming home in the next couple of weeks. Our menu will remain the same this Term. If you don't have a copy, please drop by the tuck shop to collect one. Regards Judy

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 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.

School Watch



131 788



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



When & where

Sunday, 12th August - 10am to 4pm Gates open 9.30am. Fishermen's Park, Urangan Boat Harbour

Admission

Adults \$5 (no concessions) Under 18 FREE
All paying festival goers receive a tickets in the lucky gate draw. Prize courtesy Haigh's Jewellers.

Parking

Parking available at Urangan Point School with connecting festival shuttle. Disabled parking near festival.

Fraser Coast Chronicle Whale Parade & Concert | August 18, Hervey Bay.

Get your costumes ready because an 'enchantment under the sea' party is coming to the Fraser Coast and will illuminate the Hervey Bay Esplanade with lights, music, costumes and more! For the best view of the parade, pick your spot between Frank Street and Seafront Oval for a 6pm parade.

Live entertainment, carnival rides, market stalls, food stalls and more create the perfect evening for everyone.

An enchanting spectacle of lights and floats representing the humpback's annual migration, followed by a fabulous FREE concert with leading Australian and local artists.

Concert Starts from 2pm to 8:30pm

Paddle Out for Whales - August 19

Bring your SUP, kayak, blow up toy or home-made raft along to celebrate and encourage whale conservation in Hervey Bay, the whale watch capital of the world. Creativity is encouraged and the more colourful and quirky the better! Enjoy environmental speakers, activities and live entertainment throughout the day. Make sure you pre-register, or register your participation on the day to show your support. You don't have to paddle out, you just have to be there! Sunday 19 August 1pm - 4pm Ernie Organ Park, Torquay.

Art After Dark - Fraser Coast Regional Gallery

Venue Fraser Coast Cultural Centre 3 Aug - 6:00pm to 8:00pm Address 166 Old Maryborough Road Pialba QLD 4655

Pop-up Science Centre

Venue Maryborough Park Showgrounds 11 August Address Bruce Highway Maryborough West <https://www.questacon.edu.au/events/sqsc/exhibition/maryborough> Ph 0409 324 246.