



Torquay News

State School



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

Issue 13 - 2018

Date Claimers

WEDNESDAY 29 AUGUST

3-6 SILVER Parade 2.30pm – Hall

THURSDAY 30 AUGUST

Auskick 3.10 – 4.10pm

FRIDAY 31 AUGUST

Student Leaders Meeting 10.50am 6B

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WEDNESDAY 5 SEPTEMBER

P-2 GOLD Parade 2.30pm – Hall

Prep 2019 Engage in maths 9.30

Reading with Mrs Hobbs 2.00 – 2.20pm

THURSDAY 6 SEPTEMBER

Beginner Strings Workshop – KSS 9am

Auskick 3.10 – 4.10pm

FRIDAY 7 SEPTEMBER

Student Leaders Meeting 10.50am 6B

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UPCOMING

Fri 14 Sep Yr 5 Whale Watch Excursion

Fri 14 Sep Yr 3 & 4 Gala Day

Thu 20 Sep Free Dress Day

Fri 21 Sep Yr 5 & 6 Gala Day

From the Principal



High expectations

Engaged community

Guaranteed, vibrant curriculum

High quality teaching

Engaged students

Academic success

Over the past fortnight I have been fortunate to be the Acting Principal of our wonderful Torquay State School. Every day coming to our school is a privilege and one that I value greatly. Ms Dallimore will be returning to our school on Monday 27th August. Thank you to Mrs Hobbs for fulfilling the Deputy role during this time. The following article is from Andrew Fuller (Psychologist). This will form part of my fortnightly piece over the next two newsletters. Recently from our NED performance we heard the power of 'yet' and 'never give up'. The below is a nice continuation from these positive powerful messages.

From 'can't do' to 'can do'

By Andrew Fuller

Research has proven Henry Ford correct when he said, "whether you think you can or that you can't, you are usually right". Helping young people develop a positive growth oriented mindset where they can improve over time and overcome setbacks powerfully predicts success. This shifts them from "can't do" to "can do". Here are some ways that parents develop this attitude in children.

Have a policy of "we fall down 7 times but we get up 8"

We all have set backs. There are times when we all have to pick ourselves up, dust ourselves off and start again. Most of us are experts in this even if we've forgotten it because this is the way we learned to walk. Being ordinary at something the first few times you do it is the first step to getting good at it.

Use "I noticed" feedback

Parents can use "I noticed" feedback for positive and negative behaviours. The number of comments made to kids that begin with the phrase "I noticed", shape behaviour powerfully. For example, "I noticed you like to draw", "I noticed you are really trying hard to", "I noticed you're reading a good book". Believe me, they will notice that you have noticed! Parents can use this to calmly draw attention to negative behaviours. For example, "I notice you are up when you are supposed to be asleep" or "I notice that you are feeling upset right now". This gives kids a chance to explain their actions or comply with parents' wishes.

Praise effort more than ability

Tell your kids that they are geniuses but they don't know it yet. It's good to know that your parents think you are wonderful. Then focus most of your comments on effort. For example, "You really worked hard at that well done!" "I noticed you really tried your best at that, I'm impressed" or "Wow, your practice seems to be really paying off".

Mistakes are opportunities to learn.

If a child thinks they didn't do well at something because they lack intelligence, they give up. When they can see they are on a pathway of improvement they persist. Mistakes are an essential part of learning. The physicist Niels Bohr defines an expert as "a person who has made all the mistakes that can be made in a very narrow field." Creating something new involves make a lot of mistakes. One example is the bestselling Dyson vacuum cleaner. The inventor made 5,127 prototypes of the vacuum before getting it right. "There were 5,126 failures. But I learned from each one. That's how I came up with a solution. So I don't mind failure". Parents can help children to learn that when you make a mistake all it means is that you haven't learned how to get it right yet. More to come next fortnight.

Attendance

How is your attendance? More importantly, how is your health. Please ensure that you are trying to remain healthy – drinking plenty of water, eating well, exercising where possible, blowing your nose into a tissue, washing hands after going to the toilet etc. If you are ill, please go and see a GP and get a medical certificate. Repeated bouts of illness could mean there is an underlying ailment. Repeated frequent absences are reviewed by the school and as part of the Education department policies the school is to begin enforcement of attendance processes, which may lead to prosecution. Medical certificates assist in making these decisions whether to enforce or not.

Book Week

Find your treasure and what a treasure you can find for the 'fill-a-bag' on Friday. At the Library come and fill a bag for 50cents. That's right, you can fill a shopping bag full of books for 50cents. This Friday at the Library! Be quick!

Excursions

Plenty of whale watching and Gala Days coming up. Busy time of the year. Please keep an eye out for any notes that may need returning.

Eisteddfod

Congratulations to our musicians who recently attended the Eisteddfod in Maryborough. It is great to see our kids performing on the biggest stage.

Auskick

Thursday afternoons are Auskick afternoons. Families are responsible for supervision during this time.

Enrol now for 2019 Prep

Let the community know that now is the time to start enrolling for Prep in 2019. Torquay SS is a great school and a place for students to 'Unlock their Potential'.

Yours in Education

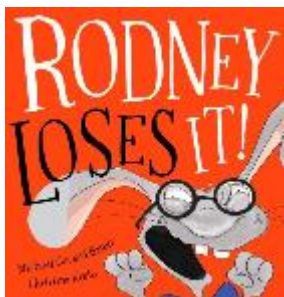
Phil Theofanes – A/Principal



From the Deputy's Desk

I am delighted to present this fortnight's newsletter item from my role as Acting Deputy Principal alongside Mr Theofanes. During my time in this role, I have been able to work with students across the school around high expectations and playing appropriately when in the playground. We have had a reminder about how we speak to our fellow students and teachers and staff at our school following our school wide behaviour plan of being respectful. Students have been using the motto, "If I have nothing nice to say than I shouldn't say it at all" and if they do have something nice to say, to mean it and share it. Looking forward to hearing some good news stories this week.

In our junior school I had the pleasure of sitting on the carpet in each of the prep classes and discussing "pretend play" and how we can take on the role of a character but we must always remember how to pretend. We played out a few scenarios and I am looking forward to being out in the playground this week to see some "pretend play" in action.



BOOK WEEK – This week is book week and the theme this year is "Find your Treasure". Mrs Core and Mrs Maskey have been busy preparing our library, so please ensure you visit our library with your child to see what activities and displays are up for viewing. Don't forget to see which book won book of the year!

Our book week dress up day is THIS THURSDAY 23rd and we cannot wait to see as many students as possible dressing up to the theme "Find your Treasure". This is **NOT A FREE DRESS DAY** where students get to come in casual clothing. If your child is dressing up we expect to see them dressed in an outfit/costume which supports the book week theme. If your child does not want to dress up we will be expecting to see them in their school uniform. Our whole school parade will be at 9am in the school hall to showcase our "Find your Treasure" outfit/ costumes. There is **NO PRIZES** for dressing up, so please come along and celebrate book week with us.



Mrs Chris Hobbs

Acting Deputy Principal/ Literacy Coach/ Classroom Teacher

Admin News

Winter Uniforms

Just a reminder that all students should be wearing school uniform at all times. Please assist your children to comply with the school uniform policy during these cooler months and ensure that any warmer items of clothing are in royal or dark blue preferably or yellow/gold. There are a number of preloved winter uniform jumpers, jackets and pants available at the school 2nd hand uniform shop from \$1. School jackets are available at Sauers and Lowes. Generic royal or dark blue jumpers and track pants may be available at K-mart, Big W or Target etc.

Health News

Top tips for winter wellness and avoiding the flu

The typical flu season peak from late August to early September is fast approaching, prompting a call for people across the region to be proactive about their health now to increase their chances of staying well. Everyone is susceptible to the flu and while some people may think they will be fine, influenza can become a very serious illness. There are a few simple steps you can take to protect yourself and avoid the misery of being laid up with the flu or having your case progress into something more severe:

1. Get vaccinated: the influenza vaccination is your best protection against getting the flu. It is not too late to get an influenza vaccination – see your GP or pharmacy to organise a jab
2. Remember to hydrate: in winter we tend to be less thirsty, but it is still very important to keep fluids up – aim to drink one to two litres per day
3. Get enough fruit and veg: eating a nutrient rich diet can help to boost your immunity
4. Get some exercise: studies show people who engage in regular, moderate exercise have increased immunity
5. Rest up: getting a good night's sleep is also a known immunity booster.

If you think that, despite your best efforts, you have picked up a case of the flu, it is important to look after yourself and protect others from catching your bug.

6. Self-care: rest at home, take treatments to relieve symptoms and keep up your fluids. If there is a worsening of your symptoms or you are not getting better, phone 13 HEALTH, see your doctor, or in an emergency dial 000

7. Help stop the spread of the virus:

- Stay at home if you have influenza symptoms
- Use a tissue – your hands are very good at spreading viruses onto surfaces and other people. Make sure when you cough or sneeze to use a tissue, dispose of the tissue in the bin and then wash your hands with soap and water (or if this is not available use an alcohol hand rub)
- Wash your hands thoroughly – it takes at least 20 seconds to wash your hands properly.

Influenza symptoms can include fever, sore throat, dry cough, headache, muscle and joint pain, and tiredness or extreme exhaustion. In elderly people, the only symptoms of flu may be confusion, shortness of breath, and / or worsening of a chronic condition.

For more information about the flu including prevention, treatment, recovery, and transmission, click [here](https://www.health.qld.gov.au/darlingdowns/news/august-2018/top-tips-for-winter-wellness-and-avoiding-the-flu)¹.
Ref: <https://www.health.qld.gov.au/darlingdowns/news/august-2018/top-tips-for-winter-wellness-and-avoiding-the-flu>

Keys to Success

Bronze Certificates

Aleisiah	3B	Kaspah	4C	Phoenix	3/4A
Alexander	6B	Kayn	6C	Ruby	5B
Angus	4C	Keir	6A	Ryan	6A
Annija	3B	Kiarra	3C	Seth	3/4A
Aurora	4C	Kobi	3B	Shae-leigh	4C
Blake-Jay	3/4A	Lacey	3/4A	Shontae	3B
Bree	6C	Lachlan	5B	Sienna	6A
Corey	3/4A	Laqueisha	6C	Sienna	3/4A
Daniel	3B	Leyah	4C	Tamanna	3B
Danni	6A	Liam	6A	Thomas	5A
David	3B	Logan	4B	Tina	3/4A
Dominic	6B	Lokie	5A	T'Kira	5A
Gurneet	4C	Lucia	4C	Tyler	3B
Harry	5A	Mackenzie	5B	Tyne	3B
Heath	3/4A	Manny	3B	Tyrone	3B
Jack	6B	Mitchell	6B	Wyatt	4B
Joad	5A	Nephi	3/4A	Xavier	3/4A
Joel	6A	Noah	6C	Zenayesha	3B
Kage	4C	Peyton	5A	Zyllen	4C
Kain	3B				

Silver Certificates

Aaron	PA	Hayley	1B	Matilda	PB
Alyssa	1C	Heidi	2B	Meleah	2C
Amelia	2C	Henry	2B	Milla	2B
Antray	PA	Herbert	1B	Miranda	PA
April	2B	Holly	1/2A	Morgan	PA
Asha	1B	Hunter	2C	Myles	1C
Ashley	2C	Indi	1/2A	Nate	1C
Ava	PA	India	1B	Oliver	1/2A
Brayden	1/2A	Jacob	1C	Oliver	2B
Bridget	1/2A	Jaydah	2C	Oliver	2C
Brielle	PB	Jessica	2B	Orion	2B
Corey	2C	Joel	1C	Paige	2C
Cruze	PA	Kalden	1C	Peach	PA
Diva	PA	Katrina	1C	Ruby	2C
Emelia	PB	Kaylee	PA	Savarnna	2B
Emileigh	1C	Kelly	1B	Sharnee	2C
Emma	1/2A	Kirra	2C	Shikaya	1C
Eva	1C	Koby	PA	Sophie	1/2A
Georgia	2B	Liam	PA	Tayah	PA
Hannah	PB	Lilly	1B	Tayte	2B
Hannah	2C	Lukas	1B	Taytum	1/2A
Harrison	2C	Madison	1/2A	Tyson	1/2A
Haylee	1/2A	Matilda	PA	Zoe	1/2A

P&C News

Our next P&C meeting is Wednesday 19 September 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 News

Please note: Tuckshop is open every day except Tuesday.

TUCKSHOP ROSTER		VOLUNTEERS	HOME-BAKE	FOOD DONATIONS	
Monday	27 Aug	Needed	Needed	Cheese Slices	Needed
Wednesday	29 Aug	Father's Day Stall	Needed	Eggs	Needed
Thursday	30 Aug	Father's Day Stall	Needed	Fruit Salad	
Friday	31 Aug	Father's Day Stall	Needed	Milo	Needed
Monday	3 Sept	Needed	Needed	Cheese Slices	Needed
Wednesday	5 Sept	Needed	Needed	Eggs	Needed
Thursday	6 Sept	Needed	Needed	Fruit Salad	
Friday	7 Sept	Needed	Needed	Milo	Needed

Our Milo stocks are getting a bit low so any donations would be greatly appreciated. Our FATHERS DAY STALL is WEDNESDAY AUGUST 29, THURSDAY AUGUST 30 and FRIDAY AUGUST 31 - OPEN 8am till 8.40am 1st and 2nd break. Gifts will be available from \$2.00 to \$8.00. Please bring a bag for your purchase. If my usual helpers are available to help in the mornings can you please let me know. Thanks, Judy.

Curriculum coordinator News

The Benefits of Board Games


Playing board games is an easy and excellent way to spend unhurried, enjoyable time together. As an added bonus, board games are also rich in learning opportunities. They satisfy your child's competitive urges and the desire to master new skills and concepts, such as:

- number and shape recognition, grouping, and counting
- letter recognition and reading
- visual perception and colour recognition
- eye-hand coordination
- develop oral language and new vocabulary

Games don't need to be overtly academic to be educational, however. Just by playing them, board games can teach important social skills, such as communicating verbally, sharing, waiting, taking turns, and enjoying interaction with others. Board games can foster the ability to focus, and lengthen your child's attention span by encouraging the completion of an exciting, enjoyable game.

Children (and adults) take game playing seriously, so it's important that we help guide them through the contest. When losing, children really feel sad; when winning they are remarkably proud and happy, even though we adults know that it has happened only by chance. While it can be tempting to let your child win at board games, don't. Explain the importance of not throwing a tantrum if you lose, and not boasting when you win. When your child genuinely wins, take the time to model how to lose gracefully yourself "Congratulations, that was a good game!" and, when they lose, guide them through losing gracefully by encouraging them to be a good sport. Ask your child to congratulate the winner. It will take repeated reminders, but teaching that the fun is in the playing of the game, rather than the outcome of winning will go a long way in teaching the life skill, not everyone can win. Board games are great at any age and provide a lot of fun and laughter. Happy playing! Mrs Carmichael.


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!

Uniforms

New uniforms are available from Sauers and Lowes. Second-hand uniforms can be purchased from the school's Uniform Shop Mondays 8:30-9:00am 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.

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

The River Heads Progress Association proudly presents

The Hervey Bay RSL



Major Sponsors - Bendigo Bank, Channel 7,
Fraser Coast Regional Council, Fraser Coast Chronicle
& a big thank you to all our other wonderful sponsors.

Saturday, 1st September, 2018
at River Heads

A celebration of our ecology, waterways & people

SATURDAY MARKETS 8AM - 2PM
in the grounds of Community Hall, Ariadne Street

- **Kids' Karaoke** - great prizes. Phone 0499992442 to register your solo or group act and tell us what you will be singing. No entry fee 10 am - 11.30 am - every participant gets a prize.
- **Kids Rock Hunting** - there will be continual rock drops (depending on supply) around the playground, Food Forest and in the Community Garden between 8 am - 2 pm during RiverFest on Saturday, 1st September. Bring rocks to hide, or find and re-hide rocks on the day (no drops in the veggie beds please). For more information check out Facebook Hervey Bay Rocks. If you are bringing a collection of rocks to be dropped throughout the day, please give them to Christel at the plant and produce stall outside the hall.
- **Face Painting** - from 9am
- **The Commodore & Pirate** - all day
- **Jumping Castle** - all day
- **Fraser the Dog & Poppins the Cat** - all day

The River Heads Progress Association proudly presents

The Hervey Bay RSL



RiverFest 2018

Major Sponsors - Bendigo Bank, Channel 7,
Fraser Coast Regional Council, Fraser Coast Chronicle
& a big thank you to all our other wonderful sponsors.

Saturday, 1st September, 2018
at River Heads

A celebration of our ecology, waterways & people

FRIDAY 5.00AM TUNE INTO FM103.5 THE BREAKFAST SHOW
LIVE FROM RIVER HEADS

Friday night Community Hall Rivers Café/Bar from 5.30pm

SATURDAY MARKETS 8AM - 2PM

in the grounds of Community Hall, Ariadne Street

Nil stall booking fee - Stall bookings phone 0499992442

GREAT FOOD AVAILABLE - BAR OPEN MIDDAY

As well as **Jumping Castle - Face Painting - Painted Rock Hunting**
Poppins & Fraser - Car Rallies - Buskers

Art by Janine Hunt - Artisans Displays

Garden Viewing - FM 88 & 87.8

Eco Tours of the River Heads Walking Track with Dr. Mike

For more info phone 0499992442 THEN

BUCCANEER'S DINNER DANCE, Sat 5.30pm - 2 course meal \$20

Rock to the music of '3 ON A TREE'

Bookings essential please Ph. 0499992442 Start 5.30 pm