



Torquay News

State School



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

Issue 17 - 2018

Date Claimers

WEDNESDAY 21 NOVEMBER

3-6 Gold Parade 2.30pm – Hall
Numeracy Leaders meeting

THURSDAY 22 NOVEMBER

P - 3 Learn to Swim Program

FRIDAY 23 NOVEMBER

Music Awards /Concert night 7.00pm
Student Leaders' Meeting 10.50am

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TUESDAY 27 NOVEMBER

Icy Cup Day – 4-6 First Break
P-3 Second Break

WEDNESDAY 28 NOVEMBER

P-2 Honesty Parade 2.30pm – Hall

THURSDAY 29 NOVEMBER

P - 3 Learn to Swim Program

FRIDAY 30 NOVEMBER

Student Leaders' Meeting 10.50am

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UPCOMING

Tue 5 Dec Christmas Treat Day T/shop
Mon 10 Dec 3-6 Academic Parade 9am
Tue 11 Dec Yr 6 Graduation 5:30pm
Wed 12 Dec P-2 Academic Parade
Fri 14 Dec Colour Run Fundraiser
Fri 14 Dec LAST DAY OF TERM 4
Tue 29 Jan '19 FIRST DAY OF TERM 1

From the Principal



High expectations

Engaged community

Guaranteed, vibrant curriculum

High quality teaching

Engaged students

Academic success

As I was using the school fundraising website, for this year's colour run, I came across some interesting articles that were easy to read and very practical for parents. I particularly liked the article about the importance of teaching your child about personal safety, so I have copied it below to share.

If you enjoy the article, it would be well worth clicking on the following link to find some other interesting articles. <https://schoolfundraising.com.au/health-hub/>

Teaching personal safety

Aside from their happiness and health, keeping our little ones safe is the number one priority as parents. While it's impossible to monitor their every move 24/7, especially as they grow older and gain independence, there are a few ways to equip kids so that they have the skills and knowledge to handle themselves if ever faced with an unsafe situation.

As parents it's great to be proactive and talking about personal safety with your kids. Start off with the do's and don'ts when it comes to real life or online threats (whether it be physical, emotional or sexual abuse, or even bullying). We know it can be hard to know where to start when having conversations about these topics, so we have listed out a number of creative ways to teach your little ones how to stay safe.

1. *Role-play – Kids love to act, so suggest an afternoon of role-play with the focus being on safety. Set up scenarios (you can even use props or dress ups, to make it more engaging and fun for your little ones) where you explore safety strategies in a variety of situations. It's important to keep the activities positive and focused on ways your little one can respond if they are ever in that situation. An example of a scenario could be that your child is in a large shopping centre and they become separated from you. Get your child to respond on their own first, to see if they know the best way to react. If they don't know, switch the roles around and show them what they should say and do in each set scenario. By acting out their responses, it will help them to feel more confident if the situation should ever arise in real life. Be sure to tie in online safety too, to help educate your little ones on how to surf the web safely.*

2. *Rhyme time – It's important your child knows key contact details in the instance they need to reach out for help. Details including their full name, address, phone number and an emergency contact number (such as '000'), is information that kids should know off the top of their head. Get creative with your little ones, by coming up with their own personal rhyme or song for remembering important phone numbers (of home, the police or a trusted adult) as well as their address. Depending on how clever you are, tie in key messages about safety so when they sing/recite it to themselves, it will help to refresh their memory on what to do in an unsafe situation. Make sure they know when it is appropriate to give these details out to others – in an emergency situation only – and not to a stranger or unknown person who asks for it.*

3. *Make play-doh people - Body ownership and understanding the anatomical names for private body parts are key personal safety skills for children. If kids know that their body belongs to them and no one is allowed to touch it they are less likely to experience abuse. Using play-doh, make two bodies- a male and female. Make body parts, including the private body parts with another colour of play-doh as you are making the play-doh people, explain that some parts of the body are public (arms, head, legs etc) and some are private. Ask your child the names they use for the private body parts (you might have family names). Explain the anatomical names by saying "it's important to know the names a doctor or teacher would use because then if we need help looking after our private parts or need to talk to someone about them we know the right words". Remind your child who they can talk to about private parts. These people should be adults that will help them to be safe. Practice using the anatomical names at home to ensure they are remembered. Finish the play-doh people by making swimmers to cover the private parts. This allows you to reinforce that our private parts belong to us and are the parts of the body that are covered by swimmers.*

4. *Family quiz night – Get your family and friends together for a quiz night with personal safety as the topic. Create question cards that cover as many issues and scenarios as you can think of, either open-ended style or with a multiple-choice option. Get your kids to create their own buzzers and have a prize for the winner who answers the most questions correctly. This is not only a fun family bonding activity, but it's a great way for your kids to learn about safety with one another.*

5. *Draw it out – Getting your child to draw how they feel in a variety of situations, like at home, school, a friend's house etc, allows you to gently start talking about emotions. Use this as introduction to talking about body clues. Body clues are the things our body does when we feel unsafe, unsure or uncomfortable with particular people or in certain environments. Ask your child to draw an outline of a body and draw on the body clues that someone might feel if they were scared. This can be a lot of fun as the drawing progresses to include things like, sweating, shaking legs, hair standing on end, heart beating fast, needing to go to the toilet, tummy feeling funny, breathing differently. Get them to talk you through their drawing, asking them to describe their outlined emotions and reactions. Explain to them that it's important to follow and listen to these body clues or 'instincts' from our bodies, when feeling uncomfortable or unsafe.*

6. *Apps and online games – With the digital world here to stay, there are plenty of resources, activities and Apps available online when it comes to child safety. The Daniel Morcombe Foundation have created a great 'Help Me' App which stores emergency contact details, and if in danger, sends out a warning signal when pressed to two assigned contacts, with GPS coordinates of your current location. It also lists emergency numbers such as the police, Crime Stoppers and Kids Helpline, as well as helpful online resources to teach kids and parents about personal safety. More details on this App as well as other great games and activities (including fun crosswords and colour sheets!) can be found here on the following web page <https://www.danielmorcombe.com.au/app.html>*

Colour run update

As you know, we're holding the School Colour Fun-Run as a major fundraising event this year. The event will be held on the last day of the year, Friday 14th December. This is a sponsorship based fundraiser, and the P&C are looking to raise more money to air-condition your children's classrooms.

Lots of our students have been busily registering online and fundraising, but Friday the 16th November is the last day for this to happen, so please make the most of these last few hours and promote this fabulous fundraising by sharing your child's link.

If you have raised any money in cash – please send this in in a sealed envelope, along with the back page from the orange sponsorship book complete with your child's name and the amount that was raised in cash. This money must be back by 9am Monday 19th November at the latest in order to have prizes ordered.

How to order your prize...

Once your money is returned it is time to order your prize. Between 16th November and 23rd November simply visit schoolfundraising.com.au and create / log into your Profile Page. Then click on the 'ORDER PRIZES' button and follow the prompts. If you have any questions, please contact the School Fun-Run team on 1800 FUN RUN and they will gladly assist! Students who raised \$10 or more are eligible to order one of the many prizes on offer.

On the day of the colour run, your child will get messy – very messy from all of the colour that is squirted onto them. The colour that is squirted is corn-starch mixed with food grade dye, so it is likely that it will stain shirts. We recommend that children have a white shirt to really allow the colour to show up! Please start looking out now at op shops and other places for a cheap white t-shirt – for sun safety reasons, it must have sleeves.

Kind regards, *Heidi Dallimore* – Principal



From the Deputy's Desk

Behaviour: We continue to work on transitions within our school. How we move from activity to activity and prepare ourselves for learning. Transitions are not only at school but outside of school as well. We have routines for when we need to prepare for our homework, getting ready for dinner, when we arrive home etc. Next fortnight will focus on respectful speaking to peers, staff and visitors.

Attendance: How is your attendance? If you are away, please let us know why.

Colour Run: Fundraising to support our school for air-conditioning. Thank you for the support. Remember to get your final amounts in before November 23rd.

District Swimming Carnival: Next Friday is the Hervey Bay District Swimming Carnival. This is for competitive swimmers from ages 9-12. Forms should be collected from the office and handed back on Friday 16th November. Again this is for competent competitive swimmers.

Communication: This is important at our school and communication between staff and family are vital to maintaining a positive learning relationship.

Yours in education, *Phil Theofanes* - Deputy Principal

Admin

Dental Van

The School Dental Van will be arriving to Torquay State School in December! In preparation of our arrival, Expression of Interest Dental forms are currently being issued to all students (Prep – year 6), please complete this form and return it to the school office **ASAP**. Please note a parent or legal guardian will need to attend each initial appointment with their child. For any enquiries, please contact **School Dental** Administration on (07) 4122 8861, Thank you.

QParents Spotlight

Update Details

Did you know: You can update address, phone and emergency contact details quickly and easily through QParents!

P&C News

It is absolutely awesome the response we've had so far for **our first Colour Run fundraiser**. Just a quick reminder that Friday 16th November is the last day to receive online donations and all cash collected needs to be handed into the office by 9am Monday 19th so prizes can be ordered. Unfortunately money received after this time won't go to your child's total raised for prize selection. The Colour Run will be held Friday 14th December, last day of school. It would be great if we can get all participants wearing a white shirt to get the full effect of the colour. It's also advisable to pack a change of clothes for afterwards, especially for children who catch the bus. The P & C are really proud of the fundraising efforts put in by the wonderful families of our school and are grateful for every dollar that gets us closer to finishing the classroom air conditioning.

Keys to Success

SILVER CERTIFICATES

Aaron	2B	Heath	3/4A	Mia	PB
Alexander	6B	Heidi	5C	Mikaylah	PB
Amber	2B	Henry	1/2A	Mitchell	2B
Anarchi	1C	Holly	5A	Nadia	5C
Angel	1/2A	Izabel	5C	Naite	4B
Angus	3C	Jack	5C	Nathan	4B
Angus	4C	Jack	6B	Nicholas	1B
Annija	3B	Jackson	5C	Nicki	4B
Araya	2B	Jaquan	1/2A	Nicola	4B
Arkadian	PA	Jason	1/2A	Nina	1B
Ashton	1B	Jaxx	2C	Noah	6C
Auora	1B	Jessie	PA	Noah	1B
Aurora	4C	Jett	2B	Orsen	5C
Avril	2C	Joseph	2B	Oswald	PB
Benjamin	4B	Kage	4C	Pacey	5A
Billie	PB	Kalea	2C	Peyton	5A
Blaire	5B	Kasiah	5A	Phimnipha	3C
Blake	PB	Keir	6A	Phoenix	3/4A
Blake-Jay	3/4A	Keona	3C	Phoenix	5C
Bryce	2B	Kiarra	3C	Riley	3C
Bryson	2B	Kiera	2C	Ruby	5B
Caleb	2B	Kobi	PB	Ryan	1/2A
Cassidy	2B	Lacey	3/4A	Ryan	6A
Cayleigh	2B	Lachlan	5B	Salome	5C
Coby	3C	Lahny	PB	Seth	3/4A
Cody	PB	Laqueisha	6C	Shae-leigh	4C
Coen	1B	Layla	PB	Sienna	2B
Cooper	2B	Leilan	1/2A	Sienna	5A
Cooper	5B	Leo	1/2A	Sienna	3/4A
Corey	4B	Leyah	4C	Sobek	3C
Corey	3/4A	Liam	1C	Sonny	PA
Damien	4B	Liam	6A	Stanley	2B
Daniel	PA	Lilly-May	2B	Stella	3C
Declan-Ty	2C	Lily-Jean	2C	Summer	4B
Deijah-varhn	6A	Logan	4B	Thomas	5A
Diesel	3C	Lokie	5A	Thomas	5C
Dominic	6B	Lucas	2B	Tina	3/4A
Dre	PB	Lucia	4C	T'Kira	5A
Ebony	1B	Mackenzie	5B	Uniqua	4C
Emma-Kate	2C	Maddie	2C	Wyatt	4B
Gabrielle	2C	Maliki	2C	Xavier	3/4A
Genevieve	PA	Mathew	3C	Zave	PB
Harper	PB	Matthew	3C	Zenayesha	3B
Harry	5A	Maya	5B		

Health News

Dehydration - the condition all Queenslanders need to be aware of



It can be surprisingly easy to become dehydrated. In Queensland, we often talk about dehydration in relation to the elderly, children and babies, or during extreme heatwaves. But the reality is dehydration can affect any Queenslanders at any time of year. Understanding what dehydration is, how to know if you are dehydrated and how to treat and prevent dehydration will help you enjoy Queensland safely.

What is dehydration?

Dehydration happens when the body loses too much water. Your body loses water by sweating, going to the

toilet and by breathing out tiny water particles when you exhale. Vomiting and diarrhoea can also see the body lose larger amounts of water. Normally, you're easily able to replace this water by drinking more and by ingesting it in food. Dehydration happens when water is not replaced quickly enough to make up for water that is lost.

How do I know if I am dehydrated?

If you are mildly dehydrated, you might experience one or more of these symptoms: thirstiness, a dry mouth, lips and tongue, [headache](#) have urine that is a [darker yellow](#) than usual, and less of it, light-headedness or dizziness. If you are severely dehydrated, you might experience one or more of these symptoms: extreme thirstiness, have a very dry mouth, lips and tongue, crankiness, drowsiness, feel like you are breathing very quickly, have a fast heart rate, fainting, have very little or no urine.

What happens if I don't treat dehydration?

Not treating dehydration can have serious, even deadly, consequences. Dehydration can lead to other [heat related illnesses](#)⁵ like heat exhaustion and heat stroke, which can occur rapidly and can be fatal.

How to treat dehydration

For mild dehydration, the best thing you can do is drink water to rehydrate. Drink small amounts of water regularly. You can purchase oral rehydration solutions at the pharmacy which will also help replace electrolytes. Avoid drinking alcohol or caffeinated drinks. If you, or someone you are caring for, is severely dehydrated, you need to seek medical treatment immediately. Call 000 if you, or a person you are caring for, is feeling very unwell or displaying signs of heat stroke.

How to prevent dehydration

You can follow these steps every day to help prevent dehydration: drink plain water often; always carry water with you when you leave the house – use a BPA-free or stainless steel container; seek cool or shady places when you are out of the house; be mindful of dehydration when doing outdoor activities; [take extra care on really hot days](#).

How much water should you drink?


Try to drink enough water every day, even if it isn't hot or you aren't doing a lot of exercise. Men should drink 2.6 litres or ten cups of fluid each day. Women should drink 2.1litres or 8 cups of fluid each day. If you are exercising, sweating a lot or are in a hot environment, you will need to drink extra water to make up for the water you are losing. If you have questions about how much fluid you should drink, or if you have any medical conditions or are taking any medications that might change your fluid requirements, talk to your doctor about how much fluid you need.

Sports drinks that contain electrolytes are **not necessary for rehydration** under usual circumstances. These drinks can be used to rehydrate if you have exercised continuously for 90 minutes or more. If in doubt, [drink water instead](#). As you start a new water drinking habit, you might also want to reconsider your regular drinking habits and [rethink sugary drinks](#).


Can I drink too much water?



[Excessive water intake](#) can cause a rare condition called hyponatraemia. Hyponatraemia happens when very large quantities of plain water are drunk and affects the level of salt in the blood. If you are dehydrated, drink small amounts of water regularly to give your body time to process it, rather than drinking a lot of fluid in a short space of time. **For more information please see ref:** <https://www.health.qld.gov.au/news-alerts/news/dehydration-the-condition-all-queenslanders-need-to-be-aware-of>

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. If you have current school uniforms that you no longer need, donations for our second-hand uniform shop would also be greatly appreciated.

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. 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.



What's On

Art After Dark

Fraser Coast Cultural Centre; 16 Nov - 6:00pm to 8:00pm 166 Old Maryborough Road Pialba QLD 4655 Email regionalgallery@frasercoast.qld.gov.au Ph 41974206 Web <http://www.ourfrasercoast.com.au/art-after-dark>

Hervey Bay Crafters Christmas Fair

R.S.L. 17 November Torquay Road Pialba Hervey Bay QLD 4655 Email dillyau@live.com Phone 41247241

Hervey Bay 100

Hervey Bay Esplanade Scarness 17 Nov - 5:00am to 2:00pm Email herveybay100@gmail.com Phone 0439730960 Alternate 0411653027 Website www.hb100.com.au

Walk for Brain Cancer – Cooper's Walk

Bill Fraser Park 24 November Opposite 420 Charlton Esplanade - near the Bideford Street Intersection Torquay QLD 4655 Email cooperscourage06@hotmail.com Phone 0407804567

The Handmade Expo Hervey Bay

PCYC Hervey Bay 25 November O'Rourke Street Pialba QLD 4655 Email herveybay@thehandmadeexpo.com.au Website <http://www.thehandmadeexpo.com.au/> Phone 0498596424 Alternate 0406211102