



# Torquay News

## State School

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



### Issue 9 - 2018

#### Date Claimers

##### MONDAY 11 JUNE

Playgroup 9-10.30am – Hall  
Instrumental Workshop B/W/P

##### TUESDAY 12 JUNE

Readers Cup Regional Final  
Instrumental Workshop B/W/P

##### WEDNESDAY 13 JUNE

3-6 Parade 2.30pm – Hall  
Instrumental Workshop B/W/P

##### THURSDAY 14 JUNE

TSS Stymie Info Session

##### FRIDAY 15 JUNE

Student Leaders Meeting 10.50am 6B

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##### MONDAY 18 JUNE

Playgroup 9-10.30am – Hall

##### TUESDAY 19 JUNE

Strings Intermediate Workshop  
Pizza & Popper Day

##### WEDNESDAY 20 JUNE

Strings Advanced Workshop  
P-2 Parade 2.15pm – Hall  
P & C meeting 4:30pm – Staffroom

##### FRIDAY 22 JUNE

Student Leaders Meeting 10.50am 6B  
P&C Disco

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##### UPCOMING

26 June Athletics – Field Events  
27 June Athletics – Track Events

#### From the Principal



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

#### Stymie promotes student wellbeing

All Hervey Bay State Primary Schools are about to join both Urangan and Hervey Bay State High Schools in becoming Stymie schools. Stymie is another tool for us to use to empower students and to enhance our school's ability to provide a safe and supportive environment.

Stymie is a web based application which enables students to make anonymous notifications about peers they believe are being bullied or harmed. Once the notification is made, the connected school receives the information via email, and responds according to their wellbeing framework. Stymie helps schools overcome the bystander effect by enabling their students to report incidents of bullying and harm, safely and anonymously. Stymie does not receive or store the notifications, they are encrypted and sent directly to the school. Nationally, schools are receiving Stymie notifications about bullying, illegal activity, depression, anxiety and self-harm.

Stymie helps combat the bystander effect by enabling students to report incidents of bullying and harm, safely and anonymously.

- The bystander effect occurs when the presence of others discourages an individual from intervening in an emergency situation.
- Social influence affects how bystanders behave, and students are less likely to stand up to bullying behaviours in public when the number of onlookers is high.
- This bystander effect is also caused by a diffusion of responsibility—the belief that someone else will help.

Taking into account that our kids are very socially invested, many of them don't feel as though they can speak up and often, they just don't know how. Rather than trying to work against this peer pressure, the Stymie solution recognises the nuanced nature of their social currency, by providing security and anonymity to the by-standing community.

Rachel Downie, Founder and Director of Stymie in Australia, will be hosting information sessions for our Yr 5 and 6 students on Thursday the 14<sup>th</sup> of June students will have an introduction to Stymie. There will also be a parent information session at Pialba SS 6pm Monday 11<sup>th</sup> June and another at Kawungan SS 4pm Wednesday 13<sup>th</sup> June.

## School reports and Parent interviews

Our teachers have started the process of writing the end of semester one report cards for each child. When writing the behaviour comment teachers use our behaviour matrix, observations and feedback from other staff to ensure that all information is considered. Data from recent assessments as well as ongoing analysis of student work and performance is used in all subject areas to form the child's final grades. Teachers also use this data to plan for the following units of work and how to target each child's needs. Many teachers have already been conducting parent interviews and will continue to do so in term three. I encourage each family to speak with their child's teacher to gain further insight into learning. School reports will be sent home in a sealed envelope addressed to each family, on Thursday 28<sup>th</sup> June.

## Caution – Netflix '13 Reasons Why' Season 2

[headspace](#) is urging school communities and parents to be aware of the risks associated with children and young people watching Season 2 of the Netflix TV series *13 Reasons Why*. Due to the sensitive nature of the content and its focus on suicide, there are concerns the show may trigger distress and thoughts of suicide for viewers, particularly children and young people. Parents are encouraged to be aware of the risks. Headspace has helpful information for young people and parents about watching the show as well as information about where to access support.

## How you talk to your child changes their brain...

Recently I was reading an article about early acquisition of language and the importance that active listening, conversation, singing and playing has in the early years of brain development. Below is a copy of the first three paragraphs and a link which will take you to the full article. I encourage you to read and think about the important messages that it contains. <https://www.weforum.org/agenda/2018/02/how-you-talk-to-your-child-changes-their-brain/>

*Most parents know that talking to their child helps them develop. But a new study has revealed that it's how you talk to your child that really matters for their brain growth. Rather than just spewing complex words at them, or showing flashcards in the hope of enriching their vocabulary, the key is to engage them in "conversational turns" – in other words, a good old chat. In a study of children between the ages of 4 and 6, cognitive scientists at MIT found that such back-and-forth conversation changes the child's brain. Specifically, it can boost the child's brain development and language skills, as measured both by a range of tests and MRI brain scans. This was the case regardless of parental income or education. "The important thing is not just to talk to your child, but to talk with your child. It's not just about dumping language into your child's brain, but to actually carry on a conversation with them," said Rachel Romeo, a graduate student at Harvard and MIT and the lead author of the paper.*

Kind regards

*Heidi Dallimore* – Principal



## From the Deputy's Desk

Over the coming weeks you will see 10 tips about creating a resilient family. All tips that we can look at and trial or not. It is from Andrew Fuller a clinical psychologist (great speaker in-person) and ambassador for Mind Matters. There are many free articles on his website. Here are the first three of ten:

### Ten Hints for Creating Resilient Families

Resilience is the happy knack of being able to bungy jump through life. When the inevitable pitfalls and setbacks of life occur, it is as if you have an elasticised rope around your middle that helps you to bounce back from hard times.

#### **No. 1 Promote Belonging**

The sense of belonging we have is the strongest antidote we know of for self-harm, depression and drug abuse and it's built on our sense of belonging. Children are most resilient when they have three types of belonging:

1. A sense of being part of a family
2. Having different friendships to belong to
3. Having an adult outside their family who connects with them.

#### **No. 2 Have some mooch time**

We live in a world that suffers from attention deficit disorder. We rush children from activity to activity, from lesson to lesson and from one organised event to another. Then we wonder why, when there is a lull that they say "I'm bored". Be a counter-revolutionary. Find some time each week just to be at home without anything structured happening. Quiet times allow children to develop creativity and ingenuity.

### No. 3 Rediscover some family rituals

Family rituals are strong predictors of resilience. It doesn't matter whether it is the family walk after dinner, the Sunday roast, the Friday night pizza or the Saturday morning clean up, rituals are highly protective. The best rituals often cost nothing. These are the activities you hope that later on your children will reminisce and say "Mum always made sure we did." or Dad always made sure we did."

**FanFare:** Congratulations to our strings and band both groups of talented musicians taking out the Bronze place and commendation at the recent FanFare Music Showcase held at Kawungan SS.

**Sports:** Over the next two Fridays, our Yr 3 to 6 students will partake in Shot Put, Long Jump, 100m and 200m nominations for their respective sports houses of Denman, Martin, Watson and Henderson. Can the green machine of Martin take out the red devils of Denman. Or will the Herculean Henderson dominate over them all. The warriors of Watson may have other thoughts! June 26 is when field events will be held and June 27 is the whole school carnival with the Prep to Yr 2 students coming out to play in the middle session (11:30 to 1:30pm). Get coloured up and have some fun in the sun after slip, slop, slap and wrapping to be sun safe.

### Remember our school expectations of being **SAFE, RESPECTFUL AND RESPONSIBLE.**

ENROL NOW FOR PREP IN 2019 - Know of any families with students ready for Prep next year. We would love to have them enrol at our fantastic, family friendly school. We are taking enrolments NOW! Spread the word and get them to call 41944333. #Enrol @ Torquay SS 2019!

2018 Current Attendance To Date									95-100
Term 2	Prep	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Whole School	92-95
Week 2	93.81%	89.60%	92.99%	92.16%	89.93%	91.71%	91.05%	91.61%	90-92
Week 4	93.74%	89.46%	92.75%	92.11%	90.97%	90.80%	90.67%	91.50%	
Week 6	93.12%	89.09%	92.76%	92.05%	91.26%	90.62%	90.66%	91.37%	
Week 8	93.36%	89.11%	92.85%	91.75%	90.58%	90.20%	89.98%	91.12%	

Yours in Education

*Phil Theofanes* – Deputy Principal

## Admin News

### Unexplained 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.

## Year 7 USHS UTransition Day

A reminder for Year 6 students going into Year 7 at Urangan State High School in 2019, your enrolment paperwork should now have been completed and dropped off at USHS. It must be completed to ensure you receive your official invite to the year 7 UTransition day. This final consent/medical form is due back no later than **Tuesday 26 June**. We must inform you that there will be no acceptance of late forms after the 26 June deadline. Please don't hesitate to contact Chantal Kearns Administration Officer Torquay State School for assistance.

## P&C News

Don't forget the next P&C meeting is Wednesday 20 June at 4.30pm. P&C Meetings are held on the 3rd Wednesday of every month at 4:30pm in the Core Learning Centre (Library).

## Health News

### What's the difference between a cold and the flu?



Both colds and influenza are caused by viruses, however the flu can be much more severe and lead to potentially life-threatening complications. Colds and influenza (flu) are both viral respiratory illnesses but they are caused by different viruses. Both of these illnesses can have similar symptoms and at first it can be difficult to tell the difference. While neither virus is pleasant to catch, the flu can be much more severe than a cold and lead to potentially life-threatening complications, so it's important to know what to do when you are sick and how to limit the virus from spreading to others. In general, the symptoms of influenza are more severe and last longer than those of a cold. The symptoms of flu can include fever (or feeling feverish/having chills), cough, sore throat, runny or stuffy nose, muscle or body aches and pains,

headaches and fatigue (tiredness). Although some adults will also experience vomiting and diarrhea these symptoms are more common in children. See the table below for a breakdown of cold and flu symptoms. Keep in mind that symptoms and their severity may vary with age and health status.

Symptoms	Flu	Cold
Runny nose or nasal congestion	Rare	Common
Sneezing	Rare	Common
Sore throat	Common	Common
Fever	Common Temperatures between 38°C and 40°C Sudden onset	Rare
Cough	Common Sudden onset	Common Mild or moderate
Headache	Common Sometimes intense	Rare
Aches and pains	Common Sometimes intense	Rare Mild
Fatigue	Common Intense Duration: a few days, sometimes longer	Common Mild
Nausea and vomiting	Common in children Rare in adults Often accompanied by diarrhoea and abdominal pain in children	Rare Mild

#### Treatment for colds and flu

[Antibiotics don't work against a cold or flu](#) because they target bacteria rather than viruses.

Instead, you can treat yourself at home by:

- getting plenty of rest and sleep (this means staying home from work or school)
- drinking plenty of fluids (particularly water)
- If you have a sore throat, eating soft foods that are easy to swallow.

If you don't experience any complications, or have high risk factors for complications, treatment of the flu requires no prescription medication. Over-the-counter medication is available to help relieve headaches, muscles aches and fever, and while these won't cure your illness, they may make you feel more comfortable. In certain cases, your doctor may prescribe antiviral medicine to reduce the duration and severity of your symptoms. This type of medication is most effective when taken at the onset of an infection. See your doctor or call 13 HEALTH (13 43 25 84) if you have a cough and high fever (38°C or more) that is not improving, trouble breathing, chest pain, or if you have any other concerns about your symptoms.



#### Stop the spread

If you have the flu, it's really important that you take steps to minimise your risk of spreading the virus to others, especially those who are high risk of serious complications from influenza. People at high risk include the elderly, young children, pregnant women, Aboriginal and Torres Strait Islander people and people with existing medical conditions such as heart or lung diseases and diabetes. Follow the steps below to reduce the risk of spreading flu or cold viruses:

- get vaccinated
- cough or sneeze into a tissue and then throw it away immediately after use, or cover a cough or sneeze with your elbow
- [wash your hands](#) regularly with soap and water, especially after you sneeze, blow your nose or cough
- wash your hands before handling food or drinks
- Stay at home as soon as you notice symptoms of the flu.

Unless otherwise advised by a doctor, home is the best place to be while you have the flu or a cold. By staying at home, you limit contact with other people and reduce transmission of the virus.

You can greatly reduce your risk of contracting the flu by getting a [flu vaccination](#) each year.

Find more information about influenza from [Queensland Health influenza factsheet](#).

Reference: <https://www.health.qld.gov.au/news-alerts/news/difference-between-cold-flu-virus>

## Tuckshop News

Please note: Tuckshop is open every day except Tuesdays.

TUCKSHOP ROSTER		VOLUNTEERS	HOME-BAKE	FOOD DONATIONS	
Monday	11 JUNE		Needed	Cheese Slices	
Wednesday	13 JUNE		Needed	Eggs	
Thursday	14 JUNE		Needed	Fruit Salad	
Friday	15 JUNE		Needed	MILO	
Monday	18 JUNE		Needed	Cheese Slices	
Wednesday	20 JUNE		Needed	Eggs	
Thursday	21 JUNE		Needed	Fruit Salad	
Friday	22 JUNE			MILO	

Thank you everyone who supported our Taste of Italy pre order lunch day. The students enjoyed their food and said they are all looking forward to our next special day which will be during our Sports Carnival so look out for the order form coming home next week. We will be running a canteen out of the library again this year with hot food and drinks plus a variety of other items for sale for students, families and friends. We have started selling re-usable coffee mugs out of the tuckshop so you can purchase a mug with Milo and for adults a flat white or a cappuccino before school and 1st break then bring your mug back each day for a refill at normal prices. We are still offering a FREE milo for the week for your children if you donate a tin of Milo to the tuckshop. Thank you, Judy.

## Helping Hands Outside School Hours Care



### Helping Hands

## Outside School Hours Care

### Torquay



0475824340  [torquay@helpinghandsnetwork.com.au](mailto: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!**

Please find attached Winter Vacation Care activities.

## 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.

## 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.



## 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 - QParents / Ph 4194 4366 / SMS 0429 466 895

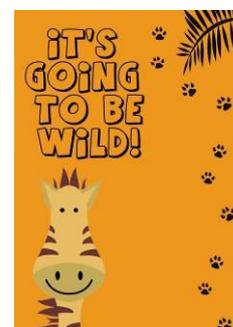
Please notify the school of reasons for absence as soon as possible. **Absences (past, present and future) can now be quickly and easily recorded through the QParents app!** Alternatively, please phone our absence line 4194 4366. These are available 24 hours a day 7 days a week. If you receive a text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

### Torquay State School P&C Jungle Safari Disco

Friday 22 June Jungle Safari theme 5 to 6.15pm Yrs P-3 (An adult must stay);  
6.30 to 8pm Yrs 4-6.



## HERVEY BAY DISTRICT SCHOOL SPORTS TRIALS

### INVITATION TO TRIAL

Dear Parents / Guardians,

Your daughter is invited to participate in the **Hervey Bay District School Sport Selection Trials for: 11-12 years GIRLS RUGBY LEAGUE.**

**VENUE:** Seagulls Rugby League Club, Hervey Bay

**DATE:** **Wednesday 13 June 2018**

**TIME:** **3:30PM – 5:15PM**

**TRANSPORT:** Transportation is the responsibility of individuals.

**REQUIREMENTS:** Drink bottle, sun smart hat, sunscreen, closed in shoes, ALL Playing Gear, MOUTHGUARD.

Students are the responsibility of their parents / guardians, whilst at the trials, selectors and convenors are not responsible for the care of your child during this time.

**CONTACT DETAILS:** Mrs Lynelle Nissen or Mr Rob Messer Phone 4197 9111

If your child is successful they **MUST** be available for training sessions and the Wide Bay Trials to be held on Saturday 28 and Sunday 29 July 2018, in Bundaberg. If your child is **NOT** able to commit to this, please do not trial. If you have any questions please do not hesitate to contact me at your earliest convenience. We look forward to your attendance.