



Torquay News

State School

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



Issue 3 - 2018

Date Claimers

MONDAY 5 MARCH

Play group 9-10.30am – Hall

WEDNESDAY 7 MARCH

3-6 Parade 2.30pm – Hall

THURSDAY 8 MARCH

Richard Watt Vision Screening

FRIDAY 9 MARCH

Student Leaders Meeting 10.50am

School Furniture Sale 3-4pm

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SATURDAY 10 MARCH

School Furniture Sale 8-11am

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MONDAY 12 MARCH

Play group 9-10.30am – Hall

WEDNESDAY 14 MARCH

P-2 Parade 2.30pm – Hall

P & C Meeting 2:30pm – Staffroom

THURSDAY 15 MARCH

Richard Wyatt Vision Screening

10yr anniv. Galangoor 10am

FRIDAY 16 MARCH

Student Leaders Meeting 10.50am

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UPCOMING

28 Mar 2018 P&C AGM

From the Principal



High expectations

Engaged community

Guaranteed, vibrant curriculum

High quality teaching

Engaged students

Academic success

Challenges are a normal part of everyday life faced by everyone and it is important to teach children no-one is perfect, that facing a challenge and trying your best is valued. It is an important part of developing resilience and building self-confidence to face challenges. When challenges are overcome, children will tend to feel confident and good about themselves and believe themselves to be capable and worthy.

Parents cannot entirely control the life challenges their children will face, but they can guide children towards some challenges and away from others, and they can help children to gain perspective on the problem solving and coping process so as to not overreact to failure or underplay success.

Of course it is important to be discerning about the types of challenges your child faces – some life challenges are well out of their and our control eg war, death etc. Other challenges can come from friendships, sports, the arts, or education and children can be supported to work through these challenges to experience success. Angela Oswald, MSW Jun 2010 suggests, children need to learn how to cope with strong feelings such as anger, sadness, disappointment, jealousy, and frustration that often accompany challenging situations. In order to deal with strong emotions in a healthy way, children need to be able to realize:

- 1) that they're experiencing feelings in the first place,
- 2) to label their emotions, and then
- 3) to draw accurate conclusions about connection between their feelings and the situations that provoke them.



Our recent Year 4 and 6 camps were excellent examples of how many children were faced with challenges. For some it was the fear or reticence caused by the low ropes course, for others it was working as a team to achieve a common purpose, when they would prefer to work alone, and for others it was managing themselves appropriately even when very tired. At each step of the way, children were asked to identify their feelings, to suggest some strategies for moving forward and then of course celebrating the subsequent success, or encouraging another go when things didn't work the first time.

I would also like to congratulate all students who nominated themselves for student leader positions and then faced the challenge of having to complete a nomination speech convincing the Year 4, 5 and 6 students that they were the best candidate for the position. All staff and families who were there agree that the speeches were of a very high quality. It was inspiring to hear the children weave parts of their learnings from camp, attendance at the GRIP leadership conference and toastmaster into their speeches and talk about the value of leadership and associated qualities such as:

- Sharing ideas and listening to others
- Being approachable
- Being kind and encouraging
- Celebrating that having a go and being involved is just as important as winning
- Being a leader is an action, not just words

We'd like to congratulate the following students who won the leadership positions:

School Captains: Zoey Murray and Dominic Walker
 Vice Captains: Paige Nava and Corey Bennet
 Denman House Captain: Remi Harvey
 Martin House Captains: Taya Morgan and Bryan Muhammad
 Henderson house Captains: Danni McPherson and Jahlee Butterworth
 Watson house Captains: Grace Wright and Crystal Prior
 Little Brothers and Little Sista's Leaders:
 Danni McPherson and Jahlee Butterworth with Sienna Sorby and Mark Talbot in a support role.

Kind regards

Heidi Dallimore – Principal



From the Deputy's Desk

Year 4 were fantastic at the recent camp. The team building and co-operative skills that were shown were second to none. The knowledge that was acquired was excellent. To all who went you were a credit to your families and the school. Thank you to our faithful staff that attended and also to Barambah for a great time.

Behaviour - our focus for the remaining four weeks of school will focus around bullying and verbal/physical interactions between students. Torquay will be a part of the National Day of Bullying campaign on 16 March, the web address is <https://bullyingnoway.gov.au/nationalday>

We also have our adopt-a-cop coming to school to discuss Cybersafety with our seniors Monday 5 March.

Attendance - we continue to see high levels of attendance across our great school. Please keep it up. If you are absent sick for a number of days it is a good idea to visit a GP and get a medical certificate.

2018 Current Attendance To Date								95-100
Prep	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Whole School	92-95
92.81%	89.61%	93.14%	93.20%	91.20%	93.85%	89.85%	91.95%	90-92

The Little Lime pocket book. If you haven't had a look through it please do. It is a great resource that assists all of us with a range of services that can help us out with different aspects of our life or it may help out someone you know. <http://www.frasercoast.qld.gov.au/the-little-lime-pocket-book> . Have a great fortnight.

Yours in Education

Phil Theofanes – Deputy Principal

Furniture Sale

Excess school furniture items going cheap!

Torquay State School has a range of second hand furniture which is surplus to the school's needs. In order to reduce this excess stock, we are holding a furniture sale in our school hall where a large range of furniture will be available for purchase. All items such as desks, chairs, filing cabinets and shelving will be going cheap. Families and friends of Torquay SS are invited to attend and grab a bargain from \$1 to \$10 per piece or make an offer.

We are also seeking assistance from any families with trailers who may be able to assist on the day by taking unsold items to the recycle centre afterwards. If you are in a position to help with this please let the office know by calling 41944 333 or email principal@torquayss.eq.edu.au

Details of this event are as follows:

Date & time: Friday 9 March 3pm – 4pm &
Saturday 10 March 8am – 11am
Place: Torquay State School Hall – Totness Street
Contact: Kim Brigg (Business Manager)
41944333



Please note all items are offered on an 'as is', 'where is' basis with no warranties implied or given and no after sales service or assistance implied or given. Any purchases must be taken on the day and delivery is the responsibility of the buyer.

Admin News

Disabled Parking: Please note that disabled parking is ONLY to be used by parents and visitors to the school who have a legitimate Department of Transport Disability Parking Scheme Permit. Please be considerate in this matter to those in genuine need of closer parking.

Travel safely on buses – respect your peers, the driver and community

Ensuring the safety of our children is of paramount importance. The [Queensland Bus Industry Council](#) has released a [video about safe bus travel](#) to make children aware of the dangers and encourage them to be respectful and safety conscious when travelling on school or local buses.

Tuckshop News

TUCKSHOP ROSTER		2018
Monday	MAR 5	Judy
Wednesday	MAR 7	Judy
Thursday	MAR 8	Judy
Friday	MAR 9	Judy
Monday	MAR 12	Judy
Wednesday	MAR 14	Judy
Thursday	MAR 15	Judy
Friday	MAR 16	Judy
HOME-BAKE		
Wednesday	MAR 7	Home-bake Needed
Friday	MAR 9	Home-bake Needed
Wednesday	MAR 14	Home-bake Needed
Friday	MAR 16	Home-bake Needed

FOOD DONATIONS	
MARCH 5	Cheese Slices: Donations Needed Eggs: Donations Needed Fruit Salad: Donations Needed
MARCH 12	Cheese Slices: Donations Needed Eggs: Donations Needed Fruit Salad: Donations Needed

No changes at this stage in the tuckshop as everything is running smoothly. We would like to continue Home Bake so if we have any families that would like to make a cake or biscuits or anything {no nuts or nut flour products please} you can bring them into tuckshop any day for sale to our students.

P&C News

The next P&C meeting will be Wed 14 March at 2:30pm in the staff room. Future P&C meetings will be the 4th Wednesday of each month making the AGM Wednesday 28 March 2018. Please keep in mind at our P&C AGM in March we will be looking for new members to keep our P&C running and continue the very productive fundraising to air condition the rest of the school classrooms as well as continue to keep our Tuckshop open. The P&C is a crucial part of our school community and our funds raised go to all sorts of things the school needs like air conditioners and fridges in the classrooms. If you have a couple of hours a week to spare please come and see us at the office or the Tuckshop. Thanks, Judy.

Health News

Salmonella

Please be aware we have had a TSS student contract a serious case of salmonella recently. Salmonella infection (salmonellosis) is a type of gastroenteritis caused by Salmonella bacteria. In Australia, most Salmonella infections occur after eating contaminated food but also sometimes after contact with another person with the infection. There are about 2,500 different strains of Salmonella, many of which cause infection in both animals and humans. Two strains, Salmonella Typhi and Salmonella Paratyphi, cause typhoid and paratyphoid fever respectively.

Signs and Symptoms: Symptoms of Salmonella infection include fever, headache, diarrhoea, abdominal pain, nausea and vomiting. Symptoms usually develop 6-72 hours after exposure to the bacteria, but sometimes up to 2 weeks. Symptoms typically last between four and seven days but can sometimes last much longer.

Treatment: Most people recover with rest and fluids. Sometimes admission to hospital is required e.g. for intravenous fluids to treat dehydration. Antibiotics are not usually given as they can make the illness worse, but are sometimes recommended in complicated cases.

Transmission: Salmonella bacteria are mainly spread to humans via poorly cooked food made from infected animals e.g. meat, poultry, eggs and their by-products. Spread by 'cross-contamination' can occur when the bacteria contaminate ready-to-eat food, e.g. when food that will not be cooked further is cut with a contaminated knife. Salmonella can spread from person to person if hands are not washed properly, particularly after going to the toilet or changing nappies. It can also spread from animals to humans.

Prevention:


- Cook minced meat, sausages, hamburgers and poultry thoroughly until the juices run clear and there are no pink areas inside. Steaks only need to be seared on the outside and can be rare inside. Wash raw fruit and vegetables thoroughly before eating.
- Do not drink unpasteurised milk and its products.
- Discard cracked or dirty eggs. Don't serve foods containing raw eggs to children less than 2 years of age, pregnant women, people over 65 years of age and those with serious illness. To minimise risk, cook eggs until the white is completely firm and yolks begin to thicken.
- Use different chopping boards, utensils and plates when preparing raw foods and ready to eat food. If you have only one chopping board wash it well in hot soapy water before reusing. Dry dishes with a different cloth to that used for wiping hands or bench tops and wash dish cloths regularly.
- Store raw foods such as meat in sealed containers in the bottom of the fridge to prevent any fluid dripping onto other ready-to-eat food. The fridge temperature should be less than five degrees Celsius. Thaw frozen foods in a fridge or microwave and reheat foods until steaming hot. Don't eat food meant to be stored in the fridge if left out for more than 2 hours. The longer you leave food at room temperature the more Salmonella bacteria can multiply.
- Always wash your hands thoroughly with soap and water after going to the toilet, changing nappies, touching animals, before and after handling food and before eating.
- People who work as food handlers (e.g. kitchen staff and butchers) or care for children, patients or the elderly (e.g. doctors, nurses, child care workers) should not return to work until they are well and have had no diarrhoea for 48 hours. All other people with infection should not return to work or school until they have been well and had no diarrhoea for 24 hours.

Health outcome: Salmonella can make some people (particularly young children and older people and people with impaired immune systems) seriously ill. For more information please see:
<http://conditions.health.qld.gov.au/HealthCondition/condition/14/33/124/Salmonella-infection-salmonellosis>


Uniforms



New uniforms are available from Signature Uniforms, Sauers and Lowes. Pre-Loved uniforms can be purchased from the school Uniform Shop Tuesdays 8:45-9:15am and Fridays 2:30-3:15pm. School hats are \$12 and are available from the school Uniform Shop and the Tuckshop. 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 2nd 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.

Helping Hands OSHC



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 - 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.





HERVEY BAY DISTRICT SCHOOL SPORTS TRIALS

INVITATION TO TRIAL – U12 Boys Touch Football

- VENUE:** Touch Football fields, Tavistock St, Torquay
DATE: **Wednesday 7th March 2018, starting at 4pm and finishing at 5.30pm and for students selected in the team will need to stay with parents for an additional ½ hour.**
TRANSPORT: Transportation is the responsibility of the individuals. Parents and Caregivers are required to stay for the trials.
REQUIREMENTS: Drink bottle, sun smart hat, sunscreen.

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: Peta Grusso Urgan Point State School 07 4194 8333. **If your child is successful, they MUST be available for training sessions (14th, 21st and 28th March) and the Wide Bay Trials which are to be held on 19th and 20th April 2018.** If your child is NOT able to commit to this, please do not trial.

INVITATION TO TRIAL – U12 Girls Touch Football

- VENUE:** Touch Football fields, Tavistock St, Torquay
DATE: **Wednesday 7th March 2018, starting at 4pm and finishing at 5.30pm and for students selected in the team will need to stay with parents for an additional ½ hour.**
TRANSPORT: Transportation is the responsibility of the individuals. Parents and Caregivers are required to stay for the trials.
REQUIREMENTS: Drink bottle, sun smart hat, sunscreen.

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: Peta Grusso Urgan Point State School 07 4194 8333. **If your child is successful, they MUST be available for training sessions (14th, 21st and 28th March) and the Wide Bay Trials which are to be held on 19th and 20th April 2018.** If your child is NOT able to commit to this, please do not trial.

INVITATION TO TRIAL for GIRLS NETBALL

Please note the **final trial date** is as per HBDSS calendar on **14th March 2018 at the same time and venue below.** However due to large numbers of girls wishing to trial and to give them a fair opportunity **we will have lead-up trials** for your child depending on the school she attends. **All trials will be at the Kawungan State School netball court.**

- **Monday 5th March 2017 3:30 - 5:00pm: Urgan Point SS, Sandy Straits SS, Torquay SS, Star of the Sea, Fraser Coast Anglican College, Urgan State High School.**
- **Thursday 8th March 2017 3:30 - 5:00pm: Yarrilee SS, Pialba SS, Kawungan SS, Xavier Catholic College and St James Lutheran College, HB High School.**
- **Thursday 14th March 2018 4:15 - 5:45pm: FINAL TRIAL – invitation from lead-ups + any other eligible girls from Yr 5, Yr 6 or Yr 7 (high school).**

Your child MUST be available to play at the WIDE BAY Trials to be held on 3rd & 4th May 2018

- TIME:** 4:15pm- 5:45pm
VENUE: Kawungan State School netball court
TRANSPORT: Transportation is the responsibility of individuals.
REQUIREMENTS: Drink bottle, Sun-smart Hat and Sunscreen

Students who want to be selected for the HBD team MUST be present at the trials, otherwise they cannot be considered. CONTACT DETAILS: Coach: Selina Palmer KSS sdpal0@eq.edu.au 41979111; Manager: Lace Robertson KSS lrobe156@eq.edu.au 41979111.