Principal’s Message:

Welcome Back
Welcome back to the second semester! It was wonderful on Monday morning to see the happy smiling faces of students and staff alike. I also noticed lots of smiling parents, many of whom told me how glad their children were to be back at school (I think secretly, quite a few of the parents were also quite happy for their children to return to school). There is a genuine love of learning in the classrooms at Collingwood Park State School and this is reflected in the obvious pleasure our kids have in being at school.

We also have great pleasure in welcoming a number of new students into our school – Max, Elijah, Ivy and Dita. We are also thrilled to welcome back Mrs Clarke from her overseas travels; and Mrs Katie Walker, returning part-time, from her maternity leave.

Chicken Pox
We have had a confirmed case of chicken pox in the upper school, this week.

Report Cards
Report cards were sent home in the last week of last term, so hopefully you have had an opportunity to talk with your child about their report card and perhaps goals for this semester. Parent teacher interviews will be held in Week 3 of this term – Tuesday and Wednesday 3:30 to 8:00pm in our hall. Booking sheets will be sent home this week. I urge all parents to take this opportunity to discuss your child’s progress with their teacher, so that we can strengthen that important relationship.

Assembly Change - Next Week only
We will move our assembly time from Wednesday next week to Friday, because our hall will be set up for our Art Show. The focus for next week’s assembly will be the presentation of Academic Awards.
**Book Fair**
Our School Book Fair is being held in the Seminar Room behind the Library this week. There are some great books available for purchase for all ages and reading levels. There are also many exciting create and do books in addition to other exciting titles including Minecraft, Cameron Steltzer’s Pie Rats series, Enid Blyton books, Louis Carroll classics and much more.

**Art Show**
We will once again be holding our Art Show in our hall next Wednesday 19 July – 3pm-7pm. Come along and admire the creative works of our students and staff. Our school choirs and band will also be performing on stage. Our hardworking P&C will also be providing hot food and drinks. Last year’s Art Show was a huge success.

**Next round of Get Started vouchers opens 13 July**
Get Started vouchers assist children and young people who can least afford, or may otherwise benefit from, joining a sport or active recreation club. Eligible children and young people can apply for a voucher valued up to $150, which can be redeemed at registered clubs. Learn more by visiting https://www.qld.gov.au/recreation/sports/funding/getinthegame/getstarted/apply/.

**Safe School Project – Ipswich City Council**
You may have noticed officers from the Ipswich City Council assisting us in our drop-off/pick up zone this week. Their purpose is to support our school community to provide safe school travel. Often illegal behaviour by people collecting children, results in a very unsafe environment for our students. The focus at this stage, is not to fine drivers, but to educate them and keep YOUR child/ren safe. We will be trialling the use of a barrier fence, to help regulate children getting into cars. We will also be training volunteers to help us manage our drop off and pick up zone.

**School Opinion Survey**
Finally, this week every family in the school has received information regarding the parent opinion survey. The feedback we get from these surveys is important for us as it provides us with a positive direction to go forward for the coming year. The education of your child is always a team effort and the school opinion survey is a good chance to contribute to this. The surveys are online and remain open until the end of this month. We encourage your participation. We will be uploading the links on our iPads, so that parents may complete the survey while waiting to collect children, visiting the hall in the mornings etc.

*Meridee Cuthill*
Principal
SCHOOL BOOK FAIR
Tuesday 12th to Friday 15th July

Student Purchasing times
• class viewing time;
• before school - 8 - 8:30 a.m.;
• first lunch - 11:15 - 11:45 a.m.;
• after school - 3 - 3:30 p.m.

Parent Purchasing times
• before school - 8 - 8:50 a.m.;
• Wednesday and Friday - 2 - 3 p.m.;
• after school 3 - 3:30 p.m.

Credit Card Facilities available

Collingwood Park State School
ART SHOW

Come and see artwork created by Prep to Year 6 students.

WEDNESDAY 20th July 2016
3:00pm — 7:00pm
HALL
Collingwood Park State School

Gold coin entry at the door.
Purchase tickets in the Art Show raffle for the chance to win amazing prizes!

At the Art Show ...
• Listen to students play their musical instruments
• Listen to the choirs sing
• Make a bid in the silent auction
• Get creative with interactive art activities

Food will be available to purchase.
We look forward to welcoming you!
Welcome Back!
I hope you all had a wonderful break from the school routine over the winter break. I spent the holidays visiting family in England, and landed back in Brisbane on Sunday night. I had a wonderful time though I believe that the Winter weather in Brisbane was actually better than the Summer weather we experienced in England! It’s certainly lovely to be back here and to see a little sunshine!

Term 3 Goal Setting
The beginning of a new term is always a good time to review and refresh goals. Student reports, sent home at the end of Term 2, outline improvement suggestions for each student in English (Reading and Writing), Maths and Science. The first week of term is the perfect time to review these suggestions and help your child to set goals. All students should be aware of their specific reading goals. These goals relate to making improvements in one or more of the following areas: Comprehension (making sense of what they read), Accuracy (reading what is actually written), Fluency (reading smoothly and with appropriate pace and expression), and Expanding Vocabulary (reading and using a wider bank of words). Parent-Teacher interviews will take place in Week 3, so I would encourage you to talk to your child’s teacher about these goals and what you can do to support your child at home. You might also like to encourage your child to set other goals for themselves, whether related to school or not. Whatever these goals – (keeping their bedroom tidy…. completing homework on time…. swimming 50 metres… saving up pocket money for a new toy…) – helping your child to set goals and planning how to achieve them is a skill and a discipline that will serve them well in all areas of their life. They are more likely to achieve their goals if the goals are “SMART” (Specific, Measurable, Achievable, Realistic and Timed). “Getting better at swimming” is an admirable goal but unless it is SMART, how will your child know if or when they have achieved it? Working on the goal of “swimming 50 metres, butterfly by the end of Term 3” is Specific, Measurable and Timed. Whether it is Realistic and Achievable will obviously depend on your child’s current swimming ability. Once a SMART goal has been set, you can help your child to plan how to achieve the goal: weekly swimming lessons? Spending half an hour a week practicing butterfly technique? Watching you tube videos on improving technique? Try setting some mini-milestones too: 25 metres by the end of Week 6? Once a realistic plan is agreed, help your child to stick to it. Remember that it’s not motivation that will get them there, motivation can waver, it’s self-discipline that makes the difference – sticking to the plan even when they don’t feel like it. Self-discipline helps to form good habits and is an attitude that is transferrable to all areas of life. The swimming goal mentioned earlier may not seem related to making academic progress, but the goal-setting, action planning and self-discipline involved in achieving any goal teaches children valuable skills, forms good work habits and instils the positive mindset necessary to achieve anything in life.

One of my personal goals for Term 3 has been inspired by the work of Belinda Smith of The Root Cause. You will remember that Belinda visited Collingwood Park last term to educate our students about food and nutrition and to help them understand how to make healthier food choices. The evening parent session was very well attended and since then we have followed up with work on improving our tuck shop menu and sharing a weekly news item from Belinda in our school newsletter. In the last week of Term 2, our student “Taste Test Panel” tried out and gave feedback on a range of potential new menu items.
Now that I'm back from my trip to England I will collate the feedback to share it with you in next week's newsletter. I remember that Belinda mentioned a feature length Australian documentary which sounded interesting so I watched it on the plane flying over to the UK. I found it both entertaining and very informative. “That Sugar Film” outlines an experiment to document the effects of a high sugar diet on a healthy body, consuming only foods that are commonly perceived as “healthy” such as low fat yoghurt, muesli bars, juices and cereals.

“We are not focussing on the wonderful natural sugars found in whole fruits and vegetables. Our goal is to help people reduce the amount of added sugars they are consuming”

Damon Gameau

If you are interested in improving your family’s health I would encourage you to watch this PG rated film – either on your own or with your older child(ren) – Year 5 / 6.

You can watch the film on-line and will also find lots more information, suggestions and recipes on the film’s website www.thatsugarfilm.com.

Or check out the official trailer on YouTube: https://www.youtube.com/watch?v=cho6kdAx2nQ

Don’t forget to send in your favourite family lunchbox recipes and ideas to share in the newsletter: jrutl15@eq.edu.au.

Jill Rutland
Deputy Principal
Three Outstanding Orange Foods

Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

To recap what we’ve covered so far - the secret to getting lunch box food eaten is to make it colourful, and fresh is best. This week’s tip is to include Orange foods. Here’s 3 outstanding orange foods but feel free to include others your family likes.

1. The Wonderful Carrot
   Slice them in rounds, cut them in wide wands, or slice them in thin sticks, carrots are too easy not to include in the lunch box. Carrots help detoxify our system and build new cells. They are great for strengthening our eyes, bones, nails, hair and great for boosting our immunity.

2. The Humble Orange Itself
   Forget orange juice - the whole orange fruit is best. They are high in vitamin C so great for immunity, full of fibre so stimulates digestion and are sweet but have a low GI rating so won’t cause a sugar crash.

3. The Surprising Sweet Potato
   Ok so this may be one you haven’t thought about. Roasted it’s super sweet and almost like caramel but it’s easily snuck into cakes too (see below). They contain vitamin C but most importantly they contain vitamin D and magnesium, both of which are important for good mood.

Ideas
• Carrot wands or sticks with hummus or avocado dip, or skewered with cheese cubes
• Orange moons or wedges - you can also freeze for a bit of afterschool fun!
• Healthy yummy foods - go to http://rootcau.se/5

These Hassle Free Healthy Lunch Box Tips are brought to you by Bel Smith, Health & Wellness Coach. For more lunch box inspiration and a FREE eBook, subscribe via email at therootcause.com.au.
2016 Premier’s Reading Challenge

The reading period for Prep - Year 6 students is Tuesday, 19 May – Friday, 26 August. Individual reading record sheets can be collected from your class teacher or from Mrs Harrington, the Premier’s Reading Challenge co-ordinator. Students who successfully complete the challenge have their efforts recognised with a Certificate of Achievement signed by the Premier of Queensland.

**STUDENT REQUIREMENTS**

For a student to successfully complete the Premier’s Reading Challenge they must read or experience the number of books indicated in the table below then complete the Reading Record sheet.

N.B. Experiencing a book (Prep – Year 2) can include classroom or at home activities such as shared reading, listening and reading along with a book, or being read to.

Students are encouraged to select a range of fiction and non-fiction books suited to their reading ability. Books selected can be from the classroom, school or council library or from your own home library.

<table>
<thead>
<tr>
<th>Year level</th>
<th>Number of books</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep - Year 2</td>
<td>Read or experience 20 books N.B. Home Readers are not to be used</td>
</tr>
<tr>
<td>Years 3 - 4</td>
<td>Read 20 books</td>
</tr>
<tr>
<td>Years 5 - 9</td>
<td>Read 15 books</td>
</tr>
</tbody>
</table>

The requirement for Year 5 and 6 students to read 15 books rather than 20 books acknowledges that older students are likely to select longer, more complex books that may take them longer to read.

Glenys Harrington
Premier’s Reading Challenge co-ordinator.

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2016 Yearbook Advertising

If you would like to advertise your business in the 2016 student yearbook, or if your family would like to sponsor a page, please contact Mel Smith on 3381 4333 or return this portion of the newsletter to the office.

If you know of a business that might be interested, please let them know.

☐ YES, I am interested in advertising in the yearbook or sponsoring a page.
☐ I would like someone to phone me to discuss my options.

NAME: ________________________________ Phone: __________________________
14th Annual Ipswich Poetry Feast
International Poetry Writing Competition

"No theme or word limit"

Opening Date: Sunday 17 April 2016
Closing Date: Friday 29 July 2016
Entry Fee: Free for School Age categories
$7,500 in cash and prizes to be won.

For entry forms and/or more information please visit:
www.ipswichpoetryfeast.com.au
Or telephone 3810 6761

<table>
<thead>
<tr>
<th>Categories</th>
<th>1st Prize</th>
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<th>3rd Prize</th>
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<tbody>
<tr>
<td>Primary School 5 - 7 years</td>
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<td>Secondary School 16 - 17 years</td>
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<tr>
<td>5-13 years</td>
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<tr>
<td>Highly Commended</td>
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<tr>
<td>5-13 years</td>
<td>$10</td>
<td>14-17 years</td>
<td>$15</td>
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Promoting independence

A key task of parenting is raising independent, self-motivated children who are able to appropriately use the support of parents and friends as they grow. You can help your child develop a healthy sense of independence. Independence is an important aspect of your child’s development. From the age of two, children strive for more independence. From this age, you should encourage your child to make simple choices about their lives.

The degree of independence you can expect from your child must be appropriate to their age and abilities and varies with each different situation. Children may be more independent in some situations than others. It can be a common pitfall for busy parents to do things for children that children are capable of doing themselves. Though it may actually take more time initially for parents to support children to do age-appropriate tasks for themselves, your child’s self-confidence and independence will grow as a result.

Ways to encourage appropriate independence

- Allow your child to make simple choices from a range of options you are prepared to accept. For example, allow your children to have a say in which clothes they will be wearing each day, even if this is limited to basic colour selection.
- Let children make mistakes and support them to learn from them.
- Let children participate in household chores, such as vacuuming, dusting and making beds.
- Develop a responsibility chart so your children can keep track of the household chores they have completed.
- Let children know you are interested in their thoughts and ideas. Ask their opinions on things that are to do with them.
- Respect your child’s decisions wherever possible.
- Help children to understand the impact of their choices.
- Teach children problem-solving skills—encourage them to think about what they could do to fix the problem rather than telling them what to do.
- Provide positive support for your child in situations that may be challenging.
- Encourage and praise children’s attempts to do things for themselves no matter what the outcome.
- Provide age-appropriate toys so that children can learn to play by themselves for short periods of time.
- Help children take responsibility for packing up their toys.
- Teach older children to use a watch and incorporate time in some directions you give. For example “You can go next door to play, but I want you to be home by 4:30.”
- Help children to set achievable goals and work toward achieving those goals.

Taken from http://kidscount.com.au
Online ordering

If you are ordering tuckshop online please make sure that you have updated your student/s class.

If you can assist at tuckshop, please give us a call as we would really appreciate your help.

Should you have a problem or cannot make your rostered day, please give the tuckshop a call with as much notice as possible.

Diane: (07) 3818 0687
Mobile: (0403) 945 014
Tuckshop: (07) 3381 4335

Term 3
Volunteer Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Name(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 14/07/16</td>
<td>Michelle Handyside</td>
</tr>
<tr>
<td>Friday 15/07/16</td>
<td>Doreen Clement</td>
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<tr>
<td>Monday 18/07/2016</td>
<td>Jessica Williams</td>
</tr>
<tr>
<td>Tuesday 19/07/2016</td>
<td>Michelle Handyside</td>
</tr>
<tr>
<td>Wednesday 20/07/2016</td>
<td>HELP NEEDED</td>
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<td>Thursday 21/07/2016</td>
<td>Doreen Clement</td>
</tr>
<tr>
<td>Friday 22/07/2016</td>
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<tr>
<td>Monday 25/07/2016</td>
<td>Michelle Handyside</td>
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<td>Tuesday 26/07/2016</td>
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<td>Wednesday 27/07/2016</td>
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<tr>
<td>Thursday 28/07/2016</td>
<td>Michelle Handyside</td>
</tr>
<tr>
<td>Friday 29/07/2016</td>
<td>Doreen Clement</td>
</tr>
</tbody>
</table>

HELP NEEDED

Redbank Plains Bears U14 Girls Blue

Trivia Night
Join our Xmas in July Fundraiser
Saturday July 23rd 2016
5.30pm for a 6:00pm Trivia Start
Collingwood Park State School Hall
Burrell Street, Collingwood Park
Fantastic night of FUN and great prizes!
Numbers are limited so buy your tickets early to avoid disappointment.
For tickets or enquiries contact:
Mob - 0412 864 971 or Lou - 0402 712 250
$20 p/h or $100 p/table of six (4th supper provided)
Horderves, burgers, snacks & drinks available for purchase on the night.
Banking will resume this Friday in the school hall, from 8.00am to 8.30am.

CASUAL CLEANERS REQUIRED

Collingwood Park State School currently requires casual cleaners.

Please forward your covering letter, resume, previous cleaning and work experience, references and availability to:

J. Herron, BSM,
Collingwood Park State School,
P O Box 75, Redbank, Q 4301

Or

Drop it into the school office.

Prior experience is preferable however full training will be provided to successful applicants.