Principal’s Message:

ART SHOW SUCCESS

Last week, we hosted our school’s Art Show. It was a huge success, with children sharing their work with family and friends. It was wonderful to see the pride students demonstrated when pointing out their creations. The artworks displayed had been created through a range of means, including Raw Art, an external group who undertook some fabulous works with the Year 5 & 6 students. The subject content of each year level was aligned to curriculum content, with each year level learning the styles and techniques of famous artists such as Kandinsky, Picasso, Van Gogh, Monet, Matisse, Klimt, just to name a few. While being inspired by these great masters, students were also learning the basic elements and principles of art and design to apply to their pieces. A big thank you to the students, staff, families and our P&C for making this such a successful event. There are a few art pieces I think I might like to have in the office!

CELEBRATING ACADEMIC EXCELLENCE

On Friday, I was thrilled to present Academic Awards for Semester 1, 2016 to students demonstrating excellence in academic achievement. It is another example of our school-wide efforts to continue to build and maintain our culture of high expectations and academic achievement. Congratulations to the many students receiving academic awards. We also acknowledged those students who had achieved the top results in each year level. Well done!

PREP ENROLMENTS

We are taking enrolment applications for Prep in 2017. Collingwood Parks State
School is a ‘Zoned’ or enrolment managed school, however siblings of current students are still eligible for enrolment. We are only able to accommodate 100 Prep children, so priority will be given to those families living within our catchment area. Our website contains maps and details as to whether you are eligible to enrol in our school.

We would like to welcome Mrs. Cathy Turrall as our Transition to School Co-Ordinator. She will be liaising with local pre-Prep providers and parents to help ensure a smooth transition to school. For children and their families, the transition to school is a significant milestone in a child’s education. The new experience is a time of change that can create excitement and uncertainty. If children and their families have a positive experience of starting school, they can meet future transitions throughout their education with trust and confidence in their support networks.

We will be holding a number of Prep Transition to School activities over the next two terms, so please pass on our school details to neighbours, relatives or friends who don’t yet have children at our school.

**ATTENDANCE**

Thanks to parents for supporting children to attend school every day even when children are feeling a bit out of sorts or unforeseen hiccups make this tricky. In terms of children learning and feeling settled, being at school every day and on time makes a huge difference. The table below shows how time off from school can really add up!

<table>
<thead>
<tr>
<th>If your child misses ......</th>
<th>That equals ......</th>
<th>Which is .......... and over 13 years of schooling that's ..........</th>
<th>Which means the best your child might perform is ......</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day per fortnight</td>
<td>20 days per year</td>
<td>4 weeks per year</td>
<td>Nearly 1.5 years</td>
</tr>
<tr>
<td>1 day per week</td>
<td>40 days per year</td>
<td>8 weeks per year</td>
<td>Over 2.5 years</td>
</tr>
<tr>
<td>2 days per week</td>
<td>80 days per year</td>
<td>16 weeks per year</td>
<td>Over 5 years</td>
</tr>
<tr>
<td>3 days per week</td>
<td>120 Days per year</td>
<td>24 weeks per year</td>
<td>Nearly 8 years</td>
</tr>
</tbody>
</table>

**App of the Week: SPEAK**

The ability to communicate effectively through speaking and listening is essential for a child and builds a strong foundation for successful learning.

SPEAK (Speaking Promotes Education And Knowledge) provides lots of fun, free activities, ideas and information for parents, carers and educators to support and nurture language development in children from 0-6 years of age. There are multiple activities within each age group to help boost your child’s speaking and listening ability. The information and activities were developed by the Department with the help of speech pathologists and teachers, and is available as either an Android app or for anyone with an iPad or iPhone.

SPEAK app promotes oral language in young children provides a fun, convenient way to make chatter matter!

*Meredee Cuthill*  
Principal
Our school is **trialling a cash free Scholastic Book Club** in Semester 2, 2016. Parents can order books from the Book Club leaflets, **via online ordering**, in the convenience of their own homes. The cut off date to **place orders for Issue 5 is Friday 5 August**. All items ordered will then be sent to our school postage free.

Scholastic Book Club offers parents the opportunity to purchase books for their child/children’s own library collection. Each issue lists books that are age appropriate at affordable prices.

During this semester, there will be 4 issues of Book Club (2 per term) with leaflets being sent home each issue. The **Issue 5 leaflets went home last week** with students, **accompanied by a letter from Scholastic explaining how parents can order online**. If you have any queries about ordering online with Scholastic Book Club, please contact me at the school library.

Glenys Harrington
Teacher Librarian

---

**Save the Date!**

**Collingwood Park State School**

P&C Assoc. Presents

**Carols By Torchlight!**

Tickets start selling from 25th July to 6th December

$25 arm bands – Payment system available

Purchase tickets from school office (see Mrs Simpson)

- Rides Include – Sizzler, Mini Jeep, Jumping Castle and much more to come...
- **CPSS P&C BBQ** – Burgers, Hotdogs and heaps more
- Market Stalls, CPSS Performances, Local Community Performances and **FIREWORKS!**

**Tuesday 6th December**

4pm – 8pm

---

**Japan Karate Association**

A group of Collingwood Park State School students participated in a karate tournament held at Wavell Heights on Sunday 22nd July.

A huge congratulations to all students who participated, especially to those who won medals.

The Japan Karate Association (JKA) meets on Tuesday and Thursday evenings in the school hall from 6.00pm to 7.00pm.
Deputy Principal’s Message

ICAS English
A reminder that ICAS English will take place during the school day next Tuesday, 2nd August for those children who have registered to take part.

Science Week (15th – 19th August)
We celebrate National Science Week in a few weeks’ time and have lots of exciting plans to mark the occasion, raise the profile of STEM subjects (Science, Maths, Engineering and Maths) and engage our students in hands on challenges.

The National Science Week theme for schools in 2016 is “Drones, Droids and Robots” and we are planning activities for every year level connected to this theme. With this in mind, I’m looking for someone with access to a drone to help us with some aerial photography or video. I don’t want to give away too much and spoil the surprise but if you are able to help then please contact me via the school office or e-mail me (jrutl15@eq.edu.au) and I can tell you more about what we’re hoping to do.

Growth Mindset
The concept of “fixed mindset vs growth mindset” and the enormous benefits of having a “growth mindset” has been discussed before in our newsletter – by both Mrs Cuthill and myself. It is timely to further unpack these benefits given that students received their Semester 1 reports cards only a few weeks ago and this week we hold our parent teacher interviews.

“In a fixed mindset, students believe that their basic abilities, their intelligence, their talents, are just fixed traits. They have a certain amount and that’s that, and then their goal becomes to look smart all the time and never look dumb or to pretend that they don’t care. In a growth mindset, students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don’t necessarily think everyone’s the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it.”

Carol Dweck, Stanford University

Cultivating a growth mindset is the foundation for students being able to improve in their learning and life. Is intelligence and talent something that you are born with, or is it something that can be developed over time? Carol Dweck’s research (Dweck 2006) has identified two ways to explain achievement. First, that talent and ability are inherent (a fixed mindset). Secondly that talent and ability are malleable (a growth mindset). The trouble with believing in the fixed mindset is that it severely limits our potential. With a fixed mindset, we believe that we cannot change our innate abilities – so we don’t.

It matters a great deal what students believe about their intelligence and talent – whether it is dynamic or static. If we have a fixed mindset, we will have no reason to try to improve. Instead, if we understand growth mindset, we will want to build and strengthen neural pathways by focusing our effort. With a growth mindset, we have a reason to apply ourselves – and this shows in the results of students who hold growth mindsets. In numerous studies, those with growth mindsets have outperformed their peers with a fixed mindset (Blackwell, Trzesniewski & Dweck, 2007; Dweck, 2009).

These beliefs are supported by research in the discipline of neuroscience. It has recently been discovered that from the cradle to the grave, the amazing human brain is constantly rewiring – enabling us to keep learning throughout our lives (Doidge, 2007). When students are taught that
talent is malleable, their grades improve. If they are taught that intelligence and talent are
developed over time through focused effort and attention, they are able to let go of restrictive
beliefs more easily and improve their academic outcomes (Good, Aronson & Inzlicht, 2003).

With this in mind, I encourage all parents and caregivers to promote a growth mindset with
their children. Reinforcing our message that all students can learn and improve their grades
with focused effort and attention will definitely influence the level of your child’s achievement,
but will also influence how they are feeling. Having a growth mindset impacts on their well-being too, leading to greater confidence and happiness.

Jill Rutland
Deputy Principal
Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

By now, you have probably realised that packing as many colours of fruits and vegetables in a lunch box is important. This week we start to look at Wonderful Wholefoods. The simple explanation for a wholefood is any food taken directly from it’s source where it’s grown. In comparison, processed food usually comes in a package and the natural ingredients have been changed, and other ingredients have been added to it.

Wholefoods are fruits, vegetables, wholegrains (quinoa, brown rice, millet, oats, whole wheat, buckwheat, rye, cornmeal), beans and legumes (chick peas, lentils, kidney beans etc.), nuts and seeds. Wholefoods can also come from small animals too such as eggs, small whole fish, crustaceans, red meat (where as much of the animal is eaten as possible) and poultry.

1. Nutrient Rich
Whole foods are rich in nutrients (vitamins, minerals, phytonutrients, essential fatty acids and fibre). Our body needs these nutrients but can not make them itself, so we have to get them from our food.

2. Fantastic Fibre & Fat
Wholefoods naturally contain fibre which is so important to the functioning of our digestive system. Digestive health is closely linked to mood and behaviour. Not to mention fibre keeps the body regular. Wholefoods only contain good fats.

3. Stress Free Addition To The Lunchbox
You don’t really have to do anything to them. It’s stress free - put in a whole fruit, vegetable, handful of chickpeas and you’re done. You can cut, dice, slice - still easy!

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.
Tuckshop News

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>Volunteers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 28/07/2016</td>
<td>Michelle Handyside, Gloria Eleison</td>
</tr>
<tr>
<td>Friday 29/07/2016</td>
<td>Doreen Clement</td>
</tr>
<tr>
<td>Monday 01/08/2016</td>
<td>Jessica Williams</td>
</tr>
<tr>
<td>Tuesday 02/08/2016</td>
<td>Michelle Handyside</td>
</tr>
<tr>
<td>Wednesday</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Thursday 04/08/2016</td>
<td>Doreen Clement, Gloria Eleison</td>
</tr>
<tr>
<td>Friday 05/08/2016</td>
<td>Doreen Clement, Michelle Handyside</td>
</tr>
<tr>
<td>Monday 08/08/2016</td>
<td>Michelle Handyside</td>
</tr>
<tr>
<td>Tuesday 09/08/2016</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Doreen Clement</td>
</tr>
</tbody>
</table>

JULY 2016

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>Parent Teacher Interviews</td>
<td>Parent Teacher Interviews</td>
<td></td>
<td>Gala Sport Day 1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

AUGUST 2016

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2 ICAS English</td>
<td>3</td>
<td>4</td>
<td>5 Gala Sport Day 2</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12 Gala Sport Day 3</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15 Science Factory Incursion</td>
<td>16 Science Factory Incursion</td>
<td>17</td>
<td>18</td>
<td>19 Year 2 Science Excursion</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24 Book Week dress up assembly</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
</tbody>
</table>
SCHOOL BANKING IS ON FRIDAY

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.

We’re on the Web........

www.collparkss.eq.edu.au
https://www.facebook.com/CollingwoodParkSS/