CELEBRATING PAST STUDENT SUCCESS
Earlier this week I received an email from the proud parent of a past student – Sahamar Ruben. Sahamar was one of our school captains, in 2011. This year she has had some highlights as follows:
• Appointed 2016 SPCC School Captain,
• Representing Qld in Futsal,
• Representing her high school at the 2016 Garma Festival - Youth-Forums, Arnhem Land, N.T.
Most excitingly, this week, she received a Peter Doherty Award for Excellence in Science, Technology, Engineering and Mathematics (STEM) Education from the Minister for Education.

The Peter Doherty Awards for Excellence in STEM Education recognise students, teachers, support officers, schools and education partners (volunteers, mentors and organisations) who demonstrate an outstanding and innovative contribution to STEM education in Queensland. Well done, Sahamar!

BOOKWEEK
Next week, we will celebrate Literacy and Numeracy Week and Book Week together, providing a myriad of activities for our students. The Book Week Assembly is Wednesday 24th August at 8:30am. We hope to see all students and staff dressed in costume, for this annual event. The theme this year is Australia: Story Country and students are encouraged to keep this in mind when preparing costume ideas. As usual, we will have prizes for the most creative home-made costume. I have already started planning my costume!! Pinterest was a great help!

SWIMMING
We will be holding our learn-to-swim classes at the end of this term. We have decided to use the heated pool at Goodna this time, rather than the Bundamba pool. The reasons for the change include, less travel time for the children (more learning taking place); heated pool (so we can use it any...
time); the Goodna pool provides two instructors (reducing student adult ratio). The 6 lessons will take place over the last two weeks of the term – Monday, Wednesday and Friday of both weeks. Students in Years 2, 3 and 4 will be invited to participate. Notes, with permission forms, will go home on Monday 22nd August.

SMART CHOICES
Earlier this year, I began making our parent community aware of changes to the Smart Choices Healthy Food and Drinks Supply Strategy, which needs to be implemented from the beginning of Term 1 2017. These changes will impact the way food and drinks are classified and will require removing items from our tuckshop menu to remain compliant with the strategy. We have begun to already make some changes to our tuckshop items in readiness for the compulsory implementation. We will be gradually phasing out some of the items that are non-compliant with the strategy, by not restocking them, as they are sold.
We would like all parents to please let their children know why the menu is changing as you place your orders. We are doing everything we can to ensure our menu changes as little as possible, but we also ask for your understanding as changes made are forced ones.

LOST PROPERTY
We have quite a lot of unclaimed lost property in our lost property boxes around the school. We have one outside A Block, as well as one in the hall. If items are named, we are able to return the item to its owner, however, most of the items still in the boxes is unnamed. If you or your child has lost something at school, please come and check out the lost property. We would like to have returned everything by the end of term. Anything that is already named is usually returned at the each week.

SIGN OUT PROCEDURES
There have been a number of parents who are coming into the school, going directly to your child’s classroom and removing them from class. The correct procedure at Collingwood Park State School is:
· Parents must always come to the Administration Office as the first point of call
· Parents must sign their child out if they are leaving the school grounds
· Administration staff will call your child’s class and have them sent up to the office with their bag

Your adherence to Education Queensland policies and procedures would be greatly appreciated.

Prep 2017 enrolments – being accepted now!

Please do not leave your child’s enrolment until later in the year if you have a child due to start Prep in 2017.

As a school, we are already in the planning stages for this important beginning to your child’s educational journey, and we hope to finalise arrangements well before the year is finished, and certainly in time for your child to participate in the annual transition mornings which will be held in November this year. We will be holding parent information sessions in Week 8.

Tuesday 30 August 2016 – 7:00-8:15
Wednesday 31 August 2016 – 1:30-2:45
Friday 2 September – 9:30-10:45
Parenting ideas – Taking the Resilience Message home!

Parenting expert, Michael Grose, suggests that parents, more than kids, need help to understand the concept of resilience for two reasons – firstly, if we as parents lack resilience, this can be caught by our children who take cues from us as parents. Secondly, high parent anxiety can, and in many instances, is, having serious negative consequences in the classroom, including impacting negatively on student behaviour, well-being and learning. Boy, being a parent is not easy!! There are, however, some simple things that we, as parents, can do to help:

- Model calm listening when our children come to us upset. Resist taking on their emotions! If they are angry, then it is better to listen and learn about what led them to being angry, rather than sharing their emotions and reflecting anger back at them.

- Implement supportive parenting strategies. Effective parents will generally go through three phases – firstly, protecting the child (the default position for most of us mums!), secondly they’ll look for ways to support the child emotionally, and thirdly looking for ways to teach the child to either handle the situation more effectively or learn how to cope with emotions more effectively. Many of us as parents get stuck in the first phase, without realising that we are ultimately doing our children a disservice.

- Help our children to accept difficult experiences – in other words, helping them get through ‘stuff’ such as disappointment, loss, change, rejection, conflict and failure. We can do this in the following ways:
  * Validate the emotion: It’s normal to feel annoyed/hurt/frustrated.
  * Share the feeling: providing a trusting environment for the child to talk about their feelings.
  * Allow the child some time on their own: some children, like adults, need silence and solitude to process their emotions.
  * Spend time with people they feel comfortable with: encouraging your child to spend time around people they know and trust.
  * Distracting the child: allow them to take their mind off the hurt and worry – this might be as simple as visiting a friend, telling jokes or going out to a park, the beach or may be hiring or going out to a movie.

- Talk to your children about coping mechanisms – what do you do as a parent that works for you when life throws you a curve ball. Share those strategies with your children.

- Identify and develop your own family’s language for resilience that can be drawn on when life gets tough.

- Encourage the three common GEMs (attributes) shared by resilient individuals all over the world – gratitude, empathy and mindfulness. Children can practice gratitude by simply being thankful for what they have rather than wanting more, empathy is the understanding of how others think and feel, and mindfulness is the ability to focus on the present, ignoring distractions (this last one, is the one I find the most difficult).

- Promote mental health – having difficult experiences and emotions is normal, and children who are mentally healthy are equipped to handle these. Some building blocks for good mental health include: a healthy diet, getting plenty of exercise, having hobbies and interests, building healthy connections with others, ensuring they have plenty of downtime and getting plenty of sleep.

Meridee Cuthill - Principal
Children's Book Week

Theme - Australia: Story Country

Children's Book Week is in Week 7 of this term i.e. Monday 22 - 26 August. Our special Children’s Book Week assembly will be held on Wednesday 24 August. Students are encouraged to dress up as one of their favourite book characters.

N.B. We ask that parents do not purchase or hire a costume but rather use what you have at home.

Last year, we had 100% of our teachers and teacher aides and loads of students turn up in costume so we hope both staff and students will dress up again this year. Some of the fantastic costumes last year included: Einstein, Thing 1 and 2 from Dr Seuss, the girl from “A Bad Case of Stripes”, The Cat in the Hat, Where’s Wally?, Little Miss Sunshine, the BFG and loads of superheroes to name a few. If you need some hints, google Children’s Book Week costumes on Google images and you will be amazed at the amount of ideas.

During Children’s Book Week, students in all year levels will be participating in classroom activities that relate to the shortlisted Children’s Book Week books. Prep students will be involved in Book Week activities during their weekly library lesson with Mrs Harrington. Year 6 students will be participating in the CPSS Readers’ Shield - an annual literacy competition.

During this week, students from Years 1 - 6 will also have the opportunity to participate in Book Week activities in the library during each long lunch break.

It should be a great week!

Glenys Harrington
Teacher Librarian

A reminder that the Premier's Reading Challenge concludes on Friday 26 August. All student reading record sheets must be handed to the class teacher or Mrs Harrington, the challenge co-ordinator, by this date.

Thank you to all parents who ordered online from Scholastic Book Club. Books that were ordered online from Issue 5 of Scholastic Book Club will be distributed during Children’s Book Week. Issue 6 Book Club leaflets should arrive soon.
Science Week: Drones, Droids and Robots (15th – 19th August)

There’s been lots of exciting Science activities going on this week to celebrate National Science Week. On Monday and Tuesday, all year levels enjoyed hands on Science Workshops with our Science Factory incursion. All students were engaged in the huge range of work stations on offer. The virtual reality headsets, the robots and the rocket launcher were particularly popular!

Each class has also been working on their own STEM challenge with a range of tasks to tap into creative thinking and problem solving in the areas of Science, Technology, Engineering and Mathematics. Prep and Year 1 students have been building robot models from recycled materials. Year 2 students have been undertaking a “Beebot” challenge – programming our “Beebot” robots to follow particular routes. Year 3 and 4 have been finding their inner aerospace engineer – designing and testing paper planes to find the plane that will travel the furthest / stay in the air longest / loop the loop or fly through a hoop (or two).

Years 5 and 6 have been working on an exciting “Drone Project”. They have designed and worked out the logistics of making a huge pattern or picture on the oval, using only human bodies. Local business owner, Ben Del Fabbro, will bring his drone to school next week to photograph / film the students executing this exciting project. I look forward to sharing photographs in the newsletter next week.

Have you visited any of the exciting Science Week activities available to families in our region? There’s still time to see “Science on Track” at the Workshops Rail Museum in North Ipswich. Check out the details below:

**SCIENCE ON TRACK**

The Workshops Rail Museum, North Ipswich, QLD

Science on Track is a hands-on, creative experience for all ages, where visitors build and test their own creations relating to energy, forces and motion, learn about railway science and technology, and get hands-on with our interactive Science Station exhibition.

Check out [www.theworkshops.qm.qld.gov.au](http://www.theworkshops.qm.qld.gov.au) for further details. Or click on the link below to find details of other events for adults, children or all the family.

Tuck Shop News

Regular newsletter readers will remember that our student “Taste Test Panel” tried out some new potential Tuck Shop menu items at the end of Term 2. Based on the panel’s feedback and acknowledging the mandated changes to the types of food that can be served in schools, the P&C have now approved changes to the Tuck Shop menu. These will gradually be implemented over the coming weeks.

Current stocks of the following items are currently being run down and from Week 7 / 8 will no longer be available:

<table>
<thead>
<tr>
<th>Current stocks</th>
<th>These items will be available:</th>
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<tbody>
<tr>
<td>Flavoured milk</td>
<td>Plain milk</td>
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<tr>
<td>Juice</td>
<td>Water</td>
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<tr>
<td>Iced Tea</td>
<td>***NEW: Smoothies will be introduced soon.</td>
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<tr>
<td>Sports Water</td>
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<tr>
<td>Sara Lee Double Chocolate Muffin</td>
<td>Home baked banana muffins</td>
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<tr>
<td>Chocolate Chip Cookie</td>
<td>Home baked pikelets</td>
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<tr>
<td>Fruit ‘n’ jelly cup</td>
<td>Fruit salad</td>
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<tr>
<td>Jumpy’s (Chicken or BBQ)</td>
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<tr>
<td>Red Rock Deli Chips (Sea Salt/Honey Soy)</td>
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Stocks of ice-blocks are also being run down and will be replaced with healthier frozen treats as the weather warms up. This is likely to be around the end of Term 3 or the beginning of Term 4 depending on sales of current stock.

During Term 4, further changes will be made to the menu so that by the end of 2016 our Tuck Shop will serve only healthy, delicious options. The menu, available via the school website, will be updated to reflect the changes as they happen. Keep reading the newsletter and checking Facebook for Tuck Shop news.

Jill Rutland
Deputy Principal

Healthy Active School Travel

Due to the various events at our school, our Walk and Ride to School Day will be in week 9, Wednesday September 7.

No need to wait though:

HAVE A HEALTHY BREAKFAST,
WALK TO SCHOOL WITH SOMEONE TODAY OR
POP ON YOUR HELMET AND HOP ON YOUR BIKE.

STOP LOOK LISTEN AT THE ROAD, BE HEALTHY AND ACTIVE!
Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

This week I would share another simple way of achieving variety - using the same ingredients multiple ways. Here’s how I turn 1 lot of ingredients into 7 different healthy snacks.

Ingredients:
* 1/2 cup pepitas chopped
* 1 cup desiccated coconut
* 1 tablespoon Chia Seeds
* 1/2 cup raisins chopped
* 1/2 cup brown rice syrup
* 1/2 sunflower seeds chopped
* 1 cup rolled oats (not quick oats)
* 1 teaspoon cinnamon
* 110 grams of soft butter
* 1 teaspoon vanilla extract

7 Healthy Snacks
1. No Cook (at all) Muesli Fun Balls
2. No Cook (at all) Muesli Slice
3. Muesli Biscuits
4. Toasted Muesli No Cook Fun Balls
5. Toasted Muesli No Cook Slice
6. Toasted Muesli Biscuits
7. Toasted Muesli (use as breakfast or topping for yoghurt)

2 Methods to Make These 7
All these are seriously dead simple to make.
1. Cream the butter, brown rice syrup and the vanilla.
2. Decide the amount of time and energy you have. If you have some time and energy, then I’d recommend you toast the ‘muesli’ (visit [http://rootcau.se/a](http://rootcau.se/a) for the full details) because it gives it a richer flavour. If you are time poor or feeling zapped, then just use the raw ingredients.
3. Put all dry ingredients (toasted or raw) in a large bowl, and then stir in the creamed butter, syrup and vanilla. Mix really well. (I am going to get the kids to do this with their hands to make it more fun).
4. Decide how you want to present these in the lunch box – balls, slice or biscuits. For balls, simply take a rounded teaspoon of the mixture and roll it into a ball. For the slice, put the mixture into a lined lamington slice tray, freeze for 15-20 minutes, then remove and slice into the size of slices you wish. For making the biscuits, follow the ball procedure then place on a lined tray and squash down to form a biscuit – cook biscuit in pre-heat 160 degree oven for 6-8 minutes. Lift baking paper out of the tray and allow biscuits to cool on baking paper on a wire rack. (You could even turn the slice into a baked muesli slice if you wanted (bonus 8th recipe – score!!!).

Visit [http://rootcau.se/a](http://rootcau.se/a) for full method.
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.

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The Samsung Primary Schools Cup is a Netball Queensland initiative open to ALL primary school children in Years 4 – 6. This weekend event provides an opportunity for girls and boys from all over Queensland to come together and experience competitive netball in a fun and safe environment.

**Date**

The date for the 2016 Primary Schools Cup is Saturday 15th and Sunday 16th October 2016.

**Venue**

The Venue this year will be:

Ipswich Netball Association, Salisbury Road, Ipswich.

**Nominations**

After feedback received from 2015, nominations for the Samsung Primary Schools cup in 2016 will occur through a more simplified nomination form through MyNetball.


Nominations must be completed by **5.00pm Friday 9th September, 2016**.

An invoice will be raised once team nominations have been received and they will be emailed to the nominated address.

Nomination fee is $90 for one team and the second team is $80. Maximum two team nominations per school.

If you have any questions regarding the competition, please email schools@netballq.org.au

**Competition Rules**

The Competition Rules are attached. There have been some minor changes to the competition rules so please take the time to read through these. ([http://qld.netball.com.au/wp-content/uploads/sites/9/2013/09/Primary-Schools-Cup-Rules-2016-1.pdf](http://qld.netball.com.au/wp-content/uploads/sites/9/2013/09/Primary-Schools-Cup-Rules-2016-1.pdf))

Banking is in the school hall, from 8.00am to 8.30am.
### AUGUST 2016

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<td>Science Factory Incursion</td>
<td>- Year 2 Railway Workshop Excursion</td>
<td>- Gala Sport day 3</td>
<td>- Gala Sport day 4</td>
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<th>SEPTEMBER 2016</th>
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<td>29</td>
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<tr>
<td>Year 1 Lone Pine Excursion</td>
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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: ________________________________
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

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

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**Term 3—Volunteer Roster**

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>22/08/2016</td>
<td>Michelle Handyside</td>
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<tr>
<td>23/08/2016</td>
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<tr>
<td>24/08/2016</td>
<td>Doreen Clement</td>
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<tr>
<td>25/08/2016</td>
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<td>26/08/2016</td>
<td>Doreen Clement</td>
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<td>29/08/2016</td>
<td>Jessica Williams</td>
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<tr>
<td>30/08/2016</td>
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<td>01/09/2016</td>
<td>Doreen Clement</td>
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<tr>
<td>02/09/2016</td>
<td>Doreen Clement</td>
</tr>
<tr>
<td>02/09/2016</td>
<td>Michelle Handyside</td>
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**STUDENT ABSENCES**

PH: 3381 4333

**Postal Address:**

P O Box 75
Redbank, QLD 4301

**Phone:** 07 3381 4333
**Fax:** 07 3381 4300
**E-mail:** admin@collparkss.eq.edu.au

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**We’re on the Web....**

[www.collparkss.eq.edu.au](http://www.collparkss.eq.edu.au)
[https://www.facebook.com/CollingwoodParkSS/](https://www.facebook.com/CollingwoodParkSS/)