**Principal’s Message:**

**Under 8’s Day**
Bring on the fun!!! This Friday marks the 60th anniversary of Under 8’s Day. Our Prep – Year 2 students will be involved in a whole range of fun activities. Come along and join in the fun!

**School Photos**
School photos will be taken next **Tuesday 31 May**. A timetable for the photos will be added to our webpage. We will be beginning with the Year 6 classes. Sports photos will be taken later in the year.

**Reconciliation Week**
National Reconciliation Week will be held from 27 May to 3 June. The dates commemorate two significant milestones in the reconciliation journey – **May 27**, marks the successful 1967 referendum, which gave the Commonwealth the powers to give Aboriginal and Torres Strait Islanders the full rights of Australian citizenship. **June 3** marks the High Court Mabo decision, which recognised that Aboriginal and Torres Islander people have a special relationship to land, paving the way for Native Title.

The theme for 2016 is **Our History, Our Story, Our Future**.

*Our History, Our Story, Our Future* is derived from the [*State of Reconciliation in Australia*](http://www.reconciliation.org.au/) report, which asks all Australians to reflect on our national identity, and the place of Aboriginal and Torres Strait Islander histories, cultures and rights in our nation’s story.

‘**Our History**’ reminds us all that historical acceptance is essential to our reconciliation journey. Historical acceptance will exist when all Australians understand and accept the fact that past laws, practices and policies deeply affected the lives of Aboriginal and Torres Strait Islander peoples, often having devastating immediate impacts and causing much of the disadvantage that exists today. It is also a commitment to ensuring these wrongs are never repeated in the future.
'Our Story' reflects the fact that the journey towards reconciliation forms a significant part of Australia’s story, as do the stories of both trauma and triumph told by Aboriginal and Torres Strait Islander peoples. It also encourages each and every one of us to make reconciliation part of our own story.

‘Our Future’ reinforces that reconciliation must live in the hearts, minds and actions of all Australians as we move forward, in the knowledge that we believe in fairness for everyone, that our diversity makes us richer, and that together, we are stronger.

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures and achievements, and to explore how each of us can join the national reconciliation effort. Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community and Aboriginal and Torres Strait Islander peoples.

Facilities
Anyone walking around the southern end of the school, will have noticed a big gap in our school, where Modular 2 has been removed. Next, Modular 5 (near the Small Covered Area) is being refurbished for use by Outside School Hours Care. As soon as that is complete, in the next week or so, Outside School Hours Care will move into that building, and then Modular 1 (their current home) will also be removed. A beautiful outdoor learning environment will then be built, including a small amphitheatre created from sandstone blocks.

Our rainforest area is beginning to look sensational. A group of workers, led by the awesome Bruce, is rejuvenating the area with a new walkway and platform. They have already uncovered a pond, I didn’t even know existed. The workers have dug out the pond by hand!

Meridee Cuthill
Principal
This week, we welcomed Belinda Smith from “The Root Cause” to deliver “Mad Food Science” workshops for all classes.

The children learnt about healthy food choices, healthy living and how the food we eat affects how we feel, sleep and concentrate. The students took part in activities and experiments and learnt about the types of food that support the health of different parts of our bodies. One simple message was to try to eat a “rainbow of food” – as many different colours of fruit and vegetables as possible.

It’s important to remember that we taste with our tongues, not our eyes. Belinda made this point very clearly when she whizzed up a smoothie containing bananas, strawberries and baby spinach. The smoothie looked like green sludge, but the children tried it enthusiastically and almost every child queued up for second or even third helpings.

The students also learnt about the differences between foods that are grown and foods that are designed and made in a laboratory or factory. They learnt that in the 1970’s there were approximately 3,000 different types of processed, packaged foods for sale in supermarkets compared with over 80,000 today. The huge number of processed foods available to us today means that there is lots of choice and that if we know how to read the labels then it’s easier to choose a healthier option.

If you ask your child about this, they should be able to tell you that when choosing processed, packet foods there are three things to consider:

- Does the food contain more than six ingredients? If so, you might look for another option.
- Look at the sugar content. Ingredients are always listed in order of quantity. If sugar is in the first three ingredients then the product contains more sugar than our bodies need. You can also check the quantity of sugar per serving. The World Health Organisation recommends that children should consume no more than 16g (4 teaspoons) of added sugar a day.
- Does the food contain additives and / or preservatives? Many processed foods contain additives and preservatives to extend their shelf life to for up to a year. Some of these additives and preservatives can have side effects on our bodies. The children used an iPad App to find out more about the preservatives in their favourite chips, carton drinks
and biscuits. Knowing what each product contains gives you knowledge to make an informed choice. You might choose to find an option that contains less or even no preservatives and additives.

**Parent / Carer Mad Food Science Workshop**
On Tuesday evening, Belinda ran a session for parents and carers. It was fantastic to see such a great turn out, with over seventy adults and lots of children and older siblings coming along to find out more about food and healthy choices. If you were unable to attend, then look out for more information in future newsletters as we plan to share regular recipes, tips and information. You may also be interested in signing up to the Root Cause’s website. It’s free to join and will provide you with more tips, information and free recipes each week.

www.therootcause.com.au

I promised a prize to the class who had most families attending our evening Mad Food Science session. All classes were represented, but special congratulations are due to 4C who had the highest attendance. 4C will enjoy their prize of a special healthy Morning Tea next Tuesday. I shall be baking some special, healthy muffins and Mrs Cuthill will be whizzing up some delicious, healthy smoothies to wash them down with.

**Tuck Shop Changes**
I have written in recent weeks about the changes coming to our tuck shop menu. Now that the children have learnt about the importance of eating a healthy diet, we would like their opinions about some new tuck shop options. With this in mind I shall be looking for students from every year level to form a taste test panel. The panel will try out the new menu options, vote for their favourites and report back to the rest of the school. The children’s choices will be incorporated into the new tuck shop menu and, once approved by the P&C, will become available for purchase in the Tuck Shop. If you have suggestions or recipe ideas that might be suitable then I would love to hear from you.

**Jill Rutland Deputy Principal**

**Volunteer Induction Sessions**

**Wednesday 1 June 9:30; 2:30 and 6:30pm.**

**Friday 3 June 9:30am (if required)**

These are short sessions of 30 mins maximum duration. Please register your interest at the school office.

**ICAS**

ICAS science will be conducted in the seminar room on Tuesday 31st May.
The Premier’s Reading Challenge is an annual statewide initiative for both state and non-state schools up to Year 9. More than three thousand students from our school have successfully completed the challenge since its inception more than ten years ago. Though participation is voluntary, I encourage all students to consider participating in the Reading Challenge this year.

The Premier’s Reading Challenge is not a competition but aims to improve literacy and encourage children to engage in reading for pleasure and learning. At Collingwood Park State School, we believe that the single most important thing you can do to support your child’s learning is to encourage them to read. Educational research tells us that students who read more, do better at school. Therefore, anything we can do to encourage students to read will help make a difference. The wonderful thing about the Reader’s Challenge is that each individual student selects the books.

The reading period for Prep - Year 6 students is Tuesday, 19 May – Friday, 28 August. Individual reading record sheets can be collected from your class teacher or from Mrs Harrington, the Premier's Reading Challenge co-ordinator, from this week.

Students who successfully complete the challenge have their efforts recognised through the receipt of 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.

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>
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| Prep - Year 2 | Read or experience 20 books  
N.B. Home Readers are not to be used |
| Years 3 - 4 | Read 20 books |
| Years 5 - 9 | Read 15 books |

N.B. 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  
Teacher Librarian  
Premier's Reading Challenge co-ordinator.
Under 8’s Day

We will celebrate this day at our school this Friday 27 May. There will be variety of activities provided for the students from Prep – Year 2 to participate in throughout the morning from 9.00am – 11.00am.

If you can spare the time, come and join in the fun!

Tuckshop News

Prep students may now order their lunch from the tuckshop.

They are not allowed to make over the counter purchases for ice blocks.

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 2
Volunteer Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>Thursday 26/05/16</td>
<td>Diane</td>
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<tr>
<td>Monday 30/05/16</td>
<td>Michelle Handyside</td>
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<tr>
<td>Tuesday 31/05/16</td>
<td>HELP NEEDED</td>
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<tr>
<td>Wednesday 01/06/16</td>
<td>Diane</td>
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<tr>
<td>Thursday 02/06/16</td>
<td>Michelle Handyside</td>
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<tr>
<td>Friday 03/06/16</td>
<td>HELP NEEDED</td>
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<tr>
<td>Monday 06/06/16</td>
<td>Jessica Williams</td>
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<tr>
<td>Tuesday 07/06/16</td>
<td>Michelle Handyside</td>
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<td>Wednesday 08/06/16</td>
<td>HELP NEEDED</td>
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<td>Thursday 09/06/16</td>
<td>Diane</td>
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<tr>
<td>Friday 10/06/16</td>
<td>Michelle Handyside</td>
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Please update your details

We still have a number of families in our school that have incorrect addresses, phone numbers and emergency contact details. If you have changed your details in any way, please visit or telephone the office.

14th annual Ipswich Poetry Feast

Last Friday, a group of 18 enthusiastic Year 4 students participated in a poetry writing workshop with poet, Mark Svendsen. They had lots of fun experimenting with words and writing descriptive passages that exhibited fantastic visual imagery.

This free workshop was run in conjunction with the Ipswich Poetry Feast Festival. Our school has participated in this festival for a number of years with some of our past students winning prizes for their poems.

Every student, who participated in the workshop this year, is now required to write and enter a poem in the poetry writing competition. I will be available to assist with proofreading and editing of poems during lunch breaks. Poems have to be completed by the end of this term.

Glenys Harrington

Located in the school hall from

School Banking is every Friday!

8.00am to 8.45am.

Start saving today!

Please remember to only drive at 40km/per hour (or less) around schools.
The Care Crew

CARE Crew members were awarded their badges at yesterday’s assembly.

Congratulations to; Luanna Tuhaka, Cara Minton-Brittle, Hayley Ritchie, Maddy Richardson, Jessica Swan, Bianca Sunley, Derrick Tongu, Josephine Cox, Amiee-Leigh Nelson, Catherine Marle and Rose Taulapapa.

Louise Armstrong
Student Welfare Officer (SWO)

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.

NAME: ______________________________
Phone: _______________________________

We’re on the Web........

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