Book Week Assembly

The theme this year was “Australia – Story Country”. Thank you to our wonderful teacher/librarian, Mrs Glenys Harrington, for running our Readers Cup competition, in addition to displaying and showcasing special books.

During the assembly winners of the best costume for each year level were announced and prizes and certificates will be presented to students next week. Characters from a wide selection of books descended upon the hall and dazzled the audience with their excitement, creativity and commitment to character. As each year level grooved around the hall to some music – parents, students and teachers were impressed with the amazing costumes. A special thank you to our visitors from Good Start Kindy who came along in their costumes and experienced their first big school assembly.

Thank you parents, students and teachers for the wonderful effort everyone put into Book Week.
Breakfast Club
We are very fortunate to be able to offer breakfast to our students four mornings per week. We receive a sizeable donation each month from the Goodna RSL, which enables us to purchase bread, fruit, milk and juice for students. Our Breakfast Club is conducted solely by volunteers – mums, dads, grandparents and other relatives. We are currently requiring some adults to volunteer for approximately one hour on Monday, Tuesday, Thursday and Friday. Any time you can give to this great service would be very much appreciated.

Enrolments for Prep 2017
If you have a child born between 1 July 2011 and 30 June 2012 you are eligible to enrol them for Prep for 2017. Please come to the school office and ask for a Prep enrolment pack as soon as possible so that we can organise your child for Prep and let you know about all the activities prior to school next year.

QUEENSLAND ACADEMIES BRILLIANT FUTURES PROGRAM
The Queensland Academies Brilliant Futures Program is open to very highly capable students in Year 5 in 2016 who are seeking an assured pathway* into the Queensland Academies campuses for commencement in Year 10.

After undertaking a rigorous selective entry process, students will be engaged in an innovative and challenging preparation program designed to support their success and wellbeing.

Throughout this program, students will develop a personalised portfolio based on their participation in online courses and face to face workshops. Students will benefit from working with Queensland Academies teachers; and will be challenged through contemporary pedagogy that offers collaborative, accelerated learning focused on deep inquiry and real world research. These online courses prepare students for the academically challenging International Baccalaureate Diploma course offered by the campuses.

As students’ progress through the program, they would be encouraged to participate in a range of other engagement activities that would support appropriate articulation into the campus that best suits their needs.

Applications for Year 5 students to join this program close on 14 September 2016.


Supporting your child’s wellbeing and learning
When children have a strong sense of wellbeing, they experience greater success in learning. Our school is strongly committed to enhancing the wellbeing of our students which is why we have a range of activities and supports across our school that help students feel and function the best they can.

This is part of a Queensland-wide recognition of the importance of wellbeing and is supported by a series of webisodes delivered by respected psychologist Dr Michael Carr-Gregg. The short video presentations are available at: http://deta.qld.gov.au/initiatives/learningandwellbeing/resources.html

Meridee Cuthill
Principal
**Reminder**: Premier’s Reading Challenge - **closes this Friday 26 August**. All student reading **record sheets must be handed in** to the class teacher or Mrs Harrington, the Challenge co-ordinator, by the due date listed above.

Book Club Issue 6 leaflets have been distributed to all classes. **All orders need to be made and paid for online** by Friday, 31 August.

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**Parents Wanted!**

**Can you help?**

*(And enter a prize draw!)*

I am a mum of three and am conducting research with Griffith University, Gold Coast, as part of my PhD. I am looking for parents of children aged 6-13 to participate in research exploring parenting behaviours such as communication, involvement and supervision, and protective behaviours regarding sexual abuse. Your responses can help us make children safer.

All you have to do is visit: [https://www.surveymonkey.com/r/parentsap6-11](https://www.surveymonkey.com/r/parentsap6-11) and complete the survey. It should take you about 20-30 minutes.

The survey is completely anonymous—you do not have to leave any contact details.

All parents who fill out the survey will go in the draw to win one of three $100 Coles/Myer vouchers—just follow the instructions at the end of the survey to go in the draw.

I so appreciate your help!

*Researchers*: Prof Melanie Zimmer-Gembeck (m.zimmer-gembeck@griffith.edu.au, +61 7 5678 9085) and Julia Rudolph (julia.rudolph@griffithuni.edu.au, +61 411406211).

*Ethics*: This research has Griffith University Human Research Ethics Committee approval (GU Ref: No: 2015/861).

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**TUCKSHOP ARRANGEMENTS FOR SCHOOL SWIMMING DAYS**

School swimming will take place on Monday 5th & 12th, Wednesday 7th and 14th and Friday 9th and 16th September for Year 2, 3 and 4 students.

**Year 4 students will be able to order both lunches at the tuckshop as normal.**

**Year 2 and 3 students will only be able to order 2nd lunch.**
Book Week Disco
I had the pleasure of attending the Junior and Senior Book Week-themed discos last Friday. The Junior disco was particularly well attended with lots of imaginative costumes and enthusiastic participation in the games and dancing.

A huge thank-you to our P&C who organised this event. There is a lot of work involved in organising and running school discos and we are fortunate to have such a dedicated team of volunteers to provide this fabulous social event for our students. Thank-you too, to the teachers who came to support the disco – the younger children, in particular, always enjoy seeing their teachers at the disco to join in the fun.

On a more serious note, it was brought to my attention that some children brought party food and hot chips to the disco. We intend that our school discos be fun, social occasions for our students. However, please be aware that discos are also fund-raising events for our school and so we would ask that, in future, only food and drink purchased at the disco be consumed. The P&C provide “meal deals” – available as part of the ticket price. Snacks are also available to purchase over the counter. In addition, chilled water is always available to all students, free of charge.

If you would like to help out at future discos then we would love to hear from you. Many hands make light work and it’s always a fun event. If you are interested in finding out more, please contact our P&C President, Tracey Boyter, through the school office.

Science Week: Drones, Droids and Robots (15th – 19th August)
This week may be Book Week, but we’re also still enjoying the success of Science Week. I have a growing collection of photographs as class teachers send me pictures of Science Challenge winners and / or their classes undertaking their challenges.

Certificates for these winners will be presented at next week’s assembly – 31st August.

Opti-MINDS
Since the beginning of term, four teams of students have been working hard to prepare for Opti-MINDS Challenge Day. The teams are made up of between four and seven students from Year 3 – 6. Each team selected one of three possible challenges and is looking forward to presenting their creative solution on Sunday at St Peter’s Lutheran College in Indooroopilly. In addition, the teams will be tasked with creating and presenting a solution in a “spontaneous challenge” situation. This is the first time that Collingwood Park students have taken part in Opti-MINDS and we wish our four teams lots of luck for Sunday, and most importantly, that they enjoy the experience! I shall be with them on Sunday and look forward to reporting on how they go in next week’s newsletter.

Jill Rutland
Deputy Principal
OSHC News

Congratulations to Lilly and Phoebe S., Emily and Hanna C., Mikayla C., Chloe C., Sebastian M., Kirsty N., Brooke N., Jordan G., Annaleise M., Ashlee M. and Tequila Rose H. from OSHC. These students recently entered exhibits into the Rosewood show. They were rewarded with 8 first prizes, 8 second prizes and 6 third prizes. The entries varied from wood burning art, sewing, weaving, collage and bead work.

You’re invited to the

Foster Care Information night

Come along to our Foster Care Information Night and learn more about Foster Care and how to get involved, see if it’s right for you!

Where: Humanities Building, 56 South Street, Ipswich
When: 8th September 2016
Time: 6.30pm

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!
Three Key Nutrients of a Balanced Lunchbox

Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

Unsure what to pack in your child’s lunch box? Lunch Box Studies show this is a concern for many parents.

This week, we start a series of tips to help you pack a balanced lunch box, starting with 3 key nutrients - carbohydrates, protein and fats (known as macronutrients). There are good and bad of both. **The aim is to pack all or majority of good.**

1. **Carbohydrates**
   Carbohydrates are our main energy source. They include sugar, starch and fibre. Sugar and starch provide energy. Fibre slows down the use of sugar and starch. **Packing carbohydrates that provide long lasting energy is important to your child’s concentration.** Wholefoods (fruits and vegetables) contain natural sugars, starches, fibre and provide longer lasting energy. Processed foods are predominantly refined sugar which is used quickly and is usually followed by a crash.

2. **Proteins**
   Protein is used for growth and tissue repair. Protein also helps keep your child feeling full. **For longer concentration and better behaviour, pack both proteins and long lasting carbohydrates.**

3. **Fats**
   **Good fats** (avocado, olive oil, seeds, small amounts of meat and butter) are essential for survival, particularly normal growth and development. Processed foods such as cakes, snack foods, pies etc. are generally high in bad fats (trans fats) and should be avoided (or at least limited).

**Ideas**
- Visit [http://rootcau.se/10](http://rootcau.se/10) for good and bad carbohydrates, proteins and fats.

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.

© Belinda Smith & The Root Cause 2014
# VACATION CARE PROGRAM
## SEPTEMBER 2016

<table>
<thead>
<tr>
<th>Monday 19th</th>
<th>Tuesday 20th</th>
<th>Wednesday 21st</th>
<th>Thursday 22nd</th>
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<tr>
<td><strong>Excursion</strong></td>
<td><strong>Excursion</strong></td>
<td><strong>Messy Science</strong></td>
<td><strong>Boot Camp</strong></td>
<td><strong>Incursion</strong></td>
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<td>Roald Dahl 100</td>
<td>Movies @ Southbank</td>
<td>Messy Craft</td>
<td>Healthy Snacks</td>
<td>Jumping Castle</td>
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<td>Revolting Recipes</td>
<td>Movies &amp; Times TBA</td>
<td>Apple Crumble</td>
<td>Technology Session</td>
<td>Scavenger Hunt</td>
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<td>Talent Quest</td>
<td>MTOP Outcomes: 1.1, 1.2, 1.4, 2.3, 3.1, 4.1</td>
<td>MTOP Outcomes: 2.1, 2.3, 3.2, 4.1, 4.2</td>
<td>MTOP Outcomes: 2.1, 2.3, 3.2, 4.1, 5.1, 5.3</td>
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<th>Monday 26th</th>
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<td><strong>Excursion</strong></td>
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<td><strong>Excursion</strong></td>
<td><strong>Incursion</strong></td>
<td><strong>Recycled Eco Planters</strong></td>
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<td>Wheels Day @ Banjo Patterson Park</td>
<td>Itty Bitty Animal Farm</td>
<td>Queensland Science Centre &amp; Museum</td>
<td>Animal Wood Artwork</td>
<td>Pizza Pyjama Party Day</td>
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<td>BBQ Lunch</td>
<td>MTOP Outcomes: 1.1, 1.2, 1.3, 1.4, 2.1, 2.3, 3.2</td>
<td>MTOP Outcomes: 3.1, 4.1, 4.2, 4.3, 5.1, 5.3</td>
<td>MTOP Outcomes: 2.4, 3.1, 4.1, 5.1</td>
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<th>Monday 3rd</th>
<th>Tuesday 4th</th>
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<tr>
<td><strong>CLOSED</strong></td>
<td><strong>BOOKINGS CLOSE:</strong></td>
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<tr>
<td>PUBLIC HOLIDAY</td>
<td><strong>2 SEPTEMBER 2016</strong></td>
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<tr>
<td><strong>WELCOME BACK TO SCHOOL</strong></td>
<td>Book and pay early to avoid disappointment. Limited number of places available on all excursion days. Child Care Benefit and 50% Rebate available for eligible families.</td>
</tr>
</tbody>
</table>
As part of Disability Action Week, CPL is celebrating the enormous amount of talent in the Ipswich community by hosting the ‘Make Your Mark’ art exhibition.

You are invited you to join in for the launch of the exhibition on Friday 9 September, 11:00am, d’Arcy Doyle Place! Admission is free with family activities, jewellery making and interactive art work taking place on 9 September from 12pm and on 10 September from 10am. For further information, please visit the official event website: http://www.cpl.org.au/MYM.

Banking is in the school hall, from 8.00am to 8.30am.
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<thead>
<tr>
<th>Mon</th>
<th>August 29</th>
<th>Year 1 Lone Pine Excursion</th>
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<td>Tue</td>
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<td>Fri</td>
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<td>Year 2, 3 &amp; 4 Swimming</td>
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**August 2016**

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**September 2016**

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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: ___________________________
Earlier this year, new ‘Healthy Choices’ legislation was introduced. This has now made some of the items on our menu non compliant with this legislation. These items are now being phased out.

If the item you have ordered is no longer available we will endeavour to replace it with a similar item or refund you your money.

We thank you for your patience and look forward to releasing our awesome new menu in the near future.

These items are no longer available:
- Cookies
- Muffins
- Jumpy’s
- Potato Pie
- Flavoured Milk
- Plain Milk
- Jelly Cups
- Playwater

Tuckshop Phone: (07) 3381 4335

Term 3—Volunteer Roster

<table>
<thead>
<tr>
<th>Monday 29/08/2016</th>
<th>Jessica Williams</th>
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<tr>
<td>Tuesday 30/08/2016</td>
<td>Michelle Handyside</td>
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<tr>
<td>Wednesday 31/08/2016</td>
<td>HELP NEEDED</td>
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<tr>
<td>Thursday 01/09/2016</td>
<td>Doreen Clement HELP NEEDED</td>
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<tr>
<td>Friday 02/09/2016</td>
<td>Doreen Clement Michelle Handyside</td>
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<td>Monday 05/09/2016</td>
<td>Michelle Handyside</td>
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<td>Tuesday 06/09/2016</td>
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<td>Wednesday 07/09/2016</td>
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We’re on the Web........
www.collparkss.eq.edu.au
https://www.facebook.com/CollingwoodParkSS/