Principal’s Message:

**Sorry – no dogs**

As much as I love dogs (I have a gorgeous black cocker spaniel at home), they are not to come on to our school grounds. Over the last couple of weeks, I have noticed that some parents and carers are bringing their beautiful dogs on to our school grounds. Some children are terrified of dogs and others are overly friendly, when we are not sure just how the dogs may react to an onslaught of children wanting to pat them. So please leave them at home, when coming to collect your children.

**Report Cards**

Students and teachers are busily completing assessment and marking in preparation for our reporting period. Semester One Report Cards will be sent home on Wednesday 22 June 2016.

**PLAYGROUP – HERE EVERY THURSDAY**

We have a fabulous Playgroup facilitated by Ms Aimee Watson and Mrs Grace Herrera each Thursday 9:30 – 11:00. Playgroup is a place where families can build long-term friendships as their children grow and transition to school. It provides opportunities for children to learn social skills as they negotiate with peers, resolve conflict, take turns, share and make friends. It also helps them to build resilience to enable them to cope with new situations and manage stress and adapt to change. Playgroup is **fun!** There are many and varied activities, new children to play with and group activities your children may not experience at home. So come and join us!

**Belonging matters**

All children need to feel that their world is a safe place where people will care about them, where their needs for support, respect and friendship will be met, and where they will be able to get help to work out any problems. When these needs are met, children develop a sense of belonging. Children who feel that they belong are happier, more relaxed and have fewer
behavioural problems than others. They are also more motivated and more successful learners.

A sense of belonging and connectedness at school helps to protect children against mental health difficulties and improves their learning.

When parents and carers feel connected to their school, children find it easier to understand what is expected of them and are better able to manage the ups and downs of life. They learn better and have better mental health.

**Tips for parents and carers**

A good way for parents and carers to support their children’s sense of belonging is to work together with their school.

Here are some tips for parents and carers on how to do this:

- Make time to listen to your child tell you about what he or she has done during the day.
- Let the staff know if your child is having difficulties and discuss what kinds of things can be done both at home and at the school or service to help.
- Make contact with your child’s teacher and keep in touch.
- Share information about your child’s likes, interests and preferences with educators.
- Get involved - find out if there are ways you can help out or take part in activities at your child’s school. Attend information sessions and social activities at your school whenever you can.
- Be informed - check for notices that are sent home and keep informed about activities through newsletters and other communications.

Make contact with other families at your school. Perhaps meet up informally with family members of other children in your child’s class, find out about parent social groups or join a parent committee. Our class parent representative system is a great way of connecting with other parents, as is joining our P&C. (Adapted from KidsMatter enewsletter)

**Meridee Cuthill**

Principal
**Improving Children’s Health – one lunchbox at a time**

I have received lots of feedback about our Mad Food Science incursion last week. Several children have approached me to tell me how much they liked the green smoothie that they tried. Other children have proudly shown me the fresh fruit and vegetables in their lunch boxes and others have shown me the ingredients on their packaged food items and pointed out “Look Mrs Rutland, these crackers only have 3 ingredients” or “sugar is only the fifth ingredient – that’s good isn’t it?”

I also received an e-mail from Belinda Smith of The Root Cause this week. Belinda was overwhelmed by the incredible turn out at our parent workshop last Tuesday night - the biggest turnout of any workshops she had run on her Australian tour. She also shared feedback she had received from some of our community:

> “As I was packing up in the hall, a mum came in with her 3 children, especially to see me. She said the messages I gave her son had really gotten through to him. The mum told me her son, who doesn’t talk very much, came home after his class participated in The Mad Food Science Program™, and took out the BBQ shapes from the pantry and showed her how many ingredients were in them. He told her they should find a better packet.

> And when I went to sign out in the school office, the Principal came out to share a story about how a mum came up to her at the school gate to say how much her family got out of the evening work shop. That her family had started to look at what they were eating in their pantry to see what they could change.”

Many class teachers have followed up on the information shared in the Mad Food Science sessions, reinforcing the messages and facilitating class discussions about food and nutrition. We have reminded children that whatever is in their lunch box today is good for them to eat and that it’s important not to waste food. However, we are also encouraging the children to be aware of what they are eating, to read the ingredients on the packet, talk to their parents and carers about what they’ve learned and consider what their family might choose in the future:

- Does the food contain more than six ingredients? If so, many of the ingredients are likely to be preservatives or additives such as flavour enhancers. Our bodies do not need these additives and preservatives to be healthy. When shopping next time, you might look for an alternative option. Look for packets that contain six ingredients or less.
- 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 4 – 6 teaspoons of sugar a day. Many packet foods containing a surprising quantity of sugar. Some flavoured milks, for example, contain 4 or more teaspoons of sugar. Some yoghurts also contain several teaspoons of sugar. Many muesli bars contain 2 – 3 teaspoons of sugar. This sugar adds up very quickly!

If you are interested in finding out more you may like to sign 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.

Alternatively, look out for information in our weekly newsletter. As a follow up from our Mad Food Science incursion, we’ll be sharing weekly information and suggestions from The Root Cause.

**Tuck Shop Changes**
Remember, that if you are interested in having a say or making suggestions about new Tuck Shop items then please contact me at the office – I’d love to talk to you. A panel of taste testing students will be trying out some new menu options over the next few months, voting for their favourites and reporting 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.

**Sweet Treat Rewards**
Those of you who attend our weekly assemblies will be aware that we draw CARE Cards from the weekly collection and that the children whose cards are drawn receive an ice-block voucher for the tuck shop. We have also provided other sweet treats from time to time, e.g. ice-cream on Rewards Day. From January 2017, we will no longer be permitted to do this and will find healthier alternatives. These changes will be gradually phased in by the end of the year in line with government mandates and our own desire to promote healthy choices within our school community.

**Jill Rutland**
Deputy Principal

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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: _______________________________
Three Reasons Red Foods Are Awesome!

Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

Red Fruits and Vegetables are nutritionally powerful, making them awesome lunch box foods.

1. Great Brain Food
Red fruits and vegetables aid in memory function, making them an important part of the lunch box mix. Ensure you include a red food daily to help with your child’s learning.

2. Keeps Our Hearts Healthy
The food we pack our children today affects their health into their adulthood. Include red foods to promote healthy hearts.

3. Helps Protect Against Diabetes
Help protect your child from diabetes by adding red fruits and vegetables to their lunch box. Lowering processed sugar and regular physical activity also helps.

Red Fruits & Vegetables to include:

Apples, strawberries, cherries, goji berries, watermelon, raspberries, red grapes, tomatoes, beets, red capsicum. Choose fruit and veg in season in Australia because it will be fresher.

Ideas
• Choose 2 red fruits and 2 red veg that your children like. Rotate them each day for variety.
• Make a red fruit salad of watermelon, red grapes and strawberries.
• Cherry tomatoes make a great finger food. Skewer them with cheese to make them more fun.
• Roast some beets and blitz them with hummus for a pink hummus.

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.
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

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.

Tuckshop News

School Banking is every Friday!

Located in the school hall from 8.00am to 8.45am.

Start saving today!

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

Term 2 Volunteer Roster

<table>
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<tr>
<th>Date</th>
<th>Volunteer</th>
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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>Doreen Clement</td>
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<tr>
<td>Monday 06/06/16</td>
<td>Jessica Williams</td>
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<td>Tuesday 07/06/16</td>
<td>Michelle Handyside</td>
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<tr>
<td>Wednesday 08/06/16</td>
<td>HELP NEEDED</td>
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<td>Thursday 09/06/16</td>
<td>Doreen Clement</td>
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<td>Wednesday 15/06/16</td>
<td>Doreen Clement</td>
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<td>Thursday 16/06/16</td>
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<td>Friday 17/06/16</td>
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<td>Michelle Handyside</td>
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Last Friday, our students in Prep to Year 2 participated in a range of fun activities organised by our dedicated teachers and community members. What a fantastic way to celebrate our younger learners. It was wonderful to have so many parent and family members as well as some of our Year 5 & 6 students helping out. The photos give you a glimpse of fun the Under 8s had on the day.
We’re on the Web……..
www.collparkss.eq.edu.au
https://www.facebook.com/CollingwoodParkSS/