Wow, what a wild weekend! I hope you all managed to stay warm and dry. The cool weather has certainly hit us with a vengeance! We had a maximum of 9 degrees in Toowoomba on Sunday—a good excuse to have the fire on. It has been very pleasing to see most students wearing school or school coloured jumpers and track pants to school. Help maintain our high standard of school pride! Be sure to organise the correct winter uniform for your child. Coloured jumpers/jackets/tracksuit pants and tights are unacceptable.

**Every Day Counts**
We are now almost to the end of Term 2 and teachers are very busy finalizing assessments and writing report cards. As always it is very important that your child is at school every day, but it is doubly important at this time of term. Teachers work so hard to do the best for your children, but student absence makes their job so much harder. Please do everything you can to make sure that your child is at school every day after having a good night’s sleep. Report cards will go home on Wednesday 22 June.

Interestingly, I have been looking at the reading data of our students in Year 1. As an example of the difference coming to school regularly makes, I found two little girls, whose attendance in Prep last year was 64%. This meant that on average, out of every 10 days of school, they were missing 4 days, or 2 days per week. Both of these little girls ended up with reading levels, which were 6 months behind the rest of their class. They have had great attendance this year, averaging 95% and I am really pleased that they have almost caught up with their peers. Every day really does count!

Currently, our Year 3 students are attending at the highest rate—93.8%.

**Successful Walk to School Event**
A huge thank you to our staff, students, families and volunteers who made our Walk/Ride to School event such a huge success. Our local Ipswich City
Councillor, Kerry Silver, accompanied us on our walk. Mrs Vicki Hoens prepared an enormous assortment of breakfast delights – scrambled eggs, sausages, fresh fruit, cereals and ham and cheese muffins – an outstanding effort – thank you, Vicki.

**Ramadan**
We are so very fortunate to have such a diversity of cultures and religions at our school. Tuesday 7 June, marked the beginning of Ramadan in Australia. It is an especially holy period for Muslims. Ramadan is the ninth month in the Islamic calendar. It is a period of prayer, fasting, charity-giving and self-accountability for Muslims in Australia. Muslims fast during this period, as it helps one to feel compassion for those who are less fortunate and underprivileged, since each day Muslims feel greater appreciation for what they have as a result of feeling hunger and thirst. Below are some words related to Ramadan.

*Sawm* - Arabic word meaning "fasting."

*Suhoor* - the pre-dawn breakfast meal eaten before beginning the daily fast.

*Iftar* - the evening meal, taken after sunset to break the daily fast.

*Tarawih* - special prayers offered nightly during Ramadan, in which approximately 1/30th of the Quran is recited each night.

*Eid al-Fitr* - Festival at the end of Ramadan, in celebration of completing the month of fasting. This takes place on the 1st day of the next month, Shawal.

**Meridee Cuthill**
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.
Improving Children’s Health – one lunchbox at a time

Last Thursday, 4C enjoyed a healthy treat. Their class had the largest family attendance at the Mad Food Science Parent / Carer session on Tuesday 24th May and so, as promised, they received an appropriate prize. To reinforce the healthy food messages that the students had learnt, Mrs Cuthill and I provided a healthy afternoon snack for the students. Mrs Cuthill made a variety of delicious fruit smoothies – all of which were very popular! I baked mini muffins for the children to try. With a view to supporting the work of our tuck shop in improving the range of healthy options on the menu, I asked the children to provide me with feedback on the muffins to see whether any of the recipes used would be possible tuck shop options.

Each student tried three out of the four muffin options:
- Fresh corn and Cornmeal
- Cornmeal and Sourcream
- Blueberry
- Chocolate

All the recipes were low in fat, low in sugar and high in fibre. I baked them in colour-coded paper muffin cases. When they had finished their muffins the students had to place the coloured cases in one of three labelled buckets “Yum! – I’d like this again!”, “It’s okay” or “I don’t like this” so that I could see at a glance which options they preferred.

To be honest, I was nervous about what the students would think of these recipes – particularly the sweet options which contained much less sugar than regular muffins. However, I was very relieved that most of the wrappers went into the “Yum” bucket.
When I asked the students afterwards to vote on their favourite flavour, the overwhelming winner was “Chocolate”. These contained a secret ingredient which I asked the students to guess. There were a few wild suggestions, but Ella Horner was correct – the secret ingredient was prunes! Prune puree replaces the butter usually used in muffins. Its flavour complements the cocoa and adds great moisture which makes them a very healthy option. This is my family’s favourite muffin recipe!
You might like to try it for yourself:

**Super Healthy Chocolate Muffins**

To make 12 regular sized muffins:

**Ingredients:**
- 1 cup of pitted prunes
- 1 cup self-raising flour
- ½ cup of unsweetened cocoa powder
- 1/3 cup of sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 ½ cups of plain low-fat yoghurt

- Pre-heat the oven to 180°C. Line a 12 cup muffin tin with paper liners.
- Place prunes in a small saucepan. Cover with water and bring to the boil. Remove form the heat and let them stand for 5 minutes. Transfer the prunes to a food processor (without the cooking water) and process until smooth, scraping down the sides of the bowl once or twice as necessary.
- In a medium sized bowl, combine flour, cocoa powder and sugar.
- In a large bowl, whisk together eggs, vanilla, yoghurt and prune puree.
- With a wooden spoon, stir the flour mixture into the egg mixture until just combined.
- Fill each muffin cup about two-thirds full.
- Bake until a tooth pick inserted into the centre comes out clean (22-24 minutes).
- Let the muffins cool in the pan for five minutes and then let them cool on a wire rack – right side up.

If you eat these muffins while they’re still warm, the mixture is slightly sticky and doesn’t peel cleanly off the wrapper so you’ll have to scrape it off with your teeth (my children think this is part of the fun!) Once cool, the muffins will keep in an airtight container at room temperature for up to 3 days, or wrap them individually in cling-wrap, then foil and freeze for up to one month.

It was quite clear from the fantastic turn out at the Parent / Carer Mad Food Science workshop that our school community feels very strongly about improving children’s health. Do you have a healthy family favourite recipe? I would love to share recipes from our school community in our newsletter – particularly lunch box recipes. If you have a recipe to share, then please send it to me - jrutl15@eq.edu.au

In the meantime, you’ll find more healthy lunchbox tips in this newsletter from Belinda
Smith of The Root Cause. Remember, 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.

www.therootcause.com.au

**Tuck Shop Taste Testers**

For children interested in applying for a place on our Collingwood Park Taste Test Panel, application forms / permission letters will be available this week.

We would like to establish a panel of taste testers from across the school with a representative from each class. Preference will be given to children who meet the following criteria:

- Regularly use the tuck shop
- Excellent attendance record
- Interested in trying new foods
- Willing to give feedback to other students about the new tuckshop options – this may include speaking in class or assembly or writing for the school newsletter.

Application forms will be available from class teachers or the office. Completed applications must be returned to my pigeon hole in the office by Friday 17th June.

Jill Rutland
Deputy Principal

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**14th ANNUAL IPSWICH POETRY FEAST**

**INTERNATIONAL POETRY WRITING COMPETITION**

“No theme or word limit”

**Opening Date:** Sunday 17 April 2016

**Closing Date:** Friday 29 July 2016

**Entry Fee:** Free for School Age categories

$7,500 in cash and prizes to be won.

**Categories**

<table>
<thead>
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<th>Categories</th>
<th>1st Prize</th>
<th>2nd Prize</th>
<th>3rd Prize</th>
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<td>Primary School 8 - 10 years</td>
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<td>Ipswich Theme Awards</td>
<td>5-13 years - $50</td>
<td>14-17 years - $100</td>
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<td>Highly Commended</td>
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<td>14-17 years - $15</td>
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For entry forms and/or more information please visit: www.ipswichpoetryfeast.com.au
Or telephone 3810 6761
Three Reasons Green Foods Are Awesome!

Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

Greens are so important. I would even go as far and say, hide them in the foods if you have too!

1. Helps Fight Infection
Greens contain Chlorophyll (plant blood). Chlorophyll is closely aligned to human blood. It acts as a blood cleanser and detoxifier. Chlorophyll helps fight infection, helps with skin problems and is anti-inflammatory. Boost greens in the lunch box now to help fight off winter colds and flus.

2. Keeps Bones and Teeth Strong
Greens, especially dark leafy greens (e.g. spinach, kale, broccoli), are packed with calcium and magnesium - both are important for bones and teeth strength.

3. Growth and Development
Green fruits and vegetables are packed with vitamins and minerals including potassium, magnesium, folate and more. These are important for growth and muscle development.

Green Fruits & Vegetables to include
Apples, grapes, kiwi fruit, pears, avocado, celery, cucumber, edamame, beans, baby spinach, zucchini, broccoli. Choose fruit and veg in season in Australia because it will be fresher.

Ideas
• Choose 2 green fruits and 2 green vegetables your children like and rotate them
• Mash some avocado with a bit of lemon and add as a dip for crackers or vegetable sticks
• Hide greens in mini meat balls, mini quiches, fritters and smoothies!

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.
The Premier’s Reading Challenge is an annual state-wide 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>
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<th>Year level</th>
<th>Number of books</th>
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<tbody>
<tr>
<td>Prep - Year 2</td>
<td>Read or experience 20 books</td>
</tr>
<tr>
<td>Years 3 - 4</td>
<td>Read 20 books</td>
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<tr>
<td>Years 5 - 9</td>
<td>Read 15 books</td>
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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.
Music News

Music afternoon in June is coming!

We will be holding a concert (Music afternoon in June) on Thursday 16 June (Week 10), at 2pm in the hall. All of the school's music groups will be performing – Piccolo Choir, Passionate Choir, Junior Band and Senior Band. This concert will be a dress rehearsal for the Art Showcase which is early in Term 3. Parents and friends are very welcome to attend, and some classes will be there to support their peers. It is expected the concert will finish by 2:45.

The Ipswich East Music Workshops will be held in Week 11 of this term at WoodLinks State School. Collingwood Park students will combine with students from surrounding schools to play in a massed band, meet other band students and work with different conductors. The Beginner workshop is on Mon 20 June & Tue 21 June from 9:15-2:45, with a 2pm concert on the Tuesday. The Advanced workshop is on Wed 22 June & Thu 23 June from 8:40-2:40, with a 2pm concert on the Thursday. Participating students need to pay $45 to the office as soon as possible. The concerts are free for all to attend. If you need a note or have any questions, please see Mr Scott Bignell on Tuesdays and Thursdays, or email him at sbign6@eq.edu.au.

Yours in music,
Mrs Hornagold and Mr Bignell
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

Volunteer Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Person</th>
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<tbody>
<tr>
<td>Thursday 09/06/16</td>
<td>Doreen Clement</td>
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<tr>
<td>Friday 10/06/16</td>
<td>Doreen Clement</td>
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<tr>
<td>Monday 13/06/16</td>
<td>Michelle Handyside</td>
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<td>HELP NEEDED</td>
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<tr>
<td>Wednesday 15/06/16</td>
<td>Doreen Clement</td>
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<tr>
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<td>Monday 20/06/16</td>
<td>Jessica Williams</td>
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<tr>
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<td>Michelle Handyside</td>
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<td>HELP NEEDED</td>
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PREP TO GRADE 3
Mini canteen on the oval ..... Hot drinks, Cold Drinks, Chips, Cookies and Muffins available for purchase between 9am and 11am.

SENIOR SPORTS DAY
Friday 24th June 2016
GRADE 4 TO 6
Canteen on the oval ..... Pies, Potato Pies, Sausage Rolls, Hot & Cold Drinks, Chips, Cookies, Donuts and Muffins available for purchase all day.
Located in the school hall from 8.00am to 8.45am.
Start saving today!

Friday the 24th June is the last day for Term 2.

Term 3 will commence on Monday the 11th July.

For further information regarding Queensland State School Term times, please visit