Wow! What a successful weekend for our music students! Our Senior Concert Band won Gold at the Jacaranda Festival on Saturday. Our Piccolo Choir was also very successful, winning silver on Friday (see Instrumental Music News inside). Congratulations to our students, Mr Bignell and Mrs Hornagold.

Still on the music theme, Music: Count Us In is Australia’s biggest schools initiative, where students across the country sing the same song, on the same day, at the same time. The aim of the initiative is to encourage young people to become passionate about music and music education, 2016 marks the 10th year of Music: Count Us In. We will be involved with this celebration on Thursday 3 November in our hall. We will all sing the 2016 Program Song – ‘Let It Play’, written by students Stella Kelly (16, WA), Tom Meadows (11,VIC), Bonnie Staude (14, WA) and Breanna Truscott (14, QLD) – along with our Program Ambassador and Mentor. The song features a variation on ‘Canon in D’ by Johann Pachelbel. Listen to ‘Let It Play’ with the Official Sing-Along Video at https://www.youtube.com/watch?list=PLEpXT4Gn8YYCvq2N74L_RnwkXTDCQ9jVc&v=FMJgxt_kxbo

Our band will also present their winning performance on Thursday morning at 8:30am.

Independent Public School (IPS)
At our next P and C meeting on Tuesday 8 November, I will take the opportunity to further discuss our school becoming an IPS. At the end of the meeting, a ballot will be conducted to ascertain parental support. The
staff at school have participated in a ballot this week. To proceed with the application, we will need each stakeholder group to have a majority vote in favour of applying. We look forward to a productive meeting.

Grandparents Day
This Friday 4 November, we will take the opportunity to thank grandparents and other special people in the lives of our students. We have planned a whole range of activities for our invited guests to enjoy.

School Captain 2017 Candidates
This morning, I had the pleasure of announcing the candidates for the positions of School Captain in 2017. The selection was made from those who had self-nominated for the position and also, those students who the panel considered most suited to carry the role. The candidates are Jack Butler, Sebastian Va’ai, Xavier Wighton, Netani Lesimaikimatuku, Anthony Siddel, Anastasia Samanovic, Tanisha Wood, Kaitlin Gow-Heathwood, Rhiannon Murphy and Melody Swart. Next Thursday (10 November) afternoon at 2pm, the candidates will give a brief speech to the Year 4 and 5 students. This will take place in our hall. Congratulations to all candidates!

World Teachers’ Day
We had the most moving celebration of our teachers last Friday. The wonderful Ms Polomski organised (in secret) for students from each class to write and present their thoughts on their teacher. It was beautiful and an excellent advertisement for our school. The event was captured on video and I am sure many teachers will be revisiting the video.

Remembrance Day Ceremony
Our school leaders, under the direction of Mrs Harrington, will lead our school’s Remembrance Day Ceremony on Friday 11 November. We would like to invite all parents and caregivers to attend this ceremony.

Meridee Cuthill
Principal
Deputy Principal’s Message

Uniform for Summer
As the weather warms up, I have noticed a number of very hot, uncomfortable children who are wearing an extra layer underneath their school shirt. They are often reluctant to spend time stripping off in the toilets to remove the under layer and they sometimes end up in sick bay with headaches – possibly caused by over-heating or dehydration. With this in mind, if you believe that your child will be cold in the morning, please let them wear their outer school jumper which can be easily removed and put into their bag as the day warms up. Make sure it is clearly named. Our lost property bins in the hall are over-flowing at the moment so please come and have a look to see if there’s anything there that belongs to your child.

A reminder also, that our uniform policy stipulates plain black shoes and ankle-length white socks. Class teachers check that students are wearing correct uniform each day during CARE time and the vast majority proudly wear the correct uniform and maintain high standards. If you have any concerns or questions about our uniform policy, please contact either Mrs Cuthill or myself via the school office.

No Packet November
Are you joining in with “No Packet November”?

No Packet November encourages families to swap some or all of the processed, packaged foods in their lunch boxes for healthier fresh, “real” food – better for health and the environment. The Mad Food Science Program at CPSS (back in May) and subsequent newsletter additions from Bel Smith of The Root Cause, provide lots of ideas for easy to prepare healthy options.

If you are interested in taking part in No Packet November, you can check out their website by following the link below www.nopacketnovember.com . Remember to also check out the latest lunchbox tips supplied by Bel Smith of the Root Cause later in this newsletter.

Jill Rutland
Deputy Principal
Three Refreshing Lunchbox Drinks

Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

An important component of a healthy lunch box is including a drink bottle of water. This is the simplest and most effective way to ensure your child stays hydrated at school. In addition to your bottle of water, you could also include another drink which can add to the variety and give them additional nourishment. Today, I share with you 3 refreshing drinks.

1. Flavoured Water
The night before, add some cut fruit to drink bottle of water and allow the flavour of the fruit to infuse in the water. Strawberry is often well received by children, but lemon is also refreshing. Or try this Jamie Oliver recipe [http://rootcau.se/1q](http://rootcau.se/1q).

2. Simple Green Smoothie
This smoothie tastes like banana, but includes strawberries and baby spinach. Lots of lasting energy in this one. It’s dairy free but the consistency is like having banana smoothie made on yoghurt. Trust me, kids love this at the Mad Food Science Classes and go back for seconds. Visit [http://rootcau.se/1n](http://rootcau.se/1n) for recipe.

3. Pina Broccoli Smoothie
With the great taste of banana, pineapple and coconut milk, you can’t even taste the broccoli in this. Visit [http://rootcau.se/1p](http://rootcau.se/1p) for the recipe and read the great benefits of broccoli too.

Ideas
Make these the night before and refrigerate them. Freeze them overnight in warmer months and they’ll not only be refreshing at recess or lunch, but they’ll act as an ice brick too.

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](http://rootcau.se/1n).

© Belinda Smith & The Root Cause 2014
Jacaranda Festival
Last Saturday, 29th October, the Collingwood Park State School Senior Concert Band competed in the Goodna Jacaranda Festival Primary School Band competition. We performed three pieces, “Gallant March”, “Geronimo” and “Bunyip Blues”. Nine schools competed in our division, and we were one of only two who were awarded a ‘Gold’ award. I was extremely proud of the band for their spirited performance, attitude and behaviour on the day, as well as the hard work put in over the past few weeks in preparation. Thank you also to all the parents and carers who were able to get children to the festival at such an early hour and for your help and encouragement throughout the semester. Thank you also to Ms. Polomski for helping out backstage on the morning.

Thank you to students: Tyreece Daly (Band Captain), Jai Turnell (Music Captain), Micaela Anstey (School Captain), Zachary Mozes, Zac Straughair, Ethan Stokell, Michael Maxwell, Jake Grice, Jessica Griffiths, Josephine Cox, Isabel Leonard, Sadiqua Allami, Libby Delaney, Molly Severinsen, Hope Lauvi, Sebastian Marco, Bianca Sunley, Anthony Siddel, Ramin Huang, Kimberly Finch.

Our next and final performance for the year will be at the school’s Carols By Torchlight evening, Tuesday 6th December.

2017 Instrumental Music
A note was sent home last week to all parents of Year 3 students regarding trying out for the 2017 Instrumental Music Program. If you would like your child to participate in next year’s program, please complete the form and return to the office as soon as possible. Your child will be given the opportunity to try out some of the instruments on offer and you will be notified by the end of the term whether or not your child was successful. Any students currently in Year 4 or 5 who would like to try out can also obtain a note from the office.

Mr. Scott Bignell
CPSS Instrumental Music Teacher
We now enter the third stage of the process of selecting our 2017 student leaders with the announcement of the following nominees for 2017 school captain positions on this week’s Wednesday assembly. The selection was made from those students who self-nominated for school captain and those students who the panel considered most suited to carry out the role.

Congratulations to the following Year 5 students:

**BOYS:**

**GIRLS:**
Kaitlin Gow–Heathwood, Rhiannon Murphy, Anastasia Samanovic, Meloney Swart, Tanisha Wood.

Students have until Monday, 7 November (next week), to accept or decline the nomination. The expectation is that each student informs Mrs Cuthill personally, before or by this due date, if he/she does not wish to accept the nomination.

School captain speeches will be held in the school hall on Thursday 10 November commencing at 2 p.m. Parents are very welcome to attend the assembly. Voting by Year 4 and 5 students will occur immediately after the conclusion of the speeches.

Each school captain nominee will also be interviewed personally by a panel of staff in Week 8, before a final decision will be made re the selection of our 2017 school captains.

Mrs Harrington
**Student Leader co-ordinator**

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### Reading Matters

Last fortnight I introduced this new section of our school newsletter focusing on the importance of **reading for enjoyment** at home. This fortnight I have included some more useful tips:

- Talk to your children about the things you read (for example, the local newspaper) so they can see that reading is important for you.
- Take your children to the local library for story-telling sessions or just to borrow a good book. You might be surprised at the variety of resources available to borrow for free.
- When your child reads a word on a sign or on a food package tell them how proud you are of their reading, it shows you value this skill.
- Remember all children will want to read more if they can choose what they read. Comics and kids magazines are a great way to get them reading about topics they are interested in.

Sally-Anne Everton
**Master Teacher**
Problem Solving

You can help to support your child’s problem solving skills

⇒ Model your own problem solving. Next time a daily problem arises (e.g. losing your car keys) talk through the problem and solution out loud. This will help to show your child that everyone has problems and that we can work through them by coming up with different solutions.

⇒ Encourage your child to utilise support people to assist them with problem solving. These could be family members, friends, educators and teachers. This will promote help-seeking behaviours in your child and enable them to feel supported when they have a problem.

Learning to negotiate solutions to everyday problems and make decisions for themselves will help your child to gradually become more independent and responsible. It also helps them feel confident and good about themselves, which is an important part of mental health and wellbeing. When their mental health is supported, children are better learners, have stronger relationships and are better able to meet life’s challenges.

For more information or to sign up to the monthly KidsMatter e-newsletter, please visit: https://www.kidsmatter.edu.au/families
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: ___________________________

C O L L I N G W O O D  P A R K  S T A T E  S C H O O L
NEXT MEETING: 8th of November 7.00 pm in the library

CPSS P&C Association News!!

Sub Committees
– Volunteers Welcome –

Events Committee – meeting date TBC
Please join us to plan upcoming events 😊
Email: cpss-pnc-admin@bigpond.com

OSHC Committee –
THIS FRIDAY AT 4.30PM @ OSHC – ALL WELCOME

P&C Meeting – 8th of November in the Library 7.00 pm
ALL WELCOME
Fundraising taking place by the P&C

NEON DISCO! All year levels
Friday 25th November 6pm - 8pm
Entry $3 Entry & Meal Deal $8

Carols by Torchlight
6th of December 2016
4.00PM – 8.00PM
$25 armbands available now!
RIDES / FOOD / ENTERTAINMENT

OSCH
Coordinator - Rebekah Goodie
Phone - (07) 3381 4317
Mobile Number - TBA
Email - cpss-oshc@outlook.com

TUCK SHOP CAN YOU HELP??

For the tuckshop to run smoothly we would love to have at least 2 volunteers each day:

We are looking for volunteers for Term 4 – if you can spare just a few hours please contact
Karen ☎ - 0439830078

NEW HEATHLY OPTION MENU WILL COMMENCE FROM THE 18TH OF OCTOBER

TUCK SHOP CLOSED MONDAYS FOR BAKING

Tuck shop Online Ordering
If you are ordering tuckshop online please make sure that you have updated your student’s class

Uniform Shop
Expression of interest are being sought - for senior shirts 2017
Monday & Thursdays
8.30 am – 10.30 am

School Banking
Every Friday in the Hall
From 8.00am to 8.30 am

Breakfast Club
Monday, Tuesday, Thursday & Friday in the hall from 8am.
Sponsored by the Goodna RSL!!
Student Welfare

THE CARE CREW

Busy, busy, busy... I am currently running a program with the Year Six girls on Fridays before they head off to school camp. The program incorporates; Changes, Morals & Values, Making Choices, Friendships, Bullying & Nastiness, Positivity and Body Changes. Mrs Cuthill will be joining us on the 3rd Friday of the 3 sessions for Body Changes. Perhaps you might like to speak with your girls about what they’re taking away from these sessions and perhaps have “The Talk” if you would rather it come from you in the first instance. Hopefully it will have them thinking about some of the issues they currently deal with and those that will follow in the coming years. The boys will also be receiving similar guidance from their own teachers.

For the remainder of the term, I am also assisting the teachers in facilitating the “You Can Do It” Program which incorporates more social & emotional learning for all years. There are 5 keys to success in this program which students will be focusing on: Confidence, Organisation, Resilience, Persistence and Getting Along. This week, we have been learning about ‘Success’.

Louise Armstrong
Student Welfare Officer (SWO)

SCHOOL BANKING IS ON FRIDAY
8.00am to 8.30am
In the school hall.

We’re on the Web........
www.collparkss.eq.edu.au
https://www.facebook.com/CollingwoodParkSS/