TERM FOUR
DATE CLAIMERS:

16th, November 9.30am to
11.00am
KOALA JOEYS TRANSITION TO
PREP PROGRAM IN THE HALL

13th to 19th November
YEAR 6 CANBERRA CAMP

14th to 18th November
YEAR 5 MAROON DAM OEC
CAMP

15th November
YEAR 4 MORETON BAY OEC
EXCURSION

21st and 28th November
Prep Orientation Day 2017
GROUP 1—9.30am to 11.00am
Prep White Classroom

22nd and 29th November
Prep Orientation Day 2017
GROUP 2—9.30am to 11.00am
Prep Red Classroom

24th Nov and 1st December
Prep Orientation Day 2017
GROUP 3—9.30am to 11.00am
Prep Blue Classroom

25th Nov and 2nd December
Prep Orientation Day
GROUP 4—9.30am—11.00am
Prep Blue Classroom

25th November
AKA—The Fire Ant Tracker
Incursion—1A, 1B, 1C, Jun A, 4A,
4B, 4C

30th November
HAST—WALK TO SCHOOL DAY

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Prep Enrolments 2017

If your child was born between 1st July 2011 and 30th June 2012, they are due to commence Prep in 2017.

AS OF 2017

PREP IS COMPULSORY

We are currently drafting class lists for Prep 2017. If your child is eligible to start school in 2017 ...

PLEASE VISIT THE SCHOOL OFFICE TO
*ENROL YOUR CHILD TODAY.
*Must meet enrolment management guidelines

“We acknowledge the Traditional Custodians of the land on which we work, travel and live. We pay our respects to the Elders, their Ancestors and Future Generations.”
Principal’s Message:
On the weekend, a friend suggested that with the end of the year nearly here, we would be starting to ‘wind down’. Such a suggestion is almost laughable when one considers what has to be achieved between now and the last day of the school year, 9 December. It is hard to believe that another successful school year is almost over. There is a lot happening in the next few weeks – staffing, class formation, Prep Orientation mornings, Year 5 & 6 camps, Year 6 Farewell, Carols by Torchlight.

Class teachers are very busy assessing student learning and compiling information for reporting to parents. This semester, we will be emailing report cards to parents, as well as providing a hard copy. They have also been busy meeting with year level colleagues trying to work out the best placement for each individual student for 2017. Ensuring we place students correctly is a very important task as once an individual is placed, it is very difficult to shift them. Moving one student impacts on the other students. I ask that parents consider carefully the advice given by the class teacher and school administration as to the correct placement for their child, as we have a more global view of the needs of all students. Many thanks to those parents who have given us information to assist with correct placement.

Thankyou
On Tuesday evening, we held our last P&C meeting for the year. A huge thank you to our P&C volunteers this year. You have been amazing and we appreciate everything you have done to make our school great.

School resumes
School will resume on Monday 23 January 2017. There will be a public holiday for Australia Day on Thursday 26 January.

If your child will be returning, but may not be returning until after 27 January 2016, it would be appreciated if you could come into the office and fill in the paperwork required, advising their expected date of return. This information is required in writing to ensure we can include your child in our “Day 8” numbers. Day 8 numbers are provided to the Department on the eighth day of the new school year, which in 2017 will be Friday, 2 February. Students who are not physically present on that day, and for whom there is no written confirmation of their return, will not be able to be included in our enrolment numbers. This can have significant impact on our staff and class numbers. Also, if your child will not be returning, it would be appreciated if you could advise what school they will be moving to for 2017. This information is required for our school database, so we can close your child’s file for this school at the end of the school year.

School enrolments
We have had an increase in enrolments in our Prep year for 2017 – 75 already! We have also had a number of enrolments for students in other year levels.

Grandparents’ Day Celebrations
Last Friday, we celebrated the great contribution grandparents and other special people
make to children’s lives by holding a Grandparents’ Day at school. It was absolutely fabulous to see over 200 grandparents and other special people at school. A huge thank you to the families of our children for taking the time out of their busy lives to spend time with our students. Ms Osborne and Ms Butterworth did a wonderful job of organising and timetabling activities. A special thank you to the staff that helped set up and tidy away equipment. The children were so delighted to share their morning with a special person in their lives.

**Year 6 Canberra Trip and Year 5 Maroon Dam Camp**

It’s all systems go for the Year 6 trip to Canberra. Students will leave on Sunday 13 November and return the following Saturday. The students will be accompanied by Mrs Schabrod, Mrs Falconer, Mrs Mackellar, Daniel Cuthill and me. The students have a very full itinerary during their time in Canberra, including a visit to the War Memorial and Parliament House. Our Year 5 students will be attending Maroon Dam from Monday 14 November until Friday 18 November. The students will be accompanied by Mr Powell, Mrs Rowston and Mrs Smith. As most overnight camps are non-curriculum related, attendance is a privilege and not a right. Ultimately, the decision regarding student attendance is the Principal’s decision.

**Pacer Grant - Year 6 Canberra Trip**

The Australian Government recognises the importance of all young Australians being able to visit their National Capital as part of their civics and citizenship education. To assist parents in meeting the cost of the excursion the Australian Government is contributing funding of $60.00 per eligible student under the Parliament and Civics Education Rebate (PACER) program toward the travel expenses incurred. This contribution will be paid directly to the school upon completion of the excursion. We would like to thank the Australian Government for their support of this program once again.

**Farewell Year 6 Ceremony**

We will hold our Year 6 Farewell on Monday 5 December 2016, commencing at 1:00pm in our hall. We will hold a disco for our Year 6 students that evening from 6:00-8:00pm. Invitations have been sent home to parents.

**Communication**

Without doubt, the greatest issue I face as a school principal is around communication and its impact on all facets of education. Whether it be a teacher’s (or parent’s) ability to communicate with a child, my own ability to communicate with staff, or even the school’s overall ability to communicate with the wider community – communication is such an important factor in my daily existence. Constantly we are reminded that communication is a two way street. Could I take this opportunity to encourage all members of the school community to take an active and positive role in communication. I would also ask parents to communicate directly with me or the school, rather than using social media to air grievances. Our school is based
on authentic and strong, positive relationships with parents and the wider community. Communicating directly with the school will ensure that we maintain positive relationships and help us to work effectively together to address issues, if and when they arise. When we all work together with open communication channels, we can achieve even greater things for our kids. The way adults react to problems and disappointments provides a strong model for our kids.

Meridee Cuthill
Principal

Deputy Principal’s Message

Tuckshop and Lunch News
We are thrilled to have received notification from the Queensland Association of School Tuckshops (QAST) that our new school tuckshop menu, which was submitted for feedback and approval recently, has been awarded a rating of “5 Apples”. This is the highest rating awarded to any tuckshop. Our new menu is described by QAST as “an outstanding menu, eligible for Tuckshop of the Year Awards”.

Congratulations to Di Paton and our Tuckshop volunteers for their work in developing and implementing the new menu and to our P&C for their support in making this happen.

If you haven’t already checked out the menu, have a look – there are some great, healthy, tasty options to tempt the most picky of eaters.

If you prefer to send a home-packed lunch for your child(ren), then check out the latest lunch box tips from Belinda Smith of the Root Cause. With the temperature continuing to rise, you might try freezing home-baked goods for a cold treat at Morning Tea, or freeze a HALF filled water bottle overnight (ensure that there’s room for the ice to expand). Top up with water in the morning and the bottle will stay cold for hours. Juice poppers contain a surprising amount of sugar – some brands contain in excess of 6 teaspoons of sugar in a 250ml serve. If your child enjoys a fruity drink, try adding a slice of orange or lemon to their water for a refreshing lunchtime drink instead.

Remember that No Packet November continues for a few more weeks.

This Queensland initiative 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](http://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

Collingwood Park State School  
P&C Association Presents  
**Carols by Torchlight!**

**Arm Bands ON SALE… now $25**

Please see Mrs Simpson in the office  
**Sale Ends Monday 5th December -$32 on the day of the Carols.**

Rides include – Sizzler, Mini Jeep, Jumping Castle and much more!

P&C BBQ - Burgers, Hotdogs, Market Stalls, CPSS performances, Local Community Performances and FIREWORKS!
Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

Apples are a brilliant and convenient lunch box food, but children often don’t like eating them whole, or they don’t like how they turn brown in the lunch box when they are cut into smaller pieces. Today I share with you 3 great ways to stop the apples oxidising and turning brown in the lunch box.

1. Cinnamon Chunks
Cinnamon is great for boosting brain activity and is recognised as a mood enhancer. Combine cinnamon with an apple and you have a fantastic healthy sweet snack for the lunch box. Cut your apples into chunks, then pop them in a zip lock bag with a good shake of cinnamon (not cinnamon sugar) and then toss the apples around so the cinnamon coats the chunks.

2. Elastic Band It
Cut an apple so it has 4 cuts all the way through (2 downwards alongside the core, then 2 across ways alongside the core). Then re-join the pieces and hold in place as a whole apple with an elastic band.

3. Soaking
Soaking your cut or sliced apples in soda water or water with 1 tablespoon of lemon juice for 5 minutes before adding to them lunch box will stop them from browning.

Ideas
Rotate these methods during the week to increase the variety in the lunch box. Of course, adding a whole apple adds even more variety.

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
We have some very exciting news! The PBL Team has developed our very own **CPSS Student Communication Diary for 2017**. The diary is a means to daily communication between classroom teachers and parents / carers. The diary includes an explanation of our school’s expectations and positive reward system, a calendar outlining important dates, a daily home reading log and a record of your child’s daily behaviour.

The 2017 Student Communication Diary will be distributed to your child’s classroom teacher, ready for their first day of school in January next year. Parents / carers will be invoiced for $7.50 to cover the cost of the diary. If your child misplaces or requires a new diary throughout the year, a replacement diary will need to be purchased through the office.
Walk / Bike / Scoot to school day is on **Wednesday 30th November**. This will be followed by a healthy breakfast on arrival at school. Please arrive at Banjo Paterson Park at 7.50am for an 8.00am departure.

**Healthy Active School Travel**

Top 5 ways to get active!

1. **Park, and walk or ride**
   - The rest of the way
   - Try walking or cycling 500m or more from school and walk or ride the remaining few blocks.

2. **Get on your bike, ride to school**
   - Ride safely with a buddy. Remember your helmet!

3. **Use your feet, walk to school**
   - You will feel great when you walk to the school gate. Remember your foot.

4. **Jump on board, catch the bus or train**
   - Catch the bus or ride the train. Remember to travel safely with a buddy.

5. **Walk or ride to school events**
   - Walking or riding to or from school events and activities is a great way to be active.

The walking and cycling tables below give you an indication of how long it will take you to travel a certain distance. This may be surprized by how far you can travel within a short period of time.

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**Collingwood Park State School**

Welcome to Collingwood Park State School Healthy Active School Travel Map.

Our school is working hard to establish healthy lifestyles for all of our students. You can help by walking, riding or catching public transport to and from school, instead of driving the car.

If you live too far away from the school to walk or cycle, try leaving the car 500m or more from school and walk or ride the remaining few blocks.

We are a healthy active travel school, choose one of our top 5 ways to get active and be healthy!
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**November 2016**

**WANTED:**

Do you have a sun lamp at home that you are willing to donate to the school. Our maths and science projects must go on even when the sun is hiding. Please contact the office if you can help.
NEXT MEETING: 8th of November
7.00 pm in the library

TUCK SHOP CAN YOU HELP??
For the tuckshop to run smoothly we would love to have at least 2 volunteers each day:

If you can spare just a few hours please contact Karen ☺ - 0439830078

OUR NEW HEALTHY MENU OPTION HAS BEEN AWARDED
5 GREEN APPLES FROM QAST
(QLD ASSOCIATION OF SCHOOL TUCKSHOPS)
Great effort to offer our kids healthier options

Fundraising taking place by the P&C

Sub Committees
-- Volunteers Welcome --

Events Committee - we are looking for new members to join for next year @ email us cpss-pnc-admin@bigpond.com

OSHC Committee - FRIDAY AT 2nd of DEC
4.30PM @ OSHC - ALL WELCOME

P&C Meeting – 7th of February 2017

Upcoming Events

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

OSHC

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

BOOK EARLY FOR VACATION CARE TO AVOID DISAPPOINTMENT
PROGRAMME WILL BE AVAILABLE FROM THE 14TH OF NOVEMBER @ OSHC
Closed 24.12.2016 – 02.01.2017
Back on the 03.01.2017
Is your child absent from school today?

Please phone the school office on 33814333 before 10am to notify us of the reason your child is absent OR reply to the text message you receive at 10am, notifying you of the absence of your child at roll marking time OR use the FREE APP shown below to let us know the reason for absence FOR FREE.

EVERY DAY COUNTS ... MAKE SURE YOU LET US KNOW WHEN YOUR CHILD IS ABSENT.

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

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