Principal’s Message:

SCHOOL CROSS COUNTRY
Due to the wet weather the school cross country has been postponed until Wednesday 2 April.

SCHOOL BREAKFAST CLUB
Through the generous sponsorship of Goodna RSL Club, our Breakfast Club is now operating on Monday, Tuesday, Thursday and Friday 7.55-8.30 a.m.

A GOOD START TO THE DAY IS VITAL FOR LEARNING
Whether at home or at school, a good start to the day is vital in setting the tone of behaviour for the day. At school, children need to be in the right state of mind for learning at the start of each day. They need to be calm, settled and have something to look forward to each day. This is why children at Collingwood Park State School report to the hall and sit until collected by their teachers. This procedure reduces the issues that might unsettle children before school, provides group calm through predictable routine and provides the opportunity to set the scene for the day.
It is also important that children have a good breakfast to be ready to learn. This is now provided four days per week in the hall before school thanks to the wonderful financial support of the Goonda RSL and a band of committed volunteers headed by Andy Brodersen.

PARENTS HAVE A VITAL ROLE IN MORNING READINESS
At home, parents can assist their children to be ready for learning each morning. Research is clear that having a routine at home is the first start in having settled, well-behaved children. Apart from the rare occasion, there should be a set bed time for all children in the house. This ensures that children have the right amount of sleep for their growing minds and bodies. You would be surprised the number of tired children whose learning and behaviour is affected by weariness and fatigue each day. There should also be a set time for children to get out of bed in the morning and a set routine of tasks to complete before leaving for school. One of our keys to success is organization. To be successful we need to be organized.
Principal’s Message Cont...

I have no data on the number of disagreements between parents and children related to getting children out of bed and off to school in the mornings. I do know from my discussions with children that there are many children who stay up later than they should each night. I do know there are many children who have behaviour problems during the day or who are unsettled at the start of the day and moody during the day because they were up playing computer games or watching DVDs into the night. I do have disturbing data on the number of children who are arriving late to school. There is much research recommending that children should not play computer games of any sort before bedtime as the stimulation interferes with sleep. The old fashioned practice of reading a book before bedtime is preferable for a range of reasons.

**Children simply need a good night’s sleep. Their growing minds and bodies require a minimum amount of at least ten hours per night. Every home needs a routine for this to happen.** Parents need to set expectations for their children about bed times and wake times. Our behaviour data and learning outcomes would improve immensely if every parent did this.

**STUDENT BEHAVIOUR REPORTS**
When the end of term 1 behaviour report arrives home in week 10, parents will be able to see how their children are going in achieving the indicators or expectations of our school and their classroom. Parents will be able to identify what it is that their child needs to do to improve their behaviour. If a child is not consistently achieving an indicator or expectation, that indicator becomes the behaviour goal for the child.

In the advice to parents section of the report, children are assigned behaviour support levels based on the number of indicators they consistently achieve. Those who achieve Level 1 are considered to be sufficiently responsible for their own behaviour. Those at level two required two people to support their goal of self-management, the teacher and themselves. In summary this can be shown as:

- **Level 1** - In general it requires only one person to manage the child’s behaviour, the child.
- **Level 2** - it requires the child and the teacher working together on the goals. This is not to say that the parent can’t be involved, but this is not an expectation.
- **Level 3** - Three people are required to support the child’s behaviour, the child, the teacher and the parent. Parent involvement is vital for improvement and good communication needs to exist between the parent and teacher.
- **Level 4** - Children at this level of support require a fourth party to help them reach self-management. This could be the administration, a guidance officer, behaviour support teacher, special education program teacher or a combination of these persons. Children requiring level 4 support will have a behaviour support plan which identifies the actions to assist them to reach self-management. All per sons need to work together to bring about changes in the child’s behaviour as the child is at risk of failing at school in every area.

Please discuss your child’s behaviour report with your child. From the beginning of term 2, please support the school in attempting to provide the best possible opportunities for your child to be the best he or she can be. The success or otherwise of all of our efforts will be seen in behaviour report at the end of term 2.

**SPECIAL P&C MEETING**
The next general meeting of the School Parents and Citizens’ Association is scheduled for Tuesday 14 May at 7.00 pm. This meeting will go ahead but there will be a special meeting of the P&C at 7.00 pm on Tuesday 22 April, the first Tuesday of next term.

Agenda items will include ratifying the new P&C constitution, financial statements and an update on committee finances plus a fundraising update. No reports will be required at this meeting apart from a fundraising report and financial reports of the P&C, tuckshop, uniform shop and OSHC. All adult members of our school community are invited to attend.

Jon Simpson
Principal
Music News

Extension Music Programme
Choir and Band Rehearsals

First Performance
The Senior Choirs will perform Pokare Kare Ana in Maori as part of the Harmony Day celebrations on Friday 21 March at 8:45am. WE will meet in the Hall at 8:30am to line up and warm up before the performance. As it is a Free Dress Day, the students are asked to wear Music Uniform or School Uniform for the performance and then change if they wish afterwards.

All Choir and Band rehearsals are in the Music Room.

Deian Ping  Scott Bignell
Music Specialist Instrumental Music Teacher

Rehearsal Times

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<td>Senior Band</td>
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<td>1:10pm - 2:00pm</td>
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Health Alert.

We would like to let parents and caregivers know, that we have had two confirmed cases of chickenpox at school this week. Chickenpox is a highly contagious viral infection. A person with chickenpox is most contagious during the first 2 to 5 days of being sick. That’s usually about 1 to 2 days before the rash shows up. So children could be spreading around chickenpox without even knowing it!

Chickenpox may start out seeming like a cold: Your child might have a runny or stuffy nose, sneezing, and a cough. But 1 to 2 days later, the rash begins, often in bunches of spots on the chest and face. From there it can spread out quickly over the entire body — sometimes the rash is even in a person’s ears and mouth.

The number of pox is different for everyone. Some people get just a few bumps; others are covered from head to toe. At first, the rash looks like pinkish dots that quickly develop a small blister on top (a blister is a bump on the skin that fills up with fluid). After about 24 to 48 hours, the fluid in the blisters gets cloudy and the blisters begin to crust over.

Chickenpox blisters show up in waves, so after some begin to crust over, a new group of spots might appear. New chickenpox usually stop appearing by the seventh day, though they may stop as early as the third day. It usually takes 10-14 days for all the blisters to be scabbed over and then you are no longer contagious. Children can then return to school.
Tuckshop News.

**Online Ordering**
If you are ordering tuckshop on line can you make sure your student/s class are correct.
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.
Dianne: (07) 3818 0687
Mobile: 0403 945 014
Tuckshop: (07) 3381 4335

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<tr>
<td>Monday 31/3/14</td>
<td>Margaret McGrath</td>
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<td>Tuesday 1/4/14</td>
<td>Doreen Clement</td>
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<td>Wednesday 2/4/14</td>
<td>Janet Dicker / HELP NEEDED</td>
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<td>Thursday 3/4/14</td>
<td>Doreen Clement / Margaret Llewellyn</td>
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<td>Friday 4/4/14</td>
<td>Doreen Clement / HELP NEEDED</td>
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**P & C Fundraising Update**

The Disco and Free Dress day for Harmony Day was very successful with the hall almost filled to capacity and the children really seemed to enjoy it, for all the teachers and parents that stayed back to volunteer we appreciate all the help and thank you for the support. Parents to avoid the backlog of children trying to get tickets we really do encourage pre sales where the children bring the money to school and purchase their tickets via the Uniform shop – any queries please email cpss-pnc-admin@bigpond.com.au or call Karen on 3381 4336.
Our next two events will be the Easter Raffle details will be in this newsletter and in Term 2 we will begin with the Mother’s Day Raffle and Mother’s Day Shop, details will be in the first newsletter of the term.
Easter Raffle Donations – Could all parents of Prep, Year 1 and Year 2 please send in donations for the Easter Raffles, these can be left at the Office or the Uniform Shop.

**Breakfast Club**

For many, many years Goodna RSL Club through its wonderful officer Mrs. Vivienne Stanbury has been our school’s number one financial contributor. Carols by Candlelight, the Breakfast Club and other events would not have been possible without this valuable support.

The January 2011 flood resulted in the RSL Club being closed for a long time. High insurance premiums meant that the club was uninsured and the flood caused enormous damage and financial embarrassment.

Since then the Goodna RSL Club has been able to donate $100 during some months in 2012 - $200 every month during 2013 and now $300 in 2014, and has also agreed to sponsor our Carols by Candlelight again this year. The cost of running our Breakfast Club is over $300 per month. Goodna RSL Club sponsors 8 schools in our area at a cost of around $30,000 per year. No other clubs in Ipswich sponsor any schools.

It is a fact that one in four students in most Ipswich State Schools come to school without having had breakfast at home. Independent studies have shown that students who do not have breakfast suffer from attention lapses which impacts upon their performance at school. Not only does this reflect on their ability to absorb lessons, but it sometimes also result in bad behaviour, distracting teachers and other students.

Unpaid volunteers help run our Breakfast Club 4 mornings a week and we are looking for volunteers. How can you as a parent or grandparent help with this program?

- By committing to help one morning a week from 7.35am to 8.40am.
- By donations of Aldi’s 2 litre Apple or Apple & Mango juice – vegemite – jam or Milo. Milo is used for warm drinks during the colder months and large tins of Milo will be much appreciated.

*Andy Brodersen*
Breakfast Club Co-ordinator/P&C Vice President
Who Am I at CPSS?
I was the sports captain at my high school and LOVED any type of sports. I was champion at hurdles and long jump but stopped high jumping after breaking my arm @ home practising for my next mammoth jump (no supportive foam mats then).
I own and ride a jetski (who would have thought?)
Our family fosters dogs for the RSPCA and we currently have a beautiful RSPCA Bequest dog, Ms Zoe - a 13 and 1/2 yr old blue roan cattle dog, that we decided to adopt last year.
I was going to become an occupational therapist until my dad’s friend (who worked at Churchie) told him I would just be a "glorified masseur". (I don’t regret choosing teaching as my career pathway.)

Who Am I at CPSS?
I am in my 5th year of teaching.
I live in Brisbane.
I have no children or pets.
This is my second year at Collingwood Park State School.
I work in the early years.

Last Week’s Answers:

I prefer to be outdoors more than indoors.
In 1989 I was awarded the title of Junior Showgirl for my local show.
I was born in NSW.
My hobbies are listening to music and swimming
I am a mother to three boys.
I am Mrs Melissa Dowsett - Teacher’s Aide

I was born on the Darling Downs and am one of seven children.
My Father was a Blacksmith.
My first job was a Stenographer at the Main Roads Department.
I have been married for 39 years and have two married sons.
I enjoy cooking and bush walking tracks, like Rob Roy and Coomera Falls.
I am Mrs Pamela Lawley - Teacher’s Aide

Worked as a Governess for 12 months in western Qld
Have travelled or lived in all states and Territories of Australia
This is my 3rd year teaching at CPSS
One of my first cousins is Adam Gilchrist (Former Australian Cricketer)
Got married at Southport on the Gold Coast
I am Mrs Berlinda Cardinal — Year 1 Teacher
JUST A REMINDER THAT THE LAST DAY OF THE TERM FRIDAY 4 APRIL IS A

PLEASE REMEMBER YOUR GOLD COIN DONATION AND THAT YOUR EASTER RAFFLE WILL BE DRAWN AT THE EASTER BONNET PARADE THURSDAY 3 APRIL SO IF YOU HAVE TICKETS TO RETURN PLEASE GET THEM IN TO THE UNIFORM SHOP BY WEDNESDAY 2 APRIL.
Tickets for the Easter Raffle have now been sent home with your children. Please ensure all your details are clearly written.

Tickets are 50 cents each and each child has a book of 10 tickets. Prizes will be drawn on Thursday 3 April.

3 Major Prize Baskets and Assorted other Easter Themed Prizes
Parent Class Representatives

2014

| Prep Blue     | Courtney Flynn
|              | Tracey Boyter |
| Prep Gold     | Kirileigh Wingett |
| Prep Red      | Jodi Ruben |
| Prep White    |                |
| 1B            | Kristene Kerr |
| 1C            |                |
| 1D            | Sam Butler |
| Junior A      | Chantal Brennan |
| 2C            |                |
| 2B            | Kirsten Anstey
|              | Michelle Ellem |
| Junior C      | Kylie MacKenzie
|              | Karen Horner |
|              | Nikki Elphinstone |
| 3A            |                |
| 3B            |                |
| 4A            | Denise Reed |
|              | Tracey Boyter |
| 4B            |                |
| 4C            | Jennifer Langford |
| 4D            | Michelle Taylor |
| 5A            |                |
| 5B            | Michelle Handyside |
| 5C            | Courtney Flynn |
| Senior A      |                |
| Senior B      | Michelle Taylor |
| Senior C      | Louise Armstrong |
| Senior D      | Joanne Goodman |
| Senior F      |                |

We’re on the Web……..

www.collparkss.eq.edu.au