Principal’s Message:

It is so great to be back at Collingwood Park State School. I really missed everyone. A big thank you to Mrs Grose and our wonderful staff for their hard work and dedication to our school. I had a (mostly) relaxing time away with my husband. There were a few episodes that I don’t think I want to repeat (capsizing our dinghy, entering Strong Tide Passage on an out-going tide with a 2.5 metre surf).

National Reconciliation Week

National Reconciliation Week (NRW) is celebrated across Australia each year between 27 May and 3 June. The dates commemorate two significant milestones in the reconciliation journey—the anniversaries of the successful 1967 referendum and the High Court Mabo decision.

The week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort.

Position Vacant

Applications are invited for a 20hr/week cleaner position - (split shift) 2hrs in the morning and 2 hours in the afternoon.

Possession of a blue card is essential. Training will be provided to the successful applicant.

Application packages are available from the school office from Monday 1 June and applications close Monday 15 June 2015 at 3pm.

All enquiries can be made to Jo Herron, Business Services Manager on (07) 3381 4333.
There is no Health without Mental Health
Collingwood Park State School is a KidsMatter school. KidsMatter is a flexible, whole-school approach to improving children’s mental health and wellbeing for primary schools. It can be tailored to schools’ local needs.

Through KidsMatter Primary, schools undertake a two-to three-year cyclical process in which they plan and take action to be a positive community; one that is founded on respectful relationships and a sense of belonging and inclusion, and that promotes: social and emotional learning (including evidence-based social and emotional learning programs) working authentically with parents, carers and families support for students who may be experiencing mental health difficulties.

Mental health and wellbeing is vital for learning and life. Children who are mentally healthy learn better, benefit from life experiences and have stronger relationships with family members, school staff and peers.

We often see a number of children who are experiencing anxiety and anger problems that impact on their well-being, their friendships and school results. Here are 5 healthy ways to manage your emotions that you can pass on to your children:

5 healthy ways to manage emotions By Michael Grose

1. Breathe deeply
The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. Use a positive reappraisal
Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it as a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

3. Use positive, REALISTIC self-talk
Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.”

Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That’s what emotional management is about.

4. Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives— all work and no play – are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.
5. Seek professional counselling

We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become ‘unstuck’. A well-known song by US singer Kenny Rogers went, “You’ve got to know when to hold ’em, know when to fold ’em and know when to walk away.” I’d like to add another line- “You’ve got to know when to get some help.” Seeking help is something we are getting better at as a community, but we still have a long way to go until it is accepted and normalised.

National Collection of Data on School Students with Disability

This semester we will be collecting data for the Nationally Consistent Collection of Data for Students with Disabilities NCCDSWD. All Australian schools participate in this annual data collection.

Collecting data on school students with disabilities/learning difficulties helps teachers, principals and education authorities support the participation of students with disabilities in schooling on the same basis as students without disability.

All Australian Governments have agreed to work together on the annual collection of data on school students with disability.

The data provided to the Australian Government is aggregated data only. Please be reassured that the Department will not provide on to another organisation any data that can identify an individual student. The only data being collected at the school level to be reported nationally is the:

- number of students in the school who are provided with an adjustment to address a disability
- level of adjustments we provide for those students; and
- broad category of disability as defined under the Disability Discrimination Act 1992, this includes and is not limited to learning difficulties, diabetes, epilepsy, dyslexia, ADD/ADHD and many more.
- Consultation with parents is important not only for the data collection but also to ensure you are aware of the adjustments being provided to support your child. We will therefore continue to consult with you.

While only data that cannot identify your child will be submitted outside of the Department, if you do not wish for your child’s details to be included, please notify the office on 3381 4333.

Information and fact sheets are available to help you make a decision from the:

Alternatively, if you have any queries about the collection or use of this data I encourage you to contact Mrs Karen Mackellar or Mrs Grace Herrera directly on 3381 4333.

Meridee Cuthill
Principal
Under 8’s Day

Last week we celebrated Under 8’s day with a very successful rotating activity morning. Activities included Face painting, fairy bread making, play dough, storytelling and a visit from the Police to name just a few of the highlights.

It was lovely to wander around the school and see smiling, highly engaged students and parents enjoying this wonderful celebration. We would like to take this opportunity to say a huge thank you to our parent volunteers for their assistance on the day, and to the dedicated early years teaching team for their hard work and preparation to ensure that the day was such a huge success.

3.00pm Pick Up

Last week, some cars double parked on the road outside school and parents / carers encouraged their children to make their way out into the road to reach their parents’ vehicle. This behaviour puts children’s lives at risk and also causes traffic snarl ups as the cars next to the kerb are blocked in and cannot pull away. We would remind all parents and carers to remain calm and patient at pick up time, to pull in next to the kerb and to be understanding when CPSS staff do not allow children to walk on to the road between parked cars.

ICAS Science

Just a reminder that ICAS Science will take place next week: Wednesday 3rd June. For those students who have signed up to take part, the test will take place during normal school hours.

Jill Rutland
Deputy Principal
2015 Premier’s Reading Challenge

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.

Students who successfully complete the challenge have their efforts recognised with 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 then complete the Reading Record sheet. **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>
<tr>
<th>Year level</th>
<th>Number of books</th>
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</thead>
<tbody>
<tr>
<td>Prep - Year 2</td>
<td>Read or experience 20 books</td>
</tr>
<tr>
<td></td>
<td>N.B. Home Readers are not to be used</td>
</tr>
<tr>
<td>Years 3 - 4</td>
<td>Read 20 books</td>
</tr>
<tr>
<td>Years 5 - 9</td>
<td>Read 15 books</td>
</tr>
</tbody>
</table>

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
Premier’s Reading Challenge co-ordinator.
Numeracy Natter

As stated previously in Numeracy Natter, the Australian Curriculum: Mathematics aims to ensure that students are **confident, creative users and communicators of mathematics**.

Consider the following problem:

**There were 23 958 people at a football match.**

One – third of the people at the match supported the away team.

**Which of these is the closest to the number of people at the match who supported the away team?**

- 700
- 800
- 7000
- 8000

Solve this and then think of the maths you had to use.

This was a past NAPLAN question for Years 5 and 7.

A high percentage of children did not answer this question correctly because they tried to calculate the answer, when they could have applied a simple number fact and rounding strategy. **They failed to see the connection between what they had learned in their Maths classes and the question.**

**What number fact is central to answering this question?**

It is also important to consider the literacy skills required in order for students to demonstrate their numeracy skills.

*Jane Appleton*
Numeracy Coach

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Walk/Ride to School Day!

Join the CPSS community on Wednesday 27 May for yet another day of joining forces to encourage everyone to walk or ride to school. This time we will have the smoothie bike for the older students and a separate area for the younger ones. That way we should have an even better breakfast experience.

Parents, if you would like to volunteer on the day please contact the school or see me in E-block.

Can’t wait!
Angela Schabrod
Online Ordering

If you are ordering tuckshop online please 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

PLEASE NOTE: Prep students can now order tuckshop but they CAN NOT purchase ice-blocks.

Don’t forget that **FRIDAY** is School Banking

**banking closes at 8.45am – no deposits after this time please**

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token/sticker. Once students have individually collected 10 tokens/stickers they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour.

Tuckshop News.

**TERM 2**

<table>
<thead>
<tr>
<th>Monday 1/6/15</th>
<th>Jessica Williams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 2/6/15</td>
<td>Michelle Handyside</td>
</tr>
<tr>
<td>Wednesday 3/6/15</td>
<td>Doreen Clement / HELP NEEDED</td>
</tr>
<tr>
<td>Thursday 4/6/15</td>
<td>Cacrol David / Michelle Handyside</td>
</tr>
<tr>
<td>Friday 5/6/15</td>
<td>Doreen Clement / Courtney Flynn</td>
</tr>
<tr>
<td>Monday 8/6/15</td>
<td>CLOSED QUEENS BIRTHDAY</td>
</tr>
<tr>
<td>Tuesday 9/6/15</td>
<td>Doreen Clement</td>
</tr>
<tr>
<td>Wednesday 10/6/15</td>
<td>Courtney Flynn / HELP NEEDED</td>
</tr>
<tr>
<td>Thursday 11/6/15</td>
<td>Doreen Clement / HELP NEEDED</td>
</tr>
<tr>
<td>Friday 12/6/15</td>
<td>Doreen Clement / Michelle Handyside</td>
</tr>
</tbody>
</table>
FUNDRAISING UPDATE

This term the P&C are trialling having a split disco on two separate nights, a senior Disco (years 4 -6) on the 29th May and a Junior Disco (Prep-3) on the 12th June both from 6pm-8pm.

Pre-paid tickets for the Senior Disco can be purchased from the Uniform Shop from 8am on Thursday 28th May and Friday 29th May only.

Pre-paid tickets for the Junior Disco can be purchased from the Uniform Shop from 8am on Thursday 11th June and Friday 12th June only.

Tickets cost $3 for entry only or $8 for entry and a meal deal which includes a sausage on bread, drink, a packet of lollies and a packet of chips. Meal deal tickets must be purchased prior to the disco but entry tickets can still be purchased at the door and the canteen will be open.

We still need volunteers for both discos so if you are able to help please email cpss.fundraising@outlook.com
Register online at www.afl.com.au

55 Queensland St, Cherms
Brisbane South Football
Contact: Brisbane South Office

Find your nearest camp.

Queensland
School Holiday Camps

Per Child
Costs Just $100

Nutritious lunch and drinks provided
plus games of wiggles

Every participant receives a football

For all children aged 6-12

Mail to: A.F.L. Queensland Brisbane South PO Box 462 Norman Park Qld 4170

Registration Form

At Queensland School Holiday Camps

Total: $100.00

Note: If you do not wish for your children to be photographed, please note that photos may be taken at this event and may be used in future publications.

Childrens' Name: __________________________

Date of Birth: __________________________

Contact Details:

Email: __________________________

Phone: __________________________

Address: __________________________

Mail to: A.F.L. Queensland Brisbane South PO Box 462 Norman Park Qld 4170

Contact: Brisbane South Office

Find your nearest camp.

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Contact: Brisbane South Office

Find your nearest camp.
BUNDAMBA STATE SECONDARY COLLEGE

YEAR 7 - 2016 ENROLMENTS

Friday 5 June 2015
(Limited times available)
Friday 24 July 2015
Monday 19 October 2015 (Student Free Day)

Phone: 38166333 to book an appointment

Enrolment Packs (must be completed for interview):
Available at reception of your primary school or collect from Bundamba SSC

Collingwood Park

INVITATION

The Collingwood Park Neighbourhood Watch Steering Committee cordially invites you to attend a public meeting which will discuss the proposed establishment of a Neighbourhood Watch program in your area.

Neighbourhood Watch is a community based program which is aimed at reducing property and other offences within your local community. Come along and learn more about this vital program.

Location: St Lukes Anglican Church, Reerden St, Collingwood Park

Date Time: Saturday May 30 at 3pm
Congratulations!

Congratulations to the students of Media Club and the students in Prep Blue. Recently these students entered the Bendigo Bank School Banner Competition at the Ipswich Show.

Students were asked to design a 3m x 1.5m banner which depicted Bendigo Bank supporting the community. Our Media Club students researched which organisations Bendigo Bank supports and decided on the designs for the banners. We then had Prep Blue paint the Junior School banner and the Media Club students painted the Senior School banner.

These were judged and displayed at the Ipswich Show last weekend and our school placed second in the Senior School Competition. As a result the Media Club have won a fabulous trophy and $250 to go towards the production of the yearbooks this year. Well done to all students involved in the production of these banners. When they are returned we will have a visit from Bendigo Bank’s mascot, “Piggy”, and we will display them in the office.