

Duaringa State School Newsletter

Term One
Week
One

27 January 2009

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PLEASE NOTE: DEADLINE FOR NEWSLETTER ITEMS IS MIDDAY FRIDAY

Principal's Message

Dear Parents/Caregivers,

Welcome: Welcome to 2009 at Duaringa State School! The start of a new school year is always charged with emotion – excitement, trepidation, happiness. I am sure we will all experienced some of these emotions as we all – parents, staff and students – embarked on the adventure that will be 2009.

The staff spent the pupil free days last week, prior to the students commencing, exploring how we will bring a new vision of focus on the future of each individual student into reality. At Duaringa we are committed to upholding the important traditions of our school as well as entering into new and exciting ways of teaching and learning.

This year also marks Queensland's 150th anniversary and schools are being encouraged to get involved in the celebrations, by celebrating Queensland's people, places and stories. More information on this to come.

Groundsperson

I would like to welcome a new member of staff to our team for 2009. Mrs Lloyd Howard will be taking over the job as Casual Groundsperson. She has spent many hours over the long weekend working to get our grounds back in tip top shape. I would like to take this opportunity to thank her very much and welcome her to the Duaringa SS community.

I would also like to take this opportunity to thank the following people for taking the time to come up and see if anything needed doing before school commenced.

Many thanks to:

- The Brimblecombe Family

- John & Robyn Draper
- Olive Smith

Also a very big thank you to Mrs Christine Wright who came in and helped Mrs Smith get the fans and windows done in time for the first day. It was extremely appreciated.

Official Day 8 Procedures

Many parents would be aware that all state schools are staffed and resourced on their official day 8 numbers. This is a very critical time for all students in Queensland as sometimes one or two students can mean the difference between gaining and losing a teacher.

Your assistance is required during this very sensitive time over the next week. If your son/daughter are going to be away from school for any reason we are requesting that you provide a quick note explaining the absence. This will significantly assist us to meet our audit requirements. Letters can be forwarded to your child's class teacher or alternatively faxed to 49 357 026. Your attention to this request would be greatly appreciated by the end of the first week back.

Should you have any concerns regarding this please do not hesitate to make an appointment to speak with me.

Protecting against the sun

Queensland state school students are protected from our harsh sun by the Department's Developing a Sun Safety Strategy policy.

This policy requires that all schools provide an SPF 30+ broad spectrum waterproof sunscreen to students for outdoor activities and ensure they are wearing protective clothing. It also requires schools to develop educational programs on sun safety.

Our school has developed sun safety strategies in consultation with our school community, and parents are encouraged to support the strategy by providing their children with appropriate protective clothing, including hats, sunglasses and swim shirts for water-based activities.

Under the Department's policy, swim shirts must be worn by Prep to Year 7 students during all water-based activities except during races at school swimming carnivals.

The Queensland Cancer Council's website has plenty of tips for parents on reducing the risk of over-exposure to the sun. Visit their site at:

http://www.cancerqld.org.au/reduce_risk/prevention/prevent_sunProtection.asp

Finally I would like to welcome our new School Captains for 2009, Jessica and Kurt and their families. I know you will join me in supporting them and in wishing them every success in this very important role this year.

Sam

HELEN'S HAPPENINGS

Welcome

A very big welcome back to students and families to the 2009 school year. A special welcome to the new students and families to Duaranga State School. I hope you all had a very relaxing break and are ready for a busy and enjoyable year at Duaranga State School.

Student Banking

This term student banking will be conducted on a Tuesday. Students are required to place their banking books in the student collection box in the office before school on a Tuesday morning.

Book Club

The first issue of the Scholastic Book Club catalogues are being sent home today. Orders and money are to be placed in the student collection box not later than Wednesday 18th February.

Swimming

Swimming lessons this term will commence next Wednesday, February 4. Swimming lessons are a normal part of the schools HPE lessons and all children are expected to participate. Permission forms are attached to the newsletter today for all students. Please return the completed form to the office by next Tuesday at the latest.

Students will need to bring their swimming togs, a swim shirt, swimming caps and towels to school with them on a Wednesday.

Parents, if your child is in Prep this year and has not attended private swimming lessons, Duaranga School recommend that they **MUST** have a parent with them in the water at all times. For those parents whose children do attend Private lessons a letter from the Swim School needs to be provided stating that your child has attended and is able to swim unaided (without an adult in the pool).

Our school will provide an instructor, Mr Clements and teacher aide for the Prep group; however, these adults are there to support the group, not solely individual students. If a parent is unable to make it to the pool on a particular week, it is the parent's responsibility to ensure a family member or relative over 18 years of age is present with your Prep child in the water whilst we are swimming. Please also let the school know if a parent is unable to make it to the pool on a particular week, and also advise the school of the adult who will be replacing you in the water. In the event that an adult is not present with a non swimming Prep student, they will not be able to swim that week. Whilst this could be greatly distressing for the Prep children at the time, this is a Duaranga State School policy that must be enforced.

Travel Arrangements

We understand that at times it is necessary for student's normal traveling arrangements from school to change. It would be appreciated if a quick note or phone call to the school to advise us of any necessary changes to ensure student's safety at all times.

Office Hours

This term I will be available in the office two days a week. The days will alternate each week. The table below shows the days for January and February that I will be in the office.

Tuesday	27th January
Thursday	29th January
Wednesday	4th February
Friday	6th February
Tuesday	10th February
Thursday	12th February
Wednesday	18th February
Friday	20th February
Tuesday	24th February
Thursday	26th February

On other days in would be appreciated if you could limit your calls to the office to before 9:00am or after 3:15pm except in an emergency situation.

Helen Draper
AO2

P&C NEWS

A very big welcome back to the new school year. Our first meeting for the year is due to be held on Thursday 19 February.

We would like to encourage anyone who is interested in helping out this year to come along become familiar with the P&C and its operations. Being a part of the Daringa P&C is a rewarding job that really requires minimal effort. Without the P&C, there can be no fundraising at the school and without fundraising, school improvements will take much longer to achieve. For newcomers to our school community, the P&C is also a great way to meet new friends.

We look forward to seeing you at our first meeting for the year. Items for the agenda include:

- Funding for some new sheds around the school
- AOP ideas/suggestions for 2009
- Community Partnership funding for a program called 'Our Place Our Future'

Tuckshop Tidbits

Welcome back everybody. I hope that you all had a fantastic holiday break. Who would believe that 6 weeks could have gone so fast? Firstly I would like to say a huge thankyou to all of the new mums and dads that have put their names down for helping out at the tuckshop and for the families that have offered to donate items. We really appreciate any time that you can give us and look

forward to meeting you all. I would also like to say "Welcome Back" to the mums that are again volunteering this year. It's great to see you back.

In Our Classrooms

In the P-3Classroom

Hi everyone!

A very big welcome to our new Prep students: Anna, Courtney, Wade, Georgia, Sydney, Blaze & Benjamin and their families. We hope you have an enjoyable, happy and fulfilling year with us.

The 2009 Year ahead:

Volunteers Needed

We need volunteers to assist with our Home Reading Program.

The program aims is to support student's reading by developing fluency and confidence. Volunteers are required to listen to individual children read daily.

You can nominate to assist for any day or time that suits you. All training is provided.

Please let the office know if you are available or email me at: showa23@eq.edu.au

Show and Tell

An important part of our program involves acknowledging children and the different cultures and communities we live in.

One of the many ways we fulfill this goal is by having Show and Tell. Show and Tell is a valuable part of the P-3 Day as it allows children to build their confidence in speaking in front of a group, to share their life experiences and get to know one another better.

A roster will be in next week's newsletter. It is important that they stick to three facts or things to say. Please ensure you have a discussion with your child about what they wish to show/tell about before hand.

Our unit of work for this term will focus on *Magical Me*. More information regarding this, homework procedures and a roster for Show & Tell will be in next week's newsletter.

Have a great week.

Sam

From the Library

Our Library days for 2009 will continue to be on a Monday for the 4-7 class and Wednesday for the P-3 class. Students are required to bring their library bags for borrowing books on these days.

Thanks
Mrs Harris

What's Healthy!

WHAT IS NUTRITION?

When your child asks, "what is nutrition?" you can tell them 'Nutrition means the foods we should eat to help our bodies grow strong and healthy. These foods give us energy, life, brainpower and help to stop us getting sick'.

Hawkesbury Child Nutrition Project

IRON

- Children need **IRON** for energy and to help them concentrate in class!
- The best sources of iron are red meat, such as beef, lamb, kangaroo or goat. White meat such as fish and turkey chicken are also good sources of iron.
- **It is important that meat is included in your child's diet several times a week.**
- Non-meat sources include **baked beans, wholegrain bread, breakfast cereals and green leafy vegetables.** Eating these non meat sources with **Vitamin C** rich foods obtained by fruit and vegetables will increase the amount of iron absorbed by your body.

Hawkesbury Child Nutrition Project

Iron is needed to manufacture blood, which is constantly being 'replenished'. As your children grow the volume of their blood also increases, so it's important to maintain a good supply of iron.

From Making the Grade, ADC.

Try making this delicious recipe with your kids...

LOVELY LUNCHES

For a change to sandwiches for lunch, try:

- Cold meats
- Boiled egg and salad



- Leftover spaghetti bolognese or lasagne
- Fruit salad
- Include an ice brick or frozen milk or yoghurt to keep the lunchbox cool.

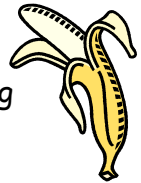
Source-There's more to food than eating. Food foundations for children birth to eight years. Pademelon Press, 1999

Hawkesbury Child Nutrition Project

Banana Muffins (makes 12)

Ingredients

- 1½ cups of wholemeal self-raising flour
- 1½ cups of unprocessed bran
- 3 ripe bananas (mashed with a fork)
- ¾ cup of sugar
- ½ cup of chopped walnuts
- 1 cup of low fat milk
- 2 tablespoons of canola oil
- 1 egg, lightly beaten



Method

- Combine dry ingredients in a bowl
- Make a hole in the centre
- Add bananas, low fat milk, oil, egg
- Mix well with a fork
- Spoon mixture into lightly greased muffin tins and bake at 200°C for 20 minutes

Duaringa Community News

What's On!

Playgroup

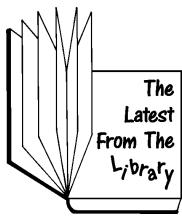


Playgroup will recommence next Tuesday February 3 in the Duaringa SS EEC building. We look forward to seeing many new faces this year.

Playgroup is on every Tuesday from 9:30 to 12:00 noon.

Newsletter Deadline

Whilst we love to have community information included in our newsletter, we do have to stick to a deadline. We do our very best to keep things up to date. However, if details are sent in after the deadline we can only include them in the following weeks' newsletter. **All messages must be written in detail. These can be faxed or emailed to us.** The deadline for our newsletter is **midday Friday**. You can write, fax or email items you would like included in the newsletter to: Fax: 49357026 or email: the.principal@duaringass.eq.edu.au



DUARINGA LIBRARY

Welcome to 2009! I trust everyone had a wonderful break.

Duaranga Library is 'up and running', call in and check out our selection of fiction, non-fiction, adult and children's books, DVDs, CDs, magazines and community information. We have some 2009 calendars to give away. Look forward to seeing you!

The important thing is not to stop questioning"
- Einstein

Jane Vaughan
Duaranga Library
Ph: 49256412
Email: duaringalibrary@bigpond.com

Dates to Remember

18 th February	Book Club Due
5 th March	Yr 7 Leadership
13 th March	Arts Council
3 rd April	End of Term BBQ
6 th April	Incentive Day
8 th April	Inter-house Swimming Carnival
9 th April	Last Day of Term One
10 th April	Good Friday
12 th April	Easter
13 th April	Easter Monday
20 th April	Student Free Day
21 st April	First Day of Term Two

BICC Cinema

Cnr Capricorn Highway & Littlefield St, Blackwater
Phone 07 4982 7755, Fax 07 4982 5299

WEEK COMMENCING 26TH JANUARY 2009

BODY OF LIES

**Leonardo DiCaprio, Russell Crowe - Rated MA -
128 mins**

**SHOWING EVERY DAY UNTIL SUNDAY 1.02.09 AT
3PM**

THURSDAY, FRIDAY AND SAT NIGHTS AT 7.30PM

