

Duaringa State School Newsletter

Term One
Week
Two

4 February 2009

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PLEASE NOTE: DEADLINE FOR NEWSLETTER ITEMS IS MIDDAY FRIDAY

Principal's Message

Dear Parents/Caregivers,

Welcome to Week 2. How did you all go last week? Get back into the swing of things easily? The Howard family have had to adjust to a new schedule this year, ie. School. So far so good!

Speaking of which our newest full time students, our darling Preps, coped extremely well with their first almost full week of school. Congratulations' guys on a fantastic first week.

Official Day 8 Procedures

This Thursday is our official count of student enrolments, known as Day 8. Many of you would be aware by now that all state schools are staffed and resourced on their official day 8 numbers.

This is a very critical time for us this year. Our current enrolment is sitting on 49 students. Unfortunately we have lost two students over the Christmas break and our prospective enrolments have not turned up as yet. We are therefore 4 students short of gaining our 3rd teacher.

If anyone is aware of any new students who would be coming to the school could you please let us know ASAP. Your help in this matter is greatly appreciated.

Your assistance is also required during this very sensitive time this 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.

Energy Break

Our school upholds the concept of wholesome nutrition based on the basic food groups. So in line with this and the fact that a number of our students start the day with breakfast before 7 am we have decided to introduce an Energy Break for the children from 9.45 am to 9.55 am each morning, as from this week. We are hoping that this will improve the children's learning by sustaining their concentration longer across the morning.

Energy break will be a part of our daily program. Please provide your child with a snack along these guidelines. As the children eat outside, please send items that can be handled easily using fingers – suggested fruit or vegetable items that are fantastic for the children are oranges, apples, bananas, grapes, sultanas, nuts, carrots and celery. dried fruit, cheese, or plain rice cakes/crackers.

Please avoid yogurt, custards and fruit in syrup/juice as the children find it hard to handle and seldom finish it.

No nuts, biscuits, potato chips, chocolate coated bars or cakes etc. Please.

Welcome Katie

This term Katie Dunne, who is currently in her third year of teacher training, will be working in our school doing work experience with the children. She will be working at Duaringa each Monday and Tuesday for this term. I'd like to extend a very warm welcome to Katie trust that she enjoys her time with us.

Making Good Choices

Continuing on from our Values Education focus from last year, this term we are centering on Being Kind To Yourself. This week we will look at Making Good Choices

and Standing up for Ourselves. It seems reasonably clear to most of us when it comes to choosing between drinking cola or fruit juice for instance, which is more beneficial for our health. It is usually not too difficult to decide what is best for our safety, wellbeing or health when confronted with choices. Sometimes we just don't feel like choosing what's best for us and it's OK to allow ourselves our little luxuries from time to time. The main thing is that we don't make it a lifelong habit to always choose what's not for our own good.

The thing that we may not realise is the importance of standing up for ourselves.

Psychologists tell us that others do not have the right to control you, nor do you have the right to control them. People with healthy boundaries have respect for other people's feelings and beliefs, even if they are different from their own. People with good boundaries feel more in control of their lives because they realise they have a choice about the behaviour they will or won't tolerate from others. Counsellor and psychotherapist Maggie Down writes, "It is safer to be intimate with others when we have healthy boundaries."

It is difficult for many to stand up for themselves and to not be someone else's doormat or punching bag. The best place to learn good boundaries is within families as we grow up. As parents we need to be able to teach our children to develop their own sense of boundaries in their lives. Children who develop healthy boundaries will have good self esteem and not be afraid to speak up when witnessing injustice. They will realise that others have the same right to their own space and therefore will be more willing to respect their rights.

Some children grow up believing they need to please everybody else, but this thinking becomes self-destructive because sooner or later they realise they can't please all of the people all of the time. They will come to see that there are people in our world unfortunately who will try to take advantage of them. By teaching our children to make the right choices in life and also to be able to stand up for themselves we are paving the way for them to live healthy, well-adjusted lives which are robust enough to cope with the many pressures bound to come their way.

Permission Form

Throughout the year there are various excursions, events, swimming etc that require

permission form from you as parents. To simplify this process we have attached a form to cover your child/ren for ALL Excursions for 2009. Once signed, your child will be able to attend all excursions organised through the school unless otherwise specified by yourself. Notices will be placed in the newsletter to advise you of all details of excursions prior to them happening so that you remain up to date with all activities happening in the school. It would be appreciated if you could return this Permission Advice as soon as possible,

Have a great week!

Sam

Swimming

Swimming lessons will commence this Wednesday, February 4. A reminder that the blue swimming form sent home last week is due back by tomorrow if you would like your child to participate in swimming on Wednesdays. Many thanks to those who have already returned the form to the office.

Education Queensland has recently changed their swimming policy for Prep aged children. Prep age children are now no longer required to have an adult with them, 1 to 1, whilst they are in the water. This effectively means that parents or guardians are now no longer required to be in the pool with their Prep student whilst at swimming lessons. Parents, if your child is in Prep this year and has not attended private swimming lessons, Duaringa 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). If you have any more questions regarding this policy adjustment, please feel free to contact me at any time. As stated above though, the safety of the Duaringa SS children whilst swimming is our absolute concern, and it is for this reason that we strongly encourage parents of Prep aged children to accompany their child in the water whilst we are undertaking swimming lessons.

HELEN'S HAPPENINGS

Reminders

Parade	Mondays
4-7 Library Day	Mondays
Student Banking	Tuesdays
Swimming	Wednesdays
P-3 Library Day	Wednesdays
Book Club	Wednesday 18 th February

Office Hours

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

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 it 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 reminder that 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. 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 Titbits

Attached to this week's newsletter is the new menu for 2009.

We are still looking for a few more helpers. If you are able to help out once a term that would be greatly appreciated.

Leah Ryan
Tuckshop Convenor

In Our Classrooms

Weekly Awards

Prep – Year 3 **Student of the Week** awards this week goes to Anna, Blaze, Benjamin, Georgia, Kourtney, Sydney and Wade for a great start to school.

The '**FAH Award**' this week goes to Bronwyn for being helpful.

The '**FAH Award**' goes to Lane for his good manners in the library.

'Congratulations to our winners'

In the P-3 Classroom

Hi everyone!

What a busy week we have this week. Our Home Reading program will commence today, however we are still looking for someone to come in and help Jenny. If you are able to spare an hour on Mondays and Fridays the children would really appreciate it.

Homework will begin this week and yes that includes Preps. In your homework bags this

week you will find a home reader. Prep parents please be aware that we are not expecting the Preps to be able to read these books. We are asking you to spend 5 minutes a night reading and discussing the book with you child.

Library commenced last Wednesday. Please ensure your child brings a library bag so they can borrow.

This term we will be focussing our unit of work on *Magical Me!* As part of this we will be having a Special Person each week. This week's Special Person is Wade. A note will go home when it is your child's turn to explain what you need to do. We look forward to meeting Wade's family on Friday and finding our lots of interesting things about him and why he is special.

Show and Tell

A reminder that Show and Tell/Morning Talk commences this week. Please see the timetable below for your child's day. It is not compulsory for your child to participate however, if they do please remember to discuss with them first what they want to show or tell. It is important that they stick to three facts or things to say.

TUESDAY

Monkeys: Anna, Georgia, Kourtney, Sydney, Wade, Benjamin, Blaze, Keenan, Matthew

WEDNESDAY

Elephants: Mikaely, Emily, Jakai and Malachi

Thursday

Hippos: Kai, Colby, Lane

Friday

Eagles: Javena and April

Finally, Mothball will be joining us in the classroom in the coming weeks. Mrs Draper and I have been busy getting Mothball's home ready. We can't wait for him to arrive!!!! Can you work out who he is.

Don't forget this term is 11 weeks long and does not have any long weekends. All children will get tired towards the end of term especially our Preps. Parents we ask that you be mindful of this and let us know if things are starting to go pear-shaped.

We have a brand new layout in our classroom this year so please feel free to pop in and have a look.

Sam Howard

Year 4-7

Welcome back everyone!

I hope you all enjoyed the break from school routine.

During the past week students have participated in reading, spelling and maths tests.

Homework

Students are required to have a homework bag and homework book. This week's homework will need to be handed in on **Wednesday morning 11th February.**

The homework week is from **Wednesday to Wednesday.** Students are encouraged to hand in completed written work before the due date so the 'marking time' is reduced on a Wednesday. Students need to bring homework reading books to school each day. Students are expected to plan how they are going to complete homework by the due date. It is worth starting this habit in the middle and upper primary grades as it is especially important for High School.

Spelling.

Students have been given a sheet which describes some of the different ways in which to learn and write spelling words. Students can learn spelling at an independent level by using the LOOK, SAY, WRITE, CHECK method. Students are encouraged to write a 'mini story' using all the words in their spelling list and to recognise incorrect spelling of words within a written text.

Number Facts

During the next two weeks, I will be testing the recall of number facts: addition, subtraction, multiplication and division.

Unit of Study

This term, we will be studying the Australian Culture and Landscape: - "Australia You're Standing in it!"

Have a good week,
Mrs R

From the Library

How you can help your child with reading

As a parent, you are your child's first teacher and it is important to encourage your child to read outside of the classroom.

Our school is asking all parents to help their children to improve their reading skills. You can do this by:

- visiting the local library – this is an economical way to provide access to different kinds of books and learning materials and allows children to borrow from a wide range. Your library may also offer a reading program which makes reading an exciting experience and allows them to mix with other children
- asking 'why' questions as you read a book or story together to help your child understand and asking them to think about alternate endings to make much-loved books even more interesting
- reading to your child as often as you can and by trying to carry a book with you when away from home
- letting your child hold the book and turn the pages when you are reading together – this lets your child join in and allows you to talk about the pictures
- congratulating your child on their reading – this will encourage them to enjoy the reading experience
- pointing out words as you read them, especially long or interesting words – this will create a word bank or a spelling list which will help your child with their writing
- making a message board or space at home and encouraging your child to read and leave messages for other family members – this will also give them an important job in the household.

For more tips and online resources about literacy and numeracy visit

www.education.qld.gov.au/parents/map/

Thanks

Mrs Harris

What's Healthy!

SUGAR & TOOTH DECAY

Sticky foods that cling to children's teeth and foods that are high in sugar (refined sugars) contribute to tooth decay.



Highly refined sugar foods are often high in fat as well as sugar, and eating more of these types of foods will leave less room in the stomach for healthier foods such as breads, pasta, rice, potatoes, milk and cereals.

Carbohydrates such as pasta, rice, potatoes and vegetables and natural sugars from fruit and milk are healthy sources of energy.

"No Added Sugar" on the food label means that no extra sugar has been added during the manufacturing process. It does not mean that there is no food is low in sugar, the food may still be high in natural sugar (such as 100% fruit juice).

TRY THESE LUNCHBOX SNACKS...

- Salad- carrots, lettuce, tomato
- Homemade popcorn
- Celery sticks with cream cheese
- Corn or rice cakes with Vegemite
- Crackers with low fat cheese
- Fruit in low fat yoghurt
- Boiled eggs
- Pikelets or scones- try using wholemeal flour

PREVENTING LUNCH BOX WASTE

Make a list with your child of all the things they are happy to have in their lunch box. The parent decides if this is suitable or not. TOGETHER come up with lunch box combos.

Some ideas are -

- Low fat cheese & egg sandwich or roll, a box of sultanas, a low fat cheese stick and a frozen 100% pineapple juice

- A vegemite and cheese roll, an apple, a tub of low fat yoghurt & bottle of water
- A ham and low fat cheese sandwich, a banana, a small bag of homemade popcorn and an apple juice.

Involving your child in planning and preparing their lunch will make them more likely to eat everything you pack for them.

Duaringa Community News

What's On!



Playgroup

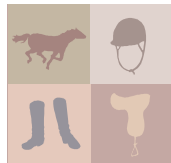
Playgroup will recommence this Tuesday February 3 in the Duaringa SS EEC building. We look forward to seeing many new faces this year.

Playgroup runs every Tuesday from 9:30 am to 12:00 noon.

DUARINGA PONY CLUB

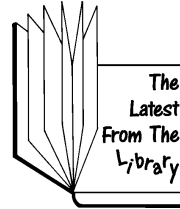
Our first pony club meet for 2009 will be in Duaringa on Sunday 1st March followed by an AGM.

We look forward to welcoming all our old faces and hope to see some new ones too. For further information please phone, Claire on 49358 542.



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

Robyn Groundwater has been officially appointed as my replacement.

Duaringa Library has some new library books, as well as an exchange of books arriving this week.

'Learn as if you were going to live forever. Live as if you were going to die tomorrow.'

- Mahatma Gandhi

Jane Vaughan

Duaringa Library

Ph: 49256412

Email: duaringalibrary@bigpond.com

Duaringa Historical & Tourism Association Inc.

SALE OF FOOTY DOUBLE TICKETS

Expressions of interest are sought from members of the Community to judge interest in selling footy double tickets for the 2009 Season.

The Committee will not have the availability to sell tickets at Woorabinda from the 2009 Season and is looking at the viability of selling the tickets in the Duaringa area on the basis of

- Fortnightly
- Monthly
- One of the above and State of Origin and Finals
- Just State of Origin and Finals

Please contact Avryl, Olive or Carol with your ideas.

Phone 49357077 Duaringa Historical Centre
0418 194131 Avryl
49357228 Olive
49357171 Carol (A/H)

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**

Duaringa State School Pool Maintenance/Pool Groundsperson

A vacancy exists for a Pool Maintenance/Groundsperson from
Term 1 2009 for 10 hours/week

With a salary of between \$22.30 and \$24.20 per hour. Application
Packages can be collected from the school office or by phoning
(07) 49357 125

Applications close on Wednesday 18th February 2009

and

should be addressed to:

The Principal

Duaringa SS

PO Box 6

Duaringa Q 4712

Applications will remain current for 12 months.

Education Queensland is an Equal Opportunity Employer.

A non smoking policy operates in all government Buildings

