



Date: 4/9/2017

Edition: Term 3 Week 9

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**2017 School Priority: Reading**

*Our Mantra - Quality, explicit and consistent teaching of reading for every student, in every classroom, every day.*

### Dates to Remember

**Tuesday September 5**  
Year 4 Bray Park SHS  
Medieval Fayre

**Wednesday September 13**  
Year 4 St Helena Island  
excursion

**Friday September 15**  
Under 8's Day  
Last Day of Term 3

**Rule of the Week**  
**Be Safe:**  
**When moving**  
**around the school –**  
**By walking when**  
**moving around the**  
**school and keeping**  
**to the left.**

### Changes to Lunch Breaks

In **Term 4** we will be trialling changes to our lunch breaks. We will be swapping lunch breaks with the longer break being first, allowing children to play before the hottest part of the day. We will also be trialling play before eating time. This means that when the bell goes children go out to play. At the end of playtime the bell will ring for them to come to the eating area to sit, eat and settle before going back into class.

Times and procedures will be as follows:

1 <sup>st</sup> Break  Playtime 10.50am to 11.25am	<ul style="list-style-type: none"> <li>The first break will be the long break of the day</li> <li>Children will play first and eat at the end of play time</li> <li>During this break Munch and Lunch will only serve orders through Munch Monitor or through paper bag sales – There will be no over the counter sales</li> <li>During this time children may eat in the undercover areas if they choose</li> </ul>
Eating time 11.25am to 11.40am	<ul style="list-style-type: none"> <li>Children will go to the toilet wash hands and get their lunch from their bags then move to their undercover area</li> <li>Tuckshop monitors will collect tuckshop and take them to the duty person who oversees distribution of lunches</li> </ul>
2 <sup>nd</sup> Break  Playtime 1.10pm to 1.30pm	<ul style="list-style-type: none"> <li>This is the shorter break of the day</li> <li>During this break Munch and Lunch will serve orders over the counter</li> <li>Children purchasing tuckshop must take it to the eating area to eat</li> </ul>
Eating time 1.30pm to 1.40pm	<ul style="list-style-type: none"> <li>As above –eating time</li> </ul>

## Brain Break

To support the above procedure we will be ensuring that all children in every class have the opportunity to have food during the first 2-hour session of the day. It has been recognised through research that people regularly need food and water to maintain high-level brain function. This has important implications for students in our schools. John Joseph, (a leading exponent for increasing the potential of the brain to learn), has been a strong advocate for students being able to nibble on brain food and drink water throughout the school day. It is important that children eat “brain food” at this time.

### Acceptable Brain Foods include:

<ul style="list-style-type: none"><li>• Fresh fruit and vegetables</li><li>• Fresh mushrooms</li><li>• Dried fruit (eg apricots, prunes, raisins and sultanas)</li><li>• Rice cakes</li><li>• Seeds (eg sunflower, sesame, tahini, linseed)</li></ul>	<ul style="list-style-type: none"><li>• Chick peas and other legumes</li><li>• Cheese sticks/cubes</li><li>• Boiled eggs (already shelled)</li><li>• Yoghurt</li><li>• Plain unsalted popcorn</li></ul>
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**Food needs to be pre-cut ready for eating.**

## Breakfast Club

With the support of YMCA, we will be starting a Breakfast Club in Term 4. The Breakfast Club will operate on Tuesday, Thursday and Friday each week from 8:00am – 8:30am. The aim of Breakfast Club is to ensure that **every** child has access to a healthy breakfast. This in turn will support learning at school. We will be asking volunteers to assist us in providing this healthy start to the day.

## Road Safety

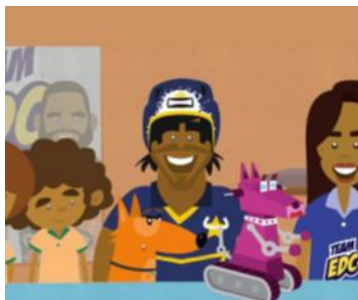
It is disappointing when I hear about students from our school being unsafe before and after school. Over the last week I have had reports of child throwing a rock at a car on the way to school and of children playing unsafely in the streets around Warner - not getting out of the way of motorists and even being rude to drivers using the streets. As you can imagine this behaviour risks the safety of our children and others and is totally unacceptable.

Another consequence of this behaviour is that it creates a negative impression of Strathpine West State School and all children who attend our school. Strathpine West State School is a great school with awesome children and families; it is incredibly sad when the behaviour of a few children misrepresent the whole school. If you see children, in our uniform, being unsafe or displaying inappropriate behaviour, I would appreciate you letting the school know. We will endeavour to find out who the children are and notify the parents and take further action if necessary.

## PREP ENROLMENTS 2018

For a child to be eligible for Prep next year, he/she must be born between 1 July 2012 and 30 June 2013. It is a legal requirement that proof of age is produced to enable enrolment at school. Failure to produce evidence of date of birth may lead to the enrolment process being postponed. To avoid the back to school rush, we encourage you to apply for a birth certificate now.

Education Queensland Policy states “Enrolment may not be approved without enrolling staff sighting the prospective student’s birth certificate. An alternative to birth certificate will be considered where it is not possible to obtain a birth certificate (e.g. prospective student born in country without birth registration system. Passport or Visa documents will suffice). **This does not include failure to register a birth or reluctance to order a birth certificate.** For International students approved for enrolment by EQI, a passport or visa will be acceptable.”



**EVERY DAY COUNTS AT SCHOOL** The importance of a team effort in achieving school attendance is the main theme in the next animation and comic book in The adventures of Jimmy and Sam the Dog series, developed by the Department of Education and Training. Once again, NRL star Sam Thaiday plays Sam the Dog, with a cameo appearance by Johnathan Thurston, plus former Queensland Firebird Beryl Friday and two Solid Pathways students. Research shows that school attendance leads to positive student outcomes, and can help children build social and emotional skills. Head to the Every Day Counts website. Education is Learning what you didn't even know what you didn't know.

**Attendance is Important**

**Absence Line 34806177**

*Vicky and Toni.*





## NOTES FROM THE MUSIC ROOM



### WHY MUSIC?

1. Studying music sharpens concentration and teaches perseverance.
2. Studying music teaches one how to listen.
3. Studying music relieves stress.
4. Learning music fosters creativity.
5. Learning music helps you remember.
6. Learning music teaches you to persevere until you get it right.
7. Learning music and performing forces you to develop composure in front of people.

### ADVANCED INSTRUMENTAL MUSIC WORKSHOP:

These wonderful students performed brilliantly at last week's Workshop Concert. Evidence that hard work leads to success!



**CONGRATULATIONS:** Congratulations to our newest member of Senior Band, Davalamayne (4MS). Davalamayne is the first beginner clarinet to make it into Senior Band. Fantastic effort!

**RECORDERS:** All students in Year 3, 4 and 5 need their OWN recorder for music lessons each week. Please check with your child if they have one. Students are currently undergoing assessment tasks so therefore it is essential that they have all their equipment.

**REHEARSALS:** The following rehearsals are on this week:

Grade 3 Recorder Band	Monday morning tea
String Ensemble	Tuesday 7.45am
Choir	Tuesday big lunch
Grade 2 K'uke Club	Wednesday big lunch
Senior Concert Band	Thursday 7.30am

Mrs Leonore Hammond  
Instrumental Music Coordinator/Classroom Music Teacher

## PLAYGROUP

We had lots of fun last week at playgroup. Fine motor skills were challenged when we had to manipulate the puzzle pieces to fit their holes. We did some stamping with a variety of different stamps and loved playing with the cars and ponies.

We made lovely father's day cards and iced biscuits as a special gift as well. This week we read a story called Edward the Emu and jumped and moved around while trying to catch bubbles.

Come along next week to our Teddy Bear's Picnic. Bring along your morning tea and favourite teddy.



Last Tuesday we started our Volley Ball program. The children are learning to dig and pass to their team mates and serve the ball over the net. Coach Michelle will be teaching the children new techniques and rules each week.

Last week some children received Laser Tag Awards for their fantastic participation during our Hockey Program. Congratulations to Xavier, Elijah, Georgie, Henry, Seth, Alicia, Julian, Lucas and Daniel.

Don't forget to hand your Vacation Care Booking forms in, to secure your child's place in our September Vacation Care program!

We are collecting newspapers and boxes for Vacation Care activities. Donations would be greatly appreciated.

Club SWOSH offers a fun filled program for before school care, after school care and vacation care. Please phone Kellie on 3889 9513 for more information.



## SCHOOL BANKING

Just a reminder School Banking Day is Tuesday.

Next Week is DOUBLE DOLLARMITES DAY, Tuesday 12th September.

Anyone who banks \$2 or more will receive Double Dollarmirtes!

It's never too late to join school banking.

If you have any questions feel free to come and see

Debbie or Jemma in the school office, on Tuesday mornings



PINE RIVERS COMMUNITY AQUATICS CLUB

## Sign on Day

Sunday 10th September  
1-4PM

at  
Pine Rivers High School pool  
Gympie Rd Strathpine

Learn to swim classes from 4yrs+  
Squad training  
Friday Club Nights

Swimmers of all levels welcome

Season commences Tuesday 3rd October.  
Enquiries Ph. Donna 0421 962 147  
Or email: [prcaclub@gmail.com](mailto:prcaclub@gmail.com)

Sign on can also be done online at:  
[www.pineriversaquatics.com.au](http://www.pineriversaquatics.com.au)



## Looking for a quality kindergarten for your child?



**South Pine  
Community  
Kindergarten**

### Taking enrolments now for 2018

P 07 3881 1183 • [www.southpinekindy.com.au](http://www.southpinekindy.com.au)

South Pine Community Kindergarten provides a warm and friendly atmosphere where children can learn and develop their potential. We are a play-based, not for profit, community kindergarten located in Strathpine, Qld  
Children are eligible to attend in their year before prep.



**Lady Gowrie**  
Community  
Kindergartens





# Self-esteem

By Professor Matt Sanders

## Self-esteem

By Professor Matt Sanders

Children who have healthy self-esteem are likely to be happy, cooperative, and successful at school and make friends easily. They are fun people to be around because they are eager to learn and succeed, and because they cope with stress effectively.

However self-esteem doesn't come built-in at birth. As parents, it is important that we help our children develop a true sense of their own strengths and weaknesses.

Children who receive plenty of praise and encouragement feel good about themselves. A child who believes their parents have confidence in them by allowing them to do certain things by themselves will learn confidence. Telling your child you love them and spending time with them will help your child feel valued and cared for.

It is important also to encourage children to follow a healthy lifestyle. Regular exercise and good grooming habits help children develop a positive image of themselves. And when your child achieves at something you can let them know that they should feel good about such accomplishments — it is okay to be different and be good at different things.

**Parenting Tip:** Laughter really is a great medicine. Children who feel good about themselves laugh spontaneously, develop a sense of humour and learn to tell funny stories. Encourage your child to laugh by listening to their stories, playing games and having fun together.

Professor Matt Sanders is founder of the Triple P – Positive Parenting Program<sup>®</sup>.

For more information, go to [www.triplep-parenting.net](http://www.triplep-parenting.net) or talk with SW SS Triple P provider Madeleine Day (Head of Student Support Services – contact via school office)

## UPCOMING TRIPLE P SEMINAR SERIES AT STRATHPINE WEST

These sessions tackle some of the most common family issues, each giving you tips for supporting your child's behaviour learning. The seminar series covers three topics:

**SEMINAR 1 - "The Power of Positive Parenting" Wednesday 11<sup>th</sup> October**

**SEMINAR 2 - "Raising Competent, Confident Children" Wednesday 25<sup>th</sup> October**

**SEMINAR 3 - "Raising Resilient Children" Wednesday 1<sup>st</sup> November**

The sessions are relaxed and friendly with a small group of no more than 15. Each session runs for about 1 ½ hours (including time for questions) and tea and coffee will be provided. They are on Wednesday mornings in Term 4 at 9:00 AM in the Resource Centre to allow you to drop your children to class first.

Please register for a place using the following link;

<http://www.triplep-parenting.net.au/ql-d-uk-en/find-help/check-our-calendar/>



# Club SWOSH

Phone: 3889 9513

## Vacation Care Booking Form – September 2017

If you have not attended SWOSH in 2017 please see the Coordinator for enrolment forms.

**Please return completed form by Friday 1st September 2017**

Family surname: \_\_\_\_\_

Child 1 name: \_\_\_\_\_ Age: \_\_\_\_\_

Child 2 name: \_\_\_\_\_ Age: \_\_\_\_\_

Child 3 name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent 1 name: \_\_\_\_\_ Parent 2 name: \_\_\_\_\_

Address: \_\_\_\_\_ Address: \_\_\_\_\_

Email: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Phone: \_\_\_\_\_

Week 1	Monday 18/9/17	Tuesday 19/9/17	Wednesday 20/9/17	Thursday 21/9/17	Friday 22/9/17
	<b>Madness Monday!</b>  Slime, blow painting, balloon tennis and lots of crazy games!	<b>TALK LIKE A PIRATE DAY!</b>  Dress up as a pirate for a treasure hunt, pirate crafts, photo booth and more!	<b>Spin Art Clocks &amp; Sports Day!</b>  Come and make your very own clock to take home!	<b>Medieval Festival</b>  Enjoy live action role playing with the Warsong Kids!	<b>My Kitchen Rules Day!</b>  Come to SWOSH and become a chef for the day!
Fee*	\$45	\$45	\$60	\$55	\$45
Name of Child/ren Attending					
Week 2	Monday 25/9/17	Tuesday 26/9/17	Wednesday 27/9/17	Thursday 28/9/17	Friday 29/9/17
	<b>'P' Day!</b>  Pyjamas Popcorn, Pancakes, Paper Mache, Paper Planes, PlayStation Ping Pong & more.	<b>Bazill Grumble Circus Workshop!</b> Invent your own circus character with dress ups & face paint and 'clown around' at SWOSH!	<b>SWOSH PARTY DAY!</b>  Pass the parcel, musical chairs, Chocolate game, Imbo and a party for afternoon tea!	<b>POP, LOCK and BOP Dance Incursion!</b>  Come and get your groove on at SWOSH!	<b>Kids Choice Day!</b>  Fox Hunt, Space Ball, Capture the Flag, BYO Device and more!
Fee*	\$45	\$60	\$45	\$55	\$45
Name of Child/ren Attending					

\*Note: Fee listed is full rate per child per day and includes incursion / excursion fee.

Including excursions & incursions fees in day rate allows families to claim CCB and CCR on these activities.