Dear Parents, Carers and Community Members,

Welcome back to Term Two. I hope everyone enjoyed a restful and relaxing break filled with friends, family and a few pieces of chocolate!

Term Two can be our busiest of the year with it leading up to our assessment and reporting period. It is important as the weather is changing that students are properly equipped for school with their hat, water bottle, jumper and a brain food filled lunch box to get them through our very busy days.

Would you like to get the Cooyar State School newsletter emailed to you? Please provide the office with your email address.

You can also access newsletters on our website at cooyarss.eq.edu.au.

Parent Email
Each Friday, I send out a parent email to parents on this list. These emails have parent information and any reminders for the following week. Please sign up at the office if you would like to receive these parent emails.

Cross Country
Tomorrow’s Cross Country will be held at Tanduringie State School. Students will be travelling to and from the event by bus under the supervision of Mrs Spencer, Mrs Duncombe and Mrs Sloss. Students have been training for this event throughout Term One and this week as well. I look forward to seeing our students run on Thursday.

Investment in our School
It was very rewarding on Monday to hear the excitement of our students as they entered the school with our many structural changes. Students have also spent this week using new equipment that has been purchased. Over the holidays the following changes and improvements were made to the school:

- New behaviour signage throughout the school
- New noticeboards at the office
- New mathematics hands on resources
- New robotics equipment

SCHOOL WATCH
13 17 88

So our information can stay up to date, please advise the school of any changes to your:
- Address
- Phone numbers
- Medical conditions
- Medication

Thank you.

Newsletters by Email.
If you would like to receive a copy of the Cooyar Chronicle or any other notes by email, please send in your email address. It is a great way to receive notes and save paper.
From the Principal...

- New PROBE reading assessment resources for the Senior School
- New desks for the Junior and Middle Classroom
- New storage for the Junior Classroom
- Removal of the wall in our Middle Classroom
- Upgrade of the kitchen area in the Junior Classroom
- Removal of shelving in the Senior Room above the sink

We thank the P and C for funding the kitchen upgrade to the Prep Area in the Junior Room. The P and C invested over $11,000 in the project. We appreciate their support and thank all parents who contribute to the fundraising efforts of the P and C at our annual Cooyar Trail Ride.

Curriculum Term Two

This term, students will be studying Mathematics, English, History, Digital Technologies, Health and Physical Education, Science and Art (Drama). We look forward to using many of our new resources to support learning in each Curriculum area.

THANKYOU

- A big THANK YOU to the school staff for coming in on the last Wednesday of the holidays for a full day working bee. Even after nine hours, there were more jobs to be done. Their efforts were greatly appreciated and resulted in each classroom being ready for action on the first day of this term.
- Thank you to Senior Constable Bill who visited students during their reward excursions during Cooyar Cash Rewards Week last term.

Excursion to Brisbane

In the final week, I was reflecting with the staff on the great benefit to our students in attending events in Brisbane, such as our Sound of Music and Science Centre/Maritime Museum excursion in Week 9. It was great to hear the observations from each student throughout the day on our visit to QPAC and our visits to the Science Centre and the Maritime Museum. It can seem like a big day for students; however, when seeing how much they get out of these trips, they seem even more valuable. I went out to the sandpit in the last week of school and asked our Junior and Middle students about their reflections from the Sound of Music. I was impressed at how many were interested in sharing their reflections on the singing, the set changes, the story line, the amount of people in the theatre (and the amount of people with iPhones and iPads in the theatre). Students were in awe looking over the Brisbane River to the city landscape and enjoyed seeing trains departing the station and the City Cats on the river.

Senior Students visited the Maritime Museum where they toured the HMAS Diamantina (where the surrender documents were signed in World War II), Jessica Watson’s boat that circumnavigated the globe and a pearl boating boat before touring the museum. I have to admit, I didn’t realise just how many ship wrecks lie along the coast of Queensland alone. Junior and Middle Students thoroughly enjoyed taking part in an electricity workshop at the Science Centre and trying out all of the experiments. It was a great day out and I thank the staff for extending their work day to accompany the school on this visit. I was very proud of students and their behaviour and conduct throughout the day, and passed on an email I received from a staff member at QPAC commending our students on their behaviour and the staff on their supervision of our students.

Drama Term Two

Miss Herold will join us this term for Drama. Students will participate in many activities over the term that will culminate in a drama performance at the end of the term. We look forward to having Miss Herold back in the school.

Spelling Overview

Our spelling program has been updated and this Friday, all staff will attend a Professional Development course that
From the Principal...

will support us in our new spelling procedures. I have attached our new spelling overview which is sound based. From Week 2, students will be broken into levelled spelling groups which will be led by staff four mornings a week for 30 minutes. We look forward to trialling this new process. All students have taken part in beginning of term spelling tests this week, which will be compared to end of term spelling tests. We are keen to see if our new processes are supporting spelling at Cooyar State School.

**Student Learning Goals**

Over the next week, teachers will meet with each student in their class to formulate individual learning goals based on evidence from assessment in Term One. Each student will meet with their teacher and review their assessment items from Term One to develop goals in Mathematics, Writing, Reading and a social skill goal. These goals will be displayed on student desks and be sent home to parents in KIT books. At the end of the term, teachers will meet with students, with their assessment items, to determine if the goals have been achieved or are still being worked on. This reflection will also be sent home in KIT books. This is a valuable process that shares the responsibility for learning with students and aims to further our high expectations of each student to be the best they can be.

**Book Work Walk Through**

This term, in Week 6, I will be doing this term’s Book Work Walk Through. Students have been explicitly taught our Book Work Expectations and have been rewarded and recognised throughout Term One for high levels of presentation. In each classroom, students displayed their most well-presented Mathematics and English pages, as well as Science in the Senior Room. I sat with each student and worked through positives and improvements for their bookwork, recording these in their books and rewarding students with Principal awards for excellence in Book Work. This was a valuable experience for all students. It is important that we provide students with feedback, not only to recognise their efforts, but to encourage improvement and high expectations. Teachers will also follow this process to reflect with students on their book work. I look forward to my walk through later this term.

**Behaviour Tracking**

Every five weeks, we record the positives and red cards that students receive in classrooms. In the second four weeks of Term 1, teachers awarded a total of 1303 positive rewards to students. We also had a total of 38 red cards given for this period. This data shows that at Cooyar State School, for the first five weeks of 2016, teachers gave 34 positives to each red card. This is well above PBL targets and is data that we are very proud of. At Cooyar State School, we reward students with Cooyar Cash each day for following our three school rules – Be Safe, Be Responsible and Be an Active Learner.

**School Review Term Two**

This term, a team from the School Improvement Unit will enter our school for two days for a full school review. Reviewers will meet with all staff members, parents and members of our local community to review the processes and procedures of our school. The School Review will take place on Tuesday 3rd and Wednesday 4th May, 2016. The review team will provide recommendations for the school. This review is aligned to our Quadrennial School Review which takes place every four years. The recommendations from this review will form the foundation of Cooyar State School’s strategic plan for 2016 – 2020. I look forward to seeing the recommendations from the review. An information sheet on this process was attached to the last newsletter.

**NRL Term Two**

This term, students will be having NRL lessons each week on Tuesdays. In the past, students have thoroughly enjoyed our NRL sessions. This year, Mitchell Sargent, the new NRL Development Officer, joins us on a weekly basis to run lessons with our students. I have no doubt our students will enjoy NRL as much as they have Tennis.
From the Principal...

After School Sport
This term, Mrs Sharon Duncombe has once again offered to run after school sports training each Wednesday from 2.45 – 3.45pm from Week 3. Mrs Duncombe will need parent helpers each week for this program to continue throughout the term. Two or three parent helpers each week would be great. Permission notes are attached to this newsletter. Please indicate on what dates you will be able to attend as a parent helper. If your child catches the bus home, please make alternative arrangements with the Payne’s for your child’s transport home. Mrs Duncombe will not be responsible for organising students after training for the bus or pick up. Please note that it is expected that students will be picked up promptly at 3.45pm. We thank Mrs Duncombe for giving up her time to organise and run these afternoons.

Playgroup Term Two
Our Community Playgroup started again this week. Mrs Gibson has tentatively planned a term full of great early learning experiences for our Playgroup children.

- Week One – Weather
- Week Two - ANZAC theme
- Week Three - Space
- Week Four – Mother’s Day
- Week Five – Butterflies

We welcome all members of the Cooyar and wider community to bring their children along each Tuesday from 8.30 – 10.30am for playgroup. It is a great way to get together with other parents in the community and have your child engage in early learning and development activities.

Silver Spelling Champion Awards
Next week, students who were awarded the Silver Spelling Champion Award for Term 1 will be joining me for a special morning tea. Students worked hard throughout the term to achieve this award. I look forward to celebrating with students next week. Students are working towards this award again this term.

Gold Behaviour Champion Awards
At our final parade of Term 1, we also awarded Gold Behaviour certificates to students who followed the school rules each day for Term One without a red card. This award recognises the students who continually follow school rules and do not get red cards. Students who receive four Gold Behaviour Champion Awards in 2016 will be presented with a Behaviour Medallion at Presentation Night at the end of the year. This is an important achievement to recognise. Students are working towards achieving this award again this term.

School Banking
Please note that our school banking day has changed to WEDNESDAYs for this year. Banking books can be brought to the office each Wednesday, from where Mrs Davis will take them to the Bendigo Bank in Yarraman. Thank you Mrs Davis for organising the banking for us.

If your child will be absent…
Thank you to parents for contacting the school when children are going to be late or absent. It allows us to record the attendance data accurately on our system. A reminder that if you know that your child will be absent from school or late to school, please inform us by writing a note in your child’s KIT Book. Alternatively, please give the school a call and leave a message if your child will be absent from school. You can ring and leave a message at any time, day or night. As school staff follow up on all students that are absent, your support will save us valuable learning time. Thank you for your support.
From the Principal...

School Arrival

Please note our start time of 8.30am. Supervision will be provided for students arriving at school from the school bus arrival each morning. Non-bus students can arrive at school between 8.00am and 8.30am each day. Our daily Gross Motor Development Program will run from 8.00 to 8.30am each morning. Just a reminder that we ask parents not to drive into the school grounds in the mornings. This is to keep our students safe on their way into and out of our school.

School Pick Up in the Afternoons

Please note that Cooyar State School is **not** able to offer After School Care to parents. It is expected that students will be picked up between 2.30 and 2.45pm. Furthermore, if you are picking up your child of an afternoon, it is expected that your child will stay inside the school grounds until they have informed the bus duty teacher/teacher aide that you have arrived and that they are leaving. If your child catches the bus, please inform the teacher on bus duty that your child is going home with you instead of catching the bus. Student safety and protection is of great importance to all school staff. Thank you for your support in this matter.

P & C Meetings Term Two

P and C Meetings are another great way to stay informed about the school. I look forward to seeing you all at the next meeting on:

- Monday 18th April, 7.30pm

Homework and Home Reading – Lunch time catch up

This year, we will not work on the three strike system for homework and home reading. Instead we will continue running a lunchtime Reading Club and Friday Homework Club for students who have not completed these activities as part of their homework. It is expected that students will read aloud to parents **each** week night and that parents will initial home reading folders. If home reading has not been done, or signed, students will be required to attend a lunchtime reading club for the first 10 minutes of first break. Furthermore, students who fail to hand in completed homework on a Friday will be required to complete their homework at Friday Homework Club at first break. These catch up sessions will allow students to catch up on important homework activities.

School Payments

Please note that BPOINT is the new payment system being adopted by the Department of Education and Training. Thank you to parents who have had tried the new system over recent months. Please feel free to contact the school and have us step you through the system. The advantage of BPOINT is that payments are directed to specific activities allocated to a specific student. It is an online system, similar to BPAY, where you can pay school invoices quickly and securely. You can use any computer, tablet or smart phone to pay invoices from the school. To use this method log onto [www.bpoint.com.au/payments/dete](http://www.bpoint.com.au/payments/dete). You then enter the BPOINT details from the bottom of your invoice into the boxes to make the payment. If you have any difficulty accessing this page, please visit the school office with your invoice and we can open the website for you. BPOINT is our preferred method of payment over the coming year as it saves us administration time in following up payments. Please try BPOINT for your next school invoice.

Our School Rules and Behaviour Expectations

Each week, we review our School rules and explicitly teach expected behaviours associated with these rules on parade and in the classroom. This week, our focus is Introduction of Term. We appreciate parents following up on our weekly social skills focus by engaging in conversations with students at home.
From the Principal...

<table>
<thead>
<tr>
<th>Week</th>
<th>Focus Area</th>
<th>Points for Discussion</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction of Term</td>
<td>School rules&lt;br&gt;Classroom rules, routines, procedures&lt;br&gt;What does School Wide Positive Behaviour Support at Cooyar State School look like?</td>
</tr>
<tr>
<td>2</td>
<td>Be Safe in all Areas</td>
<td>Use equipment appropriately and with care&lt;br&gt;Respect the rights of others&lt;br&gt;Report dangerous or unusual situations&lt;br&gt;Eat only your own food, in designated areas&lt;br&gt;Be hygienic</td>
</tr>
<tr>
<td>3</td>
<td>Be Responsible in the Playground</td>
<td>Play fairly, follow the rules and take turns&lt;br&gt;Return equipment at the end of play</td>
</tr>
<tr>
<td>4</td>
<td>Be a Safe, Responsible Learner in all Environments</td>
<td>Be persistent and engage in all tasks&lt;br&gt;Be open to new ideas&lt;br&gt;Ask permission to leave all areas&lt;br&gt;Be cyber safe</td>
</tr>
<tr>
<td>5</td>
<td>Be Safe in the Playground</td>
<td>Play suitable, school approved games&lt;br&gt;Be sun safe&lt;br&gt;Play in approved areas</td>
</tr>
<tr>
<td>6</td>
<td>Be a Learner in all Areas</td>
<td>Actively listen and follow instructions&lt;br&gt;Be organised and punctual&lt;br&gt;Ask for help if needed&lt;br&gt;Care for self, others and the environment</td>
</tr>
<tr>
<td>7</td>
<td>Be a Safe and Responsible Learner when transitioning around the school</td>
<td>Move safely, respectfully and appropriately.&lt;br&gt;Keep traffic areas clear&lt;br&gt;Line up responsibly</td>
</tr>
<tr>
<td>8</td>
<td>Be Responsible in all Areas</td>
<td>Speak truthfully, respectfully and appropriately&lt;br&gt;Act with respect, consideration and integrity&lt;br&gt;Follow procedures and obey all rules&lt;br&gt;Place litter in bins&lt;br&gt;Wear your school uniform with pride</td>
</tr>
<tr>
<td>9</td>
<td>Be a Learner in the Playground</td>
<td>Cooperate with and include others</td>
</tr>
<tr>
<td>10</td>
<td>Be a Safe and Responsible Learner for Road Safety</td>
<td>Cross the road with care&lt;br&gt;Remain seated while the bus is moving and show respect&lt;br&gt;Walk bikes in the school grounds, to and from the bike racks&lt;br&gt;Always wear a helmet when riding a bike&lt;br&gt;Move directly to and from school&lt;br&gt;Use paths to enter and exit school</td>
</tr>
</tbody>
</table>

NAPLAN Testing May 10 – 12

On the 10th, 11th and 12th May, Year Three and Year Five students will participate in the 2016 NAPLAN tests. I have attached a parent information sheet to this newsletter. Please feel free to come and see me if you have any concerns and questions over your child sitting NAPLAN this May.

I am looking forward to another term full of learning and valuable educational experiences for our students.

Yours in Education,

Kendall Seccombe
From the Classroom...

**Junior News—Prep, and Year 1**

Welcome back everyone! We welcome a new student to our class this term. Blaz is settling into Year One very well with the girls welcoming a male addition to their cohort. I am sure you have all heard of the wonderful renovations we have had done over the holidays. Our classroom now boasts new ‘wet area’ storage, sink, corkboards, new desks and more unified storage systems for resources. The storage room attached to our room also has a new compactus storage system. This did mean a little more work over the holidays for staff but the results are wonderful. Thank you to the very generous P&C for helping to fund some of these additions, we are extremely grateful.

In English this term students will look at persuasives. It is very pleasing to see students working so hard on their sight words and sounds. We have one student starting the Magic 300 Words already and another very close. How wonderful have they done! Many of our Preps have learnt all basic sounds with associated letters and will be taking home their first PM readers shortly – how EXCITING! Our classroom will continue to use SCORE in our reading. We hope you can support this during home reading each night using bookmarks sent home last term. Our spelling pre-tests have been completed with our first spelling lessons focusing on the short vowel ‘a’. Please see me if you ever have any concerns regarding your child’s spelling.

In Maths this term Prep will look at:

**MEASUREMENT**
- compare the length of objects using direct comparison, compare the height of objects, describe the thickness and length of objects, compare the length of objects using indirect comparison, describe the duration of events, compare and order durations

**SHAPE**
- compare and sort objects based on shape and function, name familiar three-dimensional objects, construct using familiar three-dimensional objects, copy and describe lines, describe the shape of faces of objects, sort and describe familiar two-dimensional shapes

**NUMBER AND PLACE VALUE**
- recall forwards and backwards counting sequences, subitise collections to five/ten, count to identify how many, represent counting sequences, compare quantities, connect number names and quantities, sequence quantities, identify parts of a whole, represent different partitioning of a whole, describe a quantity by referring to its parts

**LOCATION AND TRANSFORMATION**
- identify and describe pathways, give and follow movement directions, represent movement paths, describe locations (use of BEE BOTS)

**PATTERNS AND ALGEBRA**
- copy and describe repeating patterns, continue repeating patterns, describe repeating patterns using number.

Year One will look at:

**NUMBER AND ALGEBRA**
- One more, one less, Tens and Ones, Skip counting – twos, fives, tens, Subtraction, number lines, Addition, Growing Patterns, Odd and even numbers, Mental maths strategies – (count back, doubles, doubles plus 1 & 2), Addition & Subtraction numbers stories

**MEASUREMENT**
- Time - o’clock digital and analogue; Capacity – full & empty; Volume – will fit, won’t fit

**GEOMETRY**
- 2D shapes – identifying, analysing, sorting; Horizontal, vertical and parallel lines

**STATISTICS**
- Interpreting simple information in graphs – answering questions using graphs

**PROBABILITY**
- Chance - language

In History students have been looking at their personal and family history. Year One will put together a time capsule to open in Year Six and will also construct a timeline of their important milestones. Thank you to parents for sending in some beautiful photos of the children. Preps have been exploring the concept of past and present and developing the art of questioning.

Drama will be the focus for our arts curriculum this term whilst we have a wonderful technology unit in which students will learn a little more of the digital technologies we use at school.

This term is going to be a VERY busy term with our school review, student teacher placement and reporting. I look forward to working with all of you again and enjoying the support you offer.

Bronwyn Spencer
Welcome back from the Easter Holidays. I hope everyone had a relaxing break.

There was lots of interest in our new ‘hole in the wall’ from the students. It looks great and has given the rooms more visibility, space and easier access between activities.

**English**

Over the term, students will focus on developing their persuasive writing skills. We will be working with the ‘Seven Steps to Writing Program’ for persuasive writing which highlights the needs of students developing their thinking before they write. This week some of the topics we will be brainstorming arguments for in groups are, “Dogs vs Cats – which is the best pet?” and “Snakes vs Spiders – which is the most dangerous?”. Included in writing lessons will be grammar and handwriting activities. We are reviewing pronouns, verbs, nouns and adverbs over the next fortnight.

This week we will begin spelling with a pre-spelling test and send home our new spelling words from Week Two when homework will be sent home.

Reading will begin this week, except for Thursday due to the Cross Country Races at Tanduringie SS.

We have just recently finished reading our class text, “Fantastic Mr Fox” and will watch the movie this week. Already we are looking forward to which book we are going to read next out of the Roald Dahl collection.

**History**

Year Three students will be studying commemorations and celebrations in Australia and around the world, including Easter, Australia Day and New Year’s Eve. Year Two students are investigating the changes in technology from life in the past compared to now. In the lead up to Anzac Day, students will also be learning about why this day is an important day in Australia.

**Digital Technology**

We have introduced what digital technology is and have found examples around the school. There are some very exciting new examples of digital technology with the ‘Bee Bots’ that have been recently purchased. Our class has watched the seniors using them and can’t wait for their turn. As part of students’ assessment, they will need to be able to program the Beebots into following a movement course they have set.

**Mathematics**

**Year 2 Topics**
- Week 1: Collecting, observing and interpreting data and creating a picture graph.
- Week 2: 2D & 3D Shapes.

**Year 3 Topics**
- Week 1: Understanding the likelihood of events and conducting chance experiments.
- Week 2: 2D & 3D Shapes.

We have had a very busy week so far and look forward to the Cross Country on Thursday. Good luck to everyone and GO COOYAR!!!!

Tania Duncombe
Welcome back to Term Two.

In English we have been reviewing our persuasive writing structure, planning and sentence starters. Students have already written their first persuasion of the term on ‘All schools should have PE’. The following structure is the basis for our persuasions:

- Title
- Sizzling start (that introduces the arguments)
- Argument 1
- Argument 2
- Argument 3
- Rebuttal
- Conclusion (Restates and asserts arguments)

Once again we are working towards editing and paragraphing using the skills we practised last term.

In mathematics we have reviewed numbers, fractions and multiples and factors. We have also started to use our new robotics equipment to learn about coding. Students are learning to write code to input into our Bee Bots to direct them through mazes and over grids. Students will also be taking part in online coding activities during mathematics this term. This week, each group of students developed, measured and constructed challenge courses for other groups to practise their coding skills on. So far, students have been very enthusiastic about the new resources and activities.

As a Senior Class, we are working towards our ANZAC Day Ceremony. This year, our Senior Leaders will run this ceremony from start to finish for the town. They will also be making ANZAC biscuits once again for the community. Students will be practising their roles over the next fortnight.

The Student Council met this week to discuss their events for this term. They will be running a Mother’s Day Stall in May where students can come and purchase gifts for Mothers, Grandmothers, Aunts and other significant women in their lives. Our Bee Hive has also arrived after many months of waiting and students enjoyed constructing it. Next step will be to buy the Queen for our hives. The Senior Class will also be beginning to plant out the garden beds this fortnight with winter vegetables.

Homework and Home Reading will begin in Week Two. Please keep an eye out in KIT folders over the next week for your child’s individual learning goals. I will be meeting with each student individually to formulate these.

Have a great fortnight.

Kendall Seccombe
Senior Classroom Teacher
Photo Gallery...
Student of the week...

**Student of the week**

**Week 9—Term 1**

Prep—Year 1— Logan Davies for completing all tasks at a high standard. Being an Active Learner.

Year 2—Year 3— Jamie Duncombe for always completing his work in the set time and to a high standard. Being an Active Learner.

Year 4—Year 6— Thomas Clayton for independently completing his writing assessment. Being Responsible.

Playground— Josie Brown for always doing the right thing in and out of the playground. Being Responsible.

**Silver Spelling Champion Awards for Term 1**

**Gold Behaviour Certificates for Term 1**
Get Microsoft Office 2016 free of charge

Did you know your child can get Microsoft Office 2016 free of charge, just for being a student at Cooyar State School? All you need is your child’s school email address to sign in.

To help prepare your child for success this academic year, the Department of Education and Training has teamed up with Microsoft to provide free Office 2016 to every Queensland state school student. With Office 2016, your child will have access to the latest version of Word for writing, Excel for spreadsheets, PowerPoint for presentations, OneNote for organisation and notetaking, and much more.

You can install a complete version of the latest Microsoft Office on up to five compatible PCs and Macs, five tablets and five smartphones. Your Office subscription lasts for as long as your child is a state school student.

Ask your child to follow these simple steps to get Office:

For PC and Mac, visit portal.office.com, login using your school email address, click through to install and follow the onscreen process.

For tablets and smartphones, download from your app store and sign in with your school email address.


Quinalow Secondary Department 50 Year Reunion

The Quinalow State School Secondary Department will be celebrating their 50 Year Reunion on Saturday 14th May 2016 in the school grounds. The day will commence at 10.00am and conclude around 10.00pm, with Market Stalls, A Licensed Bar and Food being served throughout the day.

Official Programme Of Events
10.00 am Gates and Stalls Open
10.30 am Official Opening
11.00 am Class Photos Commence
12.00 pm BBQ/Sandwiches & Bar Opens
2.00 pm Tour of School & 50 Year Photo
2.30 pm Entertainment/Live Band
5.00 pm Hot Food Available

Are You A Stall Holder?
We are still searching for addresses (preferably email) for past students, teachers and principals. Please contact us on the details below.

Contact Details:
Quinalow Prep-10 State School
Progress Street, Quinalow Qld 4403
Phone 07 4692 9323 Email quinalow50years@outlook.com
Facebook ‘Quinalow State School Secondary Department 50 Year Reunion’

Get your whole family active and eating well

The P E A C H program is NOW OPEN FOR REGISTRATIONS for groups running in school term 2.

Enrolments closing soon - Groups commencing the week of 18 April.

The program is FREE for families with a primary-school aged child and is run in the local community within a school term and after school hours.

The program covers:
- Nutrition – lunchbox and snack ideas, reading labels and ingredients, dealing with fussy eaters, making healthier takeaway choices, making healthy eating affordable and tips on planning ahead.
- Physical activity – the benefits of exercise, how to be more active as a family, physical activity recommendations for children, how to reduce screen time and help with setting goals.
- Parenting – setting boundaries, planning for change, managing resistance to change, role modelling and how to be balanced and consistent.
- Family focus – the program recognises that each family is different and so our facilitators work with individuals to come up with a plan that suits them.

Kids love the P E A C H program as it helps build their confidence and make new friends. It is run by trained P E A C H facilitators and aims to help the whole family lead healthier lives.

The P E A C H program is run by the Queensland University of Technology and funded by the Queensland Government.

The program will only be available in term 2, 2016 so register now.

LAST OPPORTUNITY to access the FREE program - don’t delay! Ask us about P E A C H Online.

Free call 1800 263 519 or www.peachqld.com.au
CROSS COUNTRY COMES TO THE SOUTH BURNETT
SUNDAY 17 APRIL 2016

Queensland Running's popular cross country program is coming to the South Burnett for a special meet on Sunday 17 April. School aged athletes from adjoining districts have been invited to attend however the meet is open to athletes of all ages and fitness levels.

Every Saturday from March to early August, Queensland Running conducts cross country events around Metropolitan Brisbane attracting upwards of 500 finishers each week. The competition is flexible and affordable and is used by Brisbane schools to prepare their students for District, Regional and State competition as it provides runners with valuable competition.

The South Burnett Meet is to be held in the spacious Bike Track parklands adjacent to Tipperary Flat at Nanango. Distances will range from 500 metres to 8000 metres to cater to the ability of a wide range of runners. There will be a free Fun Walk over 500 metres for parents or those just wanting a little more exercise! The competition features a combined start of 4000/6000/8000 metre distances along with a combined start for the 3000/5000 metre runs. This enables runners to continue with a longer distance if they feel so inclined or to drop back to a shorter distance if tiring. Runners can participate in as many events as they wish on the day.

The Meet offers FREE ENTRY for all runners however entries will close on 15 April to enable organisation of the day. There will be a free sausage sizzle for all runners at the conclusion of the Meet. Late entries may be taken on the day however a late entry fee will apply.

For further information on Queensland Running, please go to our website. www.queenslandrunning.com.au

Saint Mary’s Catholic College South Burnett
Equestrian Competition
for local schools on Thursday 28th April 2016
at Nanango Show Grounds

This competition will feature events related to stock work, and will therefore be called a Cowhorse Competition with events such as:

- Team Penning,
- Working Cow Horse,
- Western Bending,
- Barrel Race,
- Whip Cracking
- Lead and Ridden Stock horse etc.

If you are interested please contact your School Office for more information and entry forms.

Upper Yarraman Annual Hot Tea and Cent Sale
Saturday 7 May—doors open 6.30 pm
Come along and enjoy a range of delicious home cooked food and then have a little fun trying to win some fantastic prizes.
All proceeds from the night are donated to the Qld Cancer Appeal. Raffle for the night is a Timber Blanket Box.
Enquiries: 0458 638 546