Around the school this week

Road Safety
We have been advised by Roads & Maritime Services that the school zone on Heffron Street at our school, has been included as one of the next school zone sites to receive school zone flashing lights.
The project aims to alert motorists of the speed restriction around schools to improve safety for children.
It is expected that work will start in March and all school zones in this rollout should be completed by end of June 2013.

Parent Teacher Evening
Thanks to everyone who was able to make this week’s Parent Teacher Evening and to those who sent in apologies. We do hope you found the evening informative and enjoyed the opportunity to spend time with the staff. As mentioned on the night we welcome any feedback and suggestions as to ways to improve the experience in the future. Drop us a note to the office or call Mr Reeson with any suggestions.
We had a few written questions on the night and as indicated I am happy to share a brief response below. If you would like any further information please don’t hesitate to contact the office.

- What is the policy on people who seek to collect children if they’re not listed with us? For children to be collected during the school day visitors must report to the office where their identity and approval to collect children is confirmed. If there is any doubt we would always attempt to contact parents or carers. For this reason it is very important family contact details and any family court arrangements are kept up to date with the school office. Any planned or unforeseen changes to end of day routines should also be communicated with the office and/or class teacher.

- Two similar questions around Tutoring and Homework Clubs. The best form of support for students comes through high quality teaching and children being well-prepared for the school day (a good night’s sleep, healthy food including breakfast and a safe life doing things that are age appropriate). Additional support for students is provided by the DEC where there is an identified need. This comes in many forms including additional specialist teachers and support staff. All of which our school does access and use to great effect. We have in the past run Homework Clubs and are always keen to continue these. As with all things we rely on volunteers to supervise a Homework Club. This is something we will look into. Outside of school tutoring programs are available but I have no knowledge as to the quality. Generally tutoring is most often found to be most useful for secondary students especially those undertaking their HSC.
How can we stop our children’s hats being taken and used by others? This is one of those issues we too would love to resolve. In attempting to do so the following processes are being implemented. Class teachers are following up with all children to find their hat if it may be “lost” at school. All teachers will check students have their own hat as they leave for play by checking the hat has their name on it. Names must be written on hats, no spare hats are available. If children do not have their hat then the “No Hat No Play” rule applies and children without a hat sit for part of the play time after which they may only play under the covered areas. Children without hats do not get to attend privilege play areas such as the computer room or library.

High School Students coming onto Tweed Heads South Public School (THSPS)
From time to time families have need for older brothers and sisters to collect their younger siblings from preschool or primary school to travel home safely together. Occasionally they may have a valid reason for coming to THSPS after classes have concluded. We support this and following discussion with our partner high school, Tweed River HS, we advise families that the following arrangements will be implemented.
• Secondary students will remain at their school until the final bus departs (this is generally between 2:50-2:55pm). At this time they will be dismissed by the high school staff and can proceed to the front of THSPS where they will wait for their younger siblings. Where they are collecting children from our preschool they may proceed directly to the preschool after the time indicated above.
• Families are requested to advise THSPS (front office or principal) that they seek permission for older siblings to be allowed to come to our school for this purpose. THSPS will issue the secondary student with a pass to authorise this. Families are also requested to advise THSPS of any change to arrangements as to who will pick up young children.
• Only secondary students with a pass issued by the principal of THSPS are allowed to enter the school for this purpose. Whilst on school premises they are to follow the direction of THSPS staff and respect the privilege and needs of parents and primary students.
• No other students or non-school friends are to enter THSPS grounds with students collecting siblings.
• Where secondary students travel on the “primary school” buses they are expected to follow the relevant Code of Conduct with regard to behaviour and also allow the primary aged children and staff ease of access. They are also expected to follow any requests from THSPS staff.

If you would like to arrange for your older children to collect primary students after school as per the above arrangements please apply in writing or person for this through the front office of THSPS. You will need to provide the name and school year of your child who will be coming from the high school and the preschool / primary children they will be collecting.

Thank you for your cooperation in this matter. We do hope that it will reduce the unnecessary congestion and disruption to primary classes at the end of day.

ART with Mrs Lawrence
5/6 F are fortunate to have some art time with Mrs Lawrence each week. We have created some artworks based upon the sea and space using crayon and watercolours. Visit our website for more pictures.
Preschool News

Who Sank the Boat?
This week we read the story “Who Sank the Boat” by Pamela Allen. Before we read the story, we all predicted which farm animal we thought would sink the boat and recorded our answer on a picture graph. After reading the story, the children became very interested in the concepts of “float and sink” so we decided to conduct some experiments:
Will it float or sink?

All the children collected an item from around the preschool room and we predicted if the item would float or sink. We then tested it in our water tray. At first we thought that all the big heavy items would sink but this was not always the case. We also noticed that all the items we chose that were made of wood floated in the water – even the big blocks, mmmmmm... interesting!!

Challenge!
We were given a challenge to make a boat that would float our mini farm animals across the ‘river’ using only a piece of foil. We discovered that the larger we made the base of our boat, the more animals it could carry. We managed to keep all our animals dry!

Bath time fun
Mrs Williams suggested that when the preschool children were having their night time bath at home, that they test some items from around their house to see if they would float or sink (but making sure they asked Mum and Dad first of course!) The next day families reported lots of bath time fun as the children experimented at home. Soleil and Chloe even bought some of their toys to preschool the next day to share with their peers the items that floated and which sank.

Great work Preschool!

School Sports Shirt
Our wonderful new sports shirts are now available from the canteen at a cost of $20. Children are to wear the sports shirt on Fridays.

Shining Star Awards
Term 1 Week 5

Shining Star Award: Chloe 5-6C
Reaching for the Stars:
Citizenship: Chandel 5-6F
Sportsmanship: Wila 4-ST
The Arts: Keira 1-2M
English: Tyrone 5-6C
Maths: Chelsea KC
Science and Environment: Bayden 3-4MG
Sportsmanship: Dainton 5-6F
HSIE: Rubin 5-6C
MUSIC: Naarah 1-2B

Trophies are presented to students during each Friday morning assembly to display in their classroom for one week.
Crunch & Sip

Why shouldn’t students eat snacks like muesli bars or fruit leathers.

Foods such as fruit-topped muesli bars and fruit leathers are often high in sugar and energy, and low in other nutrients such as vitamins and minerals.

Fruit and vegetables are lower in energy and high in nutrients, making them the ideal snack option.

Fruit leathers, roll-ups and sticky muesli bars also have the tendency to cling to teeth, which increases the risk of tooth decay.

Fruit and vegetables are the only foods allowed to be eaten during the Crunch & Sip break.

**How much fruit and vegetables do children need?**

We are encouraged to go for 2 fruit and 5 vegetables every day. The amount children should eat depends on their, age, appetite and activity levels.

With the emphasis on ‘Go for’ it is valuable if children learn they should be aiming to eat 2 serves of fruit and 5 serves of vegetables every day. The emphasis in education should be on eating a variety of fruit and vegetables (including raw, cooked and different colours). This provides a wide range of nutrients.

The Australian Guide to Healthy Eating recommends that children and adolescents eat the following number of serves of fruit and vegetables per day.

<table>
<thead>
<tr>
<th>Age of child (years)</th>
<th>Fruit (serves)</th>
<th>Vegetables (serves)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-7</td>
<td>1-2</td>
<td>2-4</td>
</tr>
<tr>
<td>8-11</td>
<td>1-2</td>
<td>3-5</td>
</tr>
<tr>
<td>12-18</td>
<td>3-4</td>
<td>4-9</td>
</tr>
</tbody>
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**Community Notices**

**Camp Willing and Able North Coast Region (9-17 years)**— to be held on Saturday & Sunday 16-17 March and provides a residential program suitable for people of all ages with a physical and/or intellectual disability. To enrol contact Sport & Recreation on 02 6618 0400

**Understanding Teenagers Course** to be held at The Family Centre 26 February –2 April on Tuesday 5.30pm-7.30pm. Bookings essential. Cost $30 Contact The Family Centre on 5524 8711.

**Banora Point Netball Club** is looking for players for our 11 years group. Contact Heidi on 0414 910 448 if interested

**Yvette’s Family Day Care** — Registered Carer with Newtrain— provides a small group care for children from birth to 5 years. Hours start from 6.30am. For more information contact Yvette Mackenzie on 0755130187 or 0434106250.

**Girl Guides meet in your area!** Laughter, learning, friendship and fun. Come along to find out what Guiding is all about! When: 4.30 to 6.30pm Mondays during school term. Where: Kingscliff Uniting Church Hall, 24 Kingscliff St. Contact: Helen Hargreaves ph. 02 6689 5294

**PCYC activities** – basketball comps, dance classes, after school care, martial arts, boxing & more. For more information contact 5599 1714.

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**Head Lice**

Once again we need all families to be on board to help control this "itchy" problem. It would be fantastic if you could, once again, please check your child’s hair.

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**Farnorth Pork**

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David Jaeger
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Fax: (07) 5524 5173
Email: fnpork@bigpond.com

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