

**Number 5 Thursday 25 February, 2016**

## *Keeping In Touch...*

### **Towards a Healthy Diet and Lifestyle**

We know that children who eat breakfast learn better! Research has proven this over and over. In my many years as an educator I have learnt that children have very little say in their diet. An adult usually makes those decisions for them. So education at school about diet is often hitting the wrong mark! If you want your children to live a long, healthy and disease free life, a healthy diet and life long choices about food is a very good start. If you want your child to do well at school, make sure they are eating a balanced diet.



Part of the problem is that most unhealthy food tastes good! Fatty food laden with salt is often the first choice for many. The occasional treat is fine, but these foods should not be in a regular diet and should not be sent to school for lunch. Healthy food and regular exercise is a great start to life and an excellent lifestyle choice to adopt for the future.

It was interesting that whilst Petero was here I listened to him talking to students. He delivered a constant positive message about the benefits of eating fruit and veggies.

### **Read, Read, Read**

One of the best things a parent can do for a young child is to read to them. From the day they are born read to them, talk about the story, discuss the pictures and ask them about what might happen in the story. Show an interest in your children's reading. Regularly ask them what level they are reading at school. Give them little incentive rewards as they increase their levels.

When children receive rewards and incentives from school, put them on the fridge door for all to see. Compliment and praise your children, make them feel good about their achievements. Children respond very well to positive reinforcement and as a result behave better in the future.

Research tells us that we feed children 10 positive comments to one negative. This can be difficult at times if your child is 'off the rails'. But if you are clever you can find some positive things to say.

### **School Swimming**

Today I had the pleasure of visiting our Year 2 classes at the swimming pool. I certainly enjoy getting out of the office and seeing the range of activities in which our students are involved. I must say I was really impressed with the great way lessons were organised, the competency of the instructors, the behaviour and participation of our students. Mr Fraser & Mrs Robertson and other staff involved need to be complemented on this fine initiative. Every Australian child needs to learn how to swim and every Australian child needs to know how to save themselves.

### **New Respectful Relationships Education Program for Students**

The Department of Education and Training has developed the respectful relationships education program as part of the Queensland Government's commitment to ending domestic and family violence. The program has been developed in consultation with a range of stakeholders including teachers and school communities.

By implementing the respectful relationships education program, schools will equip students with the skills they need to develop respectful and ethical relationships free of violence. Students will have opportunities for social and emotional learning in self-awareness, self-management, social awareness, relationships, ethics, values, social norms, stereotypes, human rights, risk and responsible decision making.

Evidence shows that social and emotional learning of this nature leads to:

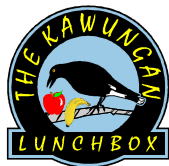
- improved social and emotional skills, and better school and classroom behaviour
- less disruptive classroom behaviour, aggression, bullying and delinquent acts
- reduced emotional distress such as depression, stress or social withdrawal
- better academic performance.

We will keep you informed of how and when we will roll this program out to the school community.

Simon Boss-Walker  
Principal

**P&C NEWS  
KAWUNGAN  
LUNCHBOX  
NEWS**

**“Helping each other to achieve healthiness”**



**THE LUNCHBOX**

Closed Mondays. Open Tues-Fri. EFTPOS available.

Some important changes. 'Smart Choices' have made some changes with some of our menu items. Changes will come into effect across QLD next term. Keep an eye out for our Term 2 menu coming soon.

Please remember some of our hot food is ONLY available Wednesday and Fridays.

Thank you to our lovely volunteers helping to lighten our load. Your time and friendship is very much appreciated.

We are seeking donations of tinned pineapple pieces and slices and tinned fruit salad ALL in natural juices please.

**FUN RUN**

Fun Run will be held on Wednesday the 23<sup>rd</sup> of March. Letters to families will go out with next week's newsletters.

**25th BIRTHDAY FETE**

We have a huge year ahead of us and we would love to have you on board. With a school our size most people assume we have volunteers coming out of the wood work. Our small but dedicated merry band could do with some extra hands. Please keep us in mind and know however big or small your contribution is, it is very much needed and appreciated. Join us and know you are making a difference in your child's school and who knows... you may even make a few new friends along the way. Hope to see you soon.

If you would like to share some ideas or join our fete committee

please come along to our next P&C meeting Monday 14<sup>th</sup> of March or simply fill in an cut out the panel below and pop it into the red chatterbox located in the office. Thank you in advance!

**PLEASE CUT OUT AND LEAVE  
IN THE  
RED CHATTERBOX LOCATED  
IN THE OFFICE**

**Yes!**

I would Love to join the fete committee

Name

Phone #

Email

**THANK YOU 'SIGNATURE UNIFORMS'**

From the Kawungan P&C volunteers and families we would like to say 'thank you' to John and his team at Signature Uniforms (Beach Road, Pialba) for their ongoing support with our school Uniform Shop. You are a great example of how businesses can work together with volunteers and make a difference in our school community. Three cheers to you!

**THE UNIFORM SHOP**

At this stage the Uniform Shop is open 3 days a week. Due to it being run by already very busy volunteers possible changes will be made. If you would like to be a part of our awesome little team pop in and see us or leave your details in the red chatterbox in the office and we will get back to you. Currently our opening hours are as follows:

Tuesday and Thursdays 8:30 am -9:30 am; Wednesday 2:30-3:30pm.  
EFTPOS available.

**SECONDHAND UNIFORMS**

The following people have money to collect from uniform sales. This can be collected at the school office between 8.00am and 4.00pm each day.

Karen Corby, Kylie Humphreys, Kelly Krueger, Kelly Larkin, Sharyn Rose, Sonia Rousell, Louise Smith, Anne Waters.

**P&C AGM - WE NEED YOU!**

Please join us at our special time of 6pm on Monday 14<sup>th</sup> March in the library for our AGM. This is a very important meeting where all positions are declared open and you have your chance to join the committee or show your support by your attendance. Please consider attending if you are new to our beautiful school or find you would like to lend a hand. Grab a friend and join us for a cuppa and be a part of this fun but very important evening. (We have chocolate.....and cake....does that help?) Come on, take a chance and see what we are all about. We would love to see you.

**SPECIAL GUEST AT PARENT CAFE**

Save the date: Friday 26<sup>th</sup> February

We are very lucky to have Jodie Lucarini who is the Child Protection Practitioner with FACC (Family and Child Connect) visit us. FACC is a service that provides a community based intake and referral service for families who might need some help with the stress of parenthood. If this is something you would like to get more information on please join Jodie in the hall for a complimentary morning tea.

**P&C DATE CLAIMERS**

Here are a few dates for your diary. More to come shortly.

- Monday 14<sup>th</sup> March – P&C AGM
- Wednesday 23<sup>rd</sup> March - Fun Run
- Thurs 5<sup>th</sup>/Fri 6<sup>th</sup> May- Mother's Day Stall
- Friday 13<sup>th</sup> May - Disco

- Thurs 1<sup>st</sup>/Fri 2<sup>nd</sup> September - Father's Day Stall
- Saturday 10th September School Fete

### KOALA JOEYS PLAYGROUP

Wednesday morning. All children are invited from the ages of 0-4 years. Bring a morning tea snack and come and meet some other Kawungan families. We run fun interactive activities for the children that include song, rhyme, movement and storytelling.

### PRINCIPAL AWARDS

#### Being ready to learn

PrepK	Piper, Mason
PrepA	Willow, Maddison
PrepW	Riley, Cooper, Kiana, Tennessee
PrepU	Kimberley, Savarnna, Nolan
PrepN	Eloise, Lachlan
PrepG	Lachlan, Isabella
1K	Bailey, Liliana
1A	Payton, Elke
1W	Cameron, April
1U	Lily, Flynn
1N	Zac, Charlie
2K	Maegan, Tobey
2A	Damon, Ava
2W	Grace, Cooper
2U	Haylee, Jai
2N	Lola, Cameron
3K	Jay-Dee, Chelsea
3A	Rhys, Annabelle
3W	Daniel, Caleb
3U	Raina, Jessie
3N	Keeley, Joel
3G	Charli, Riley
4K	Bianca, Dylan
4A	L'Zara, Logan
4W	Jaydee, Jayden
4U	Isabelle, Brayden
4N	Jake, Nikita
5K	Ella, Holly
5A	Jessie, Nathan
5W	Cody, Taylah
5U	Learni, Bailey
5N	Caden. Kataleya
6K	Madison, Harrison
6A	Kayden, Troy
6U	Bailee, Mayson
6N	Aaisha, Eathan
SEP	Jason, Noah

### ICAN PLAY PROGRAM

In 2016 this program will be offered to P- Year 6 students. It is a free event and will run on Wednesday afternoons from 3:00-4:00pm on the oval. We have various sport development officers from the region and TAFE students studying sport who will be running the events. We encourage all students to get active and have a try of the different sporting codes. If you wish your child to participate, a parent consent form will need to be filled in and returned before they participate. Their class teachers will have these forms. Tea and coffee is available for parents from the uniform shop during these sessions thanks to our wonderful P&C.

### LIBRARY NEWS

The library needs donations of clean plastic bags for students to use to carry their borrowed books in. Bags can be dropped off at the library or office.

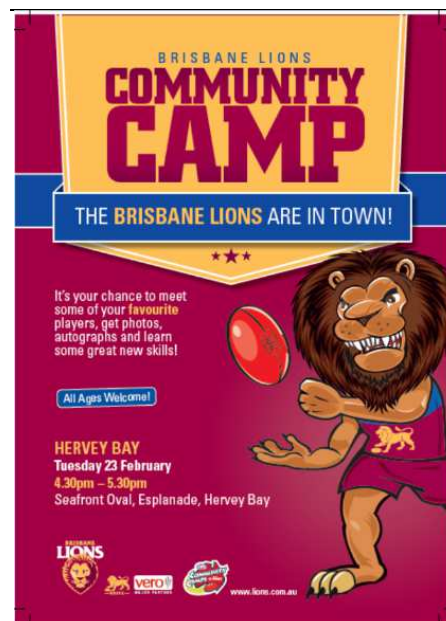
### HEADLICE

Just a friendly reminder to check and treat your child's hair regularly. Unfortunately head lice have been reported again. Please be vigilant with treating as necessary.

### FIND KAWUNGAN SS ON FACEBOOK:



### COMMUNITY NEWS



### Positive Discipline in Everyday Parenting

This program is for 0 -18yrs Positive discipline is an approach to parenting that teaches children and guides their behaviour. The program will help you build a mutually respectful relationship with your child and promote their right to healthy development. It encourages finding long-term solutions that develop children's own self-discipline and their life long skills.

There are four key components of the program:

1. Identifying your long-term childrearing goals.
2. Providing warmth and structure.
3. Understanding how children think and feel.
4. Problem-solving.

When: Monday 29 February, 2016 (then weekly for 4 weeks- Monday 7, 14, 21 March, 2016)

Time: 9.30am to 12.30pm

Where: UnitingCare Community 94 Old Maryborough Road.

Phone: 0741913100

Cost: \$5 per session

For further details contact: 0741913100 between 8:30am and 4:30pm.