Welcome Back to 2015

Well what a fantastic start to the year! Welcome back to our wonderful students, parents and staff, 2015 promises to be an exciting and fun filled year! I’m so proud of our school and especially of the tremendous start to the year I have seen as I walk through classrooms.

A special thanks to the teaching staff and support staff who have made this possible. Our children are to be commended on their immediate application to the studies that have commenced this year. I am ever so proud when I walk through rooms introducing new staff and as I arrive in every room children are attentive and engaged in learning activities. WOW WHAT A GREAT SCHOOL WE HAVE!!

A very special thanks to our office ladies who do a tremendous job behind the scenes to make sure things run like clockwork. We are ever so grateful for your efforts!

Welcome Prep 2015!

We give a very warm welcome to the 2015 cohort of Prep students and their families as they commence here at Highland Reserve State School. I have had reports from teachers and administration that the start to the year has been excellent for the children and that they are “school ready” in the skills they have shown to date. This is really good news!

It’s great to see the enthusiasm of the children and to be able to work productively with you and your child is our privilege. Please don’t hesitate to discuss any queries with your child’s teacher.

Positive Productive Purposeful Relationships

From time to time we may have a concern or query about what is happening at school or with your child’s education.

One of the most important relationships you will have throughout your child’s schooling is with the teacher who delivers their program on a daily basis. They are and we would expect, the person with the most professional knowledge of your child. It stands to reason, they deal with your child daily and of course have a close teaching and learning relationship with them too!

In turn it makes sense that in this relationship where we are educating your child, we need to give rise to the fact that it is all about “relationships”. The relationship you have with your child and their teacher is most important. To this end if you have any questions about your child’s schooling then please address them in the first instance with the classroom teacher.

It is important to keep communication positive and open as that is what achieves the best outcomes.

Day 8 Enrolment

Thursday the 2nd of February marked the 8th day of school at which point Education Queensland takes an enrolment “snapshot” for the school. This is the time at which our staffing is finalized and allocations of budget and human resources are finalised.

Our final number of students enrolled for 2015 at this stage will come through at approximately 775 children.

Kiss and Go!

It is important to note that the Kiss and Go Zone is not a parking area! This is because that area is where we manage the “immediate” drop off and set down of passengers, generally our children.

It is important that parents do not leave the vehicle and that children are efficiently dropped off or picked up. It is a high traffic area so you will see that we have installed speed bumps this year to ensure traffic flow is slow. The speed limit is 5km/h. Please observe the directions of staff in this area and also the very, very slow speed limit. It is about managing the safe entry and exit of our very precious children!

Welcome back to school and thanks for the pleasure of working with you and your children in this wonderful school community!
Dear [Name],

Regards,

Andrew Cummings
Principal

Deputy Principal's News

Welcome back to all of our students! Term 1 is well under way and I have been very impressed with the hard work that is happening throughout the school from day 1.

In particular, it has been a pleasure to see that most of our students have remembered the school rules.

Here at Highland Reserve State School students show:

- Respect
- Responsibility
- Safety
- Effort

It has been a delight to walk around the school and to see so many students achieving high benchmarks in their behaviour. This year we will be doing Stop Think Do awards differently. Students will receive a positive behaviour for learning certificate on assembly every time they receive 10 Stop Think Do awards.

The rules we will focus on for week 2 and 3 are SAFETY and RESPECT.

SAFETY

For safety, we need to make sure that all bags are placed in the port racks neatly so that we can avoid the risk of injury.

RESPECT

We expect a high level of behaviour during assembly. It is important that during assembly we show RESPECT by:

1. Entering the hall quickly and quietly.
2. Wait until the leaders are ready. When they raise their hands, that’s the time to raise your hand and be quiet.
3. Stand quietly, stand up straight, ready for the anthem.
4. Wait until you are told to be seated and sit quietly.

Looking forward to seeing all of your happy faces around and looking forward to seeing those Stop Think Do’s handed in to the office!

Regards,
Abby Ross
Acting Deputy Principal

Religious Instruction

Queensland state schools embrace a multitude of cultural, religious and non-religious beliefs and encourage students to grow and develop as a whole person, in particular, in beliefs, values and attitudes. State schools respect the background and beliefs of all students and staff by not promoting, or being perceived as promoting, any particular set of beliefs in preference to another.

Religious instruction is taught by a volunteer who is accredited by a Cooperative Christian Religious Instruction Church Minister and approved by the school principal. Religious Instruction will begin at Highland Reserve State School in Week 3.

In accordance with s.76 EGPA parents may withdraw their child from all religious instruction by notifying the principal in writing.

Further information is available at the following link.

Parent Information Session's

Parent information sessions are scheduled for Week 3 on the following days:

- Prep - Tuesday 10th February @ 3.15pm
- Year One - Wednesday 11th February @ 3.15pm
- Year Two - Tuesday 10th February @ 4.30pm
- Year Three - Tuesday 10th February @ 4.30pm
- Year Four - Tuesday 10th February @ 4.30pm
- Year Five - Tuesday 10th February @ 4.30pm
- Year Six - Tuesday 10th February @ 4.30pm

Parents and Carers of students in each class are invited to attend a meeting held out-of-school hours. Teachers will share with parents their classroom processes, their learning programs and special activities for the term. If you are unable to attend your child’s information session, please let your class
Oliver Training Sessions

Oliver Training sessions will be held on Monday 9th and Wednesday 11th February in the Hub at 8:15am for any parent volunteers who wish to help out in the classroom.

Cherie and Alison
HUB

Guidance Officer News

Hello Everybody,

My name is Tony Sinclair and I am honoured to be the new Guidance Officer at Highland Reserve State School in 2015. Over the past six years as a Guidance Officer I have been based in Charleville and Longreach serving the Central Qld region. After 16 years I feel like I have come home. I was born and educated on the Gold Coast and only left to pursue my dream of being a teacher. Fortunately enough through teaching I have been able to touch the lives of many and watch the growth, achievements and successes of hundreds of children in my care. Teaching also led me to my wife and for that I am truly thankful. The love of my life gave me three beautiful children, Heath, 10 years, William, 8 years and Nova, 4 years. These gifts of life have taught me more than anything about everything. All with their unique personalities and varying characteristics they continue to challenge my every thought. Anyway enough about me, I can’t wait to meet all of you and thank you so much for the generous welcoming I have had into your community. P.S. I hope you enjoy my first article below.

Tips to Get Back Into The School Routine

Come on, admit it. You intended to keep a schedule, but when the kids slept in you liked the extra quiet time. Not living by the clock was a refreshing change of pace, but school has started and you know the kids and you need to get back into the groove.

First, let me assure you, it’s healthier to have a flexible schedule than a rigid one. So have no guilt about your Christmas holiday schedule. Just realize that the school schedule is a big change and you may need to assist the children in making the transition.

Like so many things in life, back-to-school time is an exercise in regaining balance. So here are some tips for making the transition a little smoother:

1. Ideally, before school starts, start moving back to the school-year bedtime by half-hour increments.
2. At the same time, have the children wake up earlier each day, until they have gotten up at their regular school time for about a week.
3. Make a conscious effort to re-establish regular mealtimes and talk about their day.
4. Teach your children how to plan and pack a healthy lunch so they (and you) can be more independent. Brainstorm lists of the healthy foods they want to eat.
like. Children can choose one item from each category to create a variety of healthy balanced lunches. If they really want something unhealthy, limit it to one item each week, so it’s a special treat, not an everyday food.

5. Take them grocery shopping so they can pick out healthy foods for their lunch. The more children are involved and making choices, the fewer power struggles you’ll get into. They will also establish healthier habits and lifestyles, which will follow them into their adult years.

6. Have them plan a way to remember their homework, lunch and backpacks each day. Also, when they do their homework, play, eat, and do other activities. The goal is to complete responsibilities while maintaining balance, using good time management skills. Sound familiar? That’s what you have to do at work! Well school is children’s “work” and they need to take responsibility for it so they will be prepared for the real world. Planning for them deprives them of these learning opportunities. Teaching skills and letting them figure out a plan meets the goal.

7. Encourage them to organise their bags in preparation for that first big day. Again, this is their responsibility. Provide the necessary supplies so they can be organized. You can tell them what you would do, but need to let them figure out what works for them.

8. Have children choose no more than two after-school activities per season, so they don’t overdo themselves. Maintaining balance requires setting priorities and making choices.

Are you seeing some patterns in these tips? Effective transitions happen gradually and help prepare children for the impending change. By involving them in the planning and giving them choices about how the change occurs, they will manage the transition and change better. They’ll also learn important life skills and be more independent, responsible and confident.

Every parent wants that and future employers will value it, too!

Adapted from Parenttoolshop.com
Wishing you an exciting school year!

Tony Sinclair
Guidance Officer

Food Policy update for 2015

Birthdays

Schools have an important role in promoting healthy eating. It is important that we model healthy food choices and provide the means to put into practice nutrition messages taught in the classroom.

We ask that parents do not send along cakes etc as other children can react to different ingredients and often this sort of food has a negative effect on their behaviour and levels of concentration.

If you would like to provide something, we suggest ice blocks, for example Quelch by Berri as they are 99% fruit juice or something similar. This adheres to the Healthy Food and Drink Supply Strategy for Queensland Schools that was made mandatory on January 1, 2007.

School Banking News

Welcome 2015 School Bankers and Parents of HRSS

We have an exciting year ahead with our School Banking Program and many wonderful prizes and competitions to look forward to. Our theme this year is "OUTER SPACE!" So just a reminder, Banking has already started in the first week of school and will continue weekly on Thursday mornings. Please send your child to school with their special Dollarmite or Youth Savers account books and deposits so they can join in the FUN! We will be having an Account Opening Morning on Friday 6th Feb located in the Prep area from 8:30am - 9:30am for anyone who wishes to open an account for their children. Those of you who may not get there and wish to open an account, feel free to visit our lovely Banking Volunteers on any Thursday morning between 8:45am - 10:00am at the Banking Room located next to the Cafe/Tuckshop. We’ll be more than happy to assist you. Alternately, you may wish to visit the Commonwealth Branch closest to you. Here is just a peak of what's happening throughout the Banking Year!
2015 Outer Space Savers Rewards

We're excited to launch the new reward items for 2015 from our Outer Space Savers range.
- ET DVD and Planet Handball, released Term 1
- Invisible Ink Martian Pen and Intergalactic Rocket, released Term 2
- Glow-in-the-Dark Solar System and Cosmic Light Beam Torch, released Term 3
- Outer Space Savers Money Box and Lunar Light Band, released Term 4

Blast off to Disneyland with School Banking

In a School Banking first, we're launching a new competition for one lucky School Banker to win a family trip to Disneyland, California. This is an exciting reward to be won by one of our Super School Savers. Students who make a minimum of 25 deposits in 2015 through School Banking will be automatically entered into the draw. This is a great way to motivate students during the whole year to stay on their savings journey and reach their savings goals. View full terms and conditions at commbank.com.au/grandprize

Happy Banking everyone!

Cheers
Sharlene Dippel
HRSS Banking Co-ordinator

Advertisement
QSchools app

New features of the Department’s QSchools mobile app have been released, including an exciting push notification feature which offers a direct communication channel from your school.

To be able to receive important messages instantly to your mobile device (push notifications):

2. If you already have the app, please ensure it is up-to-date, as out-dated versions will not receive notifications.
3. Make sure you select your favourite school.

You are now ready to receive important school messages direct to your mobile device.

Attendance Matters
Attendence  
Matters  

1 or 2 days a week may not seem much however...

<table>
<thead>
<tr>
<th>If your child misses....</th>
<th>That equals....</th>
<th>Which is....</th>
<th>and over 15 years of schooling that's...</th>
<th>Which means the best your child might perform in....</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day per fortnight</td>
<td>26 days per year</td>
<td>4 weeks per year</td>
<td>Nearly 1.5 years</td>
<td>Over 2 and a half years</td>
</tr>
<tr>
<td>1 day per week</td>
<td>40 days per year</td>
<td>6 weeks per year</td>
<td>Over 1.5 years</td>
<td>Over 2 and a half years</td>
</tr>
<tr>
<td>2 days per week</td>
<td>80 days per year</td>
<td>12 weeks per year</td>
<td>Over 2 and a half years</td>
<td>Over 2 and a half years</td>
</tr>
<tr>
<td>3 days per week</td>
<td>120 days per year</td>
<td>24 weeks per year</td>
<td>Over 3 and a half years</td>
<td>Over 3 and a half years</td>
</tr>
</tbody>
</table>

'Every Day Counts!'  
at  
Highland Reserve  
State School  

What Sort of Start  
is Your Child Getting?  

Just a little bit late doesn't seem much.... however

<table>
<thead>
<tr>
<th>When your child is missing....</th>
<th>That equals....</th>
<th>Which is....</th>
<th>and over 15 years of schooling that's....</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes per day</td>
<td>55 minutes per week</td>
<td>Nearly 1.5 weeks</td>
<td>Nearly Half a year</td>
</tr>
<tr>
<td>20 minutes per day</td>
<td>1 hour 40 mins per week</td>
<td>Over 2.5 Weeks per year</td>
<td>Nearly 1 year</td>
</tr>
<tr>
<td>Half an hour per day</td>
<td>Half a day per week</td>
<td>4 Week per Year</td>
<td>Nearly 1 and a half years</td>
</tr>
<tr>
<td>1 hour per day</td>
<td>1 day per week</td>
<td>8 Weeks per year</td>
<td>Over 2 and a half years</td>
</tr>
</tbody>
</table>

Did you know your child's best learning time is the start of the school day?  
That's when every minute counts the most!!  

School Starts at 8:50am  

'Every Day Counts' at  
Highland Reserve  
State School  

Volunteer Blue Card  

Highland Reserve State School is committed to providing a safe and supportive environment for the children at our school. Applying for a volunteer blue card (working with children check) before commencing volunteer work at our school is an essential requirement for non-
custodial volunteers e.g. Grandparents, Aunts and Uncles.

If you are considering volunteering at our school and you do not have a valid blue card please contact the school office for an application form or click on the link below.


Please note:

- Volunteers must not commence until they hold a valid blue card and positive notice.
- All volunteers are also required to present to the Office to sign in before commencing work in a classroom.

Young Discoverer's News

Due to popular demand
Young Discoverers is giving you a choice of locations for all your School Age Care needs!

We are excited to announce:
Term one 2015 we will see the arrival of school care at our lakeside centre.
(25 Rose Valley Drive)

For more information chat with:
Lynda (5588 3356) or
Charmaine (5519 3476)

Discover the Difference!

C&K News
Extra-curricular

Art School Art Classes with Sharon Hindle
After school
Art Classes with
Sharon Hindle

MONDAYS
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Science Room
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clubpicasso@hotmail.com

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Ignite your child’s passion for sport and exercise

We are Australia’s leading sport program for 2.5–6 year olds!

• 5 sports covered per term
• All classes run in quality indoor venues
• FREE trial available

Fox Tennis
2015 Tennis Coaching at
Highland Reserve Primary
School
Lessons before school
8 week term = $115.00
Private Lessons from $35.00

FoxTennis Coaching is fun for children because;
• Promotes learning tennis is a safe, friendly environment.
• Teaches all basic tennis strokes
• Gives children fitness and confidence through games & exercise.
• Allows children to make new friends
• Lots of running, jumping and throwing to improve co-ordination

To Book Call
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foxtennis@westnet.com.au