Deputy Principal's News

Fire Evacuation and Lockdown

Fire evacuation and lockdown drills are held at regular intervals throughout the school year, usually once a term, to ensure that students are familiar with the evacuation procedure. In the event of a fire evacuation, teachers lead the students and meet at a designated assembly point on the school oval. In the event of a lockdown, teachers and staff direct students to return to and stay in the classroom or closest room. Parent volunteers who are on site are to take directions from the class teacher. Visitors arriving at the school should wait until the ‘All Clear’ announcement is given over the PA system before entering the premises.

Next week we will be practicing a ‘before school’ lockdown prior to the first bell ringing.

On hearing the lockdown music (Beach Boys - Wouldn’t it be nice) over the PA system, the students, staff and parents in our school grounds will be required to move swiftly to the closest classroom or office area. Teachers will direct students to return to their morning activities on hearing the ‘All Clear’ over the PA system. Prior to the lockdown practice, teachers will be discussing the lockdown procedures with the students.

Please discuss the purpose for a lockdown drill with your child and reassure them that we are ‘practicing’ what our school needs to do if a lockdown is required before the morning bell rings.

It may also be beneficial for you to discuss with your child where the nearest classroom or office door is, depending on which entry point they use to enter the school grounds.

Regards,

Fiona Graham
Deputy Principal

Positive Behaviour for Learning (PBL) News

Over the last two weeks we have been focussing on lining up the Highland Reserve way. The rule of the week has been, ‘Showing RESPECT whilst lining up’.

This is how we line up the HRSS way:

- Sit down and wait for your class teacher in straight lines (one or two lines)
- Take our hats off
- Cross our legs
- Stand quietly when your teacher directs you
- Stay in your straight line/s when walking through the school
- Show respect by walking quietly through the school
Silver and Gold Assembly

Our Silver and Gold assembly is fast approaching and will be held during the week 9 assembly which will be on the 23rd of March 2015. Students should have or will be in the process of reviewing their behaviour matrix to determine where they are up to for their behaviour goals. In particular, teachers have been discussing their expectations with their class every day. At our school we set high behaviour expectations in order for our students to achieve their very best at school. Our main business when we are at school is to learn.

I also want to clarify the headings of Rarely, Sometimes, Usually, Mostly and Always:

Rarely (Red): student needs constant reminders to (needs session reminders)
Sometimes (Yellow): student needs frequent reminder to (daily reminders)
Usually (Green): Sometimes needs reminders
Mostly (Silver): Most of the time, every now and then, needs a gentle reminder
Always (Gold): ALL of the time and encourages others to do the right thing

Regards,

Abby Ross
Kiss-n-Go

Kiss-n-Go is a designated drop off and collection zone that is accessed from Reserve Road.

This means parents are welcome to use the Kiss n Go bays to drop off students in the morning and to collect children in the afternoon.

However, to use this facility properly, parents must never leave their car unattended.

Parking is only permitted between 9:00am to 2:00pm and for the safety of students and the ease of access, cars are not to park in this area outside of these allocated times.

Parents are asked to display their child's surname on the passenger side visor. If you require a laminated name card, please request one through the administration office.

Children Arriving Early to School

We have had an increasing number of children arriving to school before 8:30am without supervision.

In these cases there is a high risk to the safety of your child.

If children arrive prior to the 8:50am first bell, please be aware that there is no formal supervision provided by school staff.

We like to encourage children to arrive to school by 8:40am to allow for them to drop off their bags to their class and be ready to enter when the bell rings.

However if you require your child to arrive before this time, and you are unable to supervise them, please explore Before School Care options which are available in the local community.

Student Resource Scheme

The 2015 Student Resource Scheme is now due. The scheme is supported and approved annually by the School’s Parents and Citizens Association (P&C), is managed by the school and operates in accordance with section 51 of the Education (General Provisions) Act 2006. Participation in the scheme provides quality resources for your child to use in the classroom as well as online subscriptions.

Once the school receives your payment, (minimum of 1 Term) your child is subscribed to educational websites. These websites may include Mathletics, Reading Eggs and Sunshine online. Payment of the scheme will allow your child to access these websites from school and home.

The provision of this scheme ensures that well resourced learning by our students remains our key focus. The scheme is not a fundraiser for the school. Its purpose is to provide you, the parent, with a cost effective, value for money alternative to purchasing resources, consumables and materials from elsewhere, through reduced prices gained from school’s bulk purchasing processes.

Please note - for 3 or more students in the same family, there is a reduced rate of $105 per student.

Internet banking payment details are below. Other payment methods are available.

EFT Reference: Student’s full name and class

BSB: 064-486
Account Number: 10243582
Account Name: HRSS General Account
Amount: $130.00
Gold Coast Health Oral Health (Dental) Services

Gold Coast Oral Health Services are offering free dental check-ups to children in Prep to Year 6. This service will be provided on-site by Mobile Dental Clinic 172A.

Hours of operation for this clinic are:
Monday, Tuesday, Thursday and Friday 7:45am to 4:15pm.

To arrange an appointment for your child please telephone:
The Oral Health Client Service Centre on 1300 300 850, Monday to Friday, 8:00am to 4:30pm (Excluding Public Holidays).

Child Dental Benefit Schedule Vouchers are accepted. When your child’s $1000 cap is reached, there will be no out-of-pocket expenses provided your child meets eligibility criteria*.

*Eligibility Criteria – All Queensland resident children aged four years or older who have not completed year 10 of secondary school.

Further information on public funded oral health services can be accessed via http://www.health.qld.gov.au/goldcoasthealth/html/services/oralhealth.asp

School Sores (Impetigo) Alert

This is to inform you that there is a case of School Sores (Impetigo) among our students.

School Sores (Impetigo) is a highly contagious skin infection caused by the bacteria, Staphylococcus and Streptococcus. The infection is characterised
by inflamed blisters that pop, weep and form crusts.

Queensland Health’s policy is:
To exclude until the child has received appropriate antibiotics for at least 24 hours.
Sores are not contagious if covered, or after the child has taken antibiotics for 24 hours. Weeping or crusted sores on exposed areas should always be covered with a watertight dressing until at least 24 hours post antibiotics commenced and for as long as practical.

For more information regarding School Sores symptoms and prevention please contact the school administration or visit the Queensland Health website at:

Some medical conditions require exclusion from school or child care to prevent
the spread of infectious diseases among staff and children.
The following link will direct you to the ‘Time Out’ poster which provides information on the recommended minimum exclusion periods for infectious conditions and will assist schools to meet the requirements of the Public Health Act 2005.

Hand, Foot and Mouth Disease Alert

This is to inform you that there have been confirmed cases of Hand, Foot and Mouth Disease at our school.

Hand, foot and mouth disease is caused by a number of different viruses including coxsackieviruses and enterovirus 71. It is not a serious illness however is a relatively common illness in children and outbreaks often occur among groups of children, especially in child care centres.

Queensland Health’s policy is:
To exclude until all blisters have dried.

For more information regarding Hand, Foot and Mouth Disease symptoms and prevention please contact the school administration or visit the Queensland Health website at:
http://access.health.qld.gov.au/hid/InfectionsandParasites/ViralInfections/handFootAndMouthDisease_fs.asp

Some medical conditions require exclusion from school or child care to prevent
the spread of infectious diseases among staff and children.
The following link will direct you to the ‘Time Out’ poster which provides information on the recommended minimum exclusion periods for infectious conditions and will assist schools to meet the requirements of the Public Health Act 2005.

A message from Community Child Health Nurses - Children’s vision and eye health

More than 80% of a child's learning is vision based. Recent research has found that as many as one in ten Australian children have some form of long term vision problem which can impact on their ability to learn. Children are often unable to recognise they have a vision problem because it develops over time and they're unable to sense this change. Outward signs of vision problems may include excessive blinking, squinting or rubbing eyes. Children may also demonstrate behaviours such as losing their place when reading; using fingers to follow words in a book (not for a new reader); crooked writing or poor spacing between words; covering or closing one eye to read; holding a book very close; or tilting their head to view things.

The most common vision problems are those affecting children’s ability to see clearly and sharply. Short and long sightedness and astigmatism are perhaps the better known conditions, and are usually correctable. Some other problems not so well known include poor eye co-ordination, turned eye, poor hand/eye coordination, eye movement defects, and difficulties focusing. Early detection and treatment is vital, not only to maximise children’s ability to learn but, in some cases, to prevent permanent vision loss.

The Optometrists Association Australia recommends children have their vision assessed at 6 months of age, 3 years of age, again at 5 years of age, and then every two years thereafter. These consultations are covered under Medicare and more than 95% of optometrists bulk-bill. You don’t need a referral to see an optometrist – just telephone for an appointment.

Apart from regular optometrist assessments, here are some tips to support children to maintain their eye health:

- Encourage them to read in a room with good and even lighting and take regular breaks;
- Minimise UV exposure by having them stay out of the sun between 10:00am - 3:00pm and wear sunglasses and a broad brimmed hat when outdoors;
- When watching TV ensure even room lighting and do not allow them to sit in a completely dark room;
- Limit computer sessions to less than two hours, ensure the top of the monitor is at or slightly below eye level, and encourage them to regularly look away from the computer screen;
- For video games, encourage children to sit as far back from the TV as the leads allow.

For further information about children’s vision or to find your nearest optometrist, please refer to the Optometrists Association Australia website:
http://www.optometrists.asn.au/your-eyes/your-child%27s-eyes/resources-for-parents.aspx

Prep News
PREP Update

Prep students have been very busy learning letters and sounds. The students work hard on letter formation, sorting sound and practising letters and sounds through games on the carpet, iPads and computers. They had fun making craft for their letters of the week. Take a look at some of the pictures of what we have done!!

Last week, the prep students had their first oral presentation in front the class and they were so excited to share what they had prepared about their family. The students also practised writing about their weekend and had a go with sounding out words.

We would like to say a very big thank you to all of the wonderful parents who have been volunteering in our classrooms and welcome all other parents to pop in if you would like to.

Regards,

Chanchera Desmond
Prep Teacher
Sports News

What an epic few weeks it has been of sport here at Highland Reserve! We had our first GALA day for the year on Tuesday. All of the students played their hearts out on what was another very hot and sunny day. I witnessed some exemplary performances of skill and also sportsmanship which was very pleasing to see. We were a whisker away from a maiden school victory and the signs are looking good for a successful and fun filled year. Our students should be very proud of the way they carried themselves on the day. Congratulations!!

We also had seven children represent our school at the Broadwater district swimming carnival. Congratulations to Holly S, Mikaela S, Lana B, Kirstin Q, Kieran Q, Michael B-F, and Declan Y. These students were up against the best swimmers in our district and achieved fantastic results. All four girls have made it through to the Regional swimming trials which have been held this week and once again they have done themselves and our school proud with more success and excellent results. These students have shown incredible commitment to their sport and train very hard so well done to all of you!

In upcoming news we have our school Cross Country in week 9 on Tuesday the 24th of March. This will be another fantastic event and a chance for our students to showcase their sporting abilities. The Senior Cross Country (year 4-6) will run in the morning from 9:00am to 11:00am and the Junior Cross Country will run from 11:30am to 1:30pm (approximate times). It is always great to see parents coming to support their children so hopefully we get another good turnout. There will be more news on this in the coming newsletters.

Regards,

Simon Travers
HPE Teacher

P&C News
If you are interested in joining our P&C, please fill out the P&C Membership Application Form 2015 (PDF, 166 KB) and bring this along to the next P&C Meeting.

Helpers are required for selling items and organising on the day as well as donations of baked goods.
If you can spare an hour or so and can help out, please contact the P&C Association on pandc@highlandreservess.eq.edu.au
Guidance Officer News

Hello Everybody,

On Friday the 20th of March it is the National Day of Action Against Bullying and Violence. In response to this, various initiatives have taken place at Highland Reserve State School. This week the teaching staff explored the “Cybersmart” website during their staff meeting and over the next few weeks I am going to be visiting the year 5’s and 6’s to help generate an awareness of how people as “bystanders” can make a difference in decreasing hurtful behaviours. During the presentations, I will touch on the terms “bully” and “bullying” and distinguish these terms from everyday negative behaviours, which I am simply calling “hurtful behaviours”. It is our belief at Highland Reserve State School that everyone needs to use the correct terminology when it comes to describing behaviours. On too many occasions the term “bully” or “bullying” is used out of context. Although, exploring the term “bully” and “bullying” is necessary because of the serious repercussions that occur when they happen. Hurtful behaviours that are not repeated or intentional need to be addressed as just “hurtful behaviours”. Strategies of how to become an effective and positive bystander will also be explored throughout the sessions.

The following definition of a Bystander, that I will be using in the sessions, has been adapted from the “Bullying No Way” website:

A “bystander” is someone who happens to be there when something is happening. A “bystander” can either be active or inactive. A “bystander” has the ability to empower or disempower hurtful behaviours. A “supportive bystander” will use words/actions that can help someone who is being hurt/bullied. “supportive bystanders” are aware of risks and take calculated measures that best disempower the hurt/bully.

The following definition of bullying by Dr. Ken Rigby can be found on our school website in the Responsible Behaviour Plan - responsible-behaviour-plan.pdf

Bullying is a systematic and repeated abuse of power. In general bullying may be defined as:

- dominating or hurting someone;
- unfair action by the perpetrator(s);
- an imbalance of power;
- feelings of oppression and humiliation.

For more information with regard to school processes in managing bullying and related websites please refer to the Responsible Behaviour Plan (LINK) on the school website.

Other websites of interest that provide valuable information include:

http://bullyingnoway.gov.au
http://www.cybersmart.gov.au
http://www.kidshelp.com.au

Thank you for reading my article.

Regards,

Tony Sinclair
Guidance Officer

Bookclub
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.

Tobacco Law Changes – 1 January 2015

From 1 January 2015 a number of changes to Queensland’s Tobacco laws commenced. The changes are aimed at reducing the uptake of smoking and making it less socially acceptable to smoke given the long-term adverse health effects. While Queensland Health widely publicised the changes in the media during December and January, you have been sent this communique to enable you to assist your staff, parents and visitors to comply with the new laws.

Schools

The Tobacco law changes affect smoking in and around schools and hospitals/healthcare facilities. From 1 January 2015 it is illegal to smoke on hospital or school grounds (public or private/independent) and within 5m beyond their campus boundaries.
A summary of amended Queensland tobacco laws can be viewed at –

Schools:

E-cigarettes

As part of the Tobacco law changes, e-cigarettes are now subject to the same laws as regular cigarettes. The change means that e-cigarettes, which the Tobacco and Other Smoking Products Act 1998 (TOSPA) defines as ‘personal vaporisers’, cannot be used anywhere it is illegal to use regular cigarettes including on hospital or school grounds and within 5m beyond their campus boundaries.

Enforcement of the new laws

Queensland Health Environmental Health Officers (EHOs) appointed under TOSPA are authorised to issue on-the-spot fines for persons found to be smoking on hospital or school grounds and within 5m beyond their campus boundaries (fine amount $226). As part of the introduction of the new laws, EHOs will, in the first instance, provide education and issue warnings to persons found in breach of the legislation. Repeat offenders and persons refusing to comply with a lawful direction can expect to receive an on-the-spot fine.

Request for Assistance

During the introductory phase of the new laws, EHOs will be conducting surveillance around hospitals and schools at peak times (for schools this will be at the commencement and completion of the school day). To assist with this task an EHO will be in contact with the school to seek information about what information has been provided to staff and parents and also to request advice about the actual boundary of the school grounds (ie a map of the school property boundary). Your assistance with this request is appreciated.

Further Information

Should you require further information or advice, please contact the Gold Coast Public Health Unit on 07 5668 3700 or email EH_GoldCoast@health.qld.gov.au

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! 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!
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
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

To join us for the Easter Vacation care program, please fill in and return the Young Discoverers Easter Vacation Flyer 2015 (PDF, 454 KB).

C&K News

***NEWSFLASH*** 5 days per week now available, limited spaces.
Is your child ready for Prep?

At C&K Highland Reserve your child will learn the skills to be prepared for Prep by:
- Learning how to interact with other children and make friends.
- Explore and express their creativity.
- Connect with natural environments.
- Build confidence and find their unique identity.
- Learn to be an effective communicator and involved learner.
- Develop early numeracy and literacy skills.

C&K Highland Reserve have been rated EXCEEDING in ALL National Quality Areas by ACECQA.

Compared to Long Daycare a Pre-Prep Programme at C&K ensures:
- Older class groups mean the same through the day, no group changes due to a new teacher.
- Staff teams consistent, across staff.
- Routine is flexible to meet the needs of the children.
- Additional support teachers are accessible and allocated to individual children who require extra support.
- Programming is based upon children’s individual interests.
- Children are able to make strong connections with their peers due to the structure of hot set days.

Becoming part of the C&K family will mean your child and your family be share in the highest standard of early childhood education and care in a supportive, fun and safe environment.

Contact us today to enrol your child or put their name on our waiting list.

Address: 99 Raymond Rd
(Queensland Government)
Phone: 07 540 5015
Email: hsjlandreserv@cdk.asn.au

Health Care Cards and Pension Cards
Just $1.56 Per Day!!!