Principal's News

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](http://www.optometrists.asn.au/your-eyes/your-child%27s-eyes/resources-for-parents.aspx)

Technology @ HRSS

Highland Reserve State School uses technology to support the learning process. Our aim is to maximise the technology to add value to the learning processes within classrooms to benefit students. Each year our investment in technology is considerable.

P&C and school grant funds are dedicated to purchasing new equipment, licenses, internet access for the whole school, expanding wireless capability and for ensuring our devices (desktop, laptops and iPads) are current and serving their purpose.

This year we plan to purchase new laptops and iPads for the classrooms, the hub and specific learning areas within our school. Our Music and PE specialists are also exploring the use of technology to enhance and assist with their planned learning experiences.

Mathletics and Reading Eggs are two programs that are very valuable to support students’ growth in Numeracy and Reading Comprehension.

Teachers plan activities using Mathletics to ensure students are able to access a suitable level of challenge as well as drill and practice. Reading Eggs provides stimulating opportunity for students to read and develop comprehension skills through challenging activities.

Both programs are available “online”, meaning that they can be accessed both at school and at home in such a manner that students build on their prior lessons, rather than restart each time.

Access to both of these programs is available to students shortly after the school has received payment of the Student Resource Scheme.
Cross Country (P-2)

The Preps to Year 2's had a great time at the cross country. They enjoyed cheering for their sport houses. It was a hot and beautiful day. The students enjoyed every moment and showed great effort and sportsmanship. Well done students!

Parents and teachers competed in the last event of the day and it was a quick sprint to the finish. Thank you parents and staff for being good role models to the students.

Kind Regards,
Mr. Moodley
Updating Student Enrolment Details

In case of an emergency it is important to notify the school of any parent/carer contact details that may require updating.

Keeping our student data as accurate as possible will ensure we meet our duty of care.

If you have recently changed your address, phone, email or emergency contact (other than the parent/carer) please complete a Student Enrolment Details Update form (PDF, 130 KB) and return to the Office.

Personal Technology Devices at school

Bringing personal technology devices to school is not encouraged by the school because of the potential for theft and general distraction and/or disruption associated with them.

However, if they are brought to school, they must be turned off and handed into the office before school commences and then picked up at the office at the end of the school day.

Failure to do so will result in the device being collected by school staff to be stored in the office, the device may then be collected at the end of the day from the school office.

Please consult the Highland Reserve State School Responsible Behaviour Plan (PDF, 492 KB) if you require further information regarding the use of personal technology devices at school.

Student Absences

Parents and Carers are required to notify the school in the event of your child being absent.

To provide details of your child’s absence please contact the School Administration directly via the Absentee Line on (07) 5588 3366, via email at office@highlandreservess.eq.edu.au or directly to the office on (07) 5588 3333.

When calling the absentee line please ensure the reason is explained with clear and concise information.

Absences of 3 or more days will require notification in writing.

Illnesses of 3 or more days will require a medical certificate.

If the school does not receive notification of the reason for a student absence - it will be an 'Unexplained Absence'.
Leisure activities, visiting relatives, shopping and tiredness are examples of an 'Unauthorised' reason for an absence.

Weekly Absence Email
Every Friday a whole school generated email will be sent to parents/caregivers, to assist us with monitoring absences, that have not already been explained to school administration.
Please only reply to this email if you know that you have not notified the school of your child/children’s absence for that week.

It is important to provide details of your child’s absence to the School Administration either via the Absentee Line on (07) 5588 3366 or email at office@highlandreservess.eq.edu.au

When calling the absentee line please ensure the reason is explained with clear and concise information.
Absences of 3 or more days will require notification in writing to the Office.
Illnesses of 3 or more days will require a medical certificate to the Office.
If the school does not receive notification of the reason for a student absence, it will be recorded as an 'Unexplained Absence'.

Student Resource Scheme
The 2014 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, your child is subscribed to the educational websites our teachers use in class. These websites may include Mathletics, Spelling City, Rainforest Maths, Reading Eggs, Mathsonline, Study ladder, Wings readers and many others. 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 fund raiser 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.

The participation form for the 2014 Student Resource Scheme will be available online from Monday 10th Feb. Please note - For 3 or more students in the same family, there is a reduced rate of $100 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: $125.00

P&C News

iChallenge

We are now in the final countdown for this year’s iChallenge!

It's less than 1 week to go to get your sponsorship and permission forms back to the school by the 28th of March.

We hope everyone is trying to get some sponsorship as every dollar counts and it goes straight to buying iPads for HRSS students.

Each year our P&C tries to improve and tweak these events and this year I think we've come up with an unbelievably fun event (not difficult) for the students that they will truly not want to miss participating in!

So what's in it for your child?

- The school's highest fundraiser will WIN their very own 32GB iPad Mini.
- Every student that raises $20 or more goes into the draw to WIN an iPad Mini.
- The highest fundraiser in each class wins a $10 iTunes card.
- There will be two class parties this year (generally pizza and ice-cream or similar) for the highest fundraising class between P-2 and 3-7.
- After they complete their allotted time on the obstacle course they will each receive a free icy pole to cool down.

Now it's up to you the HRSS community to fundraise and get those permission forms in!

See you at the iChallenge!
Walking and Wheeling Wednesday and Park and Stride

We would just like to say a big thank you to everyone who participated in the launch of Walking and Wheeling Wednesday and Park and Stride this week.

It was great to see children, parents and volunteers participating in our schools Active School Travel Program. Passports were handed out and everyone who participated received their first stamp. For those of you who didn't get the chance to join in this week, we hope to see you next week!

Passports can be collected at the administration entry at the stairs, the prep entry where the stairs and bike racks are, from the western entrance on Highland Way or from your Park n Stride volunteers. We hope to see you all again next week and look forward to giving out prizes once you have reached five stamps!

Park and Stride departs 8:10 am outside Café Two, Rose Valley Drive at the community node every Wednesday. A parent or guardian must be in attendance to walk with their child and free breakfast is provided at the hall for the children. Also don't forget each week a FREE breakfast will be held at the school hall from 8:00am - 8:45am.
And last but not least a great way to stay up to date with all the important P&C information is to 'like' our Facebook page. [http://www.facebook.com/HRSSPC](http://www.facebook.com/HRSSPC)
Well your little ones have been having a ball in their classrooms over the past two weeks! We had fabulous "P Parties" where the children got to wear their favourite pyjamas whilst eating popcorn and watching Peppa Pig! Take a look at the great fun that was had by all:
We were also lucky enough to have a visit from the very wise “Ditto” who taught us all about safety:
We were lucky enough to do some cooking for the letter "Nn", where we made nests:

We have been busy learning some great new Easter songs and can’t wait to share these with you in at the Easter Hat Parade in the last week of school. Don’t forget that Easter Hats need to be made at home and must not contain real chocolate. We hope to see you all there!

Cafe News

Friday Flexischools
As Friday is the busiest day in our café, starting this year, every Friday will be ‘Flexischools Friday’. This means all orders will be done through flexischools ONLY (no paper bag orders).
Students will still be able to purchase over the counter for second break.

**Young Discoverers OSHC Easter Holiday Vacation Care Program**

To join us this holiday period, please fill out the [Young Discoverers OSHC Easter Holiday Vacation Care 2014 Form (PDF, 342 KB)](https://example.com) and return ASAP. Also fill out the [Young Discoverers Enrolment Form (PDF, 245 KB)](https://example.com) and the [Young Discoverers PG Movies Permission Form (PDF, 140 KB)](https://example.com) and return.

**Bring along:**
- Broad Brimmed hat
- Bathers, towel and change of clothes
- T-shirts/rash tops & hats must be worn on water play days
- Bring your helmet on bike and scooter or go kart days
- Drinks to last the day
- Morning tea/afternoon tea
- Lunch (Unless provided with the activity)

**Note:**
- Priority for existing families until 10th March 2014
- Activities start at 10:00am unless otherwise stated
- All belongings must be named- Lost items are your child’s responsibility
- Fees to be paid in advance
- Cancellations less than 2 weeks before booked day incur full fees

Young Discoverers OSHC at Highland Reserve State School will close for Good Friday (18th April), Easter Monday (21st April) and ANZAC Day (25th April).

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**School Banking News**

Don’t forget that Thursday is School Banking day and students should bring in their weekly deposit. For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour. Remember our school earns 5% commission on every deposit made (to a maximum of $10 per individual deposit). Thank you for supporting the School Banking program at Highland Reserve State School.

Happy Savings!

HRSS Banking Co-ordinator Sharlene Dippel

Commonwealth Bank of Australia ABN 48 123 123 124. Call 13 22 21 at any time. As this advice has been prepared without considering your objectives, financial situation or needs, you should, before acting on this advice, consider its appropriateness to your circumstances. Full terms and conditions for transaction and savings accounts are available from any branch of the Commonwealth Bank and should be considered in any decision about the product. If you have a complaint in respect of this product, the Commonwealth Bank’s dispute resolution process can be accessed on 13 22 21.

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**C&K Kindergarten News**

**Limited Spaces - Enrol Now!**

Due to popular demand, we are pleased to announce the opening of our 4th group. We have limited spaces available so if you would like your child to participate in a quality education care program which values your child’s individuality and interests, please contact Tina to discuss enrolment opportunities for your child.

At C&K Highland Reserve your child will experience many opportunities to explore, solve problems, develop friendships, imagine, use their creativity and extend their capabilities in language, literacy and numeracy.

We are one of the very few Kindergarten’s that have been ranked exceeding in all 7 National Quality Areas by an independent assessor from the
Community Notices

UCSC Parent Information and Open Evening
NRL Holiday Clinic
The NRL are hosting a Play NRL Holiday Clinic at Coomera Cutters Junior Rugby League Football Club on Tuesday 8th April. Boys and girls aged 5 to 12 years are invited to participate in the Clinic. Our exciting Holiday Clinic allows participants to develop their Rugby League skills in a safe, modified and fun environment. All clinics are delivered by qualified and experienced Rugby League Coaches and cater for all skill levels from beginner to junior league players. All participants receive an NRL Pack (Including Football, Water bottle, Boot bag, kicking Tee and NRL T-Shirt) in
addition all participants will be provided with morning tea and lunch. To participate in our Coomera NRL holiday clinic all children must be registered, places are limited at all holiday clinics. For more information and to register please go to www.seqdevelopment.leaguenet.com.au or call NRL Game Development Officer Matt Palin on 0400 345 547.

NORTHERN GOLD COAST
COMMUNITIES FOR CHILDREN
Oxenford and Coomera Community Youth Centre (OCCY), 25 Tamborine
Oxenford Rd 4210, Oxenford Ph: 55804995/55298087

FREE PROGRAMS FOR PARENTS : Term 1, 2014

| PARENTING MADE EASIER | This is a 6 week program written from a Counsellor's perspective having had many years experience working with families. To understand our children's behaviour, we first must understand the purpose behind their behaviour. This program arms you with strategies to teach your children respect, cooperation and responsibility.  
Wed: 19th February - 26th March : 8:30pm-8:30pm (OCCYC) |
|---|---|
| 1, 2, 3 MAGIC & EMOTION COACHING | A 3 session program for parents and carers to help promote positive behaviour and manage difficult behaviour in children 2-12 years old. Learn how to help your kids become better at managing their emotions.  
Thurs: 27th Feb - 13th March 6:30-8:30pm (Good Start Early Learning Centre 1 Michigan Drive Oxenford)  
Fri: 21st March - 4th April 9:30am-11:30am (OCCYC) |
| BRINGING UP GREAT KIDS | This 6 week course is a practical and inspiring approach to parenting that uses mindful reflection to support parents to; review and understand their patterns of communication with their children; promote more respectful interactions; and encourage the development of children's positive self identity.  
Mon: 17th Feb - 24th March, 9:30am-12midday St Georges Church Hall, Mt Tamborine  
Thurs: 27th Feb - 3rd April, 9:30am-12midday (OCCYC) |
| RELATIONSHIP RESCUE | This 6 week program offers an opportunity to explore ways to have a fabulous relationship, to repair a broken relationship or understand why the relationship isn’t working. Relationships include parents, siblings, work associates, partners, spouses and children.  
Tues: 18th Feb - 25th March, 6:30pm-8:30pm (OCCYC) |
| BABYSITTING TRAINING | For 12 – 17 year olds, this 6 week course is a practical and fun approach to baby sitting. The course covers interacting with kids, basic first aid, and tips on managing difficult behaviours. A certificate of attendance is provided at the end, supporting you to gain employment.  
Thurs: 20th Feb - 27th March, 4pm-6pm (OCCYC) |
| BUILDING A CONFIDENT SELF | This 6 week program nurtures the development of a healthy self esteem, supporting you to fulfil your goals in life.  
Fri: 14th February-14th March 9:30am – 12 midday (OCCYC) |

While parents participate in our day programs, children who require childminding can participate in “Kids at Play” activity group (0-5 years accepted). A kid at Play is $4.00 per child, numbers are limited and bookings are essential. Fee to be paid prior to commencing program.

Please phone 5580 4995/5529 8087 to book a place and / or to register your child/children for childminding

Note: Whilst all due care is taken to undertake programs regularly, they can be subject to change. Please ensure you book prior to attending any programs.

Communities for Children is an Initiative of the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs
Would $500 assist with your child’s school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for education costs including uniforms, textbooks, laptops, sports equipment and music tuition.

You may be eligible if you:
- have a Health Care Card or Pensioner Concession Card
- are 18 or over and
- have some paid income from work (you or your partner).

Contact Sylvia Constantin, your local Saver Plus Worker:
07 5644 9182 / 0431 076 011 or
sylvia.constantin@benevolent.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Gold Coast North by The Benevolent Society. Saver Plus is funded by ANZ and the Australian Government.
Do you have a child in year 4, 5 or 6?

Have you missed out on thousands of dollars?

In 2001, the Government introduced the ‘First Child Tax Offset’ and surprisingly many Australians did not know about it and have NOT claimed any benefits.

If you have ANY child that was born between 1 July 2001 and 30 June 2004 you may be eligible to receive up to $12,500 of entitlements.

The government has a 30 June 2014 deadline on this entitlement so please email childoffset@twelve.com.au today to receive more information.

Twelve Chartered Accountants  ABN 61 712 659 747  Principal: Derek Nolan CA
www.twelve.com.au

Your Family Tax Specialist

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Queensland Government

Great state. Great opportunity.