

8th March, 2016**Dates to Remember****Junior Parades – Friday Even Weeks****Senior Parades – Friday Odd Weeks****All welcome to attend**
.....**9th March**

Coffee Connection 2.15pm

11th March

Senior Parade 9.00am

District Gala Sports Day

Junior Disco P-2: 5pm-6pm

Senior Disco 3-6: 6.30-8pm

14th March

School Banking

School Performance Tours – My

Friends and I – Prep to Year 6

17th March

Year 2 Science -Professor JellyBean

18th March

Junior Parade 9.00am

21st March

School Banking

22nd March

P & C Meeting

23rd March

Gold, Silver, Bronze Award

Ceremony 9.00am

Coffee Connection 2.15pm

24th March

Easter Bonnet Parade 9.00am

Last day of term – Easter Vacation**School Resumes 11/4/2016*****from the Principal***

Have you been to one of our assemblies this year? It is a fabulous experience! You never know what entertainment you will experience; however, you can be assured that both teachers and students will be thoroughly enjoying themselves - singing or dancing. It's great to see everyone so energised and happy. Great work everyone!

Thanks to those fabulous families for following our school's Dress Code. The children really look great when you see them walking from class to class or on assembly. Just a reminder that every child **must have a school hat at school every day!**

Also remember that we are a Healthy Food School which is supported by our great Tuckshop options. We are also embedding the healthy food focus through our HPE curriculum and have the support of the school's P&C over the past 6 years making this school a lolly free school. Parents can help out by keeping all lolly reward treats for home -especially with Easter just around the corner! Our Red Day for this term will be this Friday at the school disco.

The learning of each school day commences at 8.50am and finishes at 3pm. Many parents are still sitting and standing outside their child's classroom before the bell goes at 3pm in the afternoon. This last 50 minute session of learning is still very important and we are finding that many children are becoming very distracted by parents and young children outside classrooms who may be talking and running around. We value this social interaction of parents; however, I ask that you do so in the nominated areas- Large Covered Area, Small Covered Area and under the porticos at the entrances to the school. Thank you for valuing the learning of all students. You are all welcome to attend Coffee Connection this Wednesday afternoon in the Large Covered Area. This gives everyone a chance to sit around and casually chat and maybe thread some beads onto laces for our classroom maths equipment.

Investing In Success (I4S):

Last week we were required to submit a Strategic Plan so that we can access the money provided by this grant to enhance and continue engaging students at Caboolture East State School in a productive learning environment. This year our aim is that all students will achieve the National Minimum Standard in NAPLAN or have a differentiated Learning Plan to identify their needs and include the strategies to meet these identified needs. We are investing the I4S dollars into a number of intervention and support programs, as well as extension programs to ensure that all students reach their potential. As our vision statement says-*"No matter my journey, my pathway to success starts here."*

P&C Meeting:

Our AGM will be on Tuesday 22nd March at 9.00am

Parking around a school zone requires everyone to be highly vigilant of the road and parking rules. As I have mentioned on numerous occasions, parents are parking on the footpath and in the driveway of houses in McCool Street. Our local neighbours are very supportive of our school; however, some parents have taken advantage of this and impede access to these homes.

Last year council members observed the illegal parking habits of some of our parents and issued warnings.

DO NOT PARK ON THE FOOTPATH OR BESIDE THE YELLOW LINES IN MCCOOL STREET!

This illegal parking puts our children in danger!

Julianne



In Week 8 of this Term, on **Monday 14th March**, **School Performance Tours** performance of **“My Friends and I”** will be presented in 2 sessions to our Prep to Year 6 students in the Hall. This theatre group has previously presented a similar production at Caboolture East State School in 2010 using a blend of drama, poetry, puppetry and staging to tackle issues of Bullying head on.

The information about the performance is as follows:-

Date: Monday 14th March 2016

**Time: 12:00 p.m. – 12:50 p.m.
2:10 p.m. – 3.00 p.m**

Cost: \$4:50

Payment **must** be received by Friday 11th March 2016.

NO LATE PAYMENTS WILL BE ACCEPTED.

Throughout the show students are assured that if they are being bullied it is not their fault and there are things they can do about it.

The show explores the effects of bullying on the victim as well as offering strategies to deal with bullies. Strategies such as self-confidence, walking away and talking to someone who can help, are presented as useful tools to disarm bullies. Students are also reminded that we all need friends and that to have a good friend you must be a good friend.

With its colourful cast of puppets, masks and student volunteers, “My Friends and I” gets its serious anti-bullying message (bullying is not acceptable and cannot be tolerated) across in a fun, entertaining way.

Greg Tagg
Deputy Principal

SEP News . . .

A big THANK YOU to Sue from EQ Nursing Services, who presented Asthma training to staff on Tuesday afternoon. She shared with us some very interesting facts that I would like to pass on to you.

- Using a spacer to take your puffer increases the amount taken into the lungs 80%. If you don't use a spacer it is mostly dispensed to the mouth and the throat, with only some reaching the lungs.
- An Asthma Plan completed by your doctor is essential for your child's management at school. This plan should be updated at least annually (preferably every six months for children whose condition may be changing).



by
back of
asthma

WHAT IS ASTHMA? Asthma is a disease of the airways – the breathing tubes that carry air into our lungs. Sometimes it is harder for a person with asthma to breathe in and out, but at other times their breathing is normal. Asthma is a long-term (chronic) disease. But is treatable. Although at present there is no cure, with good management people with asthma can lead normal, active lives. The key to living with asthma is keeping it under control. This means learning about what are the symptoms and triggers, how to avoid these triggers and how to use your medications correctly.

Symptoms:

The most common symptoms of asthma are:

- wheezing – a continuous, high-pitched sound coming from the chest while breathing
- shortness of breath – a feeling of not being able to get enough air
- a feeling of tightness in the chest
- Coughing – alongside other symptoms.

You do not need to have all of these symptoms to be diagnosed with asthma.

What are asthma triggers? Triggers can cause the airways to become narrow and inflamed, leading to asthma symptoms. Anything that causes a reaction can set off asthma symptoms. These triggers differ between individuals.

Common triggers include:

- respiratory infections, such as colds and flu
- cigarette smoke, chemical fumes, and strong odours
- allergy-related triggers, e.g. house dust mites, pollens, pets or moulds
- weather, e.g. cold air, change in temperature, thunderstorms. extremely dry or wet and windy weather
- work-related triggers, e.g. wood dust, chemicals, metal salts
- irritating substances breathed in the air, such as bushfire smoke
- certain medicines, e.g. aspirin, some blood pressure drugs
- stress and high emotions, such as crying

Exercise is another common trigger, but this can usually be managed by warming up properly and taking some extra asthma medication before you begin.

National Asthma Council Australia

Asthma affects each child differently. The triggers for asthma episodes, the signs and symptoms, treatment needed, and the severity all differ based on the individual child. Some children may have repeated episodes or “attacks” need daily medications and modified activities, while others may only need medications during an asthma episode. A health professional or doctor designs an Asthma Action Plan to ensure a child who has asthma is able to participate successfully in all program activities.

HAVE YOUR DETAILS CHANGED?

If so, please notify the office of any changes made to phone numbers, addresses or emergency contact details. It is most important that the school has the most current details and contact phone numbers regarding your child in case of emergencies.

If your child has an asthma plan this needs to be given to the office staff.

Thank you for your assistance.

presents a free 3 hour presentation:

Paving the Way to the National Disability Insurance Scheme (NDIS)

Pave the Way invites people with disabilities and their families to a presentation about preparing for the National Disability Insurance Scheme (NDIS) which will begin to roll out in Queensland in July 2016.

The NDIS is a new Federal system for ensuring people with disability have the reasonable and necessary supports they require to engage more fully in social and economic life.

To assist individuals and their families to understand what the NDIS will involve this presentation will explore:

- ♦ A general overview of the National Disability Insurance Scheme and the role of the National Disability Insurance Agency (NDIA)
- ♦ What you need to do to prepare for planning with the NDIA
- ♦ What you need to do to develop confidence as a consumer of disability services.

To register for a presentation:

Visit the Pave the Way website: www.pavetheway.org.au

or contact Pave the Way:

Phone: (07) 3291 5800; Toll free call: 1300 554 402



Should you require support/ consideration for dietary, mobility, auditory, visual, interpreter or cultural needs, please let us know when you book your place and we will endeavour to assist you.



DETAILS:

MORETON BAY

Tuesday March 22nd, 2016

10am - 1pm

Murrumba Downs Tavern,

Dohles Rocks Rd,

Murrumba Downs

Morning tea provided.

Registration by Friday March 18 is essential to ensure your place.

PLEASE NOTE: We require a minimum number of 8 for these presentations to proceed.

Venues used by PTW are accessible.

An NDIS Participant Readiness activity funded by the Department of Communities, Child Safety and Disability Services.

FREE
PARENTING
SEMINARS



Triple P, Positive Parenting



Take the guesswork out of parenting!

Want to see more of the behaviour you like and less of the behaviour you don't like? Come along to a Triple P – Positive Parenting Program seminar. There are three seminars available for parents of children up to 12 years old. You are invited to attend the following FREE parenting seminars:

[The Power of Positive Parenting](#)

[Raising Confident, Competent Children](#)

[Raising Resilient Children](#)

Find out more about why kids behave the way they do, and pick up tips and strategies to help make family life easier – and more fun!



Book your free place now: www.triplep-parenting.net



Apply now to be a 2016 Census Area Supervisor!

The Australia Bureau of Statistics is seeking motivated and community minded project managers to work on the 2016 Census and make a difference in your community.

Area Supervisors are:

- Non-office based positions requiring travel
- Casual temporary positions, with flexible working hours.

As an Area Supervisor, you will:

- Recruit, manage and train a small team of temporary Census field staff
- Implement and manage the Census delivery and collection processes and procedures
- Undertake a range of administrative tasks, including the receipt, handling and storage of a range of Census materials
- Earn \$34.76 per hour (inclusive of 25% loading).

As an Area Supervisor, you must:

- Know your local community
- Hold a current driver's licence
- Be comfortable using computer, tablet and mobile devices
- Comply with ABS work health and safety policies
- Hold Australian Citizenship or have the legal right to work in Australia.

Job seekers from diverse backgrounds, including non-English speaking backgrounds and Aboriginal and Torres Strait Islander people, are encouraged to apply.

More information is available from the ABS website.
Apply online at abs.gov.au/careers



JUNIOR AND SENIOR DISCO !

When: Friday 11th March, 2016
Times: Junior P-2: 5.00pm – 6.00pm
Senior 3-6 : 6.30pm – 8.00pm

Cost of Entry \$4.50

Food – DJ – Video Clips

GREAT DOOR PRIZES FOR BOTH JUNIOR AND SENIOR DISCOS!

Make sure you put the date in your Diary!