From the Principal

Masterchef Restaurant on Channel 10 News

Aqua B class featured on Channel 10 last term when the nightly weather coverage by Josh Holt was televised at Eagleby State School during our masterchef restaurant. The night was a huge success and attended by Bert Van Manen MP, Federal member for Forde, Michael Crandon MP, State Member for Coomera, parents, families, staff and invited guests. The students did a brilliant job in the organisation of the restaurant and I would like to extend my gratitude to Rob Haberle, Kath & Doreen from the Village, teacher Andrea Barr-Hamilton, students and chef for a wonderful community evening. Thank you also to the dancers from the Gerard’s Performing Arts Centre for providing the entertainment. I hope we did not miss the channel coverage on September 19th.

Eat Smart Be Active

Our students were treated to a special presentation from the “Boogie Woogies” last week, to launch our special “Eat Smart Be Active” two week healthy lunch box program. The Australia-wide program is designed to help educate children about healthy eating and to potentially reduce the incidence of childhood obesity in Australia, which unfortunately is on the increase. A winning class will be announced each week and the overall winner will receive a MP3 player; to be announced at the end of the program. Our school was the only one chosen to receive the free presentation due to our passionate commitment to “Strong minds, healthy bodies, successful futures.” Thank you to teacher, Jan Peak for coordinating this program and thank you to parents and families for your firm support. Our vision is to continue the commitment to healthy lunchboxes following the program. (See the Healthy Smart Lunch Box Ideas included in this newsletter).

Continued on next page
Dance Moves Qld
This month our Preps and year One students will receive free dance lessons, compliments of Keli Vine from Dance Moves Queensland. Their first lesson last week was a great success!

Filming for YMCA Support

Last week a budding film crew from Griffith University produced a movie of our school breakfasts to be sent off to potential sponsors in order to gain more support. Our breakfast program is provided by the YMCA and can only continue if sponsorship continues. I am grateful that Eagleby State School was able to provide some assistance and hopefully, the movie will win favour with the major corporations.

QUOCKA is here once more!
At assembly last week QUOTA member Moya McEwan launched QUOCKA (reading program sponsored by QUOTA) at Eagleby State School. For the remainder of the term, our year three students will experience the reading program each week, receiving a free book in the process. Books will also be donated to our school library. Reading is the key to academic success; please encourage your child to read, read, read. We love the QUOTA ladies!

Travel bear, Robert visits WA

Robert travelled to Perth during the September break with teacher, Mrs Sue Rowe. From the photo you can see he got up close and personal with the dolphins at Monkey Mia.

I look forward to sharing afternoon tea with you each Thursday following assembly. Have a great week!

Suzanne Jolley - Principal
Deputy’s Column

Prep 2014
If your child was born between 1 July 2008 and 30 June 2009, they are eligible for Prep in 2014. We are currently conducting prep interviews at the school in preparation for next year. If you have a child eligible for Prep or know someone who does, please collect an enrolment pack from the office and we will organise an interview time. Our Prep readiness program for 2014 continued today with our first transition day. We welcomed 28 Pre-Prep students into Purple F classroom for the morning session. A great time was had by all.

Sun safety in our school
Sun safety is important for our school because our students are here during peak times for ultraviolet radiation (UVR), which is 10 am to 3 pm.
Cancer Council Queensland says childhood sun exposure contributes significantly to a person's risk of developing skin cancer in their lifetime, so our school encourages sun safe behaviours.
Wearing wide brim hats, sun protective clothing, sunscreen and keeping in the shade as much as possible are good habits to get into and we encourage parents and staff to set a good example for our students.
Parents and guardians can check out Cancer Council Queensland’s website (http://www.cancerqld.org.au/page/prevention/skin_cancer/) for more information on being SunSmart.

Lara Smith - Deputy Principal

Awards

Students of the Week - 19-9-13
- SL - Ty - Working really hard to complete all his homework every week this term.
- PF - Tony - For being a polite student.
- PP - Dale - Improving his behavior in the classroom & getting to the top of the diamond.
- AB - Aqua B - Working together as a team.
- AK - Tyran - Outstanding improvement in end of term maths test.
- BJ - Jacob - Being polite & friendly student who always gives 100% effort.
- GG - Taleasha - Great to have her in our class.
- RM - Ajay - For doing so well in the NAPLAN spelling test.

Students of the Week - 10-10-13
- SL - Simmy - Consistently following classroom rules & displaying beautiful manners.
- SB - Kimberly-Rose - For always trying her best & for respectful behavior.
- PP - Jai - Always contributing to class discussions & asking questions.
- Pkw - Earl - Being respectful of others & listening well in class.
- AK - Billy-Lee - Setting into Aqua K.
- BJ - Aila - Working hard on her mathematics test.
- BM - Kady - Putting in a great effort with his research on gold.
- GR - Rafiq - Showing a big improvement with his reading.
- GG - Ky - Setting in to her new school so well.
- GB - Kevin - Being an active participant in class activities & showing great dance moves at East Smart Be Active.
- RM - Tyron - A great start for Term 4.
- RP - Telasha - For a great start to Term 4.

DIAMOND AWARDS
Recipients of Diamond Awards are:
Congratulations & well done !!!!!!
**P&C Weekly Update**

**Next P & C Meeting will be held - Wednesday November 6th @ 3pm in the Seminar room. All welcome.**

**Uniform Shop Opening Hours**

<table>
<thead>
<tr>
<th>Opening hours:</th>
<th>Lay-by welcome Cash Only - no eftpos</th>
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<tbody>
<tr>
<td>Friday 9.00am - 9.30am</td>
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<tr>
<td>2.30pm - 3.00pm</td>
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<td>Other days by prior arrangement</td>
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**Tuckshop**

Tuckshop is open *Wednesday, Thursday and Friday* for 1st and 2nd breaks.

Please use Australian currency only as we are unable to bank foreign currency.

**NO HOT FOOD WILL BE SOLD DURING 2ND BREAK**

All 2nd break lunch orders **MUST** be collected from the Tuckshop. There is no class basket this break.

A new summer menu will be available from Week 1 Term 4. Please note, as a result of increased prices by our suppliers, there will be a price rise on some of our Tuckshop food items.

**IMPORTANT SAFETY NOTICE**

**Parking** - the Staff car park and the Administration car park are for staff and official visitors only.

For safety reasons **do not drive into these areas - do not drop off or collect students** from these areas as this is the main area used by students with bikes and scooters.

Car parks are available for parents at the front of the school for the purpose of student drop off and collection.

*To ensure the safety of our children please do not drive into the school grounds or the staff or administration car parks, this area is NOT for dropping off and picking up students.*

**DEAR PARENTS & CARERS:** All pick-up arrangements should be made with the students prior to arriving at school, where possible.

**PLEASE NOTE:** Although we try, we cannot always guarantee that messages will be able to be passed on to students.

**Welcome back to a busy term 4. We hope everyone enjoyed their holiday and had a good rest.**

School banking is every Friday. Please hand banking to class teacher and please make sure you have completed a deposit slip so your banking can be processed.

**Our next Subway Lunch will be Monday 4th November 2013. Forms will be sent home closer to the date.**

Issue 7 book club catalogues are being sent home this week. All orders and payments are to be returned in an envelope to the office by Thursday 31st October. Please make sure your Childs name and class is clearly marked on the order form and envelope. Correct money is appreciated. If paying by cheque or money order these must be made out to Scholastics Australia.

If you can spare some time, we need volunteers to help in the uniform shop and the tuck shop. If you are able to help out please leave you name and contact details at the office or see Yvonne in the uniform shop or Sandy in the tuck shop.

**Year 7 Graduation:** Could parents/carers of year 7 students please check that they have the letter dated 19th September. In this letter, there was important graduation information including the cost, date and venue for the evening. If you do not have this letter, please ask at the office for another copy.

Do you have photos of school activities taken during your child’s attendance at Eagleby State School? Could we please borrow these photos? The P&C will scan the photos and give back to the student. Please put your child’s name and class on back of the photo and leave them in an envelope at the office.

The next graduation meeting will be held Wednesday 30th October 2013 at 3.00pm in the seminar room. All parents/carers are welcome. Graduation is a special night for your child so help make it an enjoyable evening.

**We would like to send a special thank you to Gerrards Performing Arts Centre for providing the entertainment for our recent restaurant night.**
This term Green T has enthusiastically taken on the Eat Smart, Be Active challenge and students are eager to bring a healthy lunch box to school. Students have become great at identifying protein, grains, vegetables, fruit and dairy in their lunch boxes and are aware of what ‘sometimes food’ looks like. Some children are even attempting to read the labels and the nutritional content of their food.

Congratulations Green T! Keep up your healthy eating!

IMPORTANT NOTICE TO PARENTS

TAKING HOLIDAYS DURING SCHOOL TERM

If you are taking your child/ren out of school for any length of time, for a holiday or a medical procedure etc......please fill in the appropriate paperwork available at the school office.

It is government regulation that all significant school absences must be approved by the Principal.

If you would like to receive a paper copy of the newsletter please contact the office

Order forms will sent home in the last week of October, and must be handed in to the uniform shop Friday morning 1st Nov with the correct money - no change is available.
BUTTERFLY WINGS - CHILD PARENT PROGRAM

Butterfly Wings is a fun group learning experience for parents and children up to five years, focusing on the pleasure and power of using nursery rhymes, interactive songs and stories together.

Re-starting at Eagleby State School on Monday, 28th October, 9:15am – 11:00am.
For parents, carers & grandparents with children.

This is a FREE Early Literacy Community program.

Can Saver Plus assist you with education costs?

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

Saver Plus is Australia’s largest and longest running financial education and matched savings program, empowering over 20,000 people to save and build their financial confidence over the last 20 years.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

To find out more, call or SMS your postcode to 1300 610 355 or email saverplus@bsl.org.au

Swimming Lessons Prep - Year 3

Swimming Lessons will commence on Monday 25th November & Finish on Friday 6th December
Cost $92.10
Please pay at the school office on Monday & Thursday 8.15am-9.30am by Monday 4th November.
Your child is required to wear a sun safe shirt & sunscreen.

ENROLMENT INFORMATION EVENINGS

You are invited to attend Enrolment Information Evenings about what Beenleigh State High School has to offer our Year 8 students. This is a great opportunity for any queries you have to be answered and enrol your student.

Tuesday 17th September
Tuesday 22nd October
Tuesday 12th November
E-Learning Centre from 5:00pm
Beenleigh State High School
40 Alamein Street, Beenleigh
Phone: 3442 3777
Parents, as you know, life can get pretty hectic at the best of times. And while you want the best for your child, it can be a juggling act, especially when it comes to thinking up creative ways to make healthy meals, pack nutritious lunch boxes that don’t end up in the bin or trying to fit in exercise in between the exhaustive list of must do’s!

That’s where the team at ‘Eat Smart B Active’ will do our best to make your life a little easier and help you give your child the best start in life. The Eat Smart B Active e-newsletters will provide practical tips to help your family eat smart and be active. Subscribe today for your FREE Eat Smart B Active® e-newsletter at www.eatsmartBactive.com.au

**Eat Smart Tip**

Children need to eat a variety of food from the five ‘everyday’ food groups (sometimes referred to as the food pyramid or eat-well plate) to provide them with the vitamins and nutrients they need to grow, learn and play. The five everyday food groups include Fruit, Vegetables, Grains, Protein and Dairy. For daily serve sizes sign up today at www.eatsmartBactive.com.au for FREE e-newsletters

**B Active Tip**

Health professionals recommend adults need to exercise for at least 30 minutes each day (min. 3 days/week), while children need to be active for at least one hour each day. To make sure you get your 30 minutes in each day, make it a daily habit. Keep it fun and make it a family affair! Subscribe at www.eatsmartBactive.com.au for your FREE Eat Smart B Active® e-newsletters for fun ideas to keep your family active.

Join us at Eat Smart B Active® today!

Disclaimer: All the information contained on the Eat Smart B Active® website and newsletters is provided in a general nature only and does not, and is not intended to to use as medical advice or replace the advice of an independent health care professional. For full disclaimer go to www.eatsmartBactive.com.au/disclaimer.html

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**Today’s Healthy Smart Lunch Box Idea**

- **Fruit**
- **Vegetables**
- **Grains**
- **Dairy**
- **Protein**

Today’s Nutritious & Delicious lunch box is packed with the five everyday food groups:

- Curried Egg & lettuce on wholegrain bread roll with low fat mayonnaise
- Handful of frozen fruit e.g. grapes
- Cherry Tomatoes
- 1 cup of low fat custard
- 2 rice crackers & 1 tbsp peanut butter
- Bottle of water

Estimated Cost ONLY $3.60!**

*Check with the school to make sure children are allowed to bring peanuts or peanut butter to school. Choose the type with no added salt or sugar.*

*To save $ buy your fruit & vegetables from a green grocer and buy what’s in season as it’s often fresher, tastier & cheaper!* To save money make your own vanilla custard!

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EAT SMART B ACTIVE 2013

Our school will be participating in the Eat Smart B Active® program.

Students will receive giveaways for their participation and certificates for the rewards program and our school will also receive skipping ropes and valuable educational resources. The program’s benefits are sustainable and consistent with our school’s culture and dedication to our students’ health & well-being.

For healthy tips go to www.eatsmartBactive.com.au and sign up to receive the FREE Eat Smart B Active® Newsletters for the health and well-being of your family.

Proudly Supported by

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Happy Healthy Kidz Australia™

Foundation

Aurizon Community
Parents, remember when cakes, party pies and chips were ‘once in a while’ treats found at kid’s birthday parties? Well, unfortunately these kinds of foods, commonly known as ‘sometimes’, ‘extra’ or ‘junk’ food are high in sugar, salt and fat and have found their way into children’s every day lunch boxes and in large quantities.

Are ‘sometimes’ foods really that bad, you might ask? Trouble is, when children eat foods high in sugar, salt and fat when they’re young this hardwires them to desire these kinds of foods, and long term, this can lead to all kinds of health diseases like type II diabetes, heart disease and some cancers, just to mention a few, and have been linked to learning difficulties, hyperactivity and behavioural problems. To find out more subscribe today for your FREE Eat Smart B Active® e-newsletter at www.eatsmartBactive.com.au

Eat Smart Tip

Children love to be involved in making and preparing food. When they’re measuring, mixing and combining foods they’re learning mathematical concepts, expanding their vocabulary, improving fine and gross motor skills, while it’s a nifty way to get them to try new foods as they’re invested into the creative process and it’s a wonderful way to share special time together. For delicious, nutritious snack ideas sign up today for your FREE Eat Smart B Active® e-newsletter at www.eatsmartBactive.com.au

B Active Tip

Why not have a family Jump ‘n’ Boogie skipping rope challenge at home? If you’ve got skipping ropes put on your favourite song and see how many skips you can jump. Or even better, get your hands on an Eat Smart B Active® skipping rope which has a counter that records your number of skips! Get yours today at www.eatsmartBactive.com.au

Join us at Eat Smart B Active® today!

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‘Cos Kidz Are Our Future!

www.happyhealthykidz.com.au