Thursday, 5th November 2015

Tent Hill Lower State School
Growing beautiful futures in the valley of opportunities!
Ph: 54 627 109      fax: 54 627 428
Don’t forget to visit our website:  www.tenthllwss.eq.edu.au

Calendar of Events
NOVEMBER
4-10 Book Fair
09 Prep Open Day
17 Tuckshop
26 Prep Open Day
    Swim Carnival Yrs 4-7

DECEMBER
1 Prep Open Day
7 LDHS Open Day

Our school newsletter is published every fortnight and also available on our school website.

EVERYDAY COUNTS!
Our school target is 95% attendance.
IN SEMESTER 1 2015, OUR SCHOOL’S OVER-ALL ATTENDANCE RATE IMPROVED AND IS NOW 93.5%
PLEASE KEEP UP THE GOOD WORK IN GETTING YOUR CHILD TO SCHOOL.
Parents must supply a reason for an absence.

P&C Association
Tuesday 8th December
School library
3.30PM
All Welcome

SCHOOL HOURS:
School commences at 8.55am
School finishes at 3.00pm
Please be prompt. Late arrivals need to sign in at the office.

From the Principal...

Student Progress in Reading Results
Teachers are currently running diagnostic testing with the students in all year levels. We do this as a means of measuring growth in student performance and to compare that with regional benchmarks to check our school performance against other schools. Last week, the results from the reading tests, indicated some exceptional improvement for every student in the school. Compared the benchmarks set by our region, most of our students are in / or above the expected achievement range for their age. Yesterday at the P&C meeting I shared graphs of the amount of student progress that has been achieved this year. I would particularly like to commend all of the teachers and teacher aides for their outstanding commitment and effort to achieve these results.

2016 Enrolments
Our school continues to receive new enrolments for next year which is very positive news for us with the upward trend in enrolments. So if you know of any families with prep age students for 2016, please encourage them to give us a call and to pick up an enrolment pack. Our Prep transition days will continue to be held as follows: Monday November 9th; Thursday 26th (also a parent information and uniform day) and Tuesday December 1. The days vary to suit the differing schedules of families. So we hope to see as many people as possible on one or all of these days.

Around the Classrooms

Prep–Yr 2 (Mrs Samuelsen) In English we are exploring how characters in narratives are developed. In maths Year 1 and 2 students are practicing adding strings of numbers together. Preps have been working on addition facts.

Yrs 3/4 (Mrs Peach) In English we are currently working on a unit that involves looking at advertisements and the language that is used to persuade consumers to buy the products that are being advertised. The students have become quite good at identifying persuasive language and techniques used.

Yrs 5/6 (Mrs Kowitz/Mrs Martin) Next week the students will undertake their last big assessment in English. They will be comparing a book and a brochure in terms the which one has the greatest impact in reaching their target audience.

Our Student of the Week award winners were: (from left) Paul, Matthew, Caleb, Aydan, Chyane and Ryan. Congratulations to these students for always following the expected lunchtime routines.
SCHOOL NEWS

BOOK FAIR IS HERE

Book Fair is open each morning from 8.20—8.50 and again in the afternoon 3.15—3.45pm. Everyone is welcome to come in and browse. Christmas is not far away so consider buying a beautiful book as a gift… you can never have too many books. The P&C will again give every student in the school a prize book at the end of the year, to the value of $15.00. Students will be given time to select their own book. However if the book they want exceeds $15.00, then they will need to ask parents to contribute the difference. Book Fair concludes on Tuesday afternoon 10th November. Please note that only books are currently on sale, novelty items will only be available on the last day. These items must be taken straight home and not kept at school.

HRE EDUCATION

Thank you to the Year 4,5 & 6 families who have returned the permission notes for the Human Relationships Education program due to be held on Wednesday 18th November and 2nd December. If you have not already done so, I would request that all notes are returned as soon as possible. However as stated before, participation in the program is completely optional, but we still need to know if you do not wish your child to attend.

The purpose of the program is provide support for families on this topic and is not designed to take the place of the parents rights to discuss these important matters with their child. This program is requested by our parents and is therefore sponsored by the P&C. The program is not cheap costing around $1500 to employ a trained educator, Robyn Kavanagh, from TRUE, to provide 2 x 1 hour sessions for each year of these year levels. I commend the P&C for their contribution to this aspect of their child’s development.

The Parent Information session has not reached the minimum numbers to proceed and has unfortunately been cancelled.

PLAYGROUP

Every Wednesday 9-11am. Playgroup continues to go form strength to strength. It is pleasing to see so many families coming along to join in the fun. A big thank you must go to Mrs Smith who is so passionate about Playgroup and done an amazing job in making it so successful.

SUN SAFETY

As the weather warms up it is important to ensure that your child has a broad brimmed hat to wear at school. As per Education Queensland policy our school has the “No Hat, No Play” rule which is strictly enforced. This is also why all students must wear a sun shirt to swimming lessons. Students are encouraged to bring their water bottle to school and take them out into the playground. Students may also bring a water bottle into the classroom, provided it is left in the designated place in each room.

SCHOOL SWIMMING

There is only one more week of swimming left and finishes on Thursday November 12th. The Caffey Swimming Carnival will be held on Thursday 26th November. Any parents wishing to collect their child/ren after swimming directly from the Gatton pool will need to notify the school in writing. Students being collected must also remain at the pool until after their names are checked off the swimming roll by the teachers. Students not collected by 2:25pm will return to school by bus. If you have any questions regarding swimming please contact the school.

P&C NEWS

Please see the attached letter for information regarding:
- Christmas Multi draw raffle
- Year 6 Bowling night

THE P&C WILL BE RUNNING ANOTHER TUCKSHOP ON 17TH NOVEMBER. ORDER FORMS WILL BE SENT HOME SOON.

GERMAN NEWS … FRAU CHAPMAN

Students in Years 5 and 6 are working on their end of Semester project. This involves them writing a short introduction, in German, for a character from a Disney movie, to be orally presented. They will be creating a short “Photo Story” presentation including both pictures and oral presentation for this project. Students will have in class time to work on the project.

POSITIVE BEHAVIOUR AWARDS

Students will receive their five-weekly positive behaviour award next week, if they have been following our school expectations. Students are expected to have received at least one of these awards this semester to be eligible for our Positive Behaviour Celebration day. This year we are planning on taking the students to the Gatton Uni pool on Friday 4th December for the afternoon as a free treat. So please encourage your child to remain positive and focussed on doing the right thing whilst at school.
Australian children attend school for about 40 weeks of the year. This translates to a lot of school lunches, which can literally shape children's future health. Nutritious meals keep children's minds alert, their energy levels up and their overall health in check. But healthy eating is not only about what children put in their bodies; it's also about what they leave out.

Eating empty calories from refined and processed food reduces intake of nutrient-dense foods that contain important vitamins, minerals and fibre. There are many pre-packed children's snacks on supermarket shelves, and it's often hard to know what's healthy, but here are a few ideas for the lunchbox.

1. **Fruit drinks**
   A standard 250 mL box of fruit juice can contain up to ten teaspoons (40 grams) of sugar – the same percentage of sugar found in soft drinks! Sugary drinks are full of kilojoules, which are absorbed to the bloodstream more easily in liquid form, and have been linked to weight gain, obesity and ultimately to type 2 diabetes and heart disease.

   **Healthy alternatives:** Water, plain and simple, is your child's best option. Water aids digestion and absorption of nutrients, and keeps us hydrated and alive. Get creative by putting water in a colourful thermos, and mix in pieces of fresh fruit or a tasty herbal tea (caffeine free). For adventurous children, try some delicious coconut water.

2. **Cracker and cheese-dip combos**
   Ever wondered why most pre-packaged cheese and cracker products aren't refrigerated? The answer is simple: many cheese dips don't contain much cheese but rather a combination of milk derivatives, oil, cheese-flavourings and yellow food colouring. To make matters worse, the crackers are often less healthy than the fake cheese. Many dunking biscuits are cooked with unhealthy oils and are full of raising agents, preservatives and other food additives.

   **Healthy alternatives:** 100% natural cheese sticks are additive-free and are a yummy alternative that's easy to throw into the lunch-box.

3. **Potato chips**
   It may be obvious, but you may not know exactly why potato chips are bad news. Chips are laden with salt and trans fats. Trans fats increase the risk of heart disease by blocking arteries, increasing total cholesterol levels and reducing good cholesterol (HDL). Even if the food label states "no trans fats", the oils used in making chips are usually highly refined and factory-produced, which is cheap for food manufacturers but bad for us.

   **Healthy alternatives:** For an easy tasty snack, try making homemade popcorn. All you need are four ingredients and ten minutes. Mix corn kernels in oil and heat it up in a heavy-bottomed pot (choose a healthy oil such as coconut, olive or rice bran oil). Once the corn has popped, add a bit of salt and butter to taste and voilà! Place two handfuls in a zip lock bag and pack in your child's lunchbox.

4. **Muesli bars**
   The muesli bar shelf at the supermarket is chock-full of options, from apple-cinnamon and chocolate chip to yoghurt-coated and berry crunch. They may seem healthy, but even plain muesli bars can contain up to 36% sugar and plenty of processed, refined carbohydrates. Like many other foods, choosing a healthy snack becomes even more confusing when the packaging uses other sneaky names for sugar, like polydextrose, corn syrup and fruit juice concentrate.

   **Healthy alternatives:** Look for options that are high in fibre and whole grains, and low in sugar. Less than 5% sugar is low, less than 10% is still okay, and more than 20% sugar counts as a dessert. As an occasional treat, pack a selection of dried fruit in your child's lunchbox – just make sure they're sulphur-free and unsweetened.

For more information on healthy eating for children, the [Eat For Health website](http://splash.abc.net.au/newsandarticles/blog-/b/1765058/how-to-pack-a-healthy-lunch-box?WT.tsrc=Email&WT.mc_id=Innovation_Innovation-Splash|Primary_email|20150722) is a great resource.