



Coomera Link

~ Coomera State School ~

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12 February 2009

Welcome

Welcome to the third week of the school year. Our 2009 Day 8 Departmental Enrolment Return was submitted last Thursday and some of our initial 2009 staffing entitlements have now been confirmed. With 877 students effectively enrolled in Prep to Year 7 and another 22 students in our Early Childhood Developmental Program, we are able to create 36 class groups from Prep to Year 7 to meet recommended class sizes of 25 students in Prep to Year 3 and 28 students in Years 4-7. This has required some reorganisation of class groups from Year 2 to Year 5. We have created a Year 4/5 class as our 36th class and the current Year 3 / 4 class has become a 2/3 class. A tremendous amount of time, thought and sensitivity has gone into our processes for relocating students to their new class groups and we greatly appreciate the assistance and support of parents in our conversations with them in relation to this reorganisation.

The best educational opportunities for all our students has remained our focus throughout this process.

*Have a great week,
Sharon Millar*

Sports Update

District Swimming Carnival

Ms Felton, our school's Physical Education Teacher is currently organising student representatives from our school to participate in the District Swimming Carnival which will be held on Monday 16 February at Southport Olympic Swimming Pool. Interested students need to have their qualifying times signed by their Coach or Parent and submitted to Ms Felton by as soon as possible. Our best wishes go to these students as they participate in their various swimming events.

Later this year, our swimming carnival will be held in conjunction with the school's swimming program to be held in Term 4.

Running Club

Running Club with Ms Felton will be held every Wednesday and Friday morning at 8:30 am on the school oval.

P&C Meeting

Our Parents and Citizens Association plays a valuable role in our school community by promoting the interests of the school and assisting with the school's development and ongoing improvement. By fostering general interest in educational issues, providing advice and recommendations to the Principal on issues affecting students and school operations as well as

providing financial and other resources, the members of the P&C work together for the benefit of students and the school.

Our next P&C Meeting will be held in the staffroom next Monday 16 February commencing at 9:30 am. All members of our school community are invited to attend. Any assistance you are able to give throughout the year would be most welcome and greatly appreciated.

Internet Banking / Finance Window

Notice to Parents regarding Internet Banking

Coomera State School is now offering an **internet banking option** for parents to pay fees, activities and excursions directly into the school's bank account. It is essential that activity details are included in the transaction identification section when you are processing your payment. These details will be advised at the time of activity notification from the class teacher. (E.g. Student Name: Class: Activity Code)

Note: It will be essential that you enter the student name and not parent/caregiver name.

If only a name is supplied with the payment and we can't determine which activity is being paid for, the amount will be applied against the oldest debt. If no information is supplied with the payment or we can't identify the information provided, the amount will be placed in a holding account.

As there is often a delay by a day or so between banking institutions before the payment shows up on our statement, it is important that you don't leave it until the due date to make the payment as it will miss the cut off.

Should you have difficulties with payment of fees, excursions or activities by the due dates, please contact the School Office so alternative arrangement can be negotiated.

The school's banking details are:

BSB: 064-430 Account Number: 00090286

Account Name: Coomera State School General Account

If you prefer not to use this method of payment you can still utilize the current methods available (credit/debit card, cash, cheque or money order). Credit card payments can be made over the phone; however, this can take several minutes as details are obtained. Alternatively, you will be able to complete a credit card payment advice that will be attached to the activity notification.

This Newsletter is provided FREE to Coomera State School with the great support of the local business community.

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If you have any queries regarding the internet transfer process, please contact Ann Arthur (Business Services Manager) or Alissa Murphy (Administrative Officer) at the office for assistance.

Finance Window

Please be advised that the Finance Window is open every Monday, Wednesday and Friday between 8:15am – 9:30am for parents and 8:15am – 8:45am for students. These are the only collection times available to accept cash, cheque, money order or debit card. We thank you for your cooperation in this matter.

Medication

Strict Government procedures are in place regarding prescription and over-the-counter medication in schools.

All parents/caregivers must:

- notify our school in writing of a health condition requiring medication at school
- request in writing if school staff are to administer medication or assist in the management of a health condition
- notify our school in writing of any requests and/or guidelines from medical practitioners including potential side effects or adverse reactions
- provide the medication in the original labelled container to the nominated staff member
- ensure the medication is not out of date and has an original pharmacy label with the student's name, dosage and time to be taken
- notify our school in writing when a change of dosage is required. This instruction must be accompanied by a letter from a medical practitioner
- advise our school in writing and collect medication when it is no longer required at school.

Our students' wellbeing is very important to us here at Coomera and your assistance in following the guidelines outlined above is greatly appreciated. Relevant documentation is available from the school office and needs to be completed prior to medication being administered. This year, all medications will be administered at our school's Health Room located in the Administration Block.

Student Absences

Our school encourages all parents and members of our community to support the State Government initiative *Every Day Counts* to improve student attendance. The program has four key messages:

- All children should be enrolled and attend school on every school day
- Schools should monitor and create ways to improve attendance in schools
- Attendance is the responsibility of everyone in the community
- Children may find themselves in unsafe situations if they choose not to attend or skip school.

While most students attend school consistently, there is a small number of students who are absent from school for all or part of a day without an acceptable reason and this may impact on their education.

If your child is absent, you should let the school know the reasons beforehand or within two days of returning to school. This can be done in person, by providing a written note to your child's teacher or by phoning our school's student absence line on PH: 5519 6360 and leaving a message stating the student's name, class, date and reason for absence.

For more information, you can refer to the guide for parents at:
www.education.qld.gov.au/everydaycounts/

A reminder that students arriving after 8:50 am must now report to the Health Room located in the Administration Block to collect a late pass before proceeding to class.

Students departing school early must be signed out and collected from the school office. Please notify teachers in advance of any foreseeable early departures. Where possible, students should not be collected during our breaks (10:50 am – 11:30 am and 1:30 pm – 2:10 pm) as students are more difficult to locate during these times.

Change of contact details

Please contact the office if you have changed address, contact phone numbers or any other personal details over the holiday break so we may update our records accordingly. It is vital that we have updated contact details in the case of emergencies.

Staff Car park

Parking can be a challenge at many school locations, particularly at peak drop off and collection times and wet weather certainly does not help the situation. Here at Coomera, car parking is very limited within and outside the school grounds. Safety is always our first priority, so we would ask for your cooperation and understanding when parking. Parking within the school grounds is limited to staff, selected visitors, disabled persons and others authorised by the Principal. Parents who drive their children to or from school should park outside the school grounds (at the front of the school, on Beattie Road or near Viney Park) and park correctly when dropping and collecting students from school. In special circumstances, parents can apply in writing to the Principal for a School Parking Permit for limited parking in the school grounds. For the safety of everyone, please park correctly.

Collection of students in the afternoons is probably our most challenging time. While the school day concludes at 3:00pm, school staff provide supervision of students at our front gate and Beattie Road Gate until 3:20pm each afternoon. Please consider delaying your pick up time by a few minutes in the afternoon. This would greatly assist with the current parking congestion and lack of parking spaces experienced right at 3:00 pm. Any students who have not been collected from the exit gate areas by 3:20pm go back to the school office with staff.

Your assistance in entering or exiting the school grounds through the pedestrian gates would also be appreciated as this, too, greatly assists with safety.

Over recent years, the parking issues around our school have been the subject of many discussions with government representatives. At next week's P&C Meeting, parking concerns will be an agenda item for discussion and follow up.

Smoking in and around School grounds

Education Queensland has a total ban on smoking on all departmental premises. This ban affects all schools and school grounds. The ban applies to all persons entering departmental premises including all employees of the Queensland Government, school students, family members, visitors, contractors and employees of any other organisation. The ban upholds the *Tobacco and Other Smoking Products Act 1998* and the *Workplace Health and Safety Act 1995* in providing employees, students and all those visiting Education Queensland premises with a healthier physical environment.

Smoking is not permitted in the following places also:

Within 4m of any part of an entrance to an enclosed or substantially enclosed place (including the footpath outside a school, if that falls within 4m of the entrance/building)

Within 10m of any part of children's playground equipment (including the footpath outside a school, if that falls within 10m of any part of children's playground equipment)

We appreciate your understanding and responsibilities regarding smoking at or near our school.

Bus Passes

Surfside Buslines have advised us that there is a delay in the processing of 2009 bus passes. These should be sent to the school for distribution by the end of the month. Until 2009 bus passes arrive, please use 2008 bus passes or advise the bus driver that your application has been forwarded.

If you wish to apply for a bus pass or have any enquiries regarding student bus transport, please contact Surfside directly on 5571 6555 or www.surfside.com.au. For timetable enquiries, please contact 13 12 30.

Valuable items brought to school

Students who have brought mobile phones, iPods and other valuables to school, need to sign these in at the office and sign them out at the end of the day upon collection. These will be securely stored until collected.

Items on school roofs / Lost Property

All items found without names will be put into the lost property box which is located at the office.

Students who have balls or other items which are on the school roof need to report this to the office. These will be retrieved on a Friday, if possible and returned to classrooms. Please ensure name and class are on all items children bring to school.

Religious Instruction

Beginning next week, Cooperative Christian Religious Education will be offered to students from Year 1 to Year 7 for a period of 30 minutes each week. The program will be delivered by trained volunteers in a non-denominational way with students from different faith groups taught as a class group within their own classroom. The program emphasises the development of life skills and socially helpful behaviour-consideration with caring attitudes, cooperation with respect for others and their property and an awareness of self worth. The program enhances the spiritual, social and individual lives of our students. Parents do have the right to withdraw their child from the program at any time. Should this be the case, a written request from the parent should be provided to the Principal.

SEP News

Noah's Ark is coming to Coomera!

Noah's Ark specializes in the provision of specialist materials and resources that assist children of all abilities to develop skills in the following areas: social interaction and language development, fine and gross motor skills, sensory development, self help skills and many more. Although Noah's Ark caters for all children, there is a particular focus on supporting children with disabilities and additional needs.

The resources and materials can be accessed by becoming a member of Noah's Ark's library service. Members can enjoy the benefit of using several different resources each time they borrow, so children are never bored, are always challenged and enjoying new experiences. It is just like a library for books, only this is for toys and resources!

As well as this, Noah's Ark will be running a semi structured early intervention playgroup from FSG Australia's Coomera location, from the 25th of February, every Wednesday from 10am to 12pm. The playgroup will run for seven weeks until the end of April. A playgroup offers children aged 0-3years an opportunity to play and learn new developmental skills, whilst parents can socialize and tap into the expertise of the specialist staff facilitating the group.

For more information, call Jade McEwen at Noah's Ark on 3391 2166. Or, come join us at our open day at 3 Jowett Street, Coomera on the 16th of February from 10am to 2pm.

2 Brisbane ASD seminars with Dr Tony Attwood

1. Seminar – Prof Tony Attwood

The International Asperger Day seminar. Prof Tony Attwood several adults/students will be sharing their story with you.

This seminar will be very interesting to individuals, parents, teachers, professionals and service providers. We would like to invite especially your bosses or work colleagues to be involved in the awareness campaign ASA continues to undertake and develop.

Book in Hand, local specialist bookshop, will be in attendance.

2. Workshop – Dr Tony Attwood and Dr Isabelle Henault

The **Adolescent workshop** is especially designed for **Students over 13 years of age, their parents, carers, education staff, psychologists, psychiatrists and service providers.**

The following topics will be discussed: Adolescence is a time of change in physique, friendships, thinking, sexual development and emotions. The program will include explanations and strategies to help the adolescent, their parents and teachers cope with the changes. The program will also include a section on post adolescent needs such as employment, independence and relationships.

Dates to Note

20th Feb - INTERNATIONAL ASPERGER DAY Corporate Lunch – Tattersall's Club

21st Feb - IAD Seminar – Prof Tony Attwood – Holiday Inn Brisbane

6th March - Seminar for teenagers – Prof Tony Attwood/ Isabelle Henault

7th March - Spouses & Partners seminar – Prof Tony Attwood/ Isabelle Henault (more information to be emailed out)

Contact the ASA Office: 07 3865 2911 or Julie Hall HOSSES at Coomera
visit www.asperger.asn.au

Tuckshop Meal Deals

Coomera State School's Tuckshop has special Meal Deals available on Fridays for \$5.50 each.

For Week 3 we have:

- School Pie and Sauce
- Burgerman Chips
- Cookies
- Flavoured Milk

For Week 4 we have:

- Hotdog with sauce
- Gingerbread man
- Fruit Strap
- Play water

Please ensure tuckshop order indicates name and class clearly and whether for morning or afternoon break.

Student Weekly awards

Congratulations to the following classes and students who have received awards this week!

Class Of the Week Junior - 2ML Senior -5MH

Tidy Class Junior - Prep CK Senior - 4CS and 4HK

Tuckshop - Prep ST Senior - 7BF and 7SL

Recipes for Healthy Eating

Don't know what to have for dinner tonight? Look out each fortnight for our recipes to get the taste buds tingling and spice up the family dinners.

Curried Fish Cutlets

Serves 4

4-6 medium ripe Roma tomatoes, cut into 1cm slices
(use more tomatoes if they are small)
2 tsp curry powder
2 tsp turmeric
quarter tsp fennel seeds
half to 1 tsp chilli paste (eg sambal oelek)
1 tsp lemon or lime juice
4 x 150g firm fish cutlets eg mackerel, tuna or salmon
half cup fresh basil, chopped

Method:

Preheat oven to 180°C

Line a casserole dish with half the tomato and sprinkle with half the basil.

Mix together the curry powder, turmeric, fennel seeds, chilli paste and lemon or lime juice to form a paste.

Rub this paste over both sides of the fish cutlets and place the spice-covered fish on top of the sliced tomato and basil. Sprinkle with the remaining basil and top with the remaining tomato slices.

Bake in oven until fish is cooked through - about 10-20 minutes depending on the fish (salmon and tuna are best not overcooked).

This recipe can also be cooked in the microwave where it will only take about 5-7 minutes.

Mediterranean Salad

Serves 4

200g green beans, trimmed, cut into 5 cm lengths
1 bunch rocket lettuce, washed
4 Roma tomatoes, cut into chunks
half a red Spanish onion, finely sliced
8 kalamata olives
2 tbsp fresh basil, torn and shredded

Dressing:

1tbsp Extra virgin olive oil
1 tbsp balsamic vinegar
1 clove garlic, crushed
freshly ground black pepper
1 tsp sugar

Method:

Combine the green beans, rocket, tomatoes, and onion in a large shallow bowl.

Scatter the olives and basil over the salad vegetables.

To make dressing combine all the dressing ingredients into a screw-top jar and shake to mix.

Just before serving pour the dressing over the salad.

From the HPS Committee and Nutrition Australia