



CHATSWORTH STATE SCHOOL

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Week 1 Term 2 – 19 April 2017

WELCOME BACK

I would like to extend a warm welcome back to all families for an action packed Term 3.

This Term, it will be very important for families to keep informed using our newsletter and calendar as there is a range of different activities and events happening for students.

I would also like to extend a very warm welcome to the new families who have started with us this Term. We hope you enjoy your new school as Chatsworth Champions.

ANZAC DAY SERVICE AND TOWN PARADE

To commemorate Anzac Day this year, our school's ceremony will be held on **Monday the 24th of April at 10.00am**, with special guests attending. Parents are more than welcome to attend this ceremony and the morning tea afterwards. A full program for the day will be sent home with students after the holidays.

Chatsworth State School will also be marching in the **Gympie Anzac Parade on Tuesday the 25th of April**. Students are to wear their full school uniform on this day.

We would like to represent our school well and have a large parade group like we did in 2016. Instructions from the RSL for the parade are as follows:

*The Gympie Anzac Day march will be held on **Tuesday, 25th of April**. There has been a change to the meeting place for the march due to roadworks in Smithfield Street. Therefore, school staff and students are to meet/form on the Mary Street footpath between the 5 Ways Round-A-Bout & Smithfield Street at **10.00am** until the veterans and vehicles come through. The parade commences Mary Street from the Smithfield Street intersection at **10.30am** and parents can collect their children immediately after the march in Lehman Park between Reef Street and River Road.*



RESCHEDULED CHAMPION DAY & CROSS COUNTRY

Champion Day will now be on this Friday (21st of April). Due to the change in weather, it will now be too cold to do wet weather play. So instead, we will celebrate with students who reached the behaviour target by holding a movies and popcorn day. Students will also be able to collect a free sausage sizzle from the tuckshop at *second break* on this day. Thank you to the P&C for organising this kind contribution.

Cross Country will now be held on Wednesday the 26th of April. Please find a program for the day inserted into this newsletter.

JOSH SCOTT – PRINCIPAL

CALENDAR OF EVENTS

- 21/4/17 – Champions Day
- 24/4/17 – Anzac Day Ceremony
- 25/4/17 – Anzac Day Holiday
- 26/4/17 – Cross Country
- 1/5/17 – May Day Holiday
- 9/5/17 – Yrs 5 & 6 – James Nash SHS
- 14-16/8/17 – Year 5 Camp – Maranatha



CHOIR NEWS

Next Monday, 24th April, the Chatsworth State School Choir will be performing at the School's Anzac Day Parade. Could you please ensure they come dressed in the correct school shorts, black shoes, and white ankle socks. They will be given a choir shirt to wear for the performance.

DESLEY MEADS – MUSIC TEACHER

SCHOOL MUSICAL

It's time again for another James Nash State High musical. Following the success of "Jungle Spirit", "Rockin' Robin", "Sisters of the Camel", "Smithy", and "Zombied", this year JNSHS students will present the musical "Paradoxical"

This year's musical is written by James Nash's own Quinn Edwards, and directed by Mr Tom Colley, so it is sure to be another very 'interesting' story. Students and staff have been working hard since the start of the year.

Bring your family, bring your friends, come along to this year's school musical. On stage in the James Nash SHS. PA Auditorium on Thursday 11th at 7pm, Friday 12th at 7pm, and Saturday 13th of May 1pm and 7pm. Lock the dates away in your diary, and be sure not to miss out.

Tickets will be on sale at the school office early in term 2. Ph 54806333.

Ticket prices – Adults \$15, Student/Concession \$10, Family \$46 (2xA & 2xC, extra child \$9)





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Your school canteen is now online!

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- Order at your own convenience




1. SELECT STUDENT 2. SELECT YOUR DATE
3. ADD YOUR ITEMS 4. CONFIRM

www.ouronlinecanteen.com.au

What's in a balanced lunchbox?

According to Healthy Kids, a balanced lunchbox contains four core items plus another one for active kids. A day's lunchbox can make up around a third of a kid's daily nutritional requirements. That's why it's important that lunchboxes are filled with nutritious choices that offer variety throughout the week, helping kids concentrate, learn, grow and play. Here's a quick guide:




To drink: Water is the best choice. Avoid sugary drinks. If you're not sure, ask your child's teacher for advice. If you're not sure, ask your child's teacher for advice.

An easy snack: Easy snacks can be prepared in minutes. They should be easy to eat, portable, and nutritious. Examples include fruit, nuts, and yogurt.

The main meal (Big Lunch): This is usually a sandwich, which allows for using whatever ingredients you have on hand. It should include a source of protein, a source of carbohydrates, and a source of fat. Examples include turkey, ham, beef, chicken, tuna, or salmon. Add a source of vegetables, such as lettuce, tomatoes, or cucumbers. It's important to include a source of protein. This is so they get the variety.

A snack: Good snacks will help children concentrate and learn. They should be easy to eat, portable, and nutritious. Examples include fruit, nuts, and yogurt.

Fruit: Fruit is a great source of vitamins and minerals. It should be included in every lunchbox. Examples include apples, oranges, and bananas.



ART STARS

Art Group | Gympie Regional Gallery | Tronque Park


Gympie Regional Gallery | 2017




Creative art sessions for children held on the first Saturday of the month, \$2 per session per child. 10am-12pm, ages 5-9 years | 1pm-3pm, ages 10+

4 February	4 March
6 May	3 June
5 August	2 September
4 November	2 December

30 Nash Street, Gympie | Phone 5481 0730
gympie.qld.gov.au/gallery
[facebook.com/GympieRegionalGallery](https://www.facebook.com/GympieRegionalGallery)
gallery@gympie.qld.gov.au




James Nash State High School



University of the Sunshine Coast
Queensland, Australia

Science, Technology, Engineering, Arts & Mathematics



Middle School STEAM Excellence Program

Begins: 27 April 2017
 Length: 6 weeks
 When: Thursday 3.30 pm to 5:00 pm
 Years: 6-8
 Location: James Nash State High School
 Ph: 5480 6333
 Email: akah14@eq.edu.au

CHATSWORTH SCHOOL CROSS COUNTRY 2017

Wednesday the 26th of April, 2017

- **START:** 9:00a.m. (8:45am. children to classes and have rolls marked. Students then forward to oval/grand stand)

PROGRAM:

EVENT	TIME,	AGE	COURSE
Children attend class - roll check	8:45a.m		
1	9:00a.m. - 9:10a.m.	Boys and Girls 5yrs (Born 2012)	1 Half Lap
2	9:10a.m. - 9:15a.m.	Boys and Girls 6yrs (Born 2011)	1 Half Lap
3	9:11a.m. - 9:35a.m.	Boys and Girls 12yrs (Born 2005)	3 Full Laps (2550M)
4	9:35a.m - 9:45a.m.	Boys and Girls 7yrs (Born 2010)	1 Full Lap (850M)
5	9:36a.m -10:00a.m.	Boys and Girls 11yrs (Born 2006)	3 Laps long course (2550M)
6	10:00a.m -10:10a.m.	Boys and Girls 8yrs (Born 2009)	1 Lap of long course (850M)
7	10:05a.m- 10:25a.m.	Boys and Girls 10yrs (Born 2007)	2 Full Laps (1700M)
8	10:25a.m.-10:40a.m.	Boys and Girls 9yrs (Born 2008)	2 Full Laps (1700M)
9	10:45a.m.-11:00a.m.	Announcements	

OTHER GENERAL INFORMATION TO BE NOTED

- It is compulsory for all runners to wear suitable shoes.
- Competitors are requested to apply sunscreen and wear a wide brim hat when not competing. Please bring your own water bottle. **Remember you can wear your house colours.** Competitors who suffer from asthma are reminded to bring their ventolin and spacer.
- Girls races begin 30seconds after boys start

A word from the Student Welfare Worker,

Welcome back students and families. I hope you all enjoyed your holidays and a few chocolates or two. School holidays can be a stressful time for parents and carers. It can also be disruptive to the set weekly school routine. Some students and even parents may find it difficult to readjust back into the school routine. Here are 5 tips on getting school routine back on track.

1. **Plan ahead!** Work out what is on for the week. **Create a calendar or weekly schedule** and keep it on the fridge (a white board type that can be wiped clean each week. Usually Kmart or Reject shop have these for around \$5) so everyone can see what is happening for the week and what your child needs for the school week. (Swimmers, library, sports uniform, instruments etc.)

I also like to save time and stress by **packing bags, laying school uniform out and preparing most of the lunch box the night before**, this saves the running around looking for the lost school shoe when you're already behind in time! Just make fresh sandwich in the morning and go!

2. **Sleep!** Children and parents need sleep for their health and well-being. If your child and you have been staying up late and you haven't established a good sleep routine yet then this week get your child (and yourself) to bed at least 15 mins earlier each night to readjust the body clock.
3. **Consistency!** The key to successful parenting. Morning routines need to be consistent, this allows your child to develop key developmental skills and in turn boost their self-confidence. Getting up on time, making their bed, eating breakfast, organising their bag and dressing themselves. If your child is still too young encourage their independence and assist where necessary. This creates predictable expectations for your child and it will reduce anxiety for both you and your child. Don't get upset if you have an off day, allow flexibility but get back on track the next day. Also encourage the same routine in both households if your child spends time with the other parent.
4. **After school schedule!** So I've gone on about morning routine but just as important is the after school routine. This is different for each family and as every child and family is unique do what is best and what works for your situation. The key here is to have a routine set out, so you and your child is aware of the expectation. The calendar option is good for this too. Whether it's afterschool care, or going back to Grandma's, extra circular activities, homework, down time, dinner, bath and bed routine having it scheduled in makes the routine run smoother.
5. **Visuals!** Children are very visual, especially children with sensory processing difficulties. Using a visual routine will enable children to look at and see what is happening next in the morning or afternoon routine. This could be a story book that children can carry in their bag or a big poster at home for everyone to see. There are many printable options available on the internet. Get your children involved in creating the poster/ book, have fun talking about the importance of your family routine and let their creative juices flow!

I hope these tips assist your family in achieving a much smoother, stress free start and end to your day.