Dear Parents/Caregivers,

Once again we have had an eventful start to the school year! I hope that everyone had a relaxing Christmas break and that you were not too badly effected by the wild weather we experienced from ex-tropical cyclone Oswald.

We have welcomed several new families to the school which has resulted in some students moving classes already. Should we have a couple of new students enrol this week we will need to reorganize classes again.

My office days this year will be Wednesday and Thursday most weeks. In week 5 (Thursday, February 28th and Friday March 1st) I will be attending the Biennial State Principal’s Conference. In my absence, Mr Stuart Ruthven will be Acting Principal for those 2 days. Mr Ruthven is Head of Curriculum at Walloon Wednesday to Friday and will deliver ICT at Tivoli on Monday and Tuesdays each week.

The text books that are to be purchased from the Office should be available next week. The book prices are: Spelling Rules! $14, Grammar Rules! $14, Home Reading Diary $4, Discovering Number Patterns $3.50. Payment may be made at the Office now and the books will be distributed to each child when they are delivered.

Our new Office is now operational - except for the phone and fax system which hopefully be fixed by the end of this week. Some new procedures will be implemented in conjunction with the new Office. A locked post box has been attached to a desk in the Office where you can place all money and permission forms. Ms Reynolds can then attend to them when convenient. To assist you with this new procedure, envelopes for money are being attached. A supply of envelopes will also be available from the desk in the Office should you require more.

The new school website is expected to go live on the 22nd February. After that date, newsletters and event information will be uploaded fortnightly. Mrs Harris, Mrs Voermanek, and Ms Paterson are creating virtual classrooms where their students will be able to view homework and access important class information. These sites are developed within the EQ Learning Place and are only accessible to students in their particular class.

Thank You. We would like to say a very big Thank You to Jesse and Melissa Ostrofski, Kevin Damrow and Andrew McFarland from Projex Bobcats & Soils for kindly donating the top soil for our junior soccer field

Special Parade The School Leadership badges will be presented by Councillor Heather Morrow on Wednesday 11th February at 2.15p.m.

Library. This year Library lessons will be on a Thursday, so remember to bring your library bags.

Book Club orders and money are due back by Thursday 21st February.

Tuckshop will be open tomorrow, Thursday 7th February. Tuckshop is open every Thursday & Friday.
School Banking for 2013 will be every Wednesday.

P&C Easter Raffle. The P&C will be running an Easter raffle. If you are able to help with donations for the prizes, items may be left at the Office. The tickets will be coming home in the next week or two, so keep an eye out for them.

Federal Election Stall. The P&C will run a stall on election day, Saturday 14th September. This notice is an early “heads up” to all of our talented parents, grandparents, aunts, uncles, etc who would like to make craft items to donate for sale on the stall. All donations may be left at the Office. Also, please “date save” this date if you are able to donate one (or more) hours of your time to help serve on the stall.

Safety Notice. Parents/Carers are reminded that they are to ONLY use the back car park via the Church Street entrance. Access is NOT permitted through the staff car park entrance off Mt Crosby Road. In order to keep students safe at pick up & drop off times, all Parents/Carers are requested to observe a 10km speed limit and to use reverse parking in the back car park. Failure to observe these safety rules may result in the serious injury of students/parents/staff – for which the driver would be solely liable. Please help to keep your children safe.

Jan Barton
Principal

Petals P&C FUNDRAISER. If you need a beautiful arrangement of flowers or a gift basket for that special occasion, go to www.petals.com.au/tivss and place your order.

KARALEE TORNADOES JUNIOR RUGBY LEAGUE
WHERE: Bluegum Reserve, Sth Queensborough Parade, Karalee
WHEN: 12th and 13th February
TIME: 6 pm to 7-30 pm
Enquiries: 07 3281 6663 or 0432 360 998
The Club for Fun, Fitness and Friendships!

Ipswich Hockey Association
Family Fun Day and Sign-On
Sunday February 10th
3.00pm-6.00pm
Ipswich Hockey Complex,
65 Briggs Road, Raceview

Bring the family for a day of fun filled activities. Free
Jumping castle, exhibitiong games, market and food stalls,
Come and Try activities!
For more in formation visit: www.getintohockey.com.au

IPSWHICH KNIGHTS SIGN ON 2013
SATURDAY 2ND FEBRUARY 10AM-2PM
SUNDAY 10TH FEBRUARY 10AM-1PM
AT OUR NEW CLUBHOUSE, 254 BRISBANE RD,
BUNDAMBA
OPPOSITE THE IPSWICH RACECOURSE
MINIS 3 – 5YRS
U6 – U11
JUNIOR DIVISIONAL, BOYS AND GIRLS
YOUTH
SENIOR MEN AND WOMEN
BRISBANE PREMIER LEAGUE AND DIAMOND LEAGUE
WEB: WWW.IPSWICHKNIGHTS.ORG.AU
EMAIL: INFO@IPSWICHKNIGHTS.ORG.AU

Blackstone United Welsh Dragons
Blackstone United Welsh Soccer Club - come and sign up! It’s a great way to exercise, have fun and make new friends. Blackstone United Welsh Soccer Club has teams for those aged 5 upwards.

Sign on days: Saturday 2 February 2013 and every Saturday of February between 8am and 12:00pm

Address: Soccer ground at 6 Thomas Street, Blackstone.
Making Lunch Time Easy: Top Five Tips to Get Lunches Organised and Eaten!

By Louise D’Allura Home Economist and Additive Alert Community Talk Presenter

1. Make it FUN

New research also shows meals with seven different items and six different colours are particularly appealing to kids! So, look at your lunchbox contents and ask how you can make the food fun with colour and different shapes? Don’t restrict yourself to the food – what about stickers, a note from you or a smiley face carved into their apple. What will put a smile on their face?

2. Get Organised

What can everyone do the night before to make lunch making easier? This will be different for every family but could include:

- a list of their favourite lunches on the fridge as a memory jogger
- keeping a loaf of bread in the freezer for those days you forget it’s Monday tomorrow!
- keeping 3 plastic containers in your fridge so your children can choose an item from each for their lunch - while you add the sandwich or other carbohydrate and protein item!
- 1 x Fruit (Go for variety and lots of different colours! If you can – cut fruit into interesting shapes with cookie cutters, or just cut an apple in half horizontally to reveal a star! If you have dried fruit – always choose sulphur free dried fruits – especially important for children with a history of asthma
- 1 x Vegetable (e.g. Cherry tomatoes or Organic Carrots or mixed container of vegies/ salad)
- 1 x Snack/ dessert (could be a tub of yoghurt you froze, cheese and crackers)

3. Are they old enough to bargain with?

Can you contract them to make lunches in return for additional pocket money?

4. Use the lunch formula

Every day your child’s lunch needs to provide them with one third of their nutrient needs, so you want to choose foods that are packed full of nutrients. If you start to think about lunch in terms of the groups below you’ll be on track to ensure they don’t get too much of one food and not enough of another.

- **Fruit and Vegetables (for a strong immune and digestive system with vitamins, minerals and fibre)**
- **Calcium (for strong bones)**
- **Carbs (for energy)**
  - Start with what you know they love to eat. What can you do to make it fun or different? What about using a big star or heart cookie cutters to cut the bread into shapes.
  - Vary the type of bread/ carbohydrates you give them - Bread rolls hollowed out and stuffed with fillings; rice or pasta salads with fillings tossed together. Savoury Muffins are a great alternative if your children don’t like sandwiches.
- **Protein (for repair and growth)**
  - Choose from a variety of protein sources: Whole Boiled eggs; Omelette; Nitrate free ham; cooked chicken; real roast beef/ minute steaks (cooked the night before); tuna with mayonnaise; zucchini fritters/ slice made with besan (chickpea) flour for extra protein, chickpea patties
  - Vary the spreads for flavour - try Ricotta Cheese (an excellent source of Vitamin D); relishes; avocado; hommus; baba ghanoush.

5. Know what Additives you need to avoid

The Dirty Dozen: Food Additives to avoid seminar on Tuesday 19 February from 7pm at Brothers Leagues Club Ipswich will explain which Colours, Preservatives, Antioxidants, Gums, Flavour enhancers, and Artificial Sweeteners are worth avoiding PLUS everyone gets a handy Additives to Avoid card to make your shopping simple!

Tickets are $15 each. Get your tickets from www.MealPlanningYourWay.com for the ONLINE SPECIAL: 3 for $33.

Is having a Garage Sale Fundraiser in approx 8 weeks time. If you would like to help, donations of items (clothes, bric-a-brak, etc) can be left with Sandra at the Office by Friday 15th March.

O.N.A.R.R. is a community-based programme run entirely by volunteers. It operates under a Rehabilitation permit issued by the Department of Environment and Resource Management.

O.N.A.R.R. came into existence during the 1980’s, to look after Flying Foxes. From that base, we have grown to be an organisation that caters for the needs of many Australian native creatures. There are seven separate Registers: Gliders, Possums, Macropods (kangaroos and wallabies), Birds, Other Fauna, Flying Foxes and Insectivorous Bats, and Reptiles.

There is a lot more to raising and releasing wildlife than sticking bottles in mouths and leaving doors open. Raising native creatures can be time consuming (on average a baby brush tail possum needs 6 to 9 months in care, kangaroos and wallabies need even longer!). Some species are very quick to raise, i.e. bandicoots and birds. They are often in care only for a couple of months. The costs incurred in raising an animal are borne by the carer. Where we can, ONARR offers support, but our carers are aware that they need to be prepared to purchase the items necessary to raise an animal correctly, to ensure that on release it is a viable animal.

Are you able to give us a 'helping hand'? All carers at O.N.A.R.R. are self-funded - that is we use our own money to pay for any items / food / vet care and medicines we need for injured wildlife in our care. We welcome donations to our group, and any donation over $2 is Tax Deductable. If you would like to make a financial donation into our bank account, please contact a committee member through our email admin@onarr.org.au

However, there are other ways you can help us apart from donating funds. We are always in need of pouches for our little ones. Pouches need to be made of soft materials, but with no loose strands of cotton or fabric. A hand towel, folded in half and sewn down two sides is ideal. We need pillowcases to sew ribbons on near the top to use as rescue pouches for in our cars.

We need towels for our animals. We need cages that you are no longer using, that are still in reasonable condition. We are happy to take an aviary off your hands to give to a carer in need.

We desperately and constantly need release sites for our animals. Acreage is best, in outer suburbia. Contact a member of our committee to discuss if you are able to offer your place as a release site.

- Term 1, 2013 -

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