Dear Parents/Caregivers,

**School Text books and stationery.** While the majority of student have their text books and stationery, there are still a few who do not. Without their relevant text books, these students are being disadvantaged and are falling behind in their classwork. The text books are available for purchase at the Office. Please contact the Office if you are having financial difficulty.

**New Playground.** Work has started on the installation of our new middle school playgrounds. It is hoped that the “Eskimo” construction next to the lower school playground will be completed within 2 weeks.

**Tuesday 4th March.** A Commonwealth Bank representative will be at school to give a student banking presentation and be available for parents/carers to open an account for their child/children. This will be held in the Prep room at 2.30pm.

**Safety Notice.** 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. All students are to walk along the grassed area beside the tennis court or above the bottom oval when approaching or leaving their car. **UNDER NO CIRCUMSTANCES** are children allowed to walk on the gravelled area. Please help to keep your children safe.

Still on the subject of **Safety**, it is important that students **DO NOT** share their lunches with their friends. This is to safe guard against possible adverse reactions to the food consumed. Food allergy is an immune response, while food intolerance is a chemical reaction. Symptoms of food allergy include wheezing, stomach upsets and skin rashes. Symptoms of food intolerance are similar to food allergy, but can be associated with conditions including asthma, chronic fatigue syndrome and irritable bowel syndrome (IBS). **Some food allergens include nuts, banana, citrus fruits, shellfish, milk, egg and soy products.** Anaphylaxis or anaphylactic shock is an extreme allergic reaction and can be life threatening. **Please help to keep your children safe by reminding them that it is against school rules to share their lunch.**

**P&C AGM:** Tuesday 18th March. For the start of the new year, all P&C Executive positions will be vacated. If you would like to put your name forward to become our P&C’s President, Secretary or Treasurer for 2014, please come along to the AGM. We are also looking for people to be on a Fundraising Committee. We are currently putting the 2014 fundraising plan together so if you have any money raising ideas, please contact the Office or Melinda Drennan asap.

**P&C Easter Raffle:** Donations of Easter related items (chocolate eggs, rabbits, etc) are needed to make up 1st, 2nd and 3rd prizes. All donations may be left at the Office. Raffle tickets will be sent home by the 12th March, and the prizes will be drawn on parade on 26th March.
Help us be in the running to win the competition by getting your family and friends on board and start collecting the tokens. **Please hand in all tokens to the Office by 3pm on Monday 31st March, as our tally has to be lodged with the QT by 5pm.**

Kurtis May’s Mum, Alison, is participating in the 2014 World’s Greatest Shave fundraiser. If you would like to sponsor Alison, please see Sandra at the Office.

All donations of $2 and over are tax deductible.

Your donation helps the Leukaemia Foundation provide free services to support people with leukaemia, lymphoma, myeloma and other blood disorders, and their families, as well as research to improve blood cancer treatments and find cures.

**Uniform Shop Sale:** Black Fleece Jumpers with Zip $10 each – 2 x size 14Y, 2 x size 16Y Black Trackpants with zip pockets $5 each – 3 x size 4, 4 x size 6, 2 x size 8, 2 x size 12, 2 x size 14Y, 1 x size 16Y

**Thought for the day:** “It’s not how good you are. It’s how good you want to be.” ~Paul Arden

Jan Barton
Principal

**For Sale:** Catherine Braun has 2 x size 4 black netball skirts, very good condition, $4 each. Contact the Office.
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<td>Commonwealth Bank rep available 2.30pm Banksia room – open student</td>
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<td>Electing new Executives.</td>
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<td><strong>Week 10</strong></td>
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<td>Last day of school</td>
<td>Happy Easter!</td>
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**Lions Junior Rugby Union**

**Come and Try **

**HOCKEY**

Have you ever wanted to give hockey a go?
Hockey is fun, fast, and exciting to play
And best of all - you can play in Ipswich

**HEARTS HC**

**FREE Come and Try Day**

When: Saturday the 22nd February
Where: Ipswich Hockey Grounds, Briggs Rd, Raceview
Times: 9:00am until 10:30am
What to bring: Joggers – all other equipment is supplied
[www.hearts.ipswichhockey.com](http://www.hearts.ipswichhockey.com)
SEE YOU THERE!

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**HEARTS**

**Come and Try**

**HOCKEY**

Come join our family friendly club at the Anthony Short Oval, Blawong Way, Karana Downs.

- Teams Age 5 - 12
- One low membership fee
- Licensed bar
- Tiny tots program for ages 3-5

Contact president@lionsrugbyclub.com.au or call Russell on 0421 600 367
Would you like your family to live a healthier lifestyle?
Raising healthy children is an important aspect to positive parenting. Your child’s physical health can affect their growth and development, their ability to participate in school, sport and other activities, and how they get along with other children. Children who eat well and stay active are more likely to develop into healthy adults. Researchers at the University of Queensland are currently offering a **FREE** Triple P parenting program to parents of children 3 to 10 years in exchange for participation in research. Across three seminars you will learn strategies for:

- Managing both general and lifestyle-specific child problem behaviours
- Helping your child eat a healthy balance of nutritious foods
- Motivating your child to be more active
- Limiting screen time

The program is run at St Lucia and Ipswich, with free childcare available for families. To register visit our website: [www.exp.psy.uq.edu.au/life](http://www.exp.psy.uq.edu.au/life)

Jessica Bartlett – Project Coordinator
Email: lifestyletriplep@uq.edu.au
Phone: 0424 321 086 (please leave a message)

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My name is Jack Little & I am your Regional Cricket Manager.
I would like to extend to you the very unique opportunity for your female students aged 8-12 to participate in **Milo T20 Blast**. A $99, 8 week, professionally delivered program, **FOR FREE!!!**

**Below is a list of only some of the things the girls will receive!**

- 8 weeks professionally delivered coaching – co-ordinated by Regional Cricket Manager
- Play games under lights
- Loud music
- Brisbane Heat playing jersey
- Brisbane Heat playing cap
- Brisbane Heat Bag
- Milo
- Ice blocks
- Giveaways
- Meet Australian women’s professional players
- Meet professional men’s players
- Make new friends

We even have dance competitions every night to see who has the best moves! **The program details are below:**

**Ipswich T20 Blast:**
Venue – Ivor Marsden Memorial Sports Centre – 202 Old Toowoomba Road, Amberley
Time: Every Friday Evening 6pm – 8pm concluding the 28/3/14
Contact: [jackl@qldcricket.com.au](mailto:jackl@qldcricket.com.au) or 0409 879 975.
Register: [www.t20blast.com.au](http://www.t20blast.com.au) & enter ‘Ipswich west Moreton cricket association’


This program is the 1st of its kind in Metropolitan West & is a truly unique opportunity for your female students to participate in Australia’s favourite sport.

On behalf of Queensland Cricket, thanks again for your continued support of cricket & I look forward to seeing as many of your students as possible at the program.

Kind Regards,

**Jack Little**
Participation Officer – Metropolitan West