



QUEANBEYAN SOUTH

P u b l i c S c h o o l

Be Respectful

Be Responsible

Be Safe

Delivering Quality Education and Fostering the Values of Safety, Responsibility and Respect.

We acknowledge the traditional custodians of the land on which this school stands as the first people of this country.

Snippets

Monday 21 May 2018

**Diary Dates
Term 2**

Principal's Report

Reconciliation Walk

On Tuesday 29 May 2018, staff and students of QSPS will be participating in the Queanbeyan Reconciliation Walk. The walk will begin under the Queanbeyan Bridge at Trinculo Place (Ray Morton Park), at 10.00am, and finish at the Reconciliation Garden in Queanbeyan Park. I would like to thank the P&C for covering the cost of the buses for this excursion.

Welcome Mr. Gaff

The staff of QSPS would like to welcome Mr Gaff to our school. He will be teaching 3/4H through to the end of term.

Due to unforeseen circumstances, Ms Dunger is unable to take up her position until the beginning of Term 3.



Aboriginal Community Day

What a wonderful day we had last Thursday. Mr Russell organised a fantastic day with over \$1000 in lucky door prizes. We had over 60 community members attend the afternoon. The BBQ lunch was enjoyed by all the students of QSPS. Congratulations Mr Russell for outstanding contribution to our school.

NAPLAN

This year our Year 3 and 5 students have been engaging with NAPLAN via an online program. I want to acknowledge the outstanding effort that Mrs Apathy and the other supporting staff have put in to make this program a success.

Adam Zanco
Principal

Week 4

Mon 21 - Fri 25 May
NAPLAN

Tues 22 May
Boys Basketball v Jerra

Week 5

Tues 29 May
Reconciliation Walk

Wed 30 May
Australian Girls Choir

Fri 1 June
Regional Cross Country

Week 6

Mon 4 June
Stage 3 Excursion
MOAD/Questacon

Tues 5 & Wed 6 June
Choral Festival

We would like to thank Bakers Delight, Queanbeyan for their continued support of the breakfast and lunch program.



Library News

Some parents may have noticed that Kindergarten students are now able to borrow two books at a time from the Library. Almost all Kindergarten students have permission to borrow now, please make sure that your child has a library bag, shopping bag or pillowcase so that they can share some books with you at home. Library bags are still available to buy from the library for \$2. KG and KC visit the Library on Monday while KP and K/1W visit on Wednesday.

Other students are well on their way to completing the Premier's Reading Challenge by August. There is still plenty of time to complete this with only 20 books needing to be read.

"Books are not made for furniture, but there is nothing else that so beautifully furnishes a house." - Henry Ward Beecher

Sandy Swift
Teacher Librarian



Craig Mewett

Piano Teacher

Available for piano tuition at
Queanbeyan South Public School.
Please phone for further information.

Phone: 6278 7382
Mobile: 0409 151 887

Colour Explosion Run for Fun



The simplest way

...to learn more about Fruit & Veg

Do you need help encouraging your kids to eat fruit and veg?

Eat It To Beat It is Cancer Council NSW's nutrition program. It helps make eating fruit and veg easy, cheap and fun.

Eating the right amount of fruit and veg is the crucial in the fight against cancer, but we all know it can be hard to get the family eating healthily.



Cancer Council NSW is offering **Fruit & Veg Sense**: a free 60 minute session that will give you a range of ideas to deal with fussy eaters, plus provide you with a **free recipe book** packed with Cancer Council approved meals. Tuesday 19th May 2018 9.15am – 10.15am.

This program helps busy parents make simple changes to make the whole family healthier.

If you're interested in attending a session at Queanbeyan South Public School contact the office to register on 6297 3043.

For more information visit

www.eatittobeatit.com.au

or join us at facebook.com/eatittobeatit

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Health
Southern NSW
Local Health District



Getting on Track in Time – Go It!

Got It! is a new program supported by the NSW Ministry of Health, and the NSW Department of Education. Queanbeyan South Public School has the opportunity to participate in this exciting new program.

The *Got It!* team will be working with children in 2018 in Kindergarten to Year 2, (aged 4-8 years) and their parents, who may be experiencing problems with challenging and disruptive behaviour- at home or at school. The program will give families the opportunity to be part of a fun and supportive group that can improve child behaviour and family relationships and help parents deal with difficult behaviours. For some of these families this will include a 10 week group program.

Challenging and anti-social behaviour often causes problems in many areas of a child's life. It can also be stressful for their family, friends and community.

Sadly, these children can often be seen as 'naughty', rather than as children who are struggling with organising their thoughts, feelings and behaviours.

The Got It! Program aims to provide support and practical help to children and their families, and also to support the school community to help children get the most out of the opportunities available to them.

The *Got It!* team is looking forward to working at Queanbeyan South Public School during 2018. We would like to thank the whole school community for your commitment to improving the wellbeing of children and families at Queanbeyan South Public School.

An information session will be held in term 2.

All families will be asked to complete a questionnaire for each child in Kindergarten, Year 1 and Year 2. Please help us by returning this form ASAP.

Please direct any specific enquiries to your child's teacher, or to Kellie McLaughlin, Got It! Clinician, who will be based at the school on Mondays in Term 2.

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To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



Contact

Kathleen Watson
your local Saver Plus
Coordinator

Phone

0448 730 305
02 6283 7606

Email

kathleen.watson@
thesmithfamily.com.au

Web

www.saverplus.org.au



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

The simplest way

...to whip up a healthy dip or sauce.

Whether you're lunch box prepping over the weekend or looking for the perfect healthy snack for entertaining, our **Healthy Lunch Box** website healthylunchbox.com.au has quick and easy sauce and dip recipes.

Try our minty yoghurt dip, kale and basil pesto, hummus or tasty guacamole for a tasty snack or sandwich spread.

Minty Yoghurt Dip recipe

Ingredients

8 tbsp plain reduced-fat yoghurt
1 lemon, juiced
½ clove garlic, crushed
¼ bunch mint leaves, finely chopped
Pinch of salt



Method

Place all ingredients in a bowl and mix together.

Variation – add finely diced cucumber for a refreshing crunch.

For more information visit

www.eatittobeatit.com.au

or join us at facebook.com/eatittobeatit

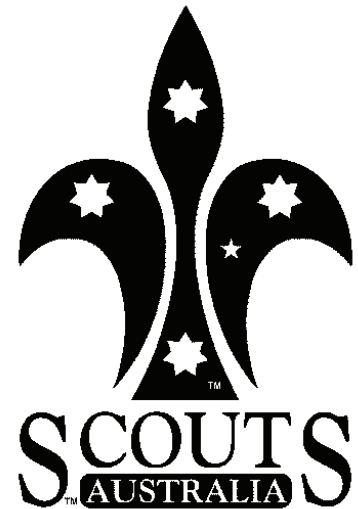
1st Tinderry Scout Group is having an **OPEN DAY!**

Build resilience

Develop CONFIDENCE

Inspire LEADERSHIP

Be prepared for adventure!



**Come along to our Open Day
&
Welcome to Country Ceremony**

Saturday 26th May 2018

**Beltana Park, Googong NSW
2:30pm to 4pm**

Lots of fun activities and games from 2:30pm

Formal Opening Ceremony will commence at 3pm

Sausage Sizzle provided

For more information and RSPV contact:

Group Scout Leader: Elvira Currie 0407304728

Joey Scout Leader: Warrick Abrams 0423704383

Please come and join us. There'll be lots to see and do!

DON'T MISS OUT IN THIS IMPORTANT SCOUTING EVENT!