

# The Informer



From the Principal Tim Farrell

18<sup>th</sup> March, 2009

EDITION 4

## P&C Association

Newly appointed P&C executive for 2009 include Justin Bielefeld (president), Debbie Lumsden (vice president), Helen Andrew (vice president), Helen Holleran (vice president), Imogen Brown (secretary) and Joanna Pitt (treasurer). We look forward to working alongside our new executive in what will be an exciting year of capital works projects for our school (new double preparatory year building, new assembly hall, new resource centre (library) and a new science innovation technology centre). I would like to extend my sincere thanks to our former executive members (Helen Holleran – president, Sioban Hafner – vice president, Ruth Wilson – secretary, Jenine Ryan – treasurer) for a highly productive 2008 and an exemplary audit report. Please support our current fundraisers which include the election day stall (March 21), swim-a-thon/bounce-a-thon (6-8 April), hot cross bun promotion (April 8) and school disco (8 April). The next general meeting of the P&C Association will be Wednesday 25 March at 7:30pm in the staffroom.

## Parent Teacher Interviews

Formal parent-teacher interviews (15 minutes duration) will be conducted by teachers after school on Wednesday April 1 in classrooms. I encourage you to take this opportunity to discuss your child's progress with your teacher. Report Cards will be distributed at the end of term 2. Further information will be forwarded to you shortly.

## Creative Generation – State Schools Onstage 2009

Headlining this year's Queensland Day celebrations, *Creative Generation – State Schools Onstage 2009* is set to lift the roof of the Brisbane Entertainment Centre on Saturday 6 June, with more than 3000 performers taking to the stage. Thirty-one students from Virginia State School will form part of an 1800 member choir.

If you would like to see this spectacular show, tickets are \$39 for adults, \$29 for concessions and \$24 for children (aged two – 14). Payment can be made at our school's office by Friday 3 April. The shows will be at 1:30pm (matinee) and 7pm. For more information visit: [www.creativegeneration.deta.qld.gov.au](http://www.creativegeneration.deta.qld.gov.au)

## Learning about mass and weight

'Mass' and 'weight' can be challenging concepts for your child to understand. Mass is the amount of material that is in an object – mass does not change, no matter where it is. The weight of an object may change depending on where it is and what is happening to it.

There are a number of activities you can do at home with your children to help them understand these concepts:

What's happening in the month of:

### March

18<sup>th</sup> 7pm  
Swimming  
Club meeting  
23<sup>rd</sup> Henny Penny  
Hatchlings at  
Prep  
25<sup>th</sup> National Ride  
To Work Day  
Mrs Stoneleys  
Concert  
7.30pm P&C  
Meeting

### April

1st Parent/  
Teacher  
Interviews  
7<sup>th</sup> & 8<sup>th</sup> Raw Art Visit  
8<sup>th</sup> Disco  
9<sup>th</sup> Easter Bonnet  
Parade  
10<sup>th</sup> Good Friday

### INSIDE THIS ISSUE:

A note from Mrs Mac  
Page 2

Music News  
Page 2

Community News  
Page 2

gather objects of different sizes or weights that can fit into your child's hand and encourage them to lift the object up to compare the weight. Also ask your child to close their eyes so they do not think that the larger object has to be heavier – then discuss what you have discovered  
show your child how weight and mass can change with certain objects. You could blow up a balloon with air and fill another with water to show your child that the same objects can measure at a different weight  
ask your child to find objects of a certain weight. For example to find an object that is heavier than a toy car, or an object that is as heavy as a shoe – have your child discuss the findings  
encourage your child to predict which items will be heavier than others and to explain their reasons  
once your child learns about units of measurement and weight, begin to experiment with kitchen scales and ask him/her to guess how much an object will weigh, or ask them to find objects which would weigh a kilogram – for example 'could six apples weigh one kilogram?'  
cooking is a great way to experiment with weight by measuring ingredients  
use appropriate language to show that when comparing two items one will be lighter or heavier but when comparing three or more items one will be the lightest or heaviest

It is important to always allow your child to estimate before they measure something and to know that an estimate is neither wrong nor right. For more information on helping your child with literacy and numeracy, visit the website for parents at: [www.education.qld.gov.au/parents/map/](http://www.education.qld.gov.au/parents/map/)

### **NEWS FROM THE DEPUTY PRINCIPAL**

#### **NATIONAL RIDE TO SCHOOL DAY**

Thank-you to all of those families who have indicated that they will be riding to school on **Wednesday 25 March** for National Ride to School Day. Last year, we had over 60 riders join us in our trek to school and we hope to break that record this year. Donations of poppers and muesli bars are slowly coming in- but we need a lot more. Please leave your donations at the office **before Friday 20 March**. We will have 3 meeting places this year.

1. Newman Rd over pass- bike track (meet Mr Ross at 8.15am)
2. McDonalds Virginia Car park (meet Mrs Campbell at 8.15am)
3. I still need a parent to for the Nudgee/ Northgate area- please let me know if you can help ASAP.

If any parents, grandparents or friends could make the time to be at the front entrance of the school to welcome our riders in at 8.30am and to help hand out drinks and food, I would be delighted with your support.

#### **CONCERT FOR MRS STONELEY**



We will be having a delightful concert for Mrs Stoneley in our multi-purpose shed on Wednesday 25 March –arrive 2.15pm for a 2.30pm start. Students have been asked to bring some “party” gear to add to their clothes for the concert. I would love some help to decorate the shed – if you can help- let me know? All welcome.

### **Disco**

Our school disco will be held on Wednesday 8 April. The student council have decided on a” Superhero” theme and would love to see how inventive our families can be. We are looking for new superheros, so start thinking! Junior disco (P-4) runs from 4.30-6.00pm and senior disco (5-7) runs from 6.30-8.00pm. Tickets are \$5.00 ea and will be for sale before school, from Monday 30 March outside the office. Helper sheets will go home in the next newsletter.

#### **Music News**

##### **IM**

Beginner lessons will be on Thursday 19 March at 9.00am instead of Wed 18 March, as I will be attending the 2009 National Young Leaders Conference on Wed.

#### **Creative Generation**

All consent forms and booking forms should now be in. School rehearsals will be on Mondays at second break. Don't forget your books.

#### **Vocal Groups**

Boyz and Girlz vocal groups commence on Friday 20 March.

Regards  
Mrs McLennan

## TERM 1 EXCURSIONS AND ACTIVITIES

To ensure that your child benefits from the activities planned either by individual classes or the school as a whole please assist us by paying the amounts indicated on your Term 1 student invoice as soon as possible:

3V Alma Park Zoo excursion – Thurs 26/03/09

6/7R Think Tank Do excursion – Thurs 26/03/09

All year levels Raw Art Experience – 7th & 8th April

### FROM THE CLASSROOM – 4G

*A Touch of Fresh Air – by Marcylla*

A touch of fresh air

To make my day.

Listen to the ocean

And show me the way.



It's the lovely sound of the beautiful sea  
To make somebody feel as free as could be.  
It's a good start to another day.  
I wish I could stay so I can make my way  
Just being me.

### SHOWCASE SURVEY

I would like to thank all the parents who replied to our survey about Prep. Your comments were very supportive and positive. We have used the information from these surveys in our submission to Showcase. With your support, the Prep program will continue to thrive.

Thanks

Lynne Steele, Chris Wood, Bernie Albert and Jodie Bird.

### TUCKSHOP UPDATE

During the last 5 weeks a number of New Zealand and other overseas coins have been presented to the Tuckshop for purchases. These coins are not accepted by the bank so we are unable to take them as payment for lunch orders or over the counter sales. We don't want the students to be disappointed so please check the coins they bring into school as foreign coins will not be accepted.

Thank you.

Kylie Seymour / Acting Tuckshop Convenor

### TUCKSHOP ROSTER

| Monday  | Wednesday   | Friday   |
|---|---|--|
|   |   | <b>20 March</b><br>Christine Coleman, Toni Kitching<br>Murrianna Crouch      |
| <b>23 March</b><br>Leanne Ferris, Julie Wessling    | <b>25 March</b><br>Eiko Nakamata, Julie Melton<br><b><u>HELP NEEDED</u></b> | <b>27 March</b><br>Helen Andrew, Jo Dixon<br>Kathy Eastlake                  |
| <b>30 March</b><br>Louise Doherty, Clare Stanbridge | <b>1 April</b><br>Nora Hodges, Judy Rowley<br><b><u>HELP NEEDED</u></b>     | <b>3 April</b><br>Annabel Florence, Murrianna<br>Crouch<br>Christine Coleman |

### WORLD'S GREATEST SHAVE

Thank you to those members of the school who contributed to the World's Greatest Shave. Poly Force, as a group, raised over \$700 for The Leukaemia Foundation. (Kirsty Miller)

### ZOO KEEPER FOR A DAY

Have you ever wondered what it would be like to work as a Zoo Keeper? Well, wonder no more because the Easter holidays are back, and so is Australia Zoo's holiday program, *Zoo Keeper for a Day!* If you are between 7 and 12 you can join the zoo crew to help feed the animals and clean enclosures, with exclusive behind the scenes access and plenty of hands on action with some of our gorgeous animals. It's a day you won't forget! Places are limited so call **07 5436 2025** to make a booking. **Price:** \$75 **Includes:** Zoo entry, Australia Zoo cap, lunch, photo with one of our animals **Duration:** 5 hours **Location:** Australia Zoo **Dates:** Friday 10th April to Sunday 19th April 2009. Further details are available on our website <http://www.australiazoo.com.au/education/zoo-keeper-for-a-day>.

## **Kung Fu Kids** recommenced on Wednesday 4th of February 2009!

Kung Fu Kids offer a fun self-defence program for kids from 3.15pm to 4.15pm every Wednesday at school during the school term. It's a great way for kids to stay active, healthy and improve their confidence. Thanks to your support in term 4 2008 we were able to raise \$120 for your school. Remember the more Virginia kids enrolled in our program the bigger the donation to your P&C so please continue with your support. Kung Fu Kids is now on FACEBOOK so why not register as a fan! For enrolments or info visit [www.kungfukids.com.au](http://www.kungfukids.com.au) or Ph Phillipe on 0421280485.

## **COUNTDOWN TO EARTH HOUR**

It is just 10 more sleeps till the night of Earth Hour 2009 - Saturday 28 March. Take part by turning out your lights and turning off non-essential electrical appliances from 8.30pm to 9.30pm. It is important that businesses and individuals who participate register on the earth hour website in order to make their involvement count. Visit the website for more information about how to take action and make a difference. [www.earthhour.org](http://www.earthhour.org)

## **NEW STATE OF THE ART FACILITIES**

A new-look Queensland Performing Arts Centre (QPAC) was unveiled this week, with a \$40 million refurbishment further cementing its reputation as one of Australia's best venues. The Concert Hall has already been opened and the new Lyric Theatre will open on 19 March with the premiere of the new Australian production of *Chicago*. I invite everyone to take in at least one of the many exclusive performances on offer at QPAC this year. It's a busy time for the Cultural Centre with further enhancements in store for 2009 including The Edge, an exciting new space at the State Library for digital culture, ideas and innovation; the re-opening of the Queensland Museum's Dinosaur Garden in April with all-new interactive displays; and the Queensland Art Gallery's refurbishment ready in time for the world-exclusive *American Impressionism and Realism: A Landmark exhibition from the Met* in May.

## **HARMONY DAY**

Harmony Day is celebrated throughout Australia on 21 March each year to recognise the benefits of inclusiveness and living in a multicultural society. Ideas for celebratory events and free promotional materials are available by visiting the [www.harmony.gov.au/harmony-day](http://www.harmony.gov.au/harmony-day) website.

## **HEALTHY LUNCH TIPS**

Use rice cakes, English muffins, crispbreads and cracker biscuits with cooked chicken drumsticks, cheese and apple, vegetable slice or leftovers and salads. (Remember that kids need energy, so don't use low energy rice cakes or crispbreads only, because they will not give you enough energy)

Try to include a piece of fruit and a drink. Frozen water or juice can keep your lunch box cool in summer.

If you want to drink milk at lunchtime it's best to buy it from the school canteen or freeze a tetra-pack.

Some treats can be made and frozen for later use.

(The following information was adapted from the website [www.gofor2and5.com.au](http://www.gofor2and5.com.au))

Eating plenty of fruit and vegies not only contributes to good health, but also protects against a number of diseases and helps maintain a healthy weight. Most Australians eat only half the amount of fruit and vegies recommended for good health. The amount children need depends on their age – see the table below for guidelines.

| Age of child(years) | Fruit (serves) | Vegetables (serves) |
|---------------------|----------------|---------------------|
| 4 – 7               | 1 – 2          | 2 – 4               |
| 8 – 11              | 1 – 2          | 3 – 5               |
| 12 – 18             | 3 – 4          | 4 – 9               |

**Pear and banana muffins** – 15mins prep + 20 mins cooking

3 serves of fruit in this recipe

Olive or canola oil spray                      2 cups wholemeal SR flour

2 cups white SR flour                            1 cup brown sugar

2 eggs    150ml low-fat natural yoghurt

½ cup orange juice                                1 banana, peeled & chopped

1 pear, cored & diced                             ½ cup buttermilk or low-fat milk

Preheat oven to 170 °C. Lightly spray muffin trays with oil. Sift flours, returning husk from wholemeal flour to the bowl, add brown sugar. In a separate bowl mix eggs, yoghurt and juice. Combine with the flour mix and fold through fruit and milk (you may need less milk depending on moisture in fruit). Do not over-mix. Spoon mixture into trays. Bake near the top of the oven for 18-20 minutes. Turn onto a wire rack to cool. Makes 24 muffins.

*Hint*

Wrap muffins individually and freeze for a lunch box snack.

*Variations*

Any unsweetened fruit juice maybe used. Use apples, blueberries or other firm fruit to vary the flavour. Make 12 muffins and 1 loaf, by spooning half the mixture into a greased loaf tin. Bake the loaf in the middle of the oven for 35 minutes, or until firm and golden brown. Bake near the top of the oven for 18-20 minutes.

