

The Informer



From the Principal Tim Farrell

29 July, 2009

EDITION 12

Met North Softball Team

Congratulations to Taryn Armour (12 years) on her recent selection into the Metropolitan North Softball Team. Taryn will compete at the State Titles in Toowoomba during October. Good luck Taryn!

Bramble Bay Athletics Carnival

Forty-two of our students in years 5-7 have been selected to represent our school at the Bramble Bay District Athletics Trials to be held at Nudgee College on 10 and 11 August. We wish all athletes the best of luck in their events.

Exhibition Holiday and Pupil Free Day

Please note there will be no school for students on **Wednesday 12 August** (exhibition holiday) and **Thursday 13 August** (ministerial pupil free day).

Keep children at home if they are sick

As school resumes for Term 3, parents are being urged to keep their children home if they are sick with flu-like symptoms. Queensland now has more than 1600 confirmed cases of Pandemic (H1N1) 2009 (Human Swine Influenza). Symptoms of human swine flu are similar to seasonal influenza and include a fever, cough and/or sore throat. Other symptoms can include fatigue, myalgia, headache, body aches or chills. Queensland Health says one of the best ways to stop the spread of the flu is to keep sick children home and encourage good hygiene. If children are sick the best thing to do is keep them away from school and other events such as socials and sporting carnivals. This might mean that some children will miss interstate and other planned school trips. People generally have to be mindful that there are some who are more at risk from swine flu so those who are sick need to do the right thing and stay at home from school and work. School closures remain an option in very limited circumstances but the likelihood of disruption during the new school term has lessened. Queensland is now in the "protect" phase in managing the influenza outbreak and parents need to be aware that while most people who contract the flu are making rapid and full recovery, some who are particularly vulnerable need to seek medical help at the onset of flu-like symptoms. The essence of the "protect" phase is to concentrate on the early treatment of those in the community who may be more vulnerable to severe outcomes if they contract the virus. Those identified as being vulnerable include pregnant women, Indigenous Australians, people with respiratory disease (including asthma and COPD), heart disease, diabetes, renal and liver disease, obesity and immunosuppression. If you have any questions regarding symptoms or illness, contact your general practitioner or call Queensland Health on 13 Health (13 43 25 84). For education related questions, contact our office. Further information is also available from the Queensland health website.

Queensland Health Swine Flu Response website:

www.health.qld.gov.au/swineflu/html/schools.asp

Specific information and advice for parents:

www.health.qld.gov.au/swineflu/documents/parents_advice.pdf

What's happening in the month of:	
July	
29	- Yr 2 Northey St Farm Visit
30 th	6B Planetarium Excursion Yr 1 Safe City Excursion
31 st	National Tree Day
August	
4 th	ICAS English Competition
7 th	Yr4-7 Aussie Fun Day
10-11 th	Bramble Bay Athletics
12 th	Show Holiday
13 th	Pupil Free Day
18 th	Australian Youth Choir Auditions
19 th	ICAS Mathematics Competition
22 nd	Working Bee
31 st - 8 th September	Life Ed Van
September	
2 nd	Fathers Day
Stall	

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Let your bright sparks shine

This year is the Year of Creativity in Queensland schools and students are being asked to explore what inspires them to be creative. They are also being asked to share their creative ideas, songs, lyrics, poems, musical moments or inventions through the Bright Sparks program. Make sure your child's creativity shines by encouraging them to participate in the Bright Sparks at the Library, where they can talk to camera about their passion for creativity. Library tour dates for Bright Sparks are available on the Year of Creativity website. There is also a school based Bright Sparks competition with plenty of great prizes to be won for our school. Students can also share their creative ideas by posting them for free on the Launch Your Ideas limited edition postcards. Teachers can order class sets of postcards and students can design the postcards and mail them to friends and family for free. Postcards are also available at the Education on Show Pavilion during school hours at the EKKA, thanks to Australia Post. For more information on these and other Year of Creativity activities visit the website at: www.yearofcreativity.deta.qld.gov.au

Don't lose your kids at this year's Ekka

Each year at the Ekka, hundreds of children become separated from their parents and carers. The Queensland Police Service has some tips to help families avoid the distress of being separated and to help keep the Ekka fun. When you arrive at the Ekka, please organise a meeting point with your children in case you become separated. Police also suggest that you show your children where the Ekka Police Station is located, educate them on how to identify a police officer and explain to them the importance of finding an officer if they do become lost. Also this year, free wristbands will be available for all children from the Ekka Police Station and the police pavilion. Parents and carers can record their contact details on the underside of the wristband. Please do not directly attach a child's name or contact details where it is visible to the public. For more information, contact Acting Sergeant Kerrin Sheedy on (07) 3258 2562 or 0413 002773 or visit the Police pavilion at the Ekka.

FROM THE DEPUTY PRINCIPAL

You Can Do It! (YCDI!) ... at Virginia

Several years ago, it became clear that a proactive approach in the wider context of student social and emotional development would be required to address such issues and You Can Do IT was introduced to the school. Whilst it is part of the school, it holds a low key at present. Here is some further information about it.

YCDI is a program with the goal of fostering the social and emotional development of children, allowing them to develop to their full potential. This program is **YOU CAN DO IT!** (YCDI!), developed in Australia, at the University of Melbourne,

by psychologist, Professor Michael Bernard, it has been used extensively and very successfully in the US, UK, and Australia, including many schools in and around Brisbane.

Achieve to the Best
of Your Abilities



"You Can Do It!"
Education

The program helps students to recognise the "**Five Blockers Leading to Negative Outcomes**": Feeling Very Angry – Misbehaving, Not Paying Attention – Disturbing Others, Procrastination, Feeling Very Worried and Feeling Very Down, and aims to empower them to use the "**Five Core Social and Emotional Capabilities**": Emotional Resilience, Confidence, Persistence, Organisation and Getting Along.

This program can empower students to be the very best they can be. Its benefit is that it can be as useful at home as it can be at school.

To assist you in doing this, from next issue I will be regularly publishing articles in the Informer and together, we can help our children **to be the very best they can be.**

Lorelle Holcroft
A/Deputy Principal

***"You are what you are and where you are because of what has gone into your mind.
You can change what you are and where you are by changing what goes into your mind."***

***Zig Ziglar
Motivational Speaker***

PARENTS AND CITIZENS ASSOCIATION NEWS

THANK YOU VIRGINIA

The P&C had a very busy first semester and we'd like to take this opportunity to recognize the efforts of the school community to date. Thank you to the various event co-ordinators:

- Deb Lumsden and Helen Andrew who organized the Swim/Bounce-A-Thon raising \$5982;
- Rebecca Bignami and Deb Lumsden who organized the Mothers' Day stall raising \$1771;
- Gina Horsfield who organized the Hot Cross Bun drive raising \$470
- Suzanne Savage and Deb Lumsden who organized the Election Day stall raising \$967
- Mr Farrell, Mr Moore and the Senior Students have organized the disco's raising \$2189 and,
- Leanne Hockey, Toni Pattie and Deb Lumsden who organized the Sports Day stall raising \$938.

Helping make these events a success also is the support of helpers to prepare for the events and on the day, bakers and the donations provided by you – thank you. Thank you too to the overwhelming support provided to these event by all the families at Virginia.

P&C CONTRIBUTIONS

P&C Contribution invoices were issued in term 2. Thank you to the many families who contributed and assisted in raising \$3090. Congratulations to the Veale family who won a Slazenger Family Sports Package in a random draw of contributing families on Friday 24 July. Your contribution of \$20 per child, at a maximum of \$40 per family assists the P&C to provide financial support to the school. So far in 2009, the P&C have assisted the school with donations for pool maintenance equipment and Under 8's day activities. If you have not paid your P&C Contribution, please do so at the school office.

Events being held during **Term 3** include:

- The **Working Bee** on Saturday 22 August from 8:00am: Thanks for the returned Volunteer Forms, but please, if you are available on that day (even if only for a short while) and have not yet returned a form, please do so to better assist planning. If you don't have a form, one can be collected from the office.
- There have been a few questions about bringing the kids – please do - there are many light, child friendly tasks! The whole family is welcome to come down and lend a hand
- Refreshments will be provided and we'll conclude with a sausage sizzle! Please let us know you're coming by returning your form to the office so we can adequately cater for refreshments and a sausage sizzle – we wouldn't want anybody to miss out;
- **Fathers Day Stall:** This will run from Wednesday 2 September and is being co-ordinated by Leanne Hockey, Toni Pattie and Debbie Lumsden. They will be needing helpers to prepare for the stall as well as donations towards items for sale so please keep your eye out for the notice to find out how and when you can help. Class groups will visit the stall on Wednesday 2nd, with further trading hours on Thursday 3rd and Friday 4th September.
- **Nundah Festival:** Sunday 13th September. The P&C has secured a stall at the Festival again this year and are seeking a co-ordinator/s for the event. Last years' stall proved very popular with the festival crowd, as well as profitable for the school community, so please consider stepping forward to run or assist with the running of this event this year. If you would like any information about what is involved please leave your name and contact details at the school office.

P&C PARTICIPATION

- The next P&C meeting will be held on Wednesday 27th August in the staffroom at 7:00pm. All parents are invited to attend.
- A P&C message box is also located on the desk inside the school office for suggestions and ideas.
- We are looking for a volunteer to assist with typing forms and documents. This is something that you could do at home. Please leave your name at the school office if you are able to assist.

TUCKSHOP

The P&C would like to thank Kylie Seymour for her efforts in operating the Tuckshop in semester one. In term 2, Kylie was successful in being appointed to the Tuckshop convenor position on a permanent basis. We value her work and commitment to providing the best service to our school community.

A new menu for terms 3 and 4 has been sent home. Please drop into the Tuckshop for additional copies. The menu is also on the school website under the P&C section. A huge thank you to Mr Farrell for assisting to keep the P&C information updated on the website.

TUCKSHOP ROSTER

Monday	Wednesday	Friday
	29 July Nora Hodges	31 July Veronica Ramsden Debbie Lumsden Melissa Calkin
3 August Louise Doherty HELP NEEDED	5 August Eiko Nakamata Kathy Eastlake	7 August Christine Coleman
10 August Leanne Ferris HELP NEEDED	12 August SHOW HOLIDAY	14 August Melissa Calkin Debbie Lumsden Annabel Florence

Friday 7th August is SUSHI DAY at the tuckshop so every Sushi order comes with a free piece of Origami paper. Please place your orders for Sushi by the Wednesday on a paperbag with your child's name, class and full payment. The cost is \$2.50 per serve and choose from Teriyaki Chicken, Tuna & Lettuce, Cucumber, Avocado or California Roll (seafood/avocado/mayonaise/lettuce). Soya Sauce is available for 20c.

UNIFORM SHOP

- Thank you to Tanya Blake for donating a stand to the Uniform Shop;
- Thanks to Lee Kendall for sourcing new mirrors for use in the shop.

Goods on sale in the uniform shop include:

track pants - \$11.50, long sleeve polos - \$20.00, senior sport's shirts - \$32.00

School pullovers are still at reduced prices also. Grab a bargain now! Opening hours are: Monday 2.30pm – 3.15pm and Friday 8.15am – 9.00am

Thank you to Leanne Hockey and her band of helpers for their ongoing work to operate this shop. Additional volunteers for Friday mornings are being sought. Please drop into the Uniform Shop or call Leanne on 0447 710 726 if you can help. Younger children are permitted in the Uniform Shop. The profits from uniform sales provide financial assistance to the school.

NEW ITEM - SENIOR SPORTS SHIRT

Please view and comment on our proposed new Senior Sports Shirt.

The new shirt is on display for Term 3 in the uniform shop. Feedback forms are available from the uniform shop and the office.

This shirt is worn by years 5-7 on Fridays for interschool sport.

As the uniform shop aims to provide affordable and good quality uniforms for all in our school community, we have undergone an extensive search to find a more affordable option.

Our current shirt is \$41. The new version will be approx \$24.

The new shirt is made from the latest Micro Mesh fabric, which is designed to minimize discomfort from the heat.

“VIRGINIA” will be printed across the back in the hopes of making our students more recognizable.

ANNUAL SWIM CLUB AGM



The Swim Club AGM was held on Tuesday 21 July. Thanks to the life members, Mr Farrell and regular members who attended this meeting.

The Committee for the 2009/10 season will again be lead by Russell Armour as Chairperson with a change of batons in the other positions as follows: Vice Chairperson-Leanne Hockey, Treasurer-Simon Laffan, and Secretary-Sioban Hafner.

Thank you too to those who have stepped into the many other essential positions the Club needs filled to operate successfully for the 2009/10 season. We extend our warmest thanks to the outgoing committee and position holders for their hard work last season, and for some many seasons running.

SWIMMING CLUB SPONSORSHIP

The Virginia SS Swim Club would like to sponsor a student from Virginia SS for the 2009-10 swim season. If your child is a keen swimmer and you would like to be considered for this wonderful opportunity, please see our office for an application form. The closing date for applications is Monday 31 August.

<p>YMCA</p> <p>32663159 0400099656</p>  <p><i>Playing Safe and Having Fun!</i></p>		
<p>OUTSIDE SCHOOL HOURS CARE NEWS</p> <p>IMPORTANT MESSAGES FROM THE COORDINATOR...</p> <p>HI AND WELCOME TO THE YMCA.</p> <p>OUR PROGRAMS THAT WE RUN ARE FOR EVERYONE, WITH ALL IDEAS AND SUGGESTIONS COMING FROM THE CHILDREN IT IS TRULY THE CHILDRENS SERVICE.</p> <p>IF YOUR INTERESTED IN COMING DROP ON IN AND HAVE A LOOK. WE LOOK FORWARD TO SEEING YOU.</p>	<p>COMING UP AT OSHC...</p> <p>FACE, FINGERS AND FEET WEEK, WHERE ALL THE ACTIVITIES USE YOUR FACE, FINGERS AND/OR FEET! ☺</p>	<p>JOIN US FOR:</p> <p>DUSTER HOCKEY</p> <p>FACE PAINTING</p> <p>FINGER KNITTING</p> <p>PLAYDOUGH</p> <p>TOUCH FOOTY</p> <p>...AND MUCH MORE!</p>
 <p>We build strong PEOPLE strong FAMILIES strong COMMUNITIES</p>		

1969 – 40 YEARS ON

The 1969 Senior Year students of Banyo State High School are holding 40 year reunion on Saturday, 15 August 2009 with a lunchtime river cruise followed by dinner. Some of the past students have not been located or contacted. If any newsletter readers know of any 1969 Banyo year 12 students, or their whereabouts, please ask them to contact George on 0419 788-440. More information about the reunion is available at <http://tinyurl.com/BSHS1969>.