

SOUTHBROOK CENTRAL STATE SCHOOL



NEWSLETTER—WEEK 9 TERM 1 2024



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DATES TO REMEMBER

21st MARCH
Cross Country

22nd March
Harmony Day

25th MARCH
Rossvale Cross
Country

28th MARCH
END OF TERM 1

29th MARCH
Good Friday

15th APRIL
TERM 2
COMMENCES

19th APRIL
Toowoomba Show
Holiday

25th April
ANZAC DAY
PUBLIC HOLIDAY

31st May
Step into Prep

FROM THE PRINCIPAL

Can you believe that we are almost at the end of Term 1? Where has the start of the year gone?

Thank you so much to the Southbrook Central SS community for their very warm welcome to myself as Principal and teacher. I am thoroughly enjoying my time at Southbrook. We have an amazing little school here with a big heart.

As we move towards the end of the term, please be reminded that students need to be at school, on time, ready to learn, everyday.

Just a little bit late doesn't seem much but.....

He/She is only missing just....	That equals....	Which is.....	and over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly <u>Half a year</u>
20 minutes per day	1 hour 40 mins per week	Over 2.5 Weeks per year	Nearly <u>1 year</u>
Half an hour per day	Half a day per week	4 Weeks per year	Nearly <u>1 and a Half years</u>
1 hour per day	1 day per week	8 Weeks per year	Over <u>2 and a Half years</u>

Did you know your child's best learning time is the start of the school day?

That's when every minute counts the most!!

Every day counts!

We have lots of exciting things coming up before the end of the term. On Thursday this week we have our Cross Country carnival. We would love to see as many Parents/Carers/Grandparents as possible coming along to cheer on our students. Our sport leaders have been busy writing war-cries and house teams have been practicing. We have also been practising our cross country running with personal times getting better and better each week!

This week is Harmony Week where we celebrate that 'Everyone Belongs'. On Friday we encourage students to wear orange, the colour of Harmony. We will be celebrating together with fun activities throughout the day.

Parent—Teacher Interviews will be conducted early next term. Please consider questions you would like to ask your student's class teacher. Notes will be sent home at the beginning of next term for you to nominate a time to meet with your student's teacher. This is a great opportunity to discuss your student and celebrate achievements for the beginning of this year.

Kind Regards,


Kate

Southbrook Central P&C News

The P&C have partnered with iSponsor for fundraising support. For every purchase an individual makes through the app, a percentage of your purchase is donated from the business to us to reinvest in our kids!


iSponsor is
GIVING MADE EASY

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WE ARE LOOKING FOR
INSTRUMENTS

FOR OUR NEW MUSIC PROGRAM

If you have a violin, viola or cello that you no longer use and would like to see some local kids have the opportunity to learn by donating it to us, we would love to hear from you!



25th April

ANZAC DAY

FURTHER

INFORMATION

TO FOLLOW



**SOUTHBROOK'S
PIZZA DAY**

28 MARCH 2024

PIZZA, GARLIC BREAD AND A DRINK

\$5

ORDERS ARE DUE 25 MARCH 2024

CHAPLAINCY



Hello to the families of Southbrook Central State School students. Our names are Karen Pomerence and Jess Hughes, and we are volunteers for **CRI (Christian Religious Instruction)** or RI at your school.

Students in Years 1-6 may participate in 1 hour lessons, twice a term in age-appropriate and engaging lessons, that encourages story-telling, drama, interactive discussion, music and craft.

All State School children can be part of a CRI programme, which reinforces *Queensland Education* core values of responsibility, understanding, respect, tolerance, inclusion, integrity, positive self-image, freedom, compassion and caring.

Students are encouraged to develop positive values and choices on topics such as thankfulness, forgiveness and hope.

Each RI instructor holds a blue card, is accredited by their church, attends in-service training and personal development sessions (including child safety) and is approved by the school Principal.

If you are not already part of this program and would like to be, please go to the school office for sign-up details.

It's a privilege to be part of your school community and we look forward to another year of CRI.

Karen Pomerence and Jess Hughes

**P&C
CONTAINERS FOR CHANGE
DONATE AT THE
PITTSWORTH DEPOT
FUNDS GO BACK TO
SOUTHBROOK CENTRAL
STATE SCHOOL**

**P&C
GRANT ENQUIRES
If you have any amazing
ideas for Grants
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scsspcgrant@gmail.com**

Healthy eating at school (taken from Better Health Channel)

School is a time when children start to make independent choices about their lifestyles. School aged children learn quickly and are influenced by friends and popular trends. This is an important time to talk about and encourage healthy food habits.

Involving children in planning and preparing their own lunchboxes gives them the opportunity to learn about healthy eating, and also gives them a chance to make autonomous decisions about what they will be eating during the day.

Some tips to help get your kids involved include:

Talk to your children about what they would like to have in their lunchbox. Discuss healthier food and drink choices and decide what will be in the lunchbox together.

Write a shopping list together. Take your children shopping with you and let them choose foods and drinks from the shopping list.

Encourage your children to help prepare their lunchboxes. Older children may be able to prepare most of their lunch themselves, and younger children can help with making sandwiches or cutting up soft fruit. It is a good idea to prepare lunchboxes the evening before to allow children to participate.

Tips for healthy lunchboxes

Cut up large pieces of fruit and put them in a container – this makes it easier to eat, especially if your child has wobbly teeth or if they have less time to eat than they are used to.

Consider giving half a sandwich or roll for morning recess, as this is an easy way to get a healthy fill.

In the hot weather, send frozen milk, yoghurt or water, or even frozen orange segments. This makes a great refreshing snack and helps to keep the lunch box cool.

Go for colour and crunch in the lunch box by offering a variety of colourful vegetables and fruit.

In Summary

Nutritious lunches and snacks help to provide energy your child needs to concentrate, learn and play throughout the day.

Encourage your child to be involved in their own lunch preparation, discuss choices with them and include food they like.

Try to include a variety of foods from each of the 5 food groups.

If making lunches ahead of time, keep them in the fridge until leaving for school or freeze in advance.

It is normal for the amount a child eats to vary from day to day. Let your child decide how much to eat.

