MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers

The term is nearly at a close and our students will be finalising their school year this Friday. I would like to take this opportunity to congratulate our students for their participation and behaviour at the recent school discos. In particular, the students from the year 4-6 disco were exceptional. They were enthusiastic in their participation while having a wonderful time. I am amazed that these students know how to do dances that have been around from before some of their parents were born. These include Nutbush and the Macarena. One thing I have taken from the discos is that I would like the older students to be part of the discos of the younger students. At this stage, I am thinking that our school leaders could attend the younger student’s discos to encourage the younger students to become more involved and also to teach them some of the dances. When older students help out younger ones in this manner, we grow and enrich our school culture. There are other ways our older students can contribute to this, especially our school leaders. I aim to further explore ways we can build that positive school culture.

I have now been here for almost 2 school terms and have learnt a lot of things about our school. We have a hundreds of wonderful students at our school who are supported by their families keen to see their children do well. We also have a highly dedicated staff who also keen to see our students do well. For next year, I would like to build on our student’s achievement. One part of this will be to ensure that students are engaged in learning with a minimum of classroom disruption. No student has the right to stop other students from learning. For next year I will be paying particular attention to this area of student learning.
Our P&C have been active in and around the community. The key result of this is the purchase of $30,000 worth of computers for next year. The P&C have been very active in their work to get our discos up and running across the year. It was great to see so many helpers at the recent discos and also so many people helping out at the Bunnings opening day BBQ. The P&C look forward to your continued support throughout next year and into the future. Remember, the more helpers we have, the less workload for all.

The carpark and pick up areas remain areas that still need improvement. At school, we chase up students to ensure they are at the pick-up areas of an afternoon so that we can reduce the traffic backlog. However, there are still some students who do not think it is important to be there on time and this causes backlogs as it is probably the single biggest contributor to traffic congestion. The rules of afternoon pick-up includes having cars go around the block if the students are not at the pick-up zone when they are to be picked up. I know that here, that causes significant problems by adding to already congested roads. However, it could well come to that. We can chase up students at school and parents can certainly help by reminding their children to be at the area on time and not be playing handball somewhere else in the school.

The carpark still concerns me. There are people who use this area as a drop-off zone while not parking but just stopping in the middle of the road. This causes student safety issues as other car drivers are not expecting to see students turn up in all parts of the car park. While we have had some successes with cars illegally parked this year, there is still more to be done. However, that is an issue for next year.

I hope that all our students and families have a safe and happy Christmas break. I look forward to seeing all our returning students on the 27th January 2016.

Keep a watch on our school these holidays
Parents and students can help take care of our school by reporting any suspicious after-hours activity to School Watch on 13 17 88. By keeping an eye out we can work together to create a safer school community and help to reduce vandalism, theft and arson in our school.

If you see something suspicious, please don’t intervene. Call the School Watch number and let the local police or State Government Protective Security Service deal with the matter.

Kind Regards
Greg Horrigan
Principal
2016 BOOKLIST

Ready to Order
For a fast, simple and secure way to place your order please visit www.officemaxschools.com.au and follow these easy steps:

1. Search for your school: Springfield Lakes State School
2. Enter your school password: 48VE3Y
3. Enter Student's Name and select their Year Level: example Year 5
4. Select the quantities of items you wish to order, then click "Add items to Cart"
5. Review the items in your shopping cart and proceed by selecting 'Order Online', if you wish to add another student's order select 'Add another Student' and repeat steps 3-5 for that student
6. Enter your contact details, delivery address and payment details. Click 'Place Order' to complete your order.
Earlier this year the pump thief struck again. Thanks to our handy local plumber, Brad Mulford, we were saved from defeat. Mr Mulford donated and installed a second water tank pump this year! We are so very grateful to him and his supplier, Tradeink at Taringa.

This term we are still collecting fruits from our passion fruit vines. Our tomatoes plants had a good yield last term however they are mostly finished now. The strawberry patch isn’t doing too well in the full sun so we will have to come up with a solution to increase the amount of shade and water they receive.

During the second week of this term, we planted lots of seedlings including corn, silverbeet, basil and a few tomatoes. Our peach tree has doubled its size in 12 months and we can see tiny fruits appearing. We wish we could say the same for our mandarin, lemon and nectarine trees however we plan on feeding them lots of goodness from our worm farm castings to help them grow. We don’t use any commercial fertilisers as our garden is chemical-free (organic). Sometimes we use seaweed extract to help protect the plants from mould and diseases by increasing their health.

Anyone can join the garden club, even parents. If you would like to join in on the fun, just turn up at the 2/3 eating area during first break every Tuesday and Thursday! In 2016, Garden Club will commence week 1 Term 1.

Our next big project is going to focus on getting our school to be more eco-friendly by recycling paper. If you have any good ideas, or know people that can help, email Mrs Fisher on rfish9@eq.edu.au. Perhaps the student council will join us in our plight?

Happy Gardening!! From the Eco Gardening Club Team
SIGN OUT PROCEDURES
There have been a number of parents who are coming into the school, going directly to your child’s classroom and pulling them out. The correct procedure at Springfield Lakes State School is:

• Parents must **always** come to the Administration Office as the first point of call
• Parents must **sign your child out** if they are leaving the school grounds
• Administration staff **will call your child’s class** and have them sent up to the office with their bag or
• Parents will be given a **leave pass** if the option is for them to collect their child from class.

Your adherence to Education Queensland policies and procedures would be greatly appreciated.

BUSINESS SERVICE MANAGER NEWS

**BPOINT** is an additional payment option which is available to you to pay your school invoices.

The internet web link will provide you with a method of paying school invoices from your own computer.

You will need the Customer Reference Number (CRN) printed at the bottom of your invoice/statement.
Once you have entered above requested information you will receive a BPOINT transaction confirmation for your records.

If you have multiple items on your statement enter any one of the invoice numbers and enter the total $ amount. The system will then clear the entered invoice number and place the balance as a credit on your account. The school will receive a report showing the credit and will apply this credit to the remaining invoices. Alternatively you may enter each invoice separately.

Attached are visual instructions to pay with BPoint.

Kindest Regards
Jannette Cash
Business Service Manager
SPEECHIE NEWS

By Tara Brown

Speechie News!

CHRISTMAS (2)

Prepare younger siblings before they enter school! Providing a lot of opportunities to learn language in the first 5 years can have a significant impact on your child’s future. Check out the following websites and apps:

http://first5forever.org.au

first5forever

“Stronger foundations in language and emergent literacy prepare children from birth for a lifetime of learning. Babies learn best through interactions. For parents and caregivers this means spending time with our babies and children in their first years, talking, playing and reading so that growing brains get the stimulation they need when it really counts. The benefits that come from regularly playing games, reading, singing and talking together from birth can last a lifetime.”

First 5 Forever connects parents to a range of resources and ideas via monthly emails and via their website. There are also helpful videos. This site directly links to research about Queensland children.

Learning Potential App:

The Learning Potential App is full of tips and ideas to support your child’s development, with specific suggestions depending on whether your child is under five, in primary school, or in high school.

The Learning Potential app is available for free download from the iTunes store and Google Play.
The SPEAK app is available for free download from the iTunes store and Google Play.

"SPEAK (Speaking Promotes Education And Knowledge) provides lots of fun, free activities, ideas and information for parents, carers and educators to support and nurture language development in children from 0-6 years of age. There are multiple activities within each age group to help boost your child's speaking and listening ability."

"The information and activities were developed by the Department with the help of speech pathologists, educators and health professionals. SPEAK is for everyone who wants the best start in life for their child and provides a fun, convenient way to make chatter matter!"

The age range 4.5+ has ideas that are appropriate for primary school aged students, particularly those Prep-year 3.

Holiday Talking Calendar
Why? The Holiday Talking Calendar provides daily ideas to support your child’s language and/or literacy over the holidays.

It encourages children to:
- use critical thinking
- listen, understand and respond
- interact with family and friends
- use language to reflect on events
- develop language through creativity
- keep learning in the holidays
- Prepare for the new year of school

MERRY CHRISTMAS

Information provided by:
Tara Brown Education Queensland | Speech-Language Pathologist
Contact me! | Email: tbrow542@eq.edu.au | Ph: 3437 9888
FROM THE ADMINISTRATION OFFICE

OFFICE HOURS

Monday 8.00 - 4.00
Tuesday 8.00 - 4.00
Wednesday 8.00 - 4.00
Thursday 7.30 - 3.30
Friday 8.00 - 4.00
STUDENT ABSENCE LINE
Parents are requested to call the Student Absence Line on 3437 9860 to advise the school if your child/ren will be absent.

STUDENT PERSONAL DETAILS
We are reminding parents to ensure that all contact details are up to date. We have had a number of incidents of late where we have needed to contact parents due to accident or illness and the phone numbers that we have on file are incorrect or have been disconnected.

MESSAGES TO STUDENTS
We are receiving an increasing number of messages to pass on to students in relation to end of day arrangements/pickup. It becomes extremely difficult to pass these messages on to students when we receive calls from parents minutes before the bell. We ask families to please make arrangements before leaving in the morning.

MOBILE PHONES
Bringing mobile phones to school is not encouraged by the school because of the potential for theft and general distraction and/or disruption associated with them. However, we understand that on occasions parents require their children to have a mobile phone. This is to be logged into the office on arrival at school, with the mobile phone register being signed. Children collect their phones and sign them out in the afternoon.

WHEN PACKING LUNCHES FOR OUR CHILDREN PLEASE KEEP IN MIND CONVENIENCE IS NOT ALWAYS THE BEST SOLUTION.
The small cans of spaghetti or fruit with the pull ring lids are a very convenient solution for a meal but have also caused nasty accidents for little fingers. Please be mindful of this and perhaps take the time to open and pour the contents into a small plastic container.

MR HORRIGAN LIKES DOGS
While Mr Horrigan likes dogs not all dogs like each other.

Please do not bring your dog to school as some dogs bite and some dogs like to fight.
COMING EVENTS

<table>
<thead>
<tr>
<th>DEC</th>
<th>10</th>
<th>Year 5 X-Mas Break Up Excursion</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10</td>
<td>Year 6 Graduation 1.00pm - 2.45pm in school hall</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dress Code - School Uniform</td>
</tr>
<tr>
<td></td>
<td>11</td>
<td>Last day of Term 4 2015</td>
</tr>
<tr>
<td>Jan</td>
<td>27</td>
<td>School Resumes on Wednesday 27th January 2016</td>
</tr>
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</table>

CURRENT EXCURSIONS/ACTIVITIES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Year Level</th>
<th>Amount</th>
<th>Reference/ Item Code</th>
<th>Payment Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voluntary Contribution</td>
<td>P-7</td>
<td>$ 75.00</td>
<td>VC</td>
<td></td>
</tr>
<tr>
<td>2016 - Canberra Trip</td>
<td>Year 6 in 2016</td>
<td>$250.00</td>
<td>Canb Dep</td>
<td>7/12/2015</td>
</tr>
<tr>
<td>2016 - Yr 6 Leadership Shirt</td>
<td>Year 6 in 2016</td>
<td>$31.00</td>
<td>Yr6 Shirt</td>
<td>4/12/2015</td>
</tr>
</tbody>
</table>

* N.B. All due dates will be strictly adhered to. Any monies received after 10.30am on the above dates will not be processed. If there are exceptional circumstances, please contact the Principal. Payments received by BPay or internet banking after the due date will be refunded back to the payee.

Payment Times

8:00am to 10:30am daily

Payment for School Events, Excursions
When the school organises an event all parents are expected to meet the deadline for payments. We give as much notice as possible for the events and provide options for payment. However, late payments place a burden on the school’s staff. The cut off for school camps is two weeks before the event and the cut off for school excursions is one week before the event.
SCHOOL WIDE POSITIVE LEARNING

SWPBS - School Wide Positive Learning Support

Below are the expectations being taught to all our students. We ask that parents reinforce these expectations when in our school grounds.

Week 8

Prep - Stay calm and maintain self-control.

Year 1 - Play allowed games in correct areas.

Year 2 - Apologise to others if you bump into them.

Year 3 - Follow outdoor personal safety procedures.

Year 4 - Respect the right to teach and learn.

Year 5 - Follow outdoor personal safety procedures.

Year 6 - Use appropriate language.

Week 9

Respectful - Own your own behaviour

Week 10

Prep - Last week of school, following instructions.

Year 1 - Last week of school, following instructions.

Year 2 - Last week of school, following instructions.

Year 3 - Last week of school, following instructions.

Year 4 - Last week of school, following instructions.

Year 5 - Last week of school, following instructions.

Year 6 - Last week of school, following instructions.
### ASSEMBLY AWARDS

Congratulations to these students who achieved well or who have been excellent citizens.

#### Junior Assembly

<table>
<thead>
<tr>
<th>Grade</th>
<th>Student(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PA</td>
<td>Max T, Madeline B, Alakai W, Amy H</td>
</tr>
<tr>
<td>PB</td>
<td>Hayden G, Mia H, Timothy H, Elissa G, Dominic P</td>
</tr>
<tr>
<td>PC</td>
<td>Zara A, Drake L, Latrell T, Madison F</td>
</tr>
<tr>
<td>PD</td>
<td>Hamish B, Riley X, Luson R, Angel B</td>
</tr>
<tr>
<td>PE</td>
<td>Mitchell D, Tasharna G, Gabriella R, Ayla J</td>
</tr>
<tr>
<td>PF</td>
<td>Cody J, Harleigh F, Annabelle L, Riley C</td>
</tr>
<tr>
<td>1A</td>
<td>Brayden Y, Kyla H, Suastika C, Erica M</td>
</tr>
<tr>
<td>1B</td>
<td>Azabiar S, Ashton S, Kayden H, Cayleb K</td>
</tr>
<tr>
<td>1C</td>
<td>Danielle T, Keely L, Jordan D, Jonas W</td>
</tr>
<tr>
<td>1D</td>
<td>Owen G, Henry M, Jake O, Ahyan M</td>
</tr>
<tr>
<td>1E</td>
<td>Lilly O, Aiyana T, Lucas C, Josiah A</td>
</tr>
<tr>
<td>1F</td>
<td>Chellsey E, Ryan D, Matilda C, Riley H</td>
</tr>
<tr>
<td>2A</td>
<td>Riley D, Charlotte T</td>
</tr>
<tr>
<td>2B</td>
<td>Ebony H, Sumah H</td>
</tr>
<tr>
<td>2C</td>
<td>Isabella C, Bonnie T</td>
</tr>
<tr>
<td>2D</td>
<td>Finnbar J, Harper T</td>
</tr>
<tr>
<td>2E</td>
<td>Ella R, Samuel A</td>
</tr>
<tr>
<td>2F</td>
<td>Tara W, Ellie S</td>
</tr>
<tr>
<td>3A</td>
<td>Kate-Lyn M, Toby J</td>
</tr>
<tr>
<td>3B</td>
<td>Jahzarah H, Ridyck A</td>
</tr>
<tr>
<td>3C</td>
<td>Lara W, Selina A</td>
</tr>
<tr>
<td>3D</td>
<td>Etania C, Egor P</td>
</tr>
<tr>
<td>3E</td>
<td>Hosea K, Precious S</td>
</tr>
<tr>
<td>3F</td>
<td>Lily R, Treyvon P</td>
</tr>
<tr>
<td>3G</td>
<td>Keasine L, Piper S</td>
</tr>
</tbody>
</table>
Instrumental Music - Continuing students 2016.

As planning is already well underway for next year's Instrumental Music Program, we would like to remind you that any students who are continuing in the Program in 2016, and who are currently using a school instrument (except those learning Double Bass, Bass Clarinet, Tenor Saxophone, French Horn and Euphonium) will need to have their own instrument in 2016. This includes students currently loaning Violins, Violas, Cellos, Flutes, Clarinets, Alto Saxophones, Trumpets and Trombones from our school.

If you need any information on recommended brands of instruments, or places to purchase these instruments, please contact either your child's Instrumental Music Teacher or myself. We recommend that you do NOT purchase instruments from the Internet, or cheap supermarkets, as the quality of these instruments is variable, and they do not come with adequate warranties, often leading to expensive repairs costing more than the instrument itself.

All instruments have been allocated to new students for 2016, but in exceptional circumstances, we may be able to loan an instrument to a student for an additional year. This is only possible IF an instrument is available, and only IF parents approach the school prior to the end of the school year.

All School instruments are required to be returned to school by Monday 7 December, following the Music Morning Melodies Concert. All instruments will be serviced and repaired over the school holidays, ready for 2016.

Thank You.

I would like to take this opportunity to say thank you to our Instrumental Music Teachers throughout the year, and a big thank you to our families and students for your support of the Choral and Instrumental Music Programs at our school. To those Year 6 students, and others who are leaving our school, I wish you all the best for your musical endeavours in the future. Have a wonderful Christmas/ New Year break, and I look forward to working with you again in 2016.

Regards,

Libby McRobert
Music coordinator.
A very special thank you, to the families who donated food and toys to the "Stuff the Bus" Christmas Appeal. Our school generously donated over 900 food items and 220 toys/gifts! This was a fantastic effort. Our donations will be distributed over the Christmas period to families in need, across South East Qld, through Hillsong City Care. If you or anyone you know might benefit from a gift hamper this Christmas, please see Chappy Hayden about the referral process.

The Chaplaincy Service would like to congratulate all of our graduating Year 6 students and wish them all the best for the future. We trust that they have enjoyed their time at Springfield Lakes State school and hope that they will remember their time with us fondly.

We wish our wider school community a Merry Christmas and a happy holiday and look forward to seeing you all next year.

Second Hand Uniform Donations

Our Chaplaincy Service is able to provide a second hand uniform service to the community, thanks to the generous donations of old and used uniforms from our school community. If you have any good quality used uniform items you, can donate them to the chaplaincy service via the school office.
Hello Defence Families,

Last night I had the privilege of attending the launch of the “Book of Appreciation” at the Goonda Service Club. This was initiated by DCO Amberley and was developed to say thanks to the members of RAAF base Amberley, the Australian Defence Force and our allied nations serving on deployment. They hope it will be an enduring message of thanks, love and support from the Amberley Defence Community to those whose constant vigil and sacrifices maintain our way of life.

The books contain drawings, messages, poems and pictures gathered from schools, business, families, Defence community groups, the Ipswich Mayor Paul Pissale as well as our Governor General Sir Peter Cosgrove. It demonstrates the gratitude that is felt for – the parents, husbands, wives and friends through whose service our country’s freedom and safety is being defended.

There are 5 books in total and will be flown over by 33 Squadron in time for Christmas. It is a wonderful project and one that I hope will continue as long as we have members serving overseas.
SPECIAL PROMOTION FOR
SPRINGFIELD LAKES STATE SCHOOL

SPECIAL SALES DAY
Lowes Springfield – Orion Town Centre
THURSDAY 10 DECEMBER 2015
9.00 am – 9.00 pm

RECEIVE 15% DISCOUNT
Off the regular price on all uniform items for SPRINGFIELD LAKES STATE SCHOOL

PLUS

BONUS EZY-WAY 5% DISCOUNT
additional for Lowes Ezy-Way customers

OR 5% REWARDS
Lowes Rewards Card holders receive in-store Gift Vouchers to the value of 5% of their purchase
Springfield Lakes State School
63 Springfield Lakes Boulevard, Springfield Lakes

UNIFORM PRICE LIST

LOWES
www.lowes.com.au
Orion Springfield Central
1 Main st, Springfield Lakes QLD 4300
07 3470 5078

LOWES will pay a commission to the school on every item of school uniform sold in our local store.

Please shop at LOWES, home of

BEARE & LEY
PREMIUM QUALITY SCHOOLWEAR

EXTRA 5% DISCOUNT OFF EVERYTHING YOU PURCHASE WITH YOUR EZYWAY CREDIT CARD, OR AN EXTRA 5% REWARD VOUCHER ON ALL YOUR PURCHASES THAT IS SENT TO YOU TWICE A YEAR.
<table>
<thead>
<tr>
<th>Girls All seasons Uniform</th>
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</thead>
<tbody>
<tr>
<td>BANHOL POLO</td>
<td>NAVY/TAKE - GREY PIPING - EMB LOGO</td>
</tr>
<tr>
<td>CULottes</td>
<td>NAVY/TEAL PLEATED</td>
</tr>
<tr>
<td>BUCKET HAT</td>
<td>NAVY/TAKE TRIM - EMB LOGO</td>
</tr>
<tr>
<td>SCANS:</td>
<td>WHITE ANKLE STYLE</td>
</tr>
<tr>
<td>JACKET</td>
<td>H/F JACKET - NAVY/EMERALD/WHITE</td>
</tr>
<tr>
<td>BACKPACK:</td>
<td>NAVY WITH SCREENPRINT</td>
</tr>
<tr>
<td>LIBRARY BAG</td>
<td>NAVY WITH SCREENPRINT</td>
</tr>
<tr>
<td>TIGHT:</td>
<td>NAVY 'EMS' STYLE</td>
</tr>
<tr>
<td>JACKET:</td>
<td>NAVY FLEECE ZIP FRONT</td>
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</table>

<table>
<thead>
<tr>
<th>Boys All Season Uniform</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>PANEL POLO</td>
<td>NAVY/TAKE - GREY PIPING - EMB LOGO</td>
</tr>
<tr>
<td>SHORTS:</td>
<td>NAVY CARGO STYLE</td>
</tr>
<tr>
<td>SHORTS</td>
<td>NAVY CARGO - P/V - WM REID</td>
</tr>
<tr>
<td>TROUSERS:</td>
<td>NAVY CARGO STYLE</td>
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<tr>
<td>TROUSERS</td>
<td>NAVY CARGO - P/V - WM REID</td>
</tr>
<tr>
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<td>NAVY/TAKE TRIM - EMB LOGO</td>
</tr>
<tr>
<td>JACKET</td>
<td>H/F JACKET - NAVY/EMERALD/TEAL</td>
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<tr>
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<tr>
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<td>NAVY WITH SCREENPRINT</td>
</tr>
<tr>
<td>SCANS:</td>
<td>WHITE ANKLE STYLE</td>
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<tr>
<td>JACKET:</td>
<td>NAVY FLEECE ZIP FRONT</td>
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<table>
<thead>
<tr>
<th>PRE PRIMARY UNIFORM</th>
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</thead>
<tbody>
<tr>
<td>LEGIONNAIRE CAP</td>
<td>NAVY - EMS LOGO</td>
</tr>
</tbody>
</table>

ALL PRICES ARE SUBJECT TO ALTERATION
TUCKSHOP NEWS

New GLUTEN FREE MENU AVAILABLE at the tuckshop

BIRTHDAY CAKES ARE NOW AVAILABLE TO PURCHASE THROUGH TUCKSHOP
Springfield Lakes State School
Tuckshop hours
Monday to Friday
8.15am-9am

The tuckshop is open for counter sales and orders during the times above. In store counter orders must all be handed into the tuckshop by 9am daily.

**Online orders** Must be processed by 8am

For all details please go to the website.


* Tuckshop phone number ph 34379836

Please phone between 7.30-8am or 12noon-1pm

* Absentees from school who have orders tuckshop, please call the tuckshop direct to postpone your order

Tuckshop convenor- Sandra Goss

Tuckshop second in charge- Lauren Lovell
YMCA
Springfield Lakes
OSHC
P: 07 3818 3741
F: 07 3288 3162
M: 0437 823 073
asf@ymca.org.au

YMCA SPRINGFIELD LAKES OSHC
BEFORE, AFTER & VACATION CARE.

If you are new to the school and would like a tour of our service, please give us a call or email to arrange an appointment. We can get to know you and more importantly – get to know your family.

It is starting to feel like Christmas, Christmas carols for the school bell. Last week of school and the children have been doing heaps of craft relating to the theme. “Christmas in Australia”

Our Summer Holiday Club Program is now available at our service, school office and available online.

Places are filling up fast especially the Excursions.

Wednesday 16th December we are going to Logan Hyperdome Bowling and Laser Tag

Wednesday 13th January the children are excited about going to the Science Centre.

There will be 2016 Enrolment Packs and information available at the Prep Open Afternoon December 9th 2016 between 12.00pm – 1.00pm. Please see the staff if you require any information about the YMCA Outside School Hours Care

Have you been on to the YMCA Brisbane OSHC Facebook page? There is plenty to see from our service here at Springfield Lakes, as well as our many other YMCA services around Brisbane.

https://www.facebook.com/YMCA-Brisbane-Outside-School-Hours-Care-74025038608243/timeline/

Happy viewing!

Karen Kelso
Co-ordinator
The Team
YMCA Springfield Lakes OSHC
Healthy Families

Want to get your kids active and eating well?

The FREE PEACH™ program can help.

PEACH will be running in your local community in Term 1 - 2016.

The program covers:

• Nutrition – lunchbox and snack ideas, reading labels and ingredients, dealing with fussy eaters and tips on planning ahead.

• Physical activity – the benefits of exercise, how to be more active as a family, physical activity recommendations for children and how to reduce screen time.

• Parenting – setting boundaries, planning for change, managing resistance to change, role modelling and how to be balanced and consistent.

PEACH runs weekly within a school term and after school hours.

Sessions are 90 minutes. Parents meet with a trained parent facilitator to discuss topics while children enjoy fun active play run by a trained child facilitator.

ENROL NOW - BY PHONE OR ONLINE.

Free call 1800 263 519 or visit www.peachqld.com.au

Healthier. Happier.
Carols on the Beach

6.30PM
SUNDAY 20 DECEMBER
Surfers Paradise Beach

Hosted by Charli Robinson

Featuring a line-up of homegrown Aussie talent

Plus a fireworks spectacular!
surfersparadise.com

Presented by G:link | PARADOX | sea 95.9 | SURFERS PARADISE GOLDCOAST | COFFEE ROASTERS
sunday 10 january 2016

brisbane resolution run

Keeping my new year's resolution!

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