MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers

Over the past week or so I have been emphasising to the children that we need to stay focused on our learning. We still have three weeks of school to go. In order to maximise our learning we need to be at school learning.

As the weather heats up it is important for the children to drink water to keep their bodies hydrated. Water is the best of all as it is good for our blood, digestive system, kidneys and brain. It is also free from the taps. Processed drinks are not as good and often serve to make us feel hungry, rather than cool the body internally.

Year 4 Camp

Last evening I received a message from Mrs Whittering to tell me that the children on the year 4 camp were having a fantastic time. While they were excited their behaviour was excellent. It is always pleasing to hear such reports about your children.

Year 6 Dance

I had the opportunity to visit 6R and observe some of the children dance Bip-Bob. I'm not sure that a grey haired man knows what Bip-Bop is, but it was great to see such enthusiastic children.
**Last Week of School**

The last week of school is an important week with a whole range of activities happening around the school.

**Monday:** Volunteer afternoon tea 2.00pm (Staffroom)

Kids and Pets in the Hall

**Tuesday:** Year 7 Transition Day - Springfield Central State High School

Kids and Pets in the Hall

**Wednesday:** Awards Ceremony  9.00am - 10.00 am Year 1 to Year 3 in the Hall

Awards Ceremony 12.00pm - 1.00pm Year 4 to Year 7 in the Hall

Moving up Day 1.45pm - 2.45pm

Year 7 Graduation

**Thursday:** Break-up Day

**Friday:** Clean-up Day

Friday 14\textsuperscript{th} of December is a school day and the rolls will be marked. The day will be devoted to cleaning classrooms. Children who do not attend on that day will be marked absent.

**Contact Details**

Have you recently changed address or telephone number? If so please advise the office staff as soon as possible.

**Are You Leaving Us?**

At this time of the year we are planning for 2013. If you are planning a move and your children will not be continuing, can you please advise the ladies in the office?

**Overdue Library Books.**

Reminder: Please return all Library books and home readers be returned to school before 29 November 2012.

**Cyber Bullying**

Parents are increasingly concerned about the effects of cyber bullying on children. Cyber bullying can occur through emails, Internet chat rooms, via instant message or mobile phone text messages.
It is important that parents talk to their children about the dangers of cyber bullying, however, it is difficult to know where to start. A new campaign, Cyber Bullying Affects Real Lives, aims to educate young Internet users about the impact of cyber bullying and ways to prevent it happening to them and their friends. The campaign is part of the Smart Online Safe Online (SOSO) initiative, an interactive and engaging website which encourages children to be smart and safe online.

There are many resources available on the SOSO website to raise awareness of cyber bullying and allow any cyber bullying to be reported. The website includes a short YouTube video and a cyber bullying checklist. There is also an interactive online game called Web Warriors where children from across the country take a stand against cyber bullying. For more information visit the website www.soso.org.au

Summer Safety Message

With summer’s swimming season almost here, it’s a timely reminder for parents and carers to talk about pool safety with your child. On 1 November, the Queensland Government launched its pool safety awareness campaign to remind parents and carers to be vigilant this summer. With more than 300,000 residential pools in Queensland, drowning is one of the leading causes of accidental death in children aged five and under. Some of the causes include swimming competence, levels of supervision and the use of floatation devices.

To help lower the risks of these tragedies occurring, parents should follow the ABCs of pool safety:

- **Always** supervise your child near a pool.
- **Begin** swimming lessons as early as possible for your child.
- **Close** the pool gate and keep your fence maintained.

Warm Regards

Peter Doyle
Principal

CURRICULUM NEWS

Christmas Concert – Religious Education

Next Wednesday, 28 November, instead of our usual Religious Education lesson, there will be a special Christmas concert for all classes in the school hall. The concert, presented by Wes Fitell and his team from Outreach and Church Ministries, involves puppets, music, drama and story. This concert will replace the normal RE class for participating children next week. Children who do not normally participate in the Religious Education Program are invited to attend this one-off event but parents are asked to complete and return the slip from the letter that will be sent home on Friday, if they do NOT wish their child to attend the
concert. Return slips should be returned to the class teacher no later than next Tuesday 27 November.

Warm regards

Wendy Davis
Head of Curriculum

COMING EVENTS

Nov 21-22nd Year 4 Underwater World Camp
22nd Year 1 - 3 Assembly at 2.00pm in School Hall - Aussie of the Month and Dove Draw
22nd Newsletter
27th P & C Meeting 7pm Admin Staffroom
29th Prep Assembly at 1.45pm - 2.15pm in School Hall
Dec 03rd Year 4 - 7 Assembly at 2.15pm in School Hall
06th Year 1 - 3 Assembly at 2.00pm in School Hall - Aussie of the Month and Dove Draw
06th Newsletter
11th Year 7 Transition Day - Springfield Central State High School
12th Year 7 Graduation
12th Moving up Day 1.45pm-2.45pm
14th **Last Day of Term 4**

CURRENT EXCURSIONS/ACTIVITIES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Year Level</th>
<th>Amount</th>
<th>Reference/ Item Code</th>
<th>* Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voluntary Contribution</td>
<td>Prep - 7</td>
<td>$ 75.00</td>
<td>VC</td>
<td></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

8:30am to 10:30am daily
Payment Methods

- BPay – details on invoice
- Internet Banking – ensure Student name AND Reference/Item Code are included.
- Phone – credit card only. Call the school on 34379888 daily prior to 10:30am
- EFTPOS – **minimum $10.00 transaction**
- Credit Card - details on form provided with excursion – **minimum $10.00 transaction**

SCHOOL WIDE POSITIVE BEHAVIOUR

SWPBS - School Wide Positive Behaviour Support

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

Week 7 - Discovery Centre

*Peaceful* - Use indoor voices/Walk around the room/Use manners when speaking to other people.

Week 8 - Discovery Centre

*Respectful* - Be aware of the chart on the wall and the 'full'sign/Be aware of Discovery Centre rules for attendance.

ASSEMBLY AWARDS

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

Assembly Awards

<table>
<thead>
<tr>
<th>1J</th>
<th>Maiyah S</th>
<th>Ariana W</th>
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</thead>
<tbody>
<tr>
<td>1M/D</td>
<td>Leo B</td>
<td>Alyssa W</td>
</tr>
<tr>
<td>1C/D</td>
<td>Shaye O</td>
<td>Zac P</td>
</tr>
<tr>
<td>1D</td>
<td>Kaityln D</td>
<td>Julian B</td>
</tr>
</tbody>
</table>
Senior School Best Attendance Award

6R

Merit Certificate

Zac W

Marcus D

FROM THE ADMINISTRATION OFFICE

<table>
<thead>
<tr>
<th>Office Hours</th>
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<tbody>
<tr>
<td>Monday</td>
<td>8.00 - 4.00</td>
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<tr>
<td>Tuesday</td>
<td>8.00 - 4.00</td>
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<tr>
<td>Wednesday</td>
<td>8.00 - 4.00</td>
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<tr>
<td>Thursday</td>
<td>7.30 - 3.30</td>
</tr>
<tr>
<td>Friday</td>
<td>8.00 - 4.00</td>
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</tbody>
</table>
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.

PEANUT AND OTHER NUT ALLERGIES

Parents are requested not to provide lunches or snacks containing nut products for children attending Springfield Lakes State School. This is to protect the significant number of students who have anaphylactic allergies to even traces of peanuts and other nuts. Some of these students are so allergic that even a minute amount of peanut butter or Nutella could cause an anaphylactic reaction. Please do not send Nutella, peanut butter sandwiches or other snack products to school that could put other students at risk.

Thank you for helping us keep all of our students safe.

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 DOYLE LIKES DOGS

While Mr Doyle 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.
UNIFORM SHOP

UNIFORM SHOP OPENING TIMES  TERM 4 - 2012

MONDAY  8.15am – 9.45am

WEDNESDAY  8.15am - 9.45am

THURSDAY  2.15pm – 3.15pm

CLOSED TUESDAY and FRIDAY

UNIFORM SHOP OPENING TIMES 2012

WEEK 9

MONDAY 3RD December 8.15am - 10.45am

TUESDAY 4TH December CLOSED

WEDNESDAY 5TH December 8.15am – 10.45am

THURSDAY 6TH December 1.15pm – 3.15pm

FRIDAY 7TH December 8.15am – 10.45am

WEEK 10

MONDAY 10TH December 8.15 – 10.45am

TUESDAY 11TH December 8.15am – 10.45am

WEDNESDAY 12TH December 1.15pm – 3.15pm

THURSDAY 13th December 1.15pm – 3.15pm

FRIDAY 14TH December CLOSED
JANUARY 2013 UNIFORM SHOP

EXTRA OPENING TIMES

MONDAY 21ST January 8.30am – 2.00pm
TUESDAY 22ND January 8.30am – 12.00pm
WEDNESDAY 23RD January 8.30am – 12.00pm
THURSDAY 24TH January 8.30am – 2.00pm
FRIDAY 25TH January CLOSED

FIRST DAY BACK TERM 1 2013

TUESDAY 29TH January 8.30am – 11.00am

Print version for your fridge!

Payment and Collections Options:

By person: At uniform shop when opening times apply; pay by cash, credit or debit cards cards and cheque.

By telephone: Call 3437 9888 (request uniform shop) during uniform shop opening hours. Payment options include credit card or debit card only NO CASH. Your order will be processed the next available uniform shop working day and delivered to your child’s class.

By fax: 34379800 Order forms can be collected via office, school website or uniform shop. Payment options include credit or debit cards only, NO CASH. Your order will be processed the next available uniform shop working day and delivered to your child’s class; uncompleted credit or debit card details will result in non-delivery of uniform.

By Administration Office: Complete order forms are to be handed in to administration office. Payment options include credit or debit card only, NO CASH. Your order will be processed the next available uniform shop working day and delivered to your child’s class; uncompleted credit or debit card details will result in non-delivery of uniform.
A reminder to parents that online tuckshop ordering is available. You may want to see Sandra or, for parents wanting to know the online procedures, they are as follows:

Log onto www.springfieldlakesss.eq.edu.au

**Step 1.** Click on “Parents”
**Step 2.** Click image of boy
**Step 3.** Click on “new user” – “register here”
**Step 4.** Follow further steps and check the terms and conditions box.

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We would like to advise you that on, Friday 14th Dec, the last day of school for 2012.

**Tuckshop Will be OPEN**

We would like to wish you a Merry Christmas and a safe holiday.
FROM NURSE ERICA

Triple P Positive Parenting Free Seminar Series

Springfield Lakes State School

Facilitator: Erica Gwynne – School Health Nurse

Only 25 places available with a minimum of 5 for series to commence

Session Three:

Raising Resilient Children – Friday 23rd November 2012, time; 0900-1100am

This session provides some ideas on how to help children become emotionally resilient. One of the most important tasks of parenthood is helping children learn to deal with their emotions. All children experience periods of stress in their lives and need the emotional skills to deal with it. Children’s emotional resilience or ability to cope with their feelings is important to their long term happiness, well-being and success in life.

It has come to my attention that young children are having energy drinks at school.

A warning for parents, please talk to your children regarding the effects of having caffeinated drinks such as Red Bull and other energy drinks.

From: Medscape Internal Medicine © 2011 WebMD, LLC

Author: Sandra A. Fryhofer, MD

This issue of Staying Well focuses on dangers and risks of caffeinated energy drinks.

Ingredients Beyond Caffeine

Energy drinks contain more than coffee-bean-derived caffeine and sugars. Hidden caffeine derivatives in the form of guarana, kola nut, yerba mate, and cocoa can also be found on the list of ingredients. Guarana (also known as Paullinia cupana) on a per-gram basis contains anywhere from 40 to 80 mg of caffeine. This means that the caffeine content listed could underestimate the caffeine punch delivered. These drinks often contain taurine, which has
been shown to increase blood pressure and heart rate when combined with caffeine.\textsuperscript{[2]}
Ginseng is often added and can interfere with warfarin, estrogen, steroids, and digoxin. Other common ingredients include l-carnitine, and yohimbe. In 2008, German, Hong Kong, and Taiwan authorities found trace amounts of cocaine in the energy drink Red Bull Cola.\textsuperscript{[3]}

Hazards of Too Much Caffeine

Energy drinks contain too much caffeine. This can cause anxiety, nervousness, sleep problems, elevated blood pressure, and heart palpitations. Although healthy people can tolerate moderate amounts of caffeine, the content in energy drinks exceeds what could be considered moderate. Adverse health consequences of caffeine intoxication include seizures, mania, stroke, and even sudden death.\textsuperscript{[2,3]} Energy drink-related health consequences reported in German studies include liver damage, kidney and respiratory problems, seizures, and agitation, as well as heart rhythm disturbances, heart failure, high blood pressure, and rhabdomyolysis.\textsuperscript{[3]}

Caffeinated Concerns for Kids

A new study in the journal \textit{Pediatrics} highlights caffeinated energy drink concerns for children with specific medical conditions, including attention-deficit/hyperactivity disorder, eating disorders, diabetes, and cardiac conditions. It also points out concerns about the link between caffeine and reduced bone mineralization.\textsuperscript{[3]}

Caffeine and Alcohol: A Dangerous Combination

An even more hazardous trend, college students are mixing energy drinks with alcohol. The consequences can be dangerous and deadly. Although these students may think that caffeine counteracts the alcohol, it doesn't. You might not get as sleepy, but you're still impaired and you don't know it.\textsuperscript{[1,5,6]} The high caffeine content has a stimulant effect that prevents you from feeling drunk. Judgment, reaction time, and motor skills, however, are still impaired. A recent \textit{JAMA} report calls this "wide awake drunkenness," and it can lead to bad choices, risky behaviors, and worse.\textsuperscript{[1]}
Well it's not long until the end of school for 2012 this year has just flown by. Things are heating up at school so this week we had a Zooper Dooper afternoon with the Defence children. They were able to bring a friend with them and the ice blocks kept us all a little cooler.

I am also planning to have a Christmas party in the last week of school with you and your children if you are able to attend. I will be sending home invitations so look out for them as you will need to RSVP for catering purposes.

Are you on the move? Have you been posted? If so please let me know so I can organize a farewell for your child or if you need any information on schools in your new posting area. Also if you have any parental absence for courses or exercises please let me know so I can touch base with your children and if you have any questions or concerns please don’t hesitate to contact me at school or via email at krobe319@eq.edu.au.

TIM TAMS For The Troops

This year we would like to support our troops overseas with a little something special from Springfield Lakes State School. We would like to send them something very Australian and from what I have been told, something very sought after by other countries….Tim Tams! We have an opportunity to post them free of charge and they will go to a range of overseas postings, including Afghanistan and the Solomon Islands. So what can you do? PLEASE DONATE packets of Tim Tams! They can be dropped off at the office in the specific box at the front counter. The children will be making Christmas cards to accompany the gifts. This I am hoping will lift the spirits of our wonderful Defence Force members having to be separated from their family and friends at Christmas and let them know we are thinking of them.
CHAPPY NEWS

Yes We Can!

This year Springfield Lakes State School will be partnering with Westlife Church by participating in the Yes We Can! Christmas Food Hamper Appeal.

The appeal aims to provide food for families in need within the Greater Springfield Region over the Christmas Holidays and beyond. **Families are invited to give an item of non-perishable foodstuffs** which will be collected and placed into hampers and distributed to families in need within the Greater Springfield Region.

Our aim in partnering with Westlife Church in this initiative is to foster a greater sense of community, whilst inspiring children and families in our community to openly give to those less fortunate than themselves. It is our aim that most families within our school community would provide something that will bring some hope to another family over the holiday season.

The Chaplaincy Service will be providing opportunities for families at Springfield Lakes State School to give these items by placing them under the empty Christmas tree in the school hall at the:

**Senior School Parade on Monday 3rd December, 2012**

**Junior School Parade on Thursday 6th December, 2012**

If you are aware of any families or individuals within our region who may benefit from receiving a hamper during this holiday period, please let me know so I can arrange for them to receive this gift.

We hope that many of you will embrace this chance to offer support to our wider community.

*Hayden Bridgeman*

*School Chaplain*
YMCA IS A NOT FOR PROFIT ORGANISATION.

IMPORTANT MESSAGE FROM THE COORDINATOR

YMCA - We will be moving into our new building within the next couple of weeks. Yes it’s the new one situated near the basketball courts. The staff and children are all getting excited as we are fitting the centre out with new equipment. We have increased our licenced capacity to 150 children. We have permanent and casual places available.

We are currently taking enrolments for 2013. Forms are available from the centre or on the YMCA website.

VACATION CARE: We are opened from Monday 17th Dec to Friday 21st Dec 12. Then from Wednesday 2nd Jan to Friday 25th Jan 2013. We have organised some great activities to keep the children occupied. We are going Ten Pin Bowling on Tuesday 8th Jan 2013 & have organised three incursions, Wednesday 19th Dec Pin Wheel Workshop, Wednesday 16th Jan Wildlife Rangers and Friday 25th Jan Little Green Thumbs.

These days are always popular, you can book your children in for one a week if they are getting bored at home.
Bahá’í Education in State Schools:

Information for Parents

Bahá’í spiritual education classes are being offered at Springfield Lakes State School next year, 2013. The emphasis of these classes is on learning to think, reflect and to apply spiritual principles to the life of the individual and society. They are based on a strong belief in the nobility of all human beings and that every child is a “mine rich in gems of inestimable value”. These “gems” are spiritual qualities or virtues such as unity, kindliness, love, justice, truthfulness and service. These qualities are explored in the class through the memorization of a quote (e.g. “In the garden of thy heart plant naught but the rose of love…”) the students then participate in a range of activities (prayer, song, story, drama, cooperative games and art) that assist them in their understanding and application of the spiritual quality.

While inspired by the principles and ideals of the Bahá’í faith, Bahá’í education classes are not classes of religious indoctrination. The moral principles they seek to impart are applicable to people of all faiths, and the personal beliefs of the children and their families will be respected at all times. Parents are welcome to be present during the classes.

Teacher of Bahá’í RE classes:

David Anvari

Ph: 0413 838 881 for more information;

Email: davidanvari@gmail.com

Have you ever wondered what it would be like to work as a Zoo Keeper?

Well, wonder no more because the school holidays are back, and so is Australia Zoo’s holiday program, Zoo Keeper For a Day!

If you are aged between seven 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 visit www.australiazoo.com.au/education/zoo-keeper-for-a-day or call 07 5436 2025 to make a booking.
Ages: 7 - 12 years

Price: $85

Includes: Zoo entry, Zoo Keeper for a Day cap and water bottle, lunch, photo with one of our animals

Duration: 5 hours

Location: Australia Zoo


Further details are available at www.australiazoo.com.au

Thank you for your consideration,

Amy Cook
Advertising & Promotions Executive on behalf of

Nick Bell
Education Coordinator
Australia Zoo
Steve Irwin Way, Beerwah, QLD 4519

P: +61 7 5436 2071
F: +61 7 5439 9629
E: education@australiazoo.com.au
W: www.australiazoo.com.au

Movies in the Park

We are proud to invite you and your family to a fun night out, in a smoke-free and alcohol-free environment. Come along and join in the pre-movie activities and remember to wear comfortable shoes. Bring along your chairs or a rug and picnic hamper for dinner and snacks or for a gold coin donation you can take advantage of the rugs and chairs from the Ipswich Hospital Foundation. There will be food and drinks available for purchase as well. Then it is time to sit back, relax, and watch a family comedy.

Details of the movies and times are in the MIP 2012-13 PDF attached. If you require any further information on this free family fun program please contact Renee Campbell at the Ipswich City Council on 3810 7655 or email her at rbcampbell@ipswich.qld.gov.au. There is also more information found on the Ipswich City Council website www.ipswich.qld.gov.au
Hey Kids... Are you at risk of School holiday boredom??...Are you crazy about LEGO?
Why not enjoy a session at a LEGO themed fun experience featuring all things BRICKTASTIC in Ipswich...

Lego Collection on Display,
Build & create with heaps of bricks!
Build & Race-car Ramp,
Minifig Madness Activities,
Duplo Corner,
Competitions with prizes,
Craft & MORE!

2 sessions daily from January 7th–19th 2013

www.switchbricks.com

Proudly supported by

Ipswich City Council