MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers

Teaching at Springfield Lakes State School

Pedagogy is the art of teaching. There are many strategies which teachers use to teach children. Each school has a pedagogical framework. We developed our framework last year. The pedagogical framework at Springfield Lakes State School will be based on the work of John Fleming from Haileybury College in Melbourne.

A key component of our approach is the use of “Warm Ups”. A warm up is used at the beginning of the lesson. It features revision of known knowledge and promotes instant recall of facts. At Springfield Lakes they are generally used at the beginning of English and mathematics lessons. They can also be used in other subject areas. During an English or mathematics lessons the warm-up may be focused on:

- Spelling
- Punctuation
- Counting
- Prediction of numbers
- Decimals
- Reading skills

A warm-up is generally at a fast pace with involvement from all children. You might like to ask your children about the warm-ups in their class.

Attendance at School

The regular attendance of your child at school every day, all day is key to their success at school.

My goal is that your child will attend school for 95% of the time or more each year. This allows an absence of 10 days during a year. Children should only be away from school due to illness or some family emergency. Trips to Sea World, the movies or meeting family at the airport are not regarded as valid excuses.
The school has acquired new software which allows us to more effectively track absences of children. Under the Education Act you are required to advise the school of your child’s absence. If we have not heard from you, and your child is absent from school, our new system will automatically generate a text message to your phone.

**Improvement Focus**

In the next couple of weeks, our Annual Implementation Plan will be published on our web site. Specific areas of focus will be improvements in our reading and numeracy outcomes (as reflected in NAPLAN); improvements in the number of students receiving a "C" or better in semester results.

Our school along with all other Queensland schools has received a major boost to school budgets as part of the ‘Great Results Guarantee’. I’m currently working with senior staff and our P&C Executive to devise a plan that best suits our existing programs and those specific areas targeted by this funding. I will publish our plan in the next newsletter as well as placing it on our web page.

**Anaphylaxis**

Anaphylaxis, or Anaphylactic shock, is the most serious allergic reaction and can cause death without prompt medical attention. An allergen is a substance which can cause an allergic reaction and the most common allergen or ‘trigger’ is food.

At Springfield Lakes State School, triggers for some of our students are eggs, dairy and nuts. While most of our students are aware of their condition and are able to follow their management plans, some of our little ones are still learning what the tingling lips and tongue or the swollen areas of their body and restricted breathing mean. Because of this, we ask the community to please teach your children about the importance of washing their hands before and after handling food, to not touch others while they are eating or while there still may be traces of allergens on their hands, face or body as well as not putting things in their mouths that may be shared among others in their classrooms, e.g, pens, pencils etc, as even very small traces of allergens can be enough to trigger an attack.

An attack usually happens within minutes. The average is between 5 - 20 minutes after being exposed to an allergen. Symptoms may be mild at first, but tend to get worse rapidly. **The most important management strategy for our students** is to keep away from all known triggers and this can only happen if we all work together to keep the children safe in YOUR school.

If you have any concerns about the health of your child/ren please call us on: 3437 9888

**Daniel Morcomme Child Safety Video**

The Bruce and Denise Morcombe child safety presentation for parents is available from [www.youtube.com/DETQueensland](http://www.youtube.com/DETQueensland) and in it the Morcombes discuss the curriculum and ways parents can talk about safety with their children at home.

Please take the time to watch this video and talk to your children about keeping safe.

**Assessment and Treatment of Fears and Phobia of Dogs in Children and Adolescents Griffith University**

Is your child fearful of dogs? At Griffith University we are conducting an exciting study that includes a thorough assessment and a single session of treatment for children and adolescents (7 to 17 years of age) with dog phobia. We are providing this service at no cost to families. To find out more about this project, **please contact** Dr Ella Milliner and Dr Lara Farrell on (07) 567 88317 or email e.milliner@griffith.edu.au

Kindest Regards

**Peter Doyle**

Principal
BUSINESS SERVICE MANAGER NEWS

There are currently some casual cleaning hours available at the school. If you have previous experience in professional cleaning and are able to work shifts from 5.00am to 8.00am or 2.30pm to 5.30pm weekdays, please contact Leanne Buller, Business Services Manager on 3437 9888.

I would also like to take this opportunity to thank the Cleaning and Grounds staff for their fantastic effort in the week leading up to school commencing for the year. It was particularly hot weather that week and they still performed their duties with a smile on their face and ensured the children and teachers came back to a clean learning environment. Thank you so much for you efforts, it is most appreciated by the school community.

Kindest Regards

Leanne Buller
Business Service Manager

SCHOOL BANKING

School Banking Account Opening Day

The Commonwealth Bank School Banking Program is at Springfield Lakes SS.

To help get your child involved we will have representatives from the Commonwealth Bank visit the school on

TUESDAY, 11TH AND THURSDAY, 13TH FEBRUARY 2014 at 8:00AM – 9:15AM AND 2:00PM – 3:15PM
FIND US NEAR THE PREP/YEAR 1 AREA

Staff will be available to help complete the application form required to open a Youthsaver account for your child so they can participate in the School Banking program.

- Please ensure you bring along photo identification such as a valid driver’s licence or passport for yourself.
- No identification is required for your child as the school will confirm their identity.
- Siblings are welcome to participate, however you will need to bring along their birth certificate or passport.
- If you can’t make it to school this morning you can visit your nearest Commonwealth Bank Branch with both your and your child’s identification.

SCHOOL BANKING IS EVERY WEDNESDAY!

JUST DROP YOUR YELLOW BANKING WALLET INTO THE UNIFORM SHOP BEFORE SCHOOL!

This is a great fundraiser for our school. We receive $5 for every child $5 for every Activated Account via the School Banking program (i.e. for each student who banks through the school’s program for the very first time) and 5% of every deposit made at school (up to a maximum of $10 commission per individual deposit).
2014 BOOKLIST

Click the image below to view full information

Click to order your booklist and use password: 4SFLSSBTS
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.

**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.

**COMING EVENTS**

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<tr>
<td><strong>Feb</strong></td>
<td>14th</td>
<td>Friday Sports Yr 4 - 7</td>
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<td></td>
<td>18th</td>
<td>Parent Teacher Meetings</td>
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<td>Date</td>
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<tr>
<td>20th</td>
<td>Parent Teacher Meetings</td>
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<tr>
<td>20th</td>
<td>Year 2 and 3 Assembly at 2.00pm in Hall</td>
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<tr>
<td>21st</td>
<td>Parent Teacher Meetings</td>
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<td>22nd</td>
<td>Parent Teacher Meetings</td>
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<td>24th</td>
<td>Year 4-7 Assembly at 2.15pm in Hall</td>
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<td>25th</td>
<td>P &amp; C Meeting - 7pm Administration Office Staff Room</td>
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<tr>
<td>27th</td>
<td>Prep and Year 1 Assembly at 2.00pm in Hall</td>
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<tr>
<td>27th</td>
<td>Leader's Investiture</td>
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<tr>
<td>28th</td>
<td>Schools Clean Up Day</td>
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<tr>
<td>28th</td>
<td>Friday Sports Yr 4 -7</td>
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<tr>
<td>Mar 06th</td>
<td>Year 2 - 3 Assembly at 2.00pm in Hall</td>
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<tr>
<td>07th</td>
<td>Friday Sports Yr 4 -7</td>
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<tr>
<td>10th</td>
<td>Year 4 - 7 Assembly at 2.15pm in Hall</td>
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<tr>
<td>13th</td>
<td>Prep - Year 1 Assembly at 2.00pm in Hall</td>
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<td>14th</td>
<td>Friday Sports Yr 4 -7</td>
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<td>20th</td>
<td>Year 2 - 3 Assembly at 2.00pm in Hall</td>
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<td>24th</td>
<td>Year 4 - 7 Assembly at 2.15pm in Hall</td>
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<tr>
<td>27th</td>
<td>Prep - Year 1 Assembly at 2.00pm in Hall</td>
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<tr>
<td>28th</td>
<td>Yr 4-7 Cross Country</td>
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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>
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<tr>
<td>Voluntary Contribution</td>
<td>Prep to Y7</td>
<td>$75.00</td>
<td>VC</td>
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</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 - **minimum $10.00 transaction**
- 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 3 - Whole School Focus

(Prep - 3) - Cooperative - Play allowed games in correct area

(4-7) - Respectful - 4-7 Friday Afternoon Sport

Week 4 - Year Level Focus

Prep - Respectful - Keep your body parts and other objects to yourself.

Year One - Respectful - Apologise to others if you bump into them.

Year Two - Cooperative - Follow the instructions of every member of staff.

Year Three - Cooperative - Recognise need for calm down time.

Year Four - Respectful - Keep your body parts and other objects to yourself.

Year Five - Cooperative - Follow the instructions of every member of staff.
Year Six – *Peaceful* - Use appropriate language.

Year Seven – *Respectful* - Keep your body parts and other objects to yourself.

**ASSEMBLY AWARDS**

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

**Junior Assembly**

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<tbody>
<tr>
<td>PA</td>
<td>Knox A</td>
<td>Elizabeth H</td>
</tr>
<tr>
<td>PB</td>
<td>Rayan L</td>
<td>Erica M</td>
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<td>PD</td>
<td>Max M</td>
<td>Trinity N</td>
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<tr>
<td>PE</td>
<td>Harper N</td>
<td>Hunter C</td>
</tr>
<tr>
<td>1A</td>
<td>William B</td>
<td>Madison M</td>
</tr>
<tr>
<td>1B</td>
<td>Travis G</td>
<td>Ebony H</td>
</tr>
<tr>
<td>1C</td>
<td>Alonzo H</td>
<td>Delta A</td>
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<tr>
<td>1D</td>
<td>Dylan T</td>
<td>Lachlan M</td>
</tr>
<tr>
<td>1E</td>
<td>Kate R</td>
<td>Seth F</td>
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<tr>
<td>1F</td>
<td>Heath S</td>
<td>Ellie S</td>
</tr>
<tr>
<td>1G</td>
<td>Ella S</td>
<td>Nicholas C</td>
</tr>
<tr>
<td>4A</td>
<td>Amelia D</td>
<td>Alyssa A</td>
</tr>
<tr>
<td>4B</td>
<td>Phoenix B</td>
<td>Paige N</td>
</tr>
<tr>
<td>4C</td>
<td>Noah G</td>
<td>Karla N</td>
</tr>
<tr>
<td>4D</td>
<td>Joshua S</td>
<td>Joshua B</td>
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<tr>
<td>4E</td>
<td>Kadin P</td>
<td>Piper S</td>
</tr>
<tr>
<td>5A</td>
<td>Holly B</td>
<td>Chloe R-H</td>
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<tr>
<td>5B</td>
<td>Trish N</td>
<td>Anthony N</td>
</tr>
<tr>
<td>5C</td>
<td>Joshua R</td>
<td>Madison C</td>
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<tr>
<td>5D</td>
<td>Sophie W</td>
<td>Tiara V</td>
</tr>
<tr>
<td>5E</td>
<td>Krisha P</td>
<td>Madison C</td>
</tr>
<tr>
<td>6A</td>
<td>Jewel W</td>
<td>Brad H</td>
</tr>
<tr>
<td>6B</td>
<td>Connor S</td>
<td>Rebecca H</td>
</tr>
<tr>
<td>6C</td>
<td>Clinton D</td>
<td>Katelyn B</td>
</tr>
</tbody>
</table>
UNIFORM SHOP

UNIFORM SHOP OPENING TIMES TERM 1-2014

MONDAY 8.15am – 9.45am

WEDNESDAY 8.15am - 9.45am

THURSDAY 2.00pm – 3.00pm

CLOSED TUESDAY and FRIDAY

Our schools uniform shop is now available on-line just click on the link available on school website. All orders will be delivered to your child's classroom.

Click here for the NEW uniform shop Order Form.

Uniforms also available for purchase on line, click on the link on the school website. All orders are delivered direct to child/ren's classroom.

Payment and Collections Options:

In person: At uniform shop when opening times apply; pay by cash, credit or debit 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.

TUCKSHOP NEWS
CHAPPY NEWS

Welcome back to a brand new school year. I trust that you all had a wonderful and refreshing holiday and am looking forward to hearing all of your exciting holiday stories.

What do School Chaplains Do?

A school chaplain is a safe person for young people to connect with at school, providing a listening ear, caring presence and a message of hope. A chaplain provides pastoral care for students struggling with a range of issues, within themselves or their family networks, which may include family problems, peer pressure, friendship difficulties, low self esteem, bullying, depression, etc.
Chaplains run positive, fun activities for young people both in and out of school, and foster a supportive, caring school community. This includes support for at-risk students, staff and families from the wider school community, and spiritual support and direction for the school community.

The partnership between the school and the chaplain, supported by local churches, businesses and community organisations, provides a network of local support and assistance. These positive relationships help young people to face issues, and provide hope, connection, meaning and purpose.

Chaplaincy Days in 2014 are Mondays, Tuesdays & Wednesdays. If you have any questions about the Chaplaincy Service and the support we are able to provide to you or your children, or you’d just appreciate someone to chat to, please feel free to contact me via the school office or email haydenb@chappy.org.au.

Our Chaplaincy Service Needs your Support

Our Chaplaincy Service operates for two days a week through the Federal Government's National School Chaplaincy and Student Welfare Program Grant. Our Local Chaplaincy Committee would love to see the program continued and extended well into the future and have developed a Chaplaincy Information and Donation brochure which is available at the school office. You can also donate at http://donate.to.suqld.org.au. Our Chaplaincy service is provided by SU Qld and is a registered charity, all donations over $2 are tax deductible and will go directly to benefiting the children at Springfield State School by ensuring them access to a School Chaplain.

Partnering with Purpose:-
Making Time for kids

Partnering with Purpose - Making Time for Kids is a program that is available to those children who are finding the school environment challenging for various reasons. We are asking for volunteers who can give a child an hour of their time to take a special interest in them, in order to help them to feel more valued and supported, and to encourage them to be more active participants in the classroom situation. A caring adult who gives a child one hour a week of their undivided attention can make a real difference in that child's life.

The mentor and child will spend time together doing something agreed to by both e.g. reading, playing a game, helping with an assignment, art and craft or supervised computer work such as Mathletics. The mentor will build a positive relationship with the child, to help improve their self esteem, confidence and overall resilience.

How Can You Help?

Maybe you or someone you know would be interested in volunteering their time for such a worthwhile program.

Please contact Hayden Bridgeman for further information on 3437 9888 or haydenb@chappy.org.au

Hayden Bridgeman

School Chaplain

LIBRARY NEWS

The start of the year has been a busy one in the library with the re-organisation of our Reading Hubs for the Lower School. We have organised close to 15 000 books into separate Home Reader boxes and Guided Reading sets. This has been a massive job with sorting, packing and labelling and I wish to thank the volunteers who have assisted me with this process. I could not have done the job without them and I can't thank these wonderful ladies enough for all their hard work and dedication to completing this enormous task.
Thanks goes to the volunteers; Jo Portbury, Rebecca Manic, Belinda Schwarz, Mandy Nance, Esther Luck, Melissa Cherry, Sara Aumuller, Rebecca Spethman, aides; Candace Stevenson, Kaori Senior, Suzanne Jamieson, Barb Ross, Dorothy Jarzombek, Wayan Bowman as well as the teachers who popped in to help during their lunch time. Also thanks to the teachers for their patience in waiting for the library to be fully functional.

Wendy Coates

Teacher/Librarian

DEFENCE NEWS

Welcome Defence Families to the new school year!!

I hope everyone is having a great start to 2014. I would like to welcome all our new families to Springfield Lakes and I hope you are settling into your new homes and taking advantage of Queensland’s weather and lifestyle.

I will be having a Welcome morning tea for parents on Tuesday 18th Feb so please come along if you can, this will give our new parents an opportunity to meet some of our Defence school community. Be on the lookout for your invitation!

If you are new to the area just a reminder about the Welcome Morning and Expo (see below) It’s a great way to find out information about the area and what it available for you and your family.

I am available Tuesdays, Thursdays and Fridays, please contact me if you have any questions for concerns.

Kim Roberts DSTA

Krobe319@eq.edu.au

DCO AMBERLEY

WELCOME MORNING & EXPO

- Face painting for the children
- Defence & community information stalls share useful local knowledge & have lots of giveaways
- Please take this opportunity to come along, develop your Defence networks & enjoy a coffee & chat with other new arrivals to the area in air conditioned comfort
Maybe you would like to represent a community group
or organisation on the day

For further information or to RSVP please contact Nadine at
DCO Amberley via email at:
dco.amberley@defence.gov.au or

Contact Defence Family Helpline on Tel: 1800 624 608

We hope to see you there!!

Wednesday
19 February 2014
Coral Sea Room
Ipswich RSL
Lowry St, Nth Ipswich
10am - 12noon

COMMUNITY NEWS

YMCA SPRINGFIELD LAKES OSHC
BEFORE, AFTER & VACATION CARE.
IMPORTANT MESSAGE FROM
THE CO ORDINATOR.
YMCA SPRINGFIELD LAKES OSHC
BEFORE, AFTER & VACATION CARE.

We have plenty of places available in Before & After School Care. We can cater for parents who work casually or to a roster. Make an appointment to come and visit our premises and meet the friendly staff.

The children are divided into three age
groups for safety reasons and to participate in activities that are suited to their skill level.

There are lots of activities on offer: craft, cooking, art work, sport and free play. A quiet area for homework is also provided.

We offer a nutritional breakfast and afternoon tea a different menu each week.

For more information on Baha’i Education Classes in Term 1 and to print off a Baha’i Education Class Enrolment Form please

[Click Here]
Oral Health Services

The West Moreton School Oral Health Service (Dental Van) is currently visiting SPRINGFIELD LAKES STATE SCHOOL. The School Oral Health Service offers free, a complete course of dental care to all students whilst the van is visiting the school.

An Intent to Attend Form has now been issued to all students in years 5 & 7. (other classes will be offered in 2014). This initial form gathers information for all siblings attending the school so that they may be seen together.

Please read the form carefully as there are changes to the way services are now offered.

A PARENT/GUARDIAN MUST attend and collect and return students to and from their appointments unless otherwise arranged with dental staff.

As our time at each school is limited please notify the staff as soon as possible if an appointment is unsuitable so that it may be rescheduled. If an appointment is missed, further treatment will not be offered unless contact is made by student or parent/guardian.

Operating hours of the dental facility are:
Mon, Tues, Wed, Thurs 7.30 am to 4.30pm.

For general enquiries contact 1300 763 246.
Do you have a child in year 4, 5 or 6?

Have you missed out on thousands of dollars?

In 2001 the Government introduced the ‘First Child Tax Offset’ and surprisingly many Australians did not know about it and have NOT claimed any benefits.

If you have ANY child that was born between 1 July 2001 and 30 June 2004 you may be eligible to receive up to $12,500 of entitlements.

The government has a 30 June 2014 deadline on this entitlement so please email childoffset@twelve.com.au today to receive more information.

Twelve Chartered Accountants  ABN 61 712 650 747
www.twelve.com.au  Principal: Derek Nolan CA

Your Family Tax Specialist
HOST FAMILIES NEEDED IN JUNE 2014
EXPERIENCE ANOTHER CULTURE, MAKE NEW FRIENDS
IMPROVE YOUR LANGUAGE STUDIES AT HOME

In June we will be receiving exchange students from Europe, Japan, the USA & Latin America. Our new arrivals will live with a host family and attend a local school for 2 or 10 months. As we plan for their arrival, we are looking for host families across Australia to welcome these students into their home.

Hosting is an experience that is often referred to as a way to 'reignite your passion for your country', whilst at the same time creating bonds and sharing lifelong memories. Attached is a notice for your newsletter in a PDF format. We would appreciate if you could please download this for your newsletter, noticeboard or website.

All students have at least basic levels of English, would attend a school in your local area and live the life of a local. Our group of students cover a wide variety of interests and hobbies. If you would like to provide your students, parents or language teachers with further information on our inbound students you can also view some student profiles on our website. Our staff members will be happy to discuss which student might be best suited to a family.

Hosting an exchange student can be a truly rewarding experience. It allows a family to experience a foreign culture first hand, be exposed to a new language and pass on a bit of our own culture. They might even make a friend for life!
“Hosting Kirstine has brought our family closer together. We’re doing things we used to do when our kids were little, like boiling the billy, having a BBQ and baking apples up the paddock. She’s helped us remember how to have fun when we’re working and take time out for adventures.” Sharon, Host Mum

“Being the youngest and the only one left at home I was looking forward to having another teenager in the house. While Charlotte helps me with my French I help her with her English lessons and I have taught her many Aussie words and sayings. We both love to shop and shop and shop…” Grace, Host Sister

Student Exchange Australia New Zealand is a not-for-profit secondary exchange organisation which is registered with education & regulatory authorities in each State and Territory. You can find out more about our organisation by visiting www.studentexchange.org.au.

If you have any questions about hosting an exchange student or would like to view profiles of students arriving from other countries, you can either respond to this email or call our office on 1300 135 331.

Thank you in advance for your assistance.

Yours sincerely,

Sandra Harders
Hosting Coordinator
MiYoga

Mindfulness Yoga in action

For children with cerebral palsy and their caregiver

Does an 8-week mindfulness yoga program, ‘MiYoga’, enhance cognitive function such as attention, physical strength and fitness, behavior and emotional control in children with diplegia and hemiplegia? MiYoga incorporates a family-centered approach to therapy by inviting a caregiver to participate alongside their child. We will also want to see if MiYoga can relieve caregiver stress and improve parent/child relationship.

Inclusion: Children with diplegia or hemiplegia, aged 6–16 years who can walk independently or with a gait aid (GMFCS I-III) and one of their caregivers

Exclusions: Participants (child and caregiver) must not have:
- Uncontrolled seizure disorder
- Spinal instability or other spinal problems that cause pain or preclude exercise
- Participating caregivers must not be pregnant

Potential participants should have sufficient cognitive understanding and cooperation to follow instructions and perform tasks

Participation commitment:
- 3–4 assessment sessions in Brisbane over a 6–10 month period
- 6 x 90-minute sessions of MiYoga, once-a-week for six weeks followed by two once-a-week skype/phone consultations and daily home practice along with MiYoga poster/DVD for a minimum of 20 minutes a day during the whole eight week period

For more information

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Queensland cerebral palsy & rehabilitation research centre
IPSWICH KNIGHTS SIGN ON 2014
SATURDAY 1ST FEBRUARY  10AM – 2PM
SUNDAY 9TH FEBRUARY   12noon – 4PM
MONDAY 17TH FEBRUARY  5.30PM-8PM
AT OUR CLUBHOUSE, BRISBANE RD, BUNDAMBA
OPPOSITE THE IPSWICH RACECOURSE

MINIS
U6 – U11
JUNIOR DIVISIONAL
YOUTH
SENIOR MEN AND WOMEN
Brisbane Premier League

FOR MORE INFORMATION, PLEASE VISIT WWW.IPSWICHKNIGHTS.ORG.AU
WEST BRISBANE FALCONS BASKETBALL CLUB

DID YOU MISS OUR SIGN ON DAY???

If you missed our Sign On Day, you still have an opportunity to sign up to play junior basketball (U8-U18).

Please contact the club on 0450 105 252, westbrisbanebasketball@hotmail.com or www.westbrisbane.basketball.net.au ASAP to become a basketballer at Falcons.

JOIN THE FALCONS NEST AND SOAR ABOVE THE REST!!!