MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers

Attendance at School
On a regular basis I am provided with a range of data relating to the school. This includes achievement, progress, electricity and water usage, and attendance data.

I am delighted to report that our attendance rate has improved this year in comparison to 2013 and that we have a higher attendance rate than the Queensland average. Please keep sending your children to school, each and every day, right up until the last day of school. Should your children be away from school please don’t forget to advise us by telephone on (07) 34379860 a note or email absences@slss.eq.edu.au. Thank-you for supporting your child’s education.

Parents Approaching Children other Than Your Own
There may be an odd occasion when you feel that a child would benefit from a good talking to, by you.

Please do not approach another person’s child with this intention as it solves nothing. To a child, other than your own you are a stranger. All parents tell their children to be wary of being approached and spoken to by strangers. If you have a concern about a child’s behaviour, please discuss it with your child’s teacher, or a member of the school’s administration team.

School Sores (Impetigo)
I have been advised of a case of school sores within our school. Impetigo is a bacterial infection which can be treated with antibiotics. Children with impetigo must have the sore, covered until the sore has disappeared. This is to prevent other children becoming infected. Once covered the child may return to school.

It is also important that children was their hands regularly. All children at SLSS are encouraged to do so every time they go to the toilet.

Book Fair
Our Book Fair commences this week. Classes will simply come along during their usual borrowing time so there is no disruption to the normal timetable. Feel free to come along and view Wednesday afternoon as well. The more we sell, the more rewards we will have to buy resources for the library.

Facebook
Are you following our Facebook page?


QSchools App
Have you downloaded the QSchools App, to your mobile device?
Further details are available from:
It is also available from your favourite App store.

G20 Friday
Just a reminder that we are open for normal business this Friday 14\textsuperscript{th} November. The good folk from Brisbane may have the day off but we will keep the show on the road.

Closing Soon - 2015 Ipswich Australia Day Awards
Do you know someone who has contributed to our city in an exceptional way? Nominate them for an Ipswich Australia Day Award!

Whether it's an organisation, friend, neighbour, colleague, family member or volunteer, we are seeking nominations from all fields of endeavours including charitable community service, sport, education, environment, arts, entertainment, science and technology and business.

Categories include:

- **Citizen of the Year**
  Nominees must be 26 years and older
- **Senior Citizen of the Year**
  Nominees must be over 60
- **Young Citizen of the Year**
  Nominees must be under 26
- **Community Event of the Year**
  A person or group must have staged the most outstanding event in Ipswich 2014
- **Cultural Award**
  Open to performers, musicians, actors, directors, etc. and those who have worked to develop cultural activities/projects in the Ipswich Community
- **Spirit of Ipswich Award**
  Open to outstanding contributors who live outside of Ipswich
- **Sports Award**
  Open to athletes of all ages
- **Sports Administration Award**
  Open to coaches, administrators and officials

Nominating is easy! Nominate online at www.ipswich.qld.gov.au. Nominations close Friday, 21 November 2014.

Kindest Regards

**Peter Doyle**

**Principal**
CONGRATULATIONS WEEKES FAMILY

Wyatt, Jewel, Perry and Jonas were presented with their Children’s Perseverance Medallion by Counsellor Charlie Pisasale in a special ceremony on Friday night. This family has endured several deployments so they are very deserving recipients of this medal.

Office max

Your Back to School helper

OfficeMax Schools makes ordering your child’s Back to School supplies quick and easy. Simply log in and view your school’s booklet to have 2015 sorted in a matter of minutes.

Plus, we’re rewarding early orders with the chance to win 1 of 75 $100 Visa Gift Cards.

So jump online and order today at office maxi schools.com.au
Ready to Order?
For a fast, simple and secure way to place your order visit www.officemaxschools.com.au and follow these easy steps:

1. Search for your school: Springfield Lakes State School
2. Enter your school password: 4SFLSSBTS
3. Enter Student’s Name and select their Year Level: Prep
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.

Payment methods available online are PAYPAL®, VISA® OR MASTERCARD®. Your card will be charged immediately at the time of placing your order. An order confirmation will be sent to your specified email address.

Click to order your booklist and use password: 4SFLSSBTS

2015 School Booklist

Springfield Lakes State School Booklist Prep
Springfield Lakes State School Booklist Year 1
Springfield Lakes State School Booklist Year 2
Springfield Lakes State School Booklist Year 3
Springfield Lakes State School Booklist Year 4
Springfield Lakes State School Booklist Year 5
Springfield Lakes State School Booklist Year 6
Prep Friday 5th December
5.00pm - 6.30pm

Year 1 – 3 Friday 28th November
5.00pm - 7.00pm

Year 4 – 7 Friday 28th November
7.30 - 9.30pm

$5 – Entry and a glow product

$10 – Entry, glow product, sausage on bread & a drink

There will be a limited number of tickets available on both nights for $8 – entry only

Tickets available now on via www.Flexischools.com.au. Notes will be sent home soon with dates and times for cash sales.

***Monies raised will be used towards the cost of purchasing outdoor equipment, this purpose is sanctioned under the collections act***
Dear Parents and Carers

There seems to be some confusion in regards to payments of invoices. Please find information below in regards to the various payment options that are available to you.

**Cash payments** – We would appreciate correct money if paying at the payment window as the school does not hold change.

**Eftpos and Credit Card Payments** - Mastercard and Visacard transactions can be processed at the payment window for all invoices. PLEASE NOTE - We cannot accept American Express, Amex or any other international card for payment of invoices.

**Bpay Payments** - minimum payments amount of $10 or more.

**Direct Deposit** - When making a payment directly to the schools bank account, please ensure that a description is entered ie: child’s name and class so that we can credit the payment to your child’s account.

**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 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

<table>
<thead>
<tr>
<th>Nov</th>
<th>13</th>
<th>Year 2-3 Assembly - 2pm in School Hall</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td></td>
<td>Chaplaincy Movies on the School Oval 5.30pm Start until late</td>
</tr>
<tr>
<td>19</td>
<td></td>
<td>Year 1 - 2014 Swimming Program</td>
</tr>
<tr>
<td>17</td>
<td></td>
<td>Prep Forum for Parents/Caregivers 6pm-7pm in the Staffroom</td>
</tr>
<tr>
<td>17</td>
<td></td>
<td>Year 4-7 Assembly - 2pm in School Hall</td>
</tr>
<tr>
<td>20</td>
<td></td>
<td>Prep - Yr1 Assembly - 2pm in School Hall</td>
</tr>
<tr>
<td>25</td>
<td></td>
<td>P &amp; C Meeting 7.00pm in Admin Staff Room</td>
</tr>
<tr>
<td>26</td>
<td></td>
<td>Year 1 - 2014 Swimming Program</td>
</tr>
<tr>
<td>27</td>
<td></td>
<td>Year 2-3 Assembly - 2pm in School Hall</td>
</tr>
<tr>
<td>28</td>
<td></td>
<td>Disco Yr1-3 in School Hall 5pm-7pm</td>
</tr>
<tr>
<td>28</td>
<td></td>
<td>Disco Yr 4-7 in School Hall 7.30pm-9.30pm</td>
</tr>
<tr>
<td>Dec</td>
<td>1</td>
<td>Year 4-7 Assembly - 2pm in School Hall</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>Year 6 High School Orientation Day</td>
</tr>
</tbody>
</table>
Volunteer's Morning Tea Admin Staff Room

Year 4 Theatre and Pool Day

Prep - Yr 1 Assembly - 2pm in School Hall

Prep Disco - in School Hall 5pm-6.30pm

Year 7 Highschool Orientation Day

Prep Open Afternoon 1.45pm-2.45pm

Celebration Parade P-3 9.00am-10.00am in School Hall

Celebration Parade 4-7 10.30am-11.30am in School Hall

Moving Up Day

Year 6-7 Graduation

Last Day of Term

School Resumes 27th January 2015

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>
</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 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 –
• Credit Card - details on form provided with excursion –

When paying by internet banking, please ensure you first put the students name and have the correct code as some payments made to the school are unable to be allocated against a student due to insufficient details.

Reference Details when paying by Internet Banking as detailed on the back of your invoice are as follows:-

• **Reference/Details**: Please record *Student Name and Reference/Item Code* in the reference/details section so that your payment can be recorded correctly. *If insufficient details are supplied, payments will be applied to the oldest debt for that Family/Customer.*

  • Example: JSmithCSIRO or BecJonesCANB

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**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.

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**Week 6.**

**Prep - Respectful** - Keep body parts and objects to self

**Year 1 - Cooperative** - Be an active part of class teams

**Year 2 - Cooperative** - Recognise the need for calm down time

**Year 3 - Cooperative** - Follow instructions of every staff member

**Year 4 - Cooperative** - Follow instructions of every staff member

**Year 5 - Peaceful** - Use appropriate language

**Year 6 - Peaceful** - Use appropriate language

**Year 7 - Peaceful** - Use appropriate language

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**Week 7. Whole School and Year Level Focus**

**Cooperative** - Move directly to line up areas
Congratulations to these students who achieved well or who have been excellent citizens.

**Junior Assembly**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Name</th>
<th>Award Holder</th>
</tr>
</thead>
<tbody>
<tr>
<td>PA</td>
<td>Kevin T</td>
<td>Brayden Y</td>
</tr>
<tr>
<td>PB</td>
<td>Savanna I</td>
<td>Harrison M</td>
</tr>
<tr>
<td>PC</td>
<td>Declan D</td>
<td>Riley H</td>
</tr>
<tr>
<td>PE</td>
<td>Jack L</td>
<td>Azabiar S</td>
</tr>
<tr>
<td>PF</td>
<td>Angela T</td>
<td>Kaitlyn F</td>
</tr>
<tr>
<td>1A</td>
<td>John T</td>
<td>Jayden K</td>
</tr>
<tr>
<td>1B</td>
<td>Fatima M</td>
<td>Abul R</td>
</tr>
<tr>
<td>1C</td>
<td>Holy M</td>
<td>Alonzo H</td>
</tr>
<tr>
<td>1D</td>
<td>Summar B</td>
<td></td>
</tr>
<tr>
<td>1E</td>
<td>Isobel H</td>
<td>Tristan O</td>
</tr>
<tr>
<td>1F</td>
<td>Jessica G</td>
<td>Braithyn E</td>
</tr>
<tr>
<td>1G</td>
<td>Jonah A</td>
<td>Jessica L</td>
</tr>
<tr>
<td>2A</td>
<td>Holly W</td>
<td>Jeremiah A</td>
</tr>
<tr>
<td>2B</td>
<td>Kurt B</td>
<td>Savannah B</td>
</tr>
<tr>
<td>2C</td>
<td>Deavin T</td>
<td>Cameron H</td>
</tr>
<tr>
<td>2D</td>
<td>Isabel T</td>
<td>Tania M</td>
</tr>
<tr>
<td>2E</td>
<td>Emily M</td>
<td>Keasine L</td>
</tr>
<tr>
<td>2F</td>
<td>Megan M</td>
<td>Julian H</td>
</tr>
<tr>
<td>2G</td>
<td>Summer H</td>
<td>Tyran B</td>
</tr>
<tr>
<td>3A</td>
<td>Lucas W</td>
<td>Chloe F</td>
</tr>
<tr>
<td>3B</td>
<td>Imogen R</td>
<td>Jett B</td>
</tr>
<tr>
<td>3C</td>
<td>Orlando M</td>
<td>Zoe C</td>
</tr>
<tr>
<td>3D</td>
<td>Amy C</td>
<td>Devonne S</td>
</tr>
<tr>
<td>3E</td>
<td>Maiyah S</td>
<td>Clinton P</td>
</tr>
<tr>
<td>Grade</td>
<td>Students</td>
<td></td>
</tr>
<tr>
<td>-------</td>
<td>--------------------------</td>
<td></td>
</tr>
<tr>
<td>3F</td>
<td>Fox V, Lotu S</td>
<td></td>
</tr>
<tr>
<td>4A</td>
<td>Tomas S, Rowan H</td>
<td></td>
</tr>
<tr>
<td>4B</td>
<td>Aria F, Jordan K</td>
<td></td>
</tr>
<tr>
<td>4C</td>
<td>Charlotte B, Aislinn H</td>
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</tr>
<tr>
<td>4D</td>
<td>Ebony S, Erin B</td>
<td></td>
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<tr>
<td>4E</td>
<td>Tegan H, Oliver W</td>
<td></td>
</tr>
<tr>
<td>5A</td>
<td>Lauren M, Tara L</td>
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<tr>
<td>5B</td>
<td>Phoebe K, Cooper N</td>
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</tr>
<tr>
<td>5C</td>
<td>Joshua R, Brayden B</td>
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</tr>
<tr>
<td>5D</td>
<td>Pharell Z, Chantelle G</td>
<td></td>
</tr>
<tr>
<td>6B</td>
<td>Liam R, Makayla G</td>
<td></td>
</tr>
<tr>
<td>6C</td>
<td>Amber M, Bailey T</td>
<td></td>
</tr>
<tr>
<td>6D</td>
<td>Sky K, Isabelle B</td>
<td></td>
</tr>
<tr>
<td>6E</td>
<td>Karta B, Nash C</td>
<td></td>
</tr>
<tr>
<td>7A</td>
<td>Danella R, Samantha J</td>
<td></td>
</tr>
</tbody>
</table>

**UNIFORM SHOP**

**UNIFORM SHOP OPENING TIMES**

**TERM 4 - 2014**

<table>
<thead>
<tr>
<th>Day</th>
<th>Opening Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>8.15AM - 9.45AM</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>CLOSED</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>8.15AM - 9.45AM</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>2.00PM - 3.00PM</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>CLOSED</td>
</tr>
</tbody>
</table>
Uniform shop hours for week 9 and 10

Week 9

Monday 1st December 8.15am - 9.45am
Tuesday 2nd December CLOSED
Wednesday 3rd December 8.15am - 9.45am
Thursday 4th December 2pm - 3pm
Friday 5th December 8am - 10.30am

Week 10

Monday 8th December 8.15am - 9.45am
Tuesday 9th December 8.15am - 10.15am
Wednesday 10th December 8.15am - 9.45am
Thursday 11th December 2pm - 3pm
Friday 12th December CLOSED

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 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.
SCHOOL BANKING

The last day for School Banking for the year will be Wednesday 26th November and will resume Week 3 Term 1 2015

DEFENCE NEWS

Hello Defence Families

Well the end of another year is fast approaching with only 4 weeks to go!!! For some of you it will be your last year at SLSS, some will be moving to High school while some are moving to new a school, perhaps, in a different state due to postings. If you are a family on the move, please let me know so I can organize a farewell memento for your child as well as supporting them if needed. I can also provide you with a list of schools in your gaining locality that have a DSTA/DTM program as well as information on what education support you can access as a result of relocation.

Also, if you are a family facing a Deployment please let me know so that I may be able to support your family and especially your children at school.

I am organizing a few small events to take place before the end of term.

Firstly is a Zooper Dooper afternoon (Thursday 13th) where they are able to bring a friend to enjoy a cool treat with me in this hot weather.

A “Have a Break Have a Kit Kat” afternoon tea with parents on Friday the 28th of November at 1.45pm. A great chance to catch up before the end of the school year.

The Defence Christmas party on the 9th and 10th December. I am splitting it into 2 days this year so I can hold it in the back room of the Library.

Please don’t hesitate to contact me if you have any questions or concerns. My days at school are Tuesday, Thursday and Friday. You can contact me by phoning the school or email krobe319@eq.edu.au.

Kim Roberts DSTA SLSS
MERRY CHRISTMAS

Pizza, Drink, Dessert and a surprize treat!

Dear students and staff members,

Our annual Special Christmas lunch is almost here. The pizza is from pizza hut again this year. Each serve is equal to two slices. Preps to year 4 orders are one serve. Year 5, 6 & 7 choose one serve or two serves of pizza.

SAVE $1.00 AND ORDER YOUR LUNCH ONLINE: www.flexischools.com.au

Available online to all year levels as of Monday November 3rd. Or order direct through the tuckshop with a paper order form. These will be sent home the week before the due date. (no late orders accepted)

Dates are as follows:-
Prep classes - Tuesday 25th November 2014
Year 1 & 2 classes - Wednesday 26th November 2014
(All orders close Thursday 20th November)
Years 3 & 4 classes – Tuesday 18th November 2014
Years 5, 6 & 7 classes- Wednesday 19th November 2014
(All orders close Thursday 13th November 2014)

SPORTS NEWS

Healthy Active School Travel

This year our school has been involved in the Healthy Active School Travel Program. The program is all about travelling to and from school by walking, riding or scooting. Each Wednesday children are surveyed to see who travelled to and from school actively. In Term 2, 5C were the class champions as they had the highest amount of children actively travelling. Their class received the trophy to have in their room for the whole term. Each child in 5C also received a prize.

The Term 3 champions were 2B. They all received a backpack from the Council and have had the trophy in their room for the term. For the last term of the year it would be great if parents/caregivers could continue to actively travel to school each week.

Last term all the Year 2 classes were fortunate enough to have the Scooter Education Group come out to teach about riding their scooters safely. The program was a great success.

Some of our Year 2 classes entered a poster competition that the council was running. They had to show how they actively travelled to school. Each of these classes all received a small prize from the council. Our school then went into a draw to win a $500 Amart All Sports Voucher and we won! Miss Fajzullin is very excited to be able to spend this money on some great sports gear for our school.

The council will be putting a calendar together for 2015 and some of the Year 2’s artwork will be published in this. I will let those children know once the calendar is complete.

Well done to 2A and 2E for their great effort in producing some wonderful art work.

Kind Regards
Danielle Fajzullin
HPE Teacher
Springfield Lakes State School
Chaplaincy

Movies on the Oval

The Springfield Lakes State School Chaplaincy Service in conjunction with the Springfield Lakes State School P&C would like to invite you to come and join us for a night outdoors with family and friends at this year's Movies on the Oval, in support of our Chappy!

COST: $5 a head or $10 per family. All funds raised will go towards resourcing and supporting our school’s Chaplaincy Service.

Food, drink and glow products, will be available for purchase on the night. All profits will be used to support the schools Chaplaincy Service and a special project of the P&C.

This event is tobacco, drug and alcohol free.

WHEN: Saturday 15th of November, 5:30PM till late.

WHERE: Springfield Lakes State School Oval
Family/Adventure/Comedy, Rated PG, 112 Minutes, Film Code 28171
Starring: The Muppets + Tina Fey, Ricky Gervais, Ty Burrell, Tom Hiddleston

Disney's "Muppets Most Wanted" takes the entire Muppets gang on a global tour, selling out grand theatres in some of Europe's most exciting destinations, including Berlin, Madrid, Dublin and London. But mayhem follows the Muppets overseas, as they find themselves unwittingly entangled in an international crime caper headed by Constantine - the World's Number One Criminal (and a dead ringer for Kermit the Frog) and his dastardly sidekick Dominic, aka Number Two.
LIBRARY NEWS

Book Fair

We will be holding a second Book Fair in the Library this year as the last one was such a success. The books will arrive sometime on Wednesday the 12th November so I am hoping to set the display up before school ends so parents can come along in the afternoon and have a look at what’s on offer. Parents can write a Wish List and take it home to purchase the books online. Return the Wish List to school with the receipt number and you can receive your books right away.

From Thursday 13th November students will attend the Book Fair during their normal library time. They can either bring cash or take their wish list home for parents to pay online, collecting the books the next day. Parents can also purchase through EFTPOS. There will also be posters, pencils, erasers etc. available for purchase too. The Book Fair will also be open from 8.15 each morning and most afternoons until 3.30pm. Students can also purchase at lunch times.

We will be giving a raffle ticket to every student (or parent) who makes a purchase and they will be in the running for a voucher worth $25. There will be one voucher for Prep to Year 4 and another for Years 4 to 7. These can be used for Book Fair purchases or Book Club. So come along and get some books for Christmas presents!

Read-a-thon

Thanks to all who participated in our first Read-a-thon. We raised $4842.87 with $3244.72 staying in the school. That is a huge effort considering there were only 85 students participating. As a result it has been decided that all participating students will enjoy the Pizza Party! Students will be advised with a note home when the date is set. As an extra treat we have decided to award prizes to the highest 3 fundraisers. Winners will be announced at the Year 2/3 parade this week.

Volunteers wanted to cover books

We are in need of a couple of volunteers to work in the library covering books. We will train you if necessary and provide you with tea/coffee and biscuits. We are flexible in the times you want to assist. If you are interested in helping out, please contact the Library Staff and let us know.

Thank You
Wendy Coates
Teacher Librarian
YMCA SPRINGFIELD LAKES OSHC

BEFORE, AFTER & VACATION CARE

We would like to welcome our new Assistant Coordinator Tahni Adie. Tahni has 13 years experience working in the Child Care Industry. She will be a real asset to our service. Please make Tahni feel welcome as you see her around our school.

Only five weeks till the end of term! Parents are reminded to ensure that they have completed a 2015 enrolment form if their child/ren are returning to OSHC next year. We have emailed enrolment forms to our current families, Please complete and return via email as soon as possible to confirm your booking.

Programming: The younger grades have been participating in different sporting activities. We have found that their gross motor skills have improved immensely since the beginning of the year. Children are catching and throwing a ball with confidence now.

We will be doing a presentation at the School Prep forum on Monday November the 17th. Please come along and say hello, introduce yourself and get to know all things OSHC.

Xmas school holidays. We have organised some exciting incursions and excursions for our children. To avoid disappointment, lease book in early as places fill up fast.

16/12/14 Pro Scooter Lessons.
06/01/15 Movies
08/01/15 Skyzone
15/01/15 Movie World
22/01/15 Ultimate Games Van

The Team

YMCA Springfield Lakes OSHC
Build your emotional, physical and spiritual strength through the gentle flowing practice of yoga.

c-vivor is open to patients, family members, partners and carers who are on a cancer journey.

Yoga offers many benefits for people on the cancer journey, including self-care and empowerment, management of physical and psychological symptoms, life skills, and spirituality.

Come along to our free classes

every Thursday
4pm – 5pm
YMCA Community Centre
Springfield Lakes

Register your interest online at cancerqld.org.au/c-vivor
or
contact Nichola
0406 574 454
email: helloyogandu@gmail.com

Starts 30 October

C-vivor is an activity-based cancer support program for people affected by cancer. The program aims to combine the benefits of physical activity with well-known psychosocial benefits of peer support.
Do you have a child between 2 and 10 years old?

If “Yes”, share your parenting experiences

Researchers at the University of Queensland invite you to participate in a cross-cultural parenting study involving parents residing in Australia and Indonesia. Share your parenting experiences by completing an online survey at the website:  http://psy.uq.edu.au/par

For further information, please check the website or contact Agnes Sumargi at (07) 33656207, e-mail: agnes.sumargi@uqconnect.edu.au.

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MEET THE PLAYERS!
November 20th at Brookwater

myFootDr™ Queensland Bulls Brisbane Heat Queensland Fire

Autograph Signing & Great Prizes

myFootDr™ Thursday 20th Nov
4pm - 5:30pm

Brookwater Retail Village, 2 Tournament Drive, Brookwater
Springfield United Football Club

Come and Play for SUFC!

2015 registrations are now open to join Greater Springfield’s fastest growing sporting club.

Players who were registered in 2014 can register through myfootballclub.com.au

Don’t leave it too late, spaces are limited.

Want more info, email us: info.sufc@gmail.com

We appreciate your support!

Look out for our new free App “Springfield United Football Club” available for both iPhone & Android.
Malouf Pharmacies invites you

ARE FOOD INTOLERANCES AND ALLERGIES AFFECTING YOUR FAMILY? THERE IS A SOLUTION!

Join us for a FREE presentation by Biohawk Founder, Professor Cliff Hawkins and discover how nature's biology may provide the solution you have been looking for.

WHEN  
Wednesday
26th November 2014

TIME  
10am - 12pm

WHERE  
Brisbane Convention & Exhibition Centre
Merivale St, South Brisbane
Boulevard Level
Meeting rooms B1 & B2

RSVP By Monday 24th November
to: events@maloufpharmacies.com.au
or phone: 07 3620 7744

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Did you know?

• To suffer from food intolerances and allergies you need to:
  1. Have one of the specific genes (based on your ancestry)
  2. Have the gene turned on by a virus or bad bacterial infection, a vaccination or stress
  3. Eat foods or take drinks with proteins rich in particular amino acids

• Over 30% of the Australian population have the potential to suffer food intolerances or allergies when they eat wheat, dairy, soy and other plant products giving symptoms such as:
  - Reflux, bloating, gas, tummy rumbling, nausea, diarrhoea or constipation, tiredness, headaches.

Why does it happen?

• Wheat and other cereal grains, dairy & soy products and other plant foods contain proteins with related structural elements that cannot be broken down by our digestive system and these structures sensitize the person's immune system causing the symptoms.

Relief is at hand!

Biohawk has discovered the way to breakdown these proteins using a special blend of natural gingers. It is as simple as taking a small dose morning and night to get your digestive system working at peak performance and to say goodbye to those damaging proteins.

In two convenient forms:

• Relief powder
• DigestEasy liquid

These products plus Bake Aid can also be added to foods, like wheat (yes wheat!) to change the proteins making it easier for you to digest. So you can add it and make delicious cakes, breads, pizza bases, muffins and other foods.

Enjoy the light, fluffy texture of wheat and not the heavy, often tasteless texture of gluten free products!

You can have faith in Relief and DigestEasy!

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Find out more about Biohawk & Food Intolerances at
www.maloufpharmacies.com.au
HOLIDAY COACHING CAMP
15th - 17th December 2014

This coaching camp is for boys and girls aged 10, 11 & 12 and will be run by qualified Hockey QLD staff, based around learning new skills and having fun! No previous playing experience required!

Where: Tallebudgera Active Recreation Centre, GOLD COAST
When: 15, 16 and 17 December 2014 (Mon & Tues Live In)
Camp includes: 4 x 1hr 30 mina Hockey session, 4 x 1hr 30 mina recreational activities. Mini Olympics.
Cost: $295 (includes all meals and accommodation + HQ draw-string bag, 2 camp shirts, hat and water bottle)

Questions? Contact Caitlin Sippel...
W: 3399 6577 E: csippel@hockeyqld.com.au

www.hockeyqld.com.au

REGISTER ONLINE

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