This week I had the pleasure of seeing our 2017 student leaders receive their official badges. I am always pleased to see their enthusiasm as they recite their oath, committing to their roles and our school community for 2017. It was great that Mrs Leanne Linard (member for Nudgee) made note of the fact that leadership is everybody’s responsibility. These 12 leaders cannot do the job alone. Of course we have high expectations of our oldest students when modelling to our younger students, but every day there are opportunities for students of all ages to step up and lead by example in our four school rules.

This week on Assembly the front of the stage was overcrowded with the number of student awards received. What a fantastic problem to have! Well done to all of those students.

Volunteer Induction sessions have been well attended so far. If you are wishing to volunteer in the school this year you must register and participate in the induction. It only takes 30mins and it helps to meet our workplace safety requirements as well as other insights to help you in your volunteering role. Volunteering makes a difference. Some upcoming sessions are:

- 3:30pm Wednesday 15 February 2017
- 9:00am Wednesday 22 February 2017

This past week Miss Callaghan and I have met with teachers to unpack student’s writing. It has been fantastic to see our teachers create clear pathways for learning for our students to help them improve. Adding to this we had a team of my principal colleagues visit this week to have a look at some of our work. In their time here they spoke to students and asked them about their learning. Feedback from our visitors was positive. They were particularly pleased with Geebung State School student’s ability to talk about their own goals and learning. As a team of educators we want to get even better at making this process clearer for our students so this is our goal this year in writing.

I am delighted with the C Block refurbishment. I am also incredibly appreciative of the Geebung State School Parents and Citizens Association for funding the installation of air conditioning for our prep rooms and C Block. I dare say those students and teachers are appreciative too! I can assure you that with the extra hot weather predicted ahead we will make opportunities for all of our classes to access air conditioned areas if required.

This Friday some of our students will represent Geebung State School at the Bramble Bay District Swimming competition. We wish them well and thank them for competing for us. Good Luck!

Our school uniform is important for several reasons. Please ensure your child wears the correct shoes. The guidelines clearly state majority black or majority white. Also, I ask that all students wear the uniform hat. It is sun safe, it is uniform and it is completely necessary for any outside play.

Have a great fortnight,

Matthew Meharg
Principal
What a flying start we have had to this year. By now the students will have come home with homework and individual goals. As part of the collaborative and communication process, it is important for parents to read and sign their child’s homework book every week. This not only shows the children that teachers and parents are working together to support their education, but also allows you to see what the students should know and be able to do, and also what your child is individually striving to achieve through their focus on their individual goals. It was great to see so many parents at the Parents Information Evening on Wednesday. This is another great way to understand what your child will be focussing on this year with their new teacher.

Reading is such an important skill for children to have. At Geebung State School for the past few years we have had a Reading Army that goes along to classes volunteering their time to listen to students read. If you have previously been a part of this Reading Army or could volunteer an hour a week this term, please let the office know. I will be conducting some training on Supporting Students Reading next week on Thursday 16th February 2017 9:30am – 10:30am in the school library. I will be going through some strategies to help support the reading skills and strategies of students across different year levels. If you have previously been a part of Reading Army, it would be good to attend as a refresher. If you are new to Reading Army and can volunteer an hour a week, this will be the start of our journey together in Reading. The skills you learn in this training will also help you when reading with your children at home.

Class Walk-A-Rounds
When I walked around Geebung State School this week, this is the learning I saw:

3/4B with Mr Jackson have been reading “The Twits”. They are working on describing the characters and setting in the book. Parents, ask your child what a noun group is.

5/6B with Mrs Newton were working on their spelling using their Soundwaves workbooks. We need to be able to pronounce words correctly to be able to sound them out. They were learning that even though they were focussing on an easier sound eg. /b/ there are some tricky words to learn to extend their vocabulary. Rule: a silent B usually occurs when B is after M eg dumb or before T e.g. subtle. Parents, ask your child if they hear a /b/ sound in the following words; numb, number, numbing, numbering, debt, dubious, alibi, doubt.

Prep/1 C with Mrs Cripps. The year 1 students were writing sentences. They needed to remember where all the punctuation needs to be placed to make the sentence read easily. Parents, ask your child what punctuation they need to use in their sentences and what it looks like when written.

Year 6 with Mrs Anderson are comparing a short story to a novel. They have been shown Success Criteria for the assessment task and know what they need to include in their writing of a short story to achieve an A, B, C. Parents, ask your child what mark they are aiming for and what they need to do to achieve this.

Penny Callaghan
Deputy Principal

Medication

Does your child require medication during school hours?

If your child requires medication while at school, please ensure you request an Administration of medication record sheet from your school's office.

You will also need to provide the school with the prescription-labelled medication in the original packaging with clear directions for its use.

## Dates to Remember

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>February 2017</strong></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>• Bramble Bay District Swimming Carnival at Lawnton Aquatic Centre</td>
</tr>
</tbody>
</table>
| 15 | • Volunteer Induction Session Library 3:30pm  
  | • P&C AGM Meeting 7pm Library |
| 16 | • Supporting Student Reading 9:30-10:30am school library |
| 22 | • Volunteer Induction Session Library 9:00am |
| **March 2017** | |
| 13 | • National Young Leaders Day |
| 15 | • Parent Teacher interviews |
| 21 | • Harmony Day |
| 31 | • Last Day of Term 1 |
| **April 2017** | |
| 14 | • Good Friday |
| 17 | • Easter Monday |
| 18 | • First Day Term 2 |
| 20 | • Prep students vision test |
| 21 | • Prep students vision test |
| 25 | • ANZAC Day |
| **May 2017** | |
| 1 | • Labour Day |
| 15 | • School Photos |
| **July 2017** | |
| 26/7–28/7 | • Year 5 Camp |
| **October 2017** | |
| 2 | • Queen’s birthday |
| 4/10–6/10 | • Year 6 Camp |

### ABSENCE HOTLINE

If your child is going to be away from school please let the school office know.

**Phone:** (07) 3623 8760

**Email:** info@geebungss.eq.edu.au.

Future Absence Advice in Qparents app

---

**Mindful Doodles**

Is your child struggling with school, self-esteem or family issues?

Mindful Doodles can help!

Mindful Doodles uses doodling and drawing to help the young client to express their internal world, which they may struggle to express in words and to develop strategies to help in their lives.

For further information visit our website or contact Florence on 0403 057 634 or by email to mindfuldoodles@gmail.com to make an appointment.

---

**Local Raw Honey**

Delicious and Healthy

Family Size Tub $15 for 1.5kg

0405 685 750

www.facebook.com/twobusybeeshoney
This Friday, 10 February 2017, several children will be representing Geebung State School at the Bramble Bay District Swimming carnival at Lawnton swimming pool. Thank you to parents for returning permission forms promptly and we wish all the swimmers, good luck.

Basketball trials for the Bramble Bay District will be held at Sandgate District State High School on 16 February 2017. Nominations for the trials close February 10 2017 so if your son or daughter is interested, please contact the school office as soon as possible to obtain the necessary forms.

Our school will hold a Running Club (for years 3-6) commencing next week, before school from 8:10-8:40 am on Wednesday and Friday mornings. On Wednesdays, we will do a skill based set and on Friday mornings, children will run as many laps of the oval as possible. At the end of each session, we will tally up the amount of laps ran and see how far we can run around Australia over the 6 weeks. The aim of the Running Club is to help improve students’ fitness and stamina levels in readiness for our school cross country in the last week of term 1. Children will need to have a permission form signed from parents in order to train in the club. These will be handed out before the end of the week.

Running dates:

<table>
<thead>
<tr>
<th>FEBRUARY 2017</th>
<th>MARCH 2017</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>Wednesday</td>
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<tr>
<td>15, 22</td>
<td>1, 8, 15, 22</td>
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<tr>
<td>Friday</td>
<td>Friday</td>
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<td>17, 24</td>
<td>3, 10, 17, 24</td>
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</tbody>
</table>

Gemma Burchard
HPE Co-ordinator

Lunchtime Leader Games Program
Do your kids come in from school and make a beeline to the kitchen looking for something to eat? If so, how can you make sure they enjoy a snack while still saving room for a healthy dinner?

Kids need less frequent snacks as they get older, but it's not surprising that most are hungry after school. Many kids eat lunch early — 11:30 or even before — and then have an afternoon of classes and maybe even an after-school activity before their next chance to eat.

Depending on a child's age and after-school routine, parents might not always be able to control what their kids eat in the late afternoon. But don't throw in the towel just yet. These steps can guide kids to good after-school snacks that will be satisfying and still leave room for a nutritious dinner.

**Figure Out the Timing**

Put yourself in your kids' shoes and consider their eating schedules on a normal weekday. Some younger kids may have a mid-morning snack, but most older school-age kids won't. Find out: When is lunchtime? What and how much do they eat at lunch? Do they ever skip lunch? Does the after-school program serve snacks? This will help you figure out how hungry your kids will be when they get home.

You'll also want to think about what time you normally serve dinner. A child who gets home famished at 3:15pm and eats a large snack probably won't be hungry if dinner is at 5:30pm. Likewise, it may not be reasonable to expect a child whose parents work late to go until 7:30pm with nothing to eat since lunch. Think about your kids' schedules and plan accordingly.

**Create a List of Healthy Options**

Next, talk about which snacks your kids would like to have at snack time. Come up with a list of healthy options together and be sure to include a variety of fresh fruits and vegetables. While a slice of cake or some potato chips shouldn't be forbidden foods, such low-nutrient snacks shouldn't be on the everyday after-school menu.

If you can, take your kids along to the grocery store and spend some time reading the nutrition facts labels and comparing products. Pay attention to the amounts of protein, fiber, calcium, and other important nutrients, and don't miss the chance to talk about portion sizes. Together, choose snacks that are low in sugar, fat, and salt. Being involved in the process makes it more likely that kids will learn to make healthy food choices.

**Make Healthy Snacks an Easy Choice**

Don't expect kids — even teens — to cut up their own veggie sticks. It's just too much bother, especially when they're hungry. Kids are more likely to eat what's handy. That's where you come in. Make healthy snacks easily available by packing them in their lunchboxes or backpacks or by having them visible and ready-to-eat at home.

If you're at home after school, your youngster might enjoy helping you make a creative snack like ants on a log (celery topped with peanut butter and raisin "ants"), egg boats (hard-boiled egg wedges topped with a cheese sail), or fruit kabobs. Older kids may enjoy a fruit smoothie, mini-pitas with hummus dip, or whole-grain crackers topped with cheese and pear slices.

Older kids often like making their own snacks, so provide the ingredients and a few simple instructions. If dinner is just around the corner, consider allowing a "first course," such as a small salad or side vegetable while you finish preparing the family meal.

For those nights when dinner is hours away, you could offer a more substantial snack such as half a sandwich or a quesadilla made with a whole-wheat tortilla and low-fat cheese warmed in the microwave and topped with salsa. Nothing too complicated, though. A good snack should take more time to eat than it does to prepare!

If your child goes to an after-school program or to a caregiver's house, find out if snacks are served. If so, what's typically offered? If you don't like what you hear, suggest alternatives or just pack an extra snack your child can eat after school. Easy-to-pack snack options include trail mix, nuts, low-sugar whole-grain cereal, whole-grain pretzels or crackers, fresh or dried fruit, and cut-up vegetables.

What if your child comes home to an empty house? Again, the best strategy is to leave something healthy front and center on the kitchen counter or in the refrigerator. A hungry child, like a hungry adult...
Active School Travel

Day to remember

Tuesday is our selected Active School Travel day for Geebung State School. Every Tuesday we need to make everyone aware about this exciting and highly contagious community event. There is no need to see your doctor if you are affected by this condition, in fact it may prevent future visits to the doctor by just actively travelling to school with your children.

Active School Travel Stamps & Rewards

Students who walk, cycle, carpool or catch public transport to school are not only reducing traffic congestion, getting healthier and reducing their carbon footprint, they are also earning great rewards for themselves. Each Tuesday students who actively travel will collect a stamp in their special Active School Travel Passport. The more you actively travel, the more chance to have to earn great rewards like handballs, water bottles, pencils and bag tags. So get active on Tuesday’s and collect those stamps!

How to actively travel to school

We know that everyone is different, so there are lots of ways you can actively travel to school.

How will you actively travel to school?

Always remember to slip slop slap.

Walk
Leave the car at home and walk your kids to school. If you live too far away, drive part of the way and walk the rest. We call that "Park and Stride" (P&S). Join a P&S group of parents and children. Don't forget a water bottle, hat, sunscreen, walking shoes are best and umbrella in case of rain.

Ride
Bike or scooter to school, ride with your children to school. It's legal to ride on the footpath and remember to always have your helmet secured on your head. Don't forget the Sunscreen and maybe a raincoat in the backpacks in case of rain.

Carpool
Find a friend and carpool to school. It's an easy way to save money and time. Talk to other parents in your child's class or at music or sport to see who is going your way. Team up with some other parents in your area and carpool.

Public Transport

Public transport is easy once you know how. For bus timetables, visit Translink, phone 13 12 30 or visit the Transport Information Centre located on the corner of Ann and Roma Streets.

Try catching the bus, it can be fun.

Outside School Hours Care

Geebung State School has even included Outside School Hours Care (before and after school care) as an Active School Travel alternative, so if your child goes to before school care, they will still be able to participate in active travel each morning.
SPECIAL WELCOME TO ALL OF THE NEW GEEBUNG FAMILIES

Geebung State School P&C run a variety of services: Tuckshop, Uniform Shop, Outside School Hours Care and Swimming Club. If you have any questions about these services, please contact the school office or the P&C office (ph: 0417 497 775, email: gsspc.admin@bigpond.com).

P&C AGM / FIRST MEETING FOR 2017  The Geebung State School P&C AGM will be held on Wednesday 15 February 2017 at 7pm in the library. At the AGM, all executive positions will be made vacant, then nominations and voting will take place for a new executive committee. The AGM will be followed immediately by the first meeting of 2017. Everyone is welcome to join us at these meetings; they are a great source of information from the school administration and a great way to help out in the school community. We’d love to see you!

If anyone is interested in participating in the P&C this year, below is a brief description of the roles in the executive committee:

P&C PRESIDENT
- shall preside at every meeting of the association in which she/he is present
- shall be a signatory on P&C accounts
- provide leadership (delegate)
- act as representative of the P&C
- ensure communication between P&C, school and community
- be familiar with the rules, operations and meeting procedures of the P&C

P&C VICE-PRESIDENT
- consider this position as the President’s understudy
- shall be a signatory on P&C accounts
- chair those meetings from which the President is absent

P&C TREASURER
- overall responsibility for the financial management of the P&C, including all subcommittee accounts
- shall be a signatory on P&C accounts

P&C SECRETARY
- shall be a signatory on P&C accounts
- will record all proceedings of any meeting of the Association by way of full and accurate minutes
- shall maintain attendance records and a register of members
- shall prepare and present minutes of P&C at each general meeting

Contact Information:

P&C ADMIN: Michele Lavery: 0417 497 775, email: gsspc.admin@bigpond.com
TUCKSHOP: Helen Miers: 0409 391 822
UNIFORM SHOP: Michele Lavery: 0417 497 775
OSHC: Tracey Smith: 3865 8971 or 0451 143 308, email: geebungpc.oshc@bigpond.com
SWIMMING CLUB: Gaye Muir, Treasurer email: geebungswimming@hotmail.com

P&C News

Geebung State School P&C Association
Keep up-to-date with information and events that are happening in the school – a great way to keep connected!

AGM, followed by general meeting:
15 February 2017 at 7pm in the library

Ashley Carradus – P&C secretary
**TUCKSHOP**

What a **GREAT START** to the year! So good to see all the happy faces again. Thanks to my volunteers who have helped cook & bake our home-style food at Tuckshop. We love to provide our students & staff with healthy options by cutting down on commercially processed foods.

If you would like to join in the fun helping, come and see me to put your name on the calendar. For busy families that are unable to volunteer time at tuckshop, we always appreciate **FOOD DONATIONS**.

Thank you to the families that have already donated food items this year, to help keep our costs & prices down.

**ITEMS WE USE**

- Long life milk
- SR Flour
- Jam/golden syrup
- Sugar: brown & raw
- Freezer bags
- Foil/cling wrap
- Tinned tomatoes
- Coconut cream
- Dates
- Butter
- Olive & coconut oil
- Plain Flour
- Eggs
- 100% fruit juice
- Sandwich bags
- Tinned pineapple pieces
- Red kidney beans
- Popping corn
- Desiccated Coconut
- Zip lock bags
- Tinned pineapple pieces
- Red kidney beans
- Popping corn
- Desiccated Coconut

**FRIDAY NIGHT DINNERS - $15**  **HAVE THE NIGHT OFF COOKING!**

These homestyle meals are made from real ingredients, cooked fresh on Friday’s at tuckshop, ready to pick up after school. Please order & pay at Tuckshop by **Thursday morning** so you don’t miss out.

**FRIDAY NIGHT DINNERS - $15**

- **Italian meatballs with spaghetti**
- **Chicken & vegie coconut curry with rice**

Both are dairy free & there is a gluten free spaghetti option (extra $5)

We also have 1kg Ravioli back in stock - $15: chicken or spinach & ricotta

**Helen Miers – Tuckshop convenor**

**Tuckshop ph. 0409 391 822 during Tuckshop hours: 8:00am – 2:00pm, Wednesday, Thursday & Friday.**

**UNIFORM SHOP**

Geebung State School has a smart, stylish and affordable school uniform which creates an identity for our school. It also teaches students to dress smartly and take pride in their appearance.

Please remember that leggings, tights and bike pants are NOT acceptable school attire unless worn under the school dress or shorts.

**UNIFORM SHOP HOURS** The uniform shop will be open on Wednesdays from 8.15am to 9.15am, however I am available at other times, so please just contact me if you cannot make it to the shop on a Wednesday morning and I’m sure we can come to some arrangement.

**UNIFORM GUIDELINES** and **SECOND HAND UNIFORM SHOP POLICY** are available from the school's office or on the school's webpage. Please read these documents to familiarise yourself with the school's policy. These guidelines also include shoes and hair accessories.

**SELLING SECONDHAND UNIFORM** All clothing to be sold in the Uniform Shop must be **recently washed and in a clean condition**. Soiled, torn or “old style” clothing **cannot** be sold by the uniform shop.

**Michele Lavery – Uniform Shop Convenor**

**Uniform Shop ph. 0417 497 775**

**SWIMMING CLUB**

What a busy and great start to the second half of the Geebung Swimming Club season for 2016/17.

The club hosted the Mole Trophy Carnival last Saturday afternoon. The club competed against Virginia & Somerset Hills. We came second! We couldn’t have done it without every one of the swimmers who participated. Congratulations to those swimmers who broke long standing club and/or pool records or performed at their personal best. A special thanks to all of our volunteers who gave up their time to make the day a success.

The carnival provided a wonderful opportunity to show off our new change rooms & canteen facilities and we look forward to hosting the Dewer Trophy Carnival on Saturday 11 March. 2017

It’s not too late to join Geebung Swimming Club for the remaining season. Memberships (including a cap) are $30 per child. For further information please email geebungswimmingclub@hotmail.com.

**Gaye Muir**

Treasurer, Geebung Swimming Club
Assembly Awards

1 February 2017

8 February 2017
Assembly Photos

Student Leaders 2017

Paul & Michael Gagen
Offering group guitar lessons at Geebung State School Friday after school
Ph Paul 0432 567 624 paul@stringzguitarstudio.com.au
www.stringzguitarstudio.com.au
About Aquatics is now taking enrolment for term 1 swimming. Please see our flyer below and over for class and contact details.

### SWIMMING PROGRAM

<table>
<thead>
<tr>
<th>Level</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant (1-2 years)</td>
<td>Weekdays 3:00pm-3:15pm</td>
<td>$16.00 1 lesson/wk</td>
</tr>
<tr>
<td></td>
<td>Saturday From 9:00am</td>
<td>$30.00 2 lessons/wk</td>
</tr>
<tr>
<td>Toddler (2-3.5 years)</td>
<td></td>
<td>$44.00 3 lessons/wk</td>
</tr>
<tr>
<td>Learn-to-Swim – Level 1</td>
<td>Weekdays 3:15pm-3:45pm</td>
<td>$16.00 1 lesson/wk</td>
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<tr>
<td></td>
<td>3:45pm-4:15pm</td>
<td>$30.00 2 lessons/wk</td>
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<tr>
<td></td>
<td>Saturday From 9:00am</td>
<td>$44.00 3 lessons/wk</td>
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<tr>
<td>Learn-to-Swim – Level 2</td>
<td>Weekdays 3:45pm-4:15pm</td>
<td>$16.00 1 lesson/wk</td>
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<tr>
<td></td>
<td>4:15pm-4:45pm</td>
<td>$22.00 2 lessons/wk</td>
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<tr>
<td></td>
<td>Saturday From 9:00am</td>
<td>$44.00 3 lessons/wk</td>
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<tr>
<td>Stroke development – Level 1</td>
<td>Weekdays 6:30am-7:30am</td>
<td>$12.00 1 lesson/wk</td>
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<td></td>
<td>7:30am-8:30am</td>
<td>$22.00 2 lessons/wk</td>
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<td></td>
<td>Saturday From 7:30am</td>
<td>$33.00 3 lessons/wk</td>
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<tr>
<td>Stroke development – Level 2</td>
<td>Weekdays 6:30pm-7:30pm</td>
<td>$12.00 1 lesson/wk</td>
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<td>5:00pm-6:00pm</td>
<td>$22.00 2 lessons/wk</td>
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<td></td>
<td>Saturday From 7:30am</td>
<td>$33.00 3 lessons/wk</td>
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<tr>
<td>Transition Squad</td>
<td>Weekdays 6:30am-7:30am</td>
<td>$12.00 1 lesson/wk</td>
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<td></td>
<td>7:30am-8:30am</td>
<td>$22.00 2 lessons/wk</td>
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<td></td>
<td>Saturday From 7:30am</td>
<td>$33.00 3 lessons/wk</td>
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<tr>
<td>Junior Development Squad</td>
<td>Weekdays 6:30pm-7:30pm</td>
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<td></td>
<td>5:00pm-6:00pm</td>
<td>$22.00 2 lessons/wk</td>
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<td></td>
<td>Saturday From 7:30am</td>
<td>$33.00 3 lessons/wk</td>
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<tr>
<td>Intermediate Squad</td>
<td>Weekdays 6:30pm-7:30am</td>
<td>$12.00 1 lesson/wk</td>
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<td></td>
<td>5:00pm-6:00pm</td>
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<td></td>
<td>Saturday From 7:30am</td>
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<tr>
<td>Senior Squad</td>
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<td>$22.00 2 lessons/wk</td>
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<td></td>
<td>Saturday From 7:30am</td>
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<tr>
<td>Adult Fitness</td>
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<td>$22.00 2 lessons/wk</td>
</tr>
<tr>
<td></td>
<td>Saturday From 7:30am</td>
<td>$33.00 3 lessons/wk</td>
</tr>
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*Private lessons are also available upon request.
*Times are subject to change due to numbers and demand
*We will try our best to give you your preferred days and times
# Notices

## Payment Options

<table>
<thead>
<tr>
<th>Credit Card</th>
<th>Electronic Funds Transfer (EFT)</th>
</tr>
</thead>
</table>
| In person at Everton Park SS Pool during pool hours or via phone | **BSB:** 484 799  
**Acc #:** 71960865  
**Acc Nm:** All About Aquatics  
**Reference:** [your unique code] |

**Note:** Cash is no longer accepted

## Booking Details:

M: 0413 201 534 (NEW)
E: evertonpark@allaboutaquatics.com.au
E: geebung@allaboutaquatics.com.au
E: woolooowin@allaboutaquatics.com.au

## Lesson Name | General Description | # per class
--- | --- | ---
Infant | For 1-2 year old with parents in the water. Lessons are focus on child water familiarization and water safety skills, parent education, relationship building, and fun | 4
Toddler | For 2-3.5 years that can be independent from parent. Small class design to cater for concentration and time on task | 2
Learn to Swim (LTS) Level 1 | For beginner swimmers that are getting familiar with the water and progress to learning basic freestyle arms | 4
Learn to Swim (LTS) Level 2 | For swimmers that have learnt freestyle arms and progress to learning freestyle with breathing every 3 arms. Introduction to backstroke | 4
Stroke Development – Level 1 | Progressed to swim 25m freestyle and backstroke. Introduction to Breaststroke kick | 6
Stroke Development – Level 2 | Progressed to swim 50m freestyle and backstroke. Introduction to breaststroke arms and timing. Introduction to butterfly | 8
Transition Squad | Swimmers have developed basics technique in all strokes and are introduced to competition elements such as race starts, turns and finishes, relays. Focus still will remain on technique | 10-12
Intermediate Squad | Introduction to fitness sets and competition training with focus on technique refinement | Max 15
Senior Squad | Race specific training with technique refinement sessions | Max 20
Would you like to:

- check your child’s timetable on your phone, tablet or computer?
- access your child’s report cards online?
- pay school invoices online with a credit card?
- notify the school of your child’s absences and monitor attendance?
- engage more closely with your child’s school?

Visit qparents.qld.edu.au to find out more.
**Aussie Hoops Mid Week Programs**

What is it?

Aussie Hoops is an exciting new basketball program that will help improve your child's motor skills and social learning as they dribble, shout, throw and catch their way through this fun, active and safe program.

**What is included?**

Aussie Hoops is run by professional coach specifically for children aged 3-10 years with little to no experience in the sport.

**Cost:** $180 for the season

For further information contact Michael Irvine on 3223 6645 or at info@aussiehoops.com.au

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**Women's and Girls Football**

*NORTH STAR FOOTBALL CLUB*

We are looking for girls and women of ALL ages to come and join us at North Star.

We are entering a number of all-girls teams this year and are seeking players for:

- **U9**
- **U11**
- **U13**
- **City 4 Women**
- **City 5 Women** and **Over 35’s Masters team**

No matter your age, fitness or skill level, we have a team for you.

Pre-season training has begun so please feel welcome to come down and see if you like it!

**Pre-Season training times:**

- **Mondays**
  - 5.45pm - 7pm: U9, U11 and U13
  - 7pm - 8.30pm: City 4 Women
- **Tuesdays**
  - 7pm - 8.30pm: City 3 Women
- **Wednesdays**
  - 5.30pm - 6.30pm: U9
  - 5.45pm - 7pm: U11 and U13
- **Wednesdays**
  - 7pm - 8.30pm: City 4 Women

Please GET IN TOUCH with Kylie if you're interested.

Email: nsfcwomen@gmail.com
Mobile: 0430 599 754
www.northstar.com.au

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**Design Your Future**

Join us at our Open Day

**Saturday 25 February 1pm - 3pm**

Alumni and Principal Panel at 1.00pm
Student Tours at 1.30pm

Discovery Workshops 9.30am - 3pm
For current year 9 & 9 students
For more information visit qaci.eq.edu.au/open-day
Free dental check-ups and treatment are now available for your child/children

Check-ups and treatment will be offered through the Boondall School Dental Clinic (in the grounds of Boondall Primary School), Roscommon Road Boondall

You child will receive a Family Registration form via your school later this week (one per family)

Please complete this form and return it to your School Office as soon as possible, we will contact you to make an initial check-up appointment

Metro North Hospital and Health Service provides free oral health care to eligible Queensland residents and Medicare Card Holders including:

• All students 4 years of age through to year 10
• Students in years 11 and 12 who have a current Centrelink Card, Healthcare Card or Pension Card
• All 2-17 year olds who are eligible for the Child Dental Benefits Schedule (CDBS). To check your eligibility visit the website at www.my.gov.au or phone 132011
• All 0-3 year olds whose parents have a current Centrelink Card, Health Care Card or Pension Card

The oral health team providing the service consists of a Dentist, Dental/Oral Health Therapists, and Dental Assistants. Most clinical procedures will be carried out by a Dental or Oral Health Therapist.

Treatment is now being offered at the Boondall School Dental Clinic. Simply call - 1300 300 850 or 3008 3501 to arrange an examination appointment.

An adult must attend all dental appointments with their children

Metro North Oral Health is committed to improving the oral health of our children.

To do this we want to enhance the important role that parents/guardians and carers play in helping us provide the best oral health care that we can for their child. Your involvement is important to us and to your child’s health.

Metro North Oral Health Services requires a parent/legal guardian or carer to attend dental appointments with all children under the age of 15 years (we strongly recommend that an adult attend appointments with all children regardless of their age). A parent/legal guardian must attend the examination appointment. This is so that you can be involved in making decisions about your child’s oral health care and discuss any issues that may be of concern.

Please remember to bring your child’s Medicare Card to every appointment.

If you have any queries regarding this service, or would like to discuss this please email MNOHS_Directorate@health.qld.gov.au and someone will be in contact with you.

Thank you.
Notices

ENROL NOW
SPOTS AVAILABLE

C&K Marchant Park Kindergarten is nestled within the green, leafy parklands of 7th Brigade Park in Geebung. Our family-friendly Kindy teaches an authentically child-led and play based program where every child is nurtured and celebrated, providing the best possible introduction to the schooling years.

Our Kindy is a Qld Government Kindergarten approved program and subsidies are available for Health Care Card holders.

To enrol now or for future years, contact us on 3265 7028 or email office@mpkindy.org

MARCHANT PARK
KINDERGARTEN
ASSOC. INC.

50 Collaroy Street, Geebung Q 4034
3265 7028 - office@mpkindy.org
www.merchantparkkindy.com.au

SOUTH BANK PARKLANDS

Streets Beach

- 19 - 25 September 2016 (5 sessions, Monday to Friday)
- 6 Nov - 3 Dec 2016 (5 sessions, Saturday mornings)
- 9 - 15 January 2017 (5 sessions, Monday to Friday)
- 4 Feb - 4 March 2017 (5 sessions, Saturday mornings)
- 7 - 7 April 2017 (5 sessions, Monday to Friday)

8am - 10am
Registration includes long sleeved rash shirt, water bottle, activity book and wet bag.

For more information
littlelifesavers.com.au
littlelifesavers@lifesaving.com.au
(07) 3846 8880

LITTLE LIFESAVERS

AQLD

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