



TIARO STATE SCHOOL NEWSLETTER

ISSUE: TERM 4 WEEK 3 2026

PRINCIPALS MESSAGE

Welcome to Week 3 of Term 4. It is wonderful to be back at school and reconnecting with our students, staff and families.

Our classrooms are busy, with students continuing to work towards their end-of-year learning goals. This week also includes end-of-year DIBELS reading assessments, providing another opportunity to recognise student progress and support future learning.

🧘 Healthy Sleep, Ready to Learn

As we move through a busy Term 4, I encourage all families to give some thought to **healthy sleep routines for our students**. A good night's sleep helps children arrive at school rested, focused and ready for the day ahead. Some simple habits that can help include:

keeping a consistent bedtime and wake-up time

creating a calm routine before bed

reducing screen time close to bedtime

ensuring bedrooms are quiet and comfortable

preparing school bags, uniforms and lunches the night before to make mornings less rushed.

🚗 School Pick-Up and Being Good Neighbours

Drop-off and pick-up times can become very busy around our school. We ask families to please be considerate of our neighbours when parking and **avoid parking across or blocking residential driveways**, even if it is only for a short time.

A little patience and kindness during these busy periods goes a long way.

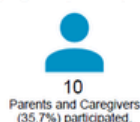
Please park safely and legally, allow a little extra time where possible, and help us maintain the positive relationship our school enjoys with our surrounding community.

With the warmer weather upon us, please also remember hats, water bottles, enclosed shoes and sun-safe clothing each day.

Thank you to our families for your continued support of regular attendance, student wellbeing and learning. Term 4 is always busy, but it is also a wonderful opportunity to celebrate just how far our students have come throughout the year.

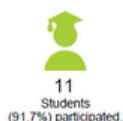
Rhiannon Gane
Principal

Highlights report for (0107) Tiaro State School, 2026



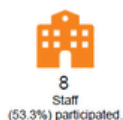
Most positive items	Agreement
My child feels safe at this school.	100.0
This is a good school.	100.0
The expectations and rules are clear at this school.	100.0

Least positive items	Agreement
This school asks for my input.	80.0
Teachers at this school provide my child with useful feedback about their schoolwork.	88.9
I understand how my child is assessed at this school.	90.0



Most positive items	Agreement
My school treats students equally, regardless of gender.	100.0
I feel safe at my school.	100.0
My school looks for ways to improve.	100.0

Least positive items	Agreement
I like being at my school.	80.0
My school takes students' opinions seriously.	81.8
I can get help with my schoolwork at home.	85.7



Most positive items	Agreement
This school fosters respectful relationships among all students.	100.0
The wellbeing of employees is a priority for this school.	100.0
This school has an inclusive culture where diversity is valued and respected.	100.0

Least positive items	Agreement
The department is taking steps to reduce red tape.	33.3
Initiatives to reduce red tape are making a difference.	66.7

Agreement presents the aggregation of positive responses as a percentage: i.e., "Somewhat agree", "Agree", and "Strongly agree".
The most positive items and least positive items are chosen according to strength of agreement. In some circumstances, there may be more survey items of equal agreement to those shown. Please refer to the relevant section of this report for further detail.
The response rate shown is indicative only. It is based on the number of individuals who were invited to participate.

Workplace Health & Safety

NO EXCUSE FOR SCHOOL ABUSE

There is currently a campaign to create a safe and respectful school environment free from any form of abuse. We all deserve to work and learn in environments that are respectful and considerate. Together with your support I am confident that we can foster a safe and respectful environment, not just for our staff and students but for parents and community members alike.

We are committed to the health, safety and wellbeing of our employees, students and anyone else involved with our school. Creating safe and healthy schools and workplaces doesn't just happen. When everyone comes together to improve staff health, safety and wellbeing, there is commitment and active involvement of every person within the school.

WELLBEING

There are different types of wellbeing and at Tiaro we strive to look after everyone at school as well as our families. Things to be aware of are the following: Physical wellbeing, psychological wellbeing, Social and community wellbeing, Occupation wellbeing and Financial/personal wellbeing. **YOUR CHILD, OUR STUDENT, ONE TEAM.**

SMOKING AND E-CIGARETTES

We have signs up on our fences including e-cigarettes. It's important to remember, the department has a total ban on smoking on and around all departmental premises to comply with tobacco laws. The ban affects all schools, school grounds, outdoor education centres, regional and district offices and central office buildings.



FIRE HAZARD

Please be aware the weather is changing and the grounds are getting dry. Look out for our local fire warning signs as they can be changed to prepare and plan for a fire hazard. Please make sure your family and neighbours have a fire plan.

HEAT STRESS

Take precautions to reduce risks of heat stress. Please make sure your student has a water bottle at school and remember to drink plenty of water during these hot days.

SNAKES

Eyes down and always be aware of snakes. As the months are heating snakes become active so please be aware of snakes can be present at our school.

All staff, students and the school community are reminded not to attempt to move, catch or kill a snake. A licensed "snake catcher" (holder of a Damage Mitigation Permit) is required to relocate snakes.

BUTTON BATTERIES

This product contains a button or coin cell battery. A swallowed button or coin cell battery can cause internal chemical burn in as little as two hours and lead to death. Dispose of used batteries immediately. Keep new and used batteries away from children. If you think batteries might have been swallowed or placed in any part of the body, seek medical attention.

Volunteers

Can all volunteers please make sure you sign in via the QRCode outside the office on arrival and departure. All volunteers need to make sure they have done their Mandatory training and signed the declaration which is available in the office or in the tuckshop.

Construction

Please be aware that there will be some works taking place around our school for Term 4. Please try and keep away from the fenced areas during construction and follow safety rules and signs as your safety is just as important as ours.



PBL



This term the students are all aiming to make it to the Platinum level. Everyone will need to complete 5 sticker charts and maintain good behaviours to achieve this goal.

Students that were not able to make it to Gold level last term have the opportunity to advance to Platinum by completing 10 sticker charts and showing good behaviours all term. We strongly encourage all students this relates to, to strive for this.

3 MINOR BEHAVIOURS = 1 MAJOR

3 MAJOR BEHAVIOURS = 1 EXTREME

A green poster with a white grid pattern. In the top left corner is a green paw print with the text "Be Respectful". In the top right corner is a circular logo for "TIARO STATE SCHOOL CELEBRATING 150 1870-2020". In the center, the text "FORTNIGHTLY PBL FOCUS" is written in large blue letters. Below this, the text "Raise your hand to speak and speak politely at all times." is written in large black letters. On the right side, there is a cartoon tiger mascot wearing a yellow shirt and black shorts, with its right paw raised. The paw has a green paw print with the text "Be Respectful".

**FORTNIGHTLY
PBL FOCUS**

**Raise your hand to
speak and speak
politely at all times.**

*Peta Jamieson
Teacher Aide/PBL Coach
Tiaro State School*

Healthy Lunchboxes – Small Swaps Make a Difference!

Packing school lunchboxes can be expensive, but healthy choices don't have to cost more! Fresh fruit, such as bananas, apples and mandarins, can often be cheaper than packaged snacks like muesli bars, especially when fruit is in season or on special.

Did you know? Many muesli bars contain added sugars, even though they may look like a healthy choice. A piece of fresh fruit contains natural sugars, along with fibre, vitamins and minerals, without the extra added sugars found in many packaged snacks.

Here are a few easy, budget-friendly lunchbox swaps:

-  Fresh fruit instead of muesli bars
-  Carrot and cucumber sticks instead of chips
-  Water instead of juice or sugary drinks
-  Simple sandwiches or wraps for a filling lunch

A healthy lunchbox doesn't need to be fancy! Choosing seasonal fruit, checking supermarket specials and keeping things simple can help families save money while giving children nutritious food to help them learn, play and grow.

Take a look at our Healthy Heart poster for more ideas to help keep our little learners healthy! ❤️

Healthy lunchboxes for happy hearts

Give your kids the fuel they need to learn, play and grow with a heart-healthy lunchbox!

Key tips

1. Pack the rainbow! Include a mix of fruits and veggies in different colours.
2. Mix and match. Aim to include something from each food group.
3. Keep it practical. Leftovers, budget-friendly staples and simple snacks are all helpful lunchbox options.



Building a heart-healthy lunchbox



Vegetables

- Pair with hummus, tzatziki or other veggie-based dip.
- Pack a rainbow of colours for a range of vitamins and minerals.
- Let the kids help build a salad or sandwich with their favourite veggies.



Fruit

- Cut into fun and easy-to-grab shapes.
- Blend fruit with milk (plant-based or dairy) for a quick smoothie.
- Add fruit cups in natural juice for an easy option.



Grains and cereals

- Choose wholemeal or wholegrain options for extra fibre.
- Pack wholegrain crackers or crispbreads with cheese or healthy spreads.
- Try homemade or air-popped unsalted popcorn for a quick and easy snack.



Dairy and alternatives

- Mix fruit into unflavoured natural or Greek-style yoghurt for a sweet snack.
- Add cheese cubes or slices with wholegrain crackers.
- Freeze milk poppers to double as a refreshing drink, and to keep the lunchbox cold.



Meat and alternatives

- Short on time? Look for ready-to-grab tuna or bean snack cups. Check labels for low-sodium options.
- Swap deli meats for eggs, grilled chicken, tuna, or beans in sandwiches and wraps.
- Toss chickpeas, lentils or three-bean mix into salads for extra protein.



Healthy fats

- Spread nut butters on apple slices, dates or celery for a crunchy snack.
- Swap butter for avocado, hummus or margarine on sandwiches.
- Pack a small container of olive oil and vinegar dressing so kids can dress their own salads. No more soggy leaves!



Food safety

- Use airtight containers to keep food fresh.
- Keep foods separate to avoid cross-contamination.
- Add an ice brick or frozen water bottle to keep lunchboxes cool and safe.



For more healthy eating tips and tools, visit our website
heartfoundation.org.au

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♥ Mental Health Support for Young People

The Youth Enhanced Services (YES) Program offers face-to-face mental health support for young people aged 12–25 years and their families across the Wide Bay region. The service can help young people experiencing challenges such as anxiety, depression and other mental health concerns.

For more information or to access support, contact Head to Health on 1800 595 212 or email betterconnect@each.com.au.

Remember, support is available, and you don't have to face things alone. ♥

Telehealth	Kids Helpline: 1800 551 800 Headspace: 1800 650 890 Parentline: 1300 301 300 BeyondBlue: 1300 224 363
Online resources:	Headspace https://headspace.org.au/online-and-phone-support/connect-with-us/ You can connect with a clinician via phone Available 3pm-10pm every day 1800 650 890 Create an account to use webchat with a clinician Available 3pm-10pm every day Chat online
Online self-help mental health program for all ages	https://www.mentalhealthonline.org.au/programs Can choose a variety of programs such as social anxiety program, depression and anxiety program, Panic, Stop program. It is self-paced.
Private psychologists	Go to GP and GP will create a mental health treatment plan and recommend private psychologists
Face to face free counselling	headspace Maryborough headspace Maryborough provides free health and community services for young people 12-25 years old on the Fraser Coast. We are an inclusive service and do not discriminate regardless of race, cultural background, religion, sexual orientation, gender, or disability. 07 4303 2100 www.headspace.org.au/headspace-centres/maryborough/
Free face to face with professionals	Youth Enhanced Services (YES) is a service for 12 to 25-year-olds, and their families, who have mental health needs that require a bit more support than can be provided by a local headspace service or school guidance counsellor. This includes individuals with conditions such as psychosis, major depression, severe anxiety, eating disorders, and personality disorders, often compounded by social, educational, or economic vulnerabilities. How to access support For a referral, please contact the Head to Health Intake, Assessment and Referral phone service on 1800 595 212. They'll discuss your needs and connect you with the appropriate support services. betterconnect@each.com.au.
Online mental health platform	https://www.orygen.org.au/Clinical-Care/Clinical-services/most MOST is a free, evidence-based online mental health platform for young people aged 12-25. It brings together personalised therapy tools, a moderated peer community and support from mental health professionals, peer workers and career practitioners. Information on how to access: https://www.most.org.au/how-to-access?utm_source=Orygen_website&utm_medium=referral

DATES TO REMEMBER



Tiara State School
PREP INTRODUCTION MORNING

TUESDAY 27TH OCTOBER

☺ 9 am - 10:30 am

✔ Drink bottle
✔ Fruit snack
✔ Hat

2027 Preps need to be born between 1st July, 2021 and 30th June, 2022.

41 936 555 WWW.TIAROSTATESCHOOL.COM.AU



TIARO TIGER CUBS PLAYGROUP *with Maryanne*

FREE FOR EVERYONE EVERY TUESDAY 9 AM - 11 AM

- ✔ Educational Games
- ✔ Social Development
- ✔ Play-based Learning

TIARO STATE SCHOOL



TERM 4 SWIMMING LESSONS

THURSDAY 15TH OCTOBER
THURSDAY 22ND OCTOBER
THURSDAY 29TH OCTOBER
THURSDAY 5TH NOVEMBER

CHECK EMAILS FOR INVOICES & PERMISSION TO BE GIVEN ON Q PARENTS



FRIDAY School Breakfast Program

8:45am

Thank you to our local Rotary



FORTNIGHTLY PARADE

FRIDAY AFTERNOON 30 OCTOBER - 2:30PM

AWARDS, NOTICES AND ANNOUNCEMENTS! EVERYONE IS WELCOME TO ATTEND!

Thank You









Wide Bay Seedlings

TIARO STATE SCHOOL

P&C MEETING

THURSDAY 22ND OCTOBER

3.15PM

ALL WELCOME

TIARO STATE SCHOOL
THOROUGH THROUGHT

PRESENTS

Comedy for a Cause

SATURDAY 14 NOVEMBER 2026

TIARO HALL

**DOORS: 6PM
SHOW: 7PM
16+**

ADULT GENERAL ADMISSION: \$30

TICKETS: COMEDYFORACAUSE.NET/EVENT/TSS26

**PROCEEDS GO TO:
TIARO STATE SCHOOL'S NEW PLAYGROUND**

Scan for tickets!

TIARO STATE SCHOOL

COLOUR RUN

IF OUR SCHOOL RAISES OVER \$3,100 Ms Gane will be SLIMED!

FUNDRAISING START DATE 14TH OCTOBER

FUNDRAISING CLOSES & MONEY DUE 13TH NOVEMBER

STUDENT'S MUST RAISE A MINIMUM OF \$10 TO PARTICIPATE

1 REGISTER ONLINE
Create your child's profile page.

2 COLLECT SPONSORSHIPS
Share your page with family and friends.

3 GET COLOURFUL AND RUN!
Join in the fun on 7th December!

COLOUR KINDNESS • COMMUNITY • BRIGHTER FUTURES

TIARO STATE SCHOOL
Strive • Achieve • Succeed

Year 6 GRADUATION DINNER

WHEN Friday 20th November

WHERE 5:30PM The Hideaway Hotel

MENU
Alternate Drop Roast

\$25 Adult

\$18 Child

\$14 Nuggets & Chips

Students are welcome to invite up to **8 family members**.

Graduating students will be given a **complimentary dinner and 1 x complimentary drink**.

1 member from each family is encouraged to assist with **set up at 2pm**. Assistance with pack up is also encouraged.

PAYMENT VIA QKR
PAYMENT DUE BY **FRIDAY 13 NOVEMBER**



**LADY GOWRIE
MARYBOROUGH
COMMUNITY
KINDERGARTEN**

ENROL NOW

GROUPS - Monday and Tuesday 8.00am - 3.30pm
Thursday and Friday 8.00am - 3.30pm

To book a time to see our program in action,
please contact us:

☎ (07) 4121 3865
✉ maryboroughkindy@ladygowrie.com.au
www.ladygowrie.com.au

**VISIT US
FIND YOUR NEW
KINDY FOR
2027**

**FREE
KINDY**



 Lady Gowrie[®]
Educating and caring
for children since 1940

 Kindergarten
Approved Program

 Queensland
Government

FREE

Halloween Family Event

Thursday 29th October

Check your local store for more details

Activities and fun for the whole family

5:00pm – 7:00pm

Join us for our spook-tacular event this October!
Enjoy free Halloween themed crafts and activities, free
Sausage sizzle, community stalls, prizes for costumes and
much much more!

**Don't miss out,
register now!**



Scan Me

**BUNNINGS
warehouse**




RAFFLE TICKETS ON SALE NOW!

\$10 A TICKET

**THOUSANDS
OF DOLLARS
WORTH OF PRIZES
TO BE WON!**

ALL PROCEEDS GOING TO
MOVEMBER
TO SUPPORT MEN'S HEALTH

SUPPORTING
MEN'S MENTAL
HEALTH,
TESTICULAR AND
PROSTATE CANCERS

**PURCHASE TICKETS
PRIOR TO THE EVENT BY:**
☎ TEXTING **0435 904 649**
OR
✉ PRIVATE MESSAGE ME
OR TICKETS CAN BE PURCHASED
ON THE DAY.

**SUPPORT
OUR FIRIES.**

**SUNDAY
1ST NOVEMBER 2026**
**ULULAH PARK
MARYBOROUGH**
NEAR SPLASH SIDE
9:00AM




Do you have a health care card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ
to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Be in receipt of an eligible Commonwealth social security benefit, allowance or payment
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops

saverplus

saverplus.org.au
1300 610 355

