



Tiaro State School

Newsletter

ISSUE: TERM 2 WEEK 3 2024

COMING EVENTS

2024

March

Thursday **Sam Howard; Student Wellbeing Professional Social Worker - M.S.W.**

Thursday **Mr Freeman: Inclusion teacher**

Term 2

April

15 First day of term 2

16 Playgroup

22 Earth Day

23 Playgroup sessions @ Fraser Coast Libraries

25 Anzac Day

MAY

6 Labour Day Holiday

24 Maryborough show holiday

June 11 Playgroup sessions @ Fraser Coast Libraries

Aug 27

Oct 22

Dec 10

Focus "**Maximising learning for every student**"

Attendance Goal = 92%

YTD = P 2 - 92.58, 3-4 - 90.99, 5-6 - 88.66

Personal Items

We need to remember that school is not the place for personal toys or sports equipment so, if you can encourage your child/ren to make sure that all their personal items including jewellery, toys, games and sports equipment are left at home.

A reminder that as the weather cools, winter uniform is the school microfibre jacket or a plain black jacket or jumper. These items need to be named as the days are still in the warm 20°C and students are removing the warm clothes for comfort.

Uniform Policy can be found at

<https://tiaross.eq.edu.au/SupportAndResources/FormsAndDocuments/Documents/tiaro-state-school-uniform-policy.pdf#search=uniform>

Early Arrivals

Please be aware that there are NO staff members on active duty before Bus Duty. We have more students arriving before this time. If there is a legitimate reason for students to be at school for bus duty (other than them arriving on the school bus), then contact the office to make arrangements.

These students must then follow the rules by sitting quietly outside Ms Gane's classroom.

ANZAC Day

Thank you to the families that joined the staff at ANZAC Day march this year. The local march was well attended from various schools and organisations. The crowd was one of the biggest I have seen in my 8 years of Tiaro ANZAC days.

I would also like to thank the Maryborough high and Aldridge students for joining our small school for the procession and gathering with us through the parade proceedings.

Food Choices

Curious about your children's food choices outside home? Encourage your children (6-17 years) to participate in Health and Wellbeing Queensland's interactive online survey on kids' attitudes towards food marketing. Encourage them to share their thoughts, opinions, and be a part of shaping healthier habits for the future. Start the survey now >

https://hwqld.qualtrics.com/jfe/form/SV_6qTMLQvEitQ3A7c

The survey is open now until May 12th, 2024.

OFFICE NEWS

Melinda Morrison is available in the office Monday – Tuesday – Wednesday.

admin@tiaross.eq.edu.au





Behaviour for Learning (PBL) is a whole-school approach that goes beyond curriculum, recognising that to drive real change, classroom **learning** needs to be reinforced by what is modelled within the school community.

This fortnight's focus is:



"Keep your hands and feet to yourself" is a phrase that is commonly used in various contexts, such as classrooms, playgrounds, and public spaces. It serves as a reminder to respect personal boundaries and avoid physical contact without consent. Students who can keep their hands and feet to themselves are able to demonstrate respect for their teachers and classmates.

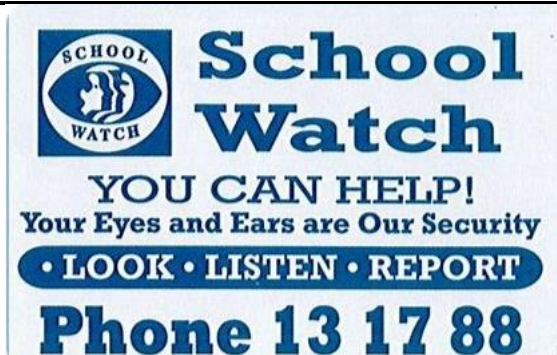
This skill is a life-long social skill that students will need to master to form and maintain appropriate relationships.

TRAUMA INFORMED PRACTICES

Fact sheet Being trauma-informed using Positive Behaviour for Learning

<https://behaviour.education.qld.gov.au/supportingStudents/Behaviour/PositiveBehaviourforLearning/Documents/trauma-informed-pbl-fact-sheet.pdf>

WORKPLACE HEALTH SAFETY and WELLBEING



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.

Jumpers

Winter is approaching so please make sure students have a nice warm jumper and that you put their name on the jumper. If you do not have a school jumper then a plain black jumper will be ok .

Covid

COVID-19 is still around our country, we need to ensure our hygiene is kept to high standards.

Students will continue to wash their hands before and after eating, after playing outside plus other moments during the day as needed.

If your child shows flu like symptoms including, a temperature, runny nose, coughs and tiredness, staff are required to send the child home.

Pertussis (whooping cough)

Since the beginning of 2024 there have been nearly 1400 confirmed cases of pertussis across Queensland which is higher than the past 4 years. The increase in cases is now starting in Wide Bay. Pertussis is a highly contagious respiratory infection that can cause life-threatening infection in babies and young children. Pertussis often starts with a runny nose, sneezing and tiredness. Please ensure all children in each household are up to date with vaccination, including vaccines due during school years.

All staff and families please note that you can receive a free pertussis vaccine through your local GPs and hospital antenatal clinics for pregnant women during each pregnancy. This provides protection for the mother and the newborn.

Whooping cough (pertussis) | Health and wellbeing | Queensland Government (www.qld.gov.au)

Influenza (flu) vaccinations

Influenza and many common respiratory infections are highly contagious and spread from person to person via coughing and sneezing. The best way to protect yourself and others from influenza type infections is to be proactive and adopt good hygiene practices for infection control.

The flu vaccine will not combat Coronavirus (COVID-19), however it may help reduce the severity and spread of seasonal influenza, which can lower a person's immunity and make them more susceptible to other illnesses. If you get a flu injection annually now may be the time to book in and get your flu injection.

Smoking and e-cigarettes

Smoking and e-cigarettes

We have new 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.

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.

The **BRAVE** program is a free online program to help children and teens (8-17 years) to overcome anxiety. The program consists of both youth and parent components. Evidence from 13 years of trials and evaluations of the **BRAVE** program indicate that young people who have engaged in the program report a significant improvement in their anxiety. If this is something that may support you or your family, take a look at:

<https://brave4you.psy.uq.edu.au>

Andrea Ebert
WH&S representative

CLASS NEWS

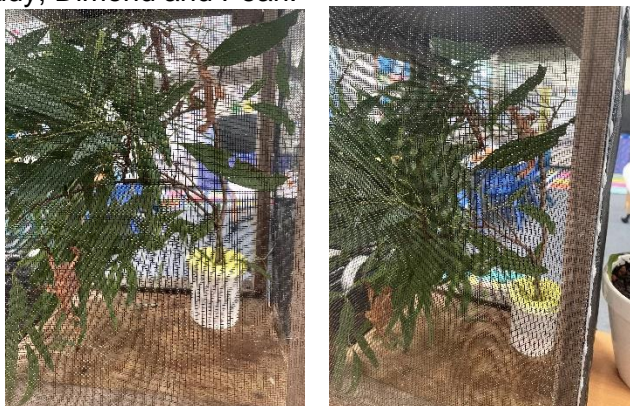
Tiaro Tiger Cubs Playgroup

Thank you to Ms Roads for running Playgroup while Miss Ann is away on her adventure overseas.

Miss Ann
Qualified Early Childhood Education Teacher

JUNIOR ROOM NEWS

We have had a great start to the term and the children have been doing really well. We have 4 new members of our class the children may have come home talking about our class pets, they are spiny leaf stick insect and their names are Robby, Buddy, Dimond and Pearl.



We are using these to learn how to write information texts for English.

Remember if you have any question please come and see me.

Mr Peter Friend
P-2 Teacher

Middle and Senior News

Congratulations to Jemma and Shaylene for their effort at the district cross country.

Students have been working hard with their informative report writing and are now looking at comprehending different informative tasks.

Science is life and living and the classes have class plants to look after.

Yours in Teaching
Ms Rhiannon Gane
3-4-5-6 Teacher

STUDENT COUNCIL

Senior Students will be helping out the P & C on a Friday. Any students who have ordered tuckshop on a Friday will get their hot food during the first break and second break the seniors will be giving out all the cold foods.

Student Council have a goal of raising \$250.00 this year to help out with the payment of the end of year excursion.

Treasurer's report: So far this term we have raised \$120.00

This term will be hot milo on a Tuesday before school starts. From 8.45am until 9am hot milo will be served during breakfast club for \$1 in the tuckshop.

Wellness Wednesday is in week 5 on Wednesday the 15th May, 2024 so come along at 2.30pm and enjoy some time in the classrooms playing board games.

Thank you to all families that support our small school and student council as we really appreciate all your help.

P&C NEWS

Tuckshop is Friday weekly (except week 1 & 10) orders **MUST** be placed by 12pm Thursday using the QKR!! Thank you to our wonderful parents and community members who have offered to assist this term.

Remember P&C cannot give funding to school for excursions or resources with fundraising and fundraising cannot happen without the help of volunteers.

Watch the space for our next Rodeo event.

2024 P&C executives

- President Sharree
- Secretary
- Treasurer Leslie

The Root Cause - Making Friends with Food



Oreos Simple Swap



This term as part of our focus on improving the health and wellbeing of our school community, we're looking at how we can make better choices for our One Body for Life and our One Planet Earth by asking **What's In My Food?** Let's take a look at **Oreo Biscuits** this week.

Better, Simple Swap

12 Ingredients

Wheat Flour, Sugar, Vegetable Oil, Cornstarch, Leavening Agents (Sodium Bicarbonate, Sodium Acid Phosphate), Cocoa Powder, Flavour, Salt, Emulsifier (Soy Lecithin), Pinenone.



12 ingredients

4 Ingredients

Wheat flour, Butter, 2% (from milk) sugar, salt.



4 ingredients

It doesn't always have to be a lot more expensive to eat better for your One Body for Life.

Step 1: Ask What's In My Food? Ignore the front of the packet and turn it around.

Step 2: Count the number of ingredients on the back. The more ingredients there are, the less likely it is to help our One Body for Life. If there are more than 6, it's best to pop it back on the shelf and find a better choice.

What's In Oreos? 12 ingredients. This simple swap significantly reduces the number of ingredients, for a very small change in price.

Even Better, Simple Swap

12 Ingredients

Wheat Flour, Sugar, Vegetable Oil, Cornstarch, Leavening Agents (Sodium Bicarbonate, Sodium Acid Phosphate), Cocoa Powder, Flavour, Salt, Emulsifier (Soy Lecithin), Pinenone.



12 ingredients

3 Ingredient Biscuits

Recipe found in your Gold Family Membership.



3 ingredients

Scan the QR Code to go to the 3 Ingredient Biscuits Recipe

Here's a super simple recipe you can make with each biscuit being roughly the same cost as the Oreo biscuits.

Bonus #1: You'll have left over flour and butter to make other foods, like pancakes.

Bonus #2: A lot less ingredients and less packaging too, making these biscuits better for your One Body for Life and One Planet Earth.

Access The Recipe From Your Free Food Friendship Cafe - Go here:
<https://questtherootcause.com.au/recipes/3-ingredient-biscuit-recipe/>

The best gift we can give our children is their health.
Thank you for Standing With Us for Children's Health.

Making Friends With Food™
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Red Fruits & Vegetables




This term as part of our focus on improving the health and wellbeing of our school community, we're looking at how we can make better choices for our One Body for Life and our One Planet Earth by asking **Eating A Rainbow of F&V.** Let's take a look at **Red F&V** this week.

Red Fruits & Vegetables Help our: Mood, Heart, Memory & Sleep



- 1. GREAT BRAIN FOOD**
Red fruits and vegetables aid in memory function, making them an important part of the lunchbox mix. Ensure you include a red food daily to help with your child's learning.
- 2. KEEPS OUR HEARTS HEALTHY**
The food we pack our children today affects their health into their adulthood. Include red foods to promote healthy hearts.
- 3. HELPS PROTECT AGAINST DIABETES**
Help protect your child from Type 2 Diabetes by adding red fruits and vegetables to their lunchbox. Lowering processed sugar and regular physical activity also helps.

Have you tried a RED Fruit/Vegetable this week?

Scan the QR Code to go to Red Recipes in your Gold Family Membership

One of the best ways to empower your children to eat a wider variety of foods is to allow them to take a little ownership over what they eat.

To help you with this, we have set up a page in your Food Friendship Cafe with 15 different Red Fruit & Vegetables Recipes for you to try.

Why not allow your children to choose which red food they would like to try.

Access The Recipes From Your Free Food Friendship Cafe - Go here:
<https://questtherootcause.com.au/red-food-recipes/>

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LADY GOWRIE MARYBOROUGH COMMUNITY KINDERGARTEN

OPEN WEEK

Wednesday 15th May 9am-10am

Saturday 11th May 10am-12pm



Come and explore our wonderful learning environments and meet the staff at our kindergarten.

We look forward to welcoming you and your family to our kindergarten community and we welcome families to add your child to our waitlist for 2025 or future years.

During the open day, fun learning experiences will be available for children of all ages.



Lady Gowrie^{NSW}
Educating and caring for children since 1940

19 Farrell Street, Maryborough

Phone: 4121 3865

In the spirit of reconciliation, we acknowledge the Butchulla and Gubbi Gubbi people the Traditional Custodians and acknowledge their connections to land, sea and community.
We pay our respect to Elders past, present and emerging, and extend that respect to all Aboriginal and Torres Strait Islander Peoples today.

