Esk State School’s Explicit Improvement Agenda
Our agenda for improvement is to improve Teaching Practice, Deliver a high quality Curriculum, Build and Foster Partnerships, and Leadership and Capability.

**From the Principal’s Desk**

**Transition to High School Sports Day**
Toogoolawah State High School has invited all Year 6 students from our Cluster of schools (Esk SS, Harlin SS, Toogoolawah SS, Linville SS) to a sports afternoon at the High School on Friday 26 June, which is the last day of Term 2. This program is being offered to our school community as part of the ‘Transition to High School Program’. The purpose of the program is to support primary school students into Junior Secondary at High School. This day is an “introduction to high school,” not to any one specific high school, so all Year 6 students are invited regardless of which high school they are attending next year. A permission form with more details has been sent home today for Year 6 parents.

**Thanks Esk State School Parent Volunteers**
P&C Day is celebrated on Friday 29 May 2015. This is an opportunity to say thank you to the more than 25,000 parent volunteers in Queensland state schools, whose contribution is vital in raising the next generation of Australians. P&Cs Qld CEO Kevan Goodworth said “It might be difficult for parents and carers to commit to attending every P&C event or to take on an executive role on the P&C, but I can assure volunteers that every contribution, large or small, makes a difference. P&Cs are an integral part of our education system. A school operating without proper and effective parent and community engagement is not operating to its highest level.”

---

**Dates to Remember**

**June**
- 3 – Donut/PJ/Hot Choc Day
- 5 – Athletics Field Events
- 8 – Queens Birthday Holiday
- 11 – Tabloid Sports 4-8 y/o
- 15 – Athletics – Track and Ball
- 17 – Special Music Parade
- 18 – Year 3/4 North Pine Camp
- 19 – Readers Cup
- 22 – 5/6 Emu Gully Camp
- 25 – Report Cards Home
- 26 – Free Dress- Student Council

---

**Follow us on Facebook**

Esk State School
&
Esk State School P&C
Keep up-to-date with the latest news and events.

---

**Esk State School**
49 East Street, Esk Q 4312
Phone: 07 5424 4111 Fax: 07 5424 4100
Absentee Messages: 07 5424 4160
Email: admin@eskss.eq.edu.au
Web: www.eskss.eq.edu.au

---

**Parents and Citizens’ Association**

Email: pandc@eskss.eq.edu.au

Meetings: 3rd Monday of the Month

---

**Be Safe**
Be Respectful
Be a Learner

---

Great state. Great opportunity.
Attendance Rates Last Week

Congratulations to Mrs Nan’s and Mrs Richter’s classes being 95%+

Prep 95.36%  
P/1/2 93.28%  
1/2 93.26%  
2/3 91.87%  
3/4 95.81%  
4/5/6 91.07%  
5/6 94.21%

Influenza – we all need to take care!

Influenza or ‘the flu’ is a highly contagious disease caused by infection from influenza type A or B (or rarely C) virus. These viruses infect the upper airways and lungs.

The flu is highly contagious and occurs year round but peaks each year from May to September.

Flu is not the same as a common cold, and can be a serious illness. For some people, such as the elderly and those with underlying medical conditions, the flu can cause serious complications which require hospitalisation. It can sometimes lead to death.

Flu is usually spread through infected people coughing and sneezing, which temporarily contaminates the surrounding air and surfaces with infected droplets. You can reduce the risk of infection by getting vaccinated and practising good hand and respiratory hygiene.

Occasionally there have been worldwide outbreaks of flu, known as flu pandemics, which have occurred with the global spread of a new type of flu virus.

Signs and Symptoms:

Symptoms usually appear 1–3 days after being infected. A person can spread flu to others 1–2 days before they become unwell and up to 5 days after symptoms develop.

The symptoms of influenza can include:

- Fever, dry cough, muscle and joint pain, tiredness/extreme exhaustion, headache, sore throat, stuffy nose.

Most people recover within a week, although a cough and tiredness may persist.

Treatment:

Generally, uncomplicated flu is managed by simply resting in bed, drinking plenty of fluids (particularly water) and taking over-the-counter medication to help relieve the symptoms.

Antiviral medications reduce the length of time symptoms last and help people return to their daily routines earlier. These medications are most effective if they are started within 48 hours of flu symptoms appearing.

See your doctor or call 13 HEALTH (13 43 25 84) (https://www.qld.gov.au/health/contacts/advice/13health/index.html) if you:

- are concerned about your symptoms
- are in a high-risk group
- have a cough and high fever (38 degrees Celsius or more) that is not improving.
Transmission:

The flu can spread from person to person by:

- droplets spread from an infected person's coughs or sneezes (these droplets generally travel less than 1 metre)
- touching surfaces contaminated by infected droplets (including hands, phones, keyboards and door handles) and then touching your mouth, nose or eyes.

Flu viruses can survive on some hard surfaces for several hours. You should regularly clean frequently touched surfaces such as door handles, taps, tables, benches and fridge doors. Flu viruses can be removed with normal household detergents.

Prevention:

Good hygiene is essential to protect yourself and others:

- stay home when you are sick
- wash your hands regularly with soap and water or use an alcohol based hand gel
- wash your hands prior to touching your eyes, nose and mouth
- use a tissue, or the inside of your arm, when you cough and sneeze
- throw tissues away immediately and wash hands
- don't share items such as cigarettes, cups, lipstick, toys or anything which has come into contact with the mouth or nose
- stay at least 1 metre away from people who have flu-like symptoms
- clean frequently touched surfaces regularly, such as door handles, taps, tables, benches and fridge doors.

Vaccination

Being vaccinated gives you protection against flu by building immunity to the virus and preventing transmission of the virus to other people.

Vaccination is required annually, as immunity from the vaccine decreases over time and the vaccine can change each year to cover the current virus strains. The best time to be vaccinated against flu is between March and May, before the flu season starts. Vaccination usually takes up to 2 weeks to be effective.

Vaccinations can be given to anyone aged 6 months or older, and is strongly recommended for people at higher risk of developing complications.

High-risk groups:

- All adults aged ≥65 years of age
- Pregnant women during any trimester
- Aboriginal and Torres Strait Islander people aged ≥15 years of age
- Aboriginal and Torres Strait Islander children aged 6 months to <5 years of age
- Individuals ≥6 months of age with medical conditions predisposing them to severe influenza.

If you are in a high-risk group, you can be vaccinated for free under the Immunise Australia program (http://www.immunise.health.gov.au/).

Health Outcome:

Most people recover from the flu within a week, although a cough and tiredness may persist. Flu can sometimes lead to severe complications including pneumonia.

For young children and the elderly, flu is one of the most common vaccine preventable causes of hospitalisation.
Administration

This week’s focus was being safe in our play areas. Students need to be wearing a hat and shoes for playtime. “No Hat No Play” was reinforced. Students without a hat, will sit under the covered walkway leading up to the toilet block where they can be supervised by the adult on duty at the Green Machine. Students going to the Library during playtimes are to keep their hats with them.

Playing safely also means that if there is a problem, try to sort it out using the Hi 5 method:
- Talk Friendly
- Talk Firmly
- Ignore
- Walk away
- Report

Play areas were also re-clarified:
- Green Machine and Mini Oval – Prep to Year Two students
- Top Oval – Prep to Year 4 students
- Bottom Oval – Year 4 to Year 6 students
- Blue Machine – Year 3 to Year 6 students
- Coloured Equipment – Year 4 to Year 6 students

PBL – Positive Behaviour for Learning

Mary had a little cold
But wouldn’t stay at home
And everywhere that Mary went
The cold was sure to roam.

It wandered into Molly’s eyes
And filled them full of tears.
It jumped from there to Bobby’s nose
And then to Jimmy’s ears.

It painted Annie’s throat bright red
And swelled poor Johnny’s head.
Dora had a fever
And a cough put Jack to bed.

The moral of this little tale
Is very quickly said –
Mary could have saved a lot of pain
With just one day in bed.

Learning Support – Mrs Oxenford

Games on the go...
Children learn language every single day and in almost everything they do! When you’re on the go, a perfect way to spend time with your child is to play a GAME ON THE GO...Here is an idea for a game that is easy to play, build language, and doesn’t cost a thing! Remember, play these games in the language you know best.

The game for this fortnight is: Chain Game
Take turns saying words that go together. See how long you can go without breaking the chain! For example, start by saying, “sun”. Your child then adds a word that goes with “sun”, like “summer”. You will need to come up with a word that goes with “summer”. You may end up with a very long chain of words like, “sun”-“summer”-“hot”-“beach”-“sand”-“sandcastle”-“shovel”-“pail”.
Keep going until you can’t think of any more words.
Athletics – Mrs Smith
This term the students will be engaging in a range of athletics skills during class time and Phys Ed Lessons. The following are athletics dates for this term:

- 9-13yr old **field practice** - Mon 25 May, Fri 29 May and Mon 1 June
- 9-13yr old **ball games and relay practice** - Wed 27 May and Wed 3 June
- whole school **march past and war cry practice** - Wed 10 June
- 9-13yr old **field events** and 5-13yr old **running heats** - Fri 5 June
- 5-8yr old **tabloid sports** (middle session) - Thurs 11 June
- Whole school **Athletics Carnival** - march past, running, ball games and relays - Mon 15 June

Lockyer and Met West Cross Country – Mrs Rollston
On Friday 15 May, five of our students competed at the Lockyer district cross country at Blenheim. All five ran extremely well. In the 10 years girls Shanay finished 2nd and Sophie finished 9th. In the 11 years girls Natasha finished 3rd and Carley 6th and in the 12 years boys Brendan finished 2nd. Shanay, Natasha, Carley and Brendan were all selected in the Lockyer District team.

On Tuesday 4 students travelled down to Ipswich and competed at the Met West trials at Limestone Park. They competed against the best runners from the western side of Brisbane, Ipswich, and outer areas from Ipswich. It was an extremely tough race for all of them as they had a very hilly course and were running against at least 50 other runners. All four ran well though a couple of them had a bit of a fall at the start. Congratulations to all of you.

Photographs have been removed for privacy reasons.

Around our School

Student Council – Mrs Smith
**Pyjamas, Hot Chocolate and Donut Day** will be on Wednesday 3 June (Week 7). Children can pre-order or pay on the day. A Donut Deal will cost $5.00 and will include - Pyjamas or Free Dress, 2 donuts and a hot chocolate with 2 marshmallows. Or these items can be purchased separately for $2.00 each - Free Dress $2.00, Pyjamas Dress $2.00, 2 donuts $2.00 and Hot Chocolate with 2 marshmallows $2.00.

Year 3 & 4 Camp – Mrs Nan
Forms for the North Pine Camp will be sent home soon.

Year 5 & 6 Camp – Mrs Dolan & Mrs Smith
All students going to Emu Gully camp must have their completed forms and money in by 5 June 2015.
Celebrations

Star Pupils

Prep
Always trying her best
Always showing happy enthusiasm for learning

Year Prep/One/Two
Continuing to improve in reading

Year One/Two
Focussed and controlled classroom behaviour
Focussed work within the classroom

Year Two/Three
Enthusiastic & co-operative learner

Year Three/Four
Great work on your diarama

Year Four/Five/Six
Excellent work in History

Year Five/Six
Leading by example
Putting in 110% effort

Special Award

Prep
Applying himself to “Reading Eggs”
Being a quiet achiever

Year Prep/One/Two
Excellent work in Mathematics
Great improvement in reading
Entertaining story telling

Year One/Two
Working hard in class
Being a considerate team member

Year Two/Three
Active participant in History
Active participant in History
Being kind and supportive

Year Three/Four
Trying hard to finish classroom tasks
Trying hard to cut and paste neatly
A great effort in reading

Year Four/Five/Six
No Awards at time of printing

Year Five/Six
Trying hard
Working hard and smiling big

Gotcha Award
Sponsored by Esk Newsagency

Congratulations

Gotcha Gems

Opal –
Garnet –
Aquamarine –
Amethyst –
Topaz –

Names and Photographs have been removed for privacy reasons.
**Around the Classrooms**

**Prep – Mrs Richter**

The Prep Class have been working very hard to improve their handwriting and we are starting to see good results. The expectation is that they can write lower-case letters and know the name and also the sound that each letter makes. We have learnt all the consonant sounds and are up to the vowels. Some children can already write a sentence with a capital letter at the start and a full stop at the end. It is a big advantage if your child can spell the “Golden Words” and use them in their writing as they are the most commonly used words in our language. So keep up the great work at home. I can see who is putting it the extra effort. Well done!

Reminders:  
- **Wednesday 3 of June** is Donut Hot Chocolate & Pyjama Day  
- **Friday 5 of June** is heats for sprints. Preps have a run.  
- **Monday 8 June** is a Holiday - don’t come to school!  
- **Thursday 11 June** is Tabloid Sports Day for the lower school at 11:40am (look in the hall if you can’t see us on the oval.  
- **Monday 15 June** is whole school athletics day on the bottom oval. Preps stay with their teachers unless you sign them out. (We need them on the roll if they are with us)  
- **Thursday 25 June** is Great attendance club and report cards come home  
- **Friday 26 June** is free dress day (gold coin to student council) and the last day of Term.

Report cards are given to Preps to show you what they are learning and how they are progressing in the curriculum areas. ‘C’ is considered average and is called the “Working With” phase of Learning for Prep students. Some of the very young students will be in the first stage which is called “Becoming Aware.” This is because it may be their very first exposure to the curriculum concepts. It is very difficult to get to the Applying phase in Prep. It means they have learnt all the concepts and can apply them independently. Most preps still need prompting to use what they have learnt.

**Year P/1/2 – Mrs Kitching**

More exciting times in our zone of the school! We have been learning some very cool dance moves in our Dance unit based on 2-D shapes. We can’t wait to put our moves to music and perform for our peers.

On Wednesday we had another wonderful Buddy session and we were able to do Science, Art and Mathematics in the one afternoon! Mrs Kitching, Mrs Smith and Mrs Whiting all commented on how well we interact with each other.

In Technology we have selected to make a model home for a mother possum and her two babies, we are considering all the things that family needs and incorporating these into our designs.

A big focus for us this term has been consolidating Sight Words and keeping up with our reading. Reading folders are now changed three times a week and Sight words are heard at least twice a week. Once we know our Sight Words reading will become so much easier.

**Year 1/2 – Miss Quade**

This week has been very busy in the Year 1/2 classroom. Students have been adapting well to the many changes in routines over the past fortnight. There has been a slight delay in home readers, however, they are back up and running again. Students will change their home reader on a Monday and return on a Friday. They will keep their reader for four nights. This will give them plenty of opportunities to do repeated reading. This strategy is great for developing fluency and comprehension.

**Year 2/3 – Mrs McTaggart**

Homework (whether it is completed or not) and home readers are due in on Fridays. New homework and home readers will be sent home on Mondays.

The students have been working really hard on History and have enjoyed having Mrs Lougheed as their teacher for the week.
**Year 3/4 – Mrs Nan**

What a great week we had in our garden. We had some of our zucchini’s ready for picking so we decided to do some cooking. Our first group made a lovely zucchini slice which they brought up to the class and shared with everyone. The recipe is below for those who would like to try it. It also makes a good lunch box filler when cold.

---

**Bacon and Zucchini Slice**

**Ingredients**

- 3-4 large zucchini
- 3 bacon rashers
- 1 cup of SR flour
- ½ cup of oil
- 1 large onion
- 4-5 eggs
- 1 cup of grated cheese
- Salt and pepper

**Method**

1. Grate the unpeeled zucchini into a large mixing bowl.
2. Add the finely chop the onion and bacon.
3. Mix in all other dry ingredients.
4. Mix together eggs and oil then pour over dry ingredients.
5. When combined pour into a greased lamington tray.
6. Bake in a moderate oven for 30 to 40 minutes.

---

**Year 4/5/6 – Mrs Dolan**

No report provided at time of printing

---

**Year 5/6 – Mrs Smith**

What a busy week this has been. Children this week have completed assessment items for English, Maths, Science and Technology. It has certainly been important that children make good use of their class time and many have needed to finish work at home. We have started a new unit of Maths - Time. In English we are now preparing for our Panel Discussions that will take place during Week 9 this term.

All students in Year 5/6 have now earned 30 Gotchas. We will be cooking on Thursday 4 June as our reward. Following a voting process it has been decided that we will be making Pizzas. I will provide all of the ingredients and utensils necessary to make the dough for the bases. I will provide some toppings- ham, cheese, pizza sauce and pineapple. If children wish to bring other toppings from home they are most welcome to do so. Children will make enough pizza for it to be their food for first break.

---

**Chappy’s Chat**

**Chaplaincy BBQ Fundraiser** – This Saturday (30 May) on the corner of Middle St. and Brisbane Valley Highway (Old Presbyterian Church) the Chaplaincy Committee will be holding a BBQ fundraiser at the Local Community Garage Sale. So please come along and support your local chaplaincy services, purchase some yummy fresh hot BBQ’d goods and maybe even pick up a bargain or that something special while you’re at it.

**Qld Father of the Year** – Do you know a father whose sacrifices go unnoticed? You can honour him today for the 2015 Queensland Father of the Year award! The goal of Queensland Father of the Year is to honour and celebrate the importance of fathers and father-figures throughout our state. Prizes for the award include a 5 night holiday at Sea World and access to Gold Coast theme parks (VIP passes). Nominations can be made online at [www.qldfatheroftheyear.org.au](http://www.qldfatheroftheyear.org.au) or by downloading the nomination form and posting it into the SU head office at PO Box 1167, Eagle Farm Qld 4009. Criteria for nominations can also be found on the website. Nominations close on Friday, 17 July.

Please remember if you have any issues that you would like to discuss, whether it’s parent/carer/child struggles, relationship breakdown, life circumstances, confusion, feeling alone, grief or loss; that I am available to help how I can. Blessed to be a blessing – Ryan Green, School Chaplain
Nutrition Australia's new Healthy Eating Pyramid

The Healthy Eating Pyramid is a simple visual guide to the types and proportion of foods that we should eat every day for good health.

It contains the five core food groups, plus healthy fats, according to how much they contribute to a balanced diet based on the Australian Dietary Guidelines (2013).

The Healthy Eating Pyramid encourages Australians to enjoy a variety of foods from every food group, every day.

Check out the website for more information and tips:
http://nutritionaustralia.org/national/resource/healthy-eating-pyramid
P & C News

P&C Meeting: Next P&C Meeting will be on Monday 15 June 6:30 in the Staffroom (D Block).

Aus Lotto Fundraiser
This runs for 8 weeks - which works out to $2.50/week. Numbers are $20 each and if your number is drawn you win $50 cash. Draw to commence once all numbers are sold. Thanks to those families who have purchased numbers. Please support this fundraiser, put your $20 in an envelope with your preferred number and pop into the P&C box in the office admin area. Thank you!

GET YOUR LUCKY NUMBERS NOW!

<p>| | | | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13 Sold</td>
<td>14 Sold</td>
<td>15</td>
<td>16 Sold</td>
<td>17 Sold</td>
<td>18</td>
<td>19 Sold</td>
<td>20</td>
</tr>
<tr>
<td>21</td>
<td>22 Sold</td>
<td>23 Sold</td>
<td>24</td>
<td>25 Sold</td>
<td>26 Sold</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>31</td>
<td>32</td>
<td>33</td>
<td>34 Sold</td>
<td>35</td>
<td>36</td>
<td>37</td>
<td>38</td>
<td>39</td>
<td>40 Sold</td>
</tr>
<tr>
<td>41</td>
<td>42 Sold</td>
<td>43</td>
<td>44</td>
<td>45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Uniform Shop – The Uniform Shop is open every Wednesday Morning 8:15am – 8:45am. We have lots of second hand jumpers in all sizes for only $2.00 each.

Tuckshop – The tuckshop desperately needs helpers. If you can help on any of the dates below, please call the Admin office or call in to the tuckshop on any Thursday. The tuckshop is our schools major source of fundraising. Please help!

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 June</td>
<td>Tamara</td>
<td>Mel H.G.</td>
<td>Laura</td>
</tr>
<tr>
<td>11 June</td>
<td>Tamara</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 June</td>
<td>Tamara</td>
<td>Mel H.G.</td>
<td></td>
</tr>
<tr>
<td>25 June</td>
<td>Tamara</td>
<td>Laura</td>
<td></td>
</tr>
</tbody>
</table>

Happy P&C Day!
Thanks for everything to you do.
**Community News**

**SEMITONES** will re-commence Tuesday 2 June 3:00pm at the Anglican Hall, Esk. “Have fun with singing!!”
Inquiries: Contact: Alexis 0408 195 758

---

**KIDSGAMES 2015 registration is open!**

**What is Kid’s Games??**
3 days of awesome fun, Full-on Sport, Creative Craft, Active Games, Live Drama
AND Interesting Bible teaching

**Where:** Toogoolawah State School
**When:** Tues 30th June – Thurs 2nd July 9:00-3:00
**Who:** primary school children (prep - Yr 7 Upper Brisbane Valley)
**Cost:** $25/child, $15/ 2nd child, $10/3rd child, 4th child free
**What to bring:** hat & drink bottle
**What is provided:** morning & afternoon tea, lunch and all other materials required

Go to "locations" or "register now" scroll down to "Toogoolawah" Follow the prompts
- Paper registration forms are also available.
- Children do not have to attend the full 3 days, however the cost will be the same.
- Subsidies are available.

**Please see your School Chaplain for more details.**
There are limited places, so get in quick!