



# Esk State School

Ever Seeking Knowledge

20<sup>th</sup> May, 2022



Hi Everyone,

I am not sure who had the most fun, the kids or myself, during our Under 8's morning. It was such a good time, with a strong turn out from our community. While the Star Dome was a favourite, the kids accessed everything with great delight. Our special morning is a really combined effort between staff and other community organizations. Thank you everyone for the part that you played in making our morning one to remember.

Information regarding the student disco is contained further into the newsletter. P&C meal deal order forms have been sent home today, and need to be returned on Monday or Tuesday next week.

Behind the scenes, staff have been working with 4D Classroom Observations. This professional group undertake teacher observations, providing confidential teacher feedback regarding the implementation of curriculum and behaviour management delivery. This process can be nerve racking! However, it is also a great chance to reflect on what practices we are using, and the impact that this has on the class. Teachers are provided individual feedback. As a school we then analyse the school-wide data to focus on new areas to refine. Esk SS staff genuinely live our motto – "Ever Seeking Knowledge".

-- Mrs Roslyn Waldron

## ***Around the Classroom - Year P/1K***

This term we have been working on many projects involving team work, particularly in Science and Mathematics. We have investigated how properties of materials change when they are heated and cooled. We've built towers out of spaghetti and marshmallows and made observations of the changes of spaghetti, popcorn, bread and chocolate when they are heated.

In Mathematics we have explored patterns, using numbers and objects. We have investigated addition and subtraction equations and have had a lot of fun exploring 2D and 3D shapes. We used this knowledge to co-construct a mud map of our Under 8's Day activities, then in our teams we created a 3 D model of our Under 8's Day space. We rated our favourite events and decided that the Space Dome was our favourite activity.

In English we have extended our knowledge of Fairy Tales and our Year Ones have been busy creating "Who Am I?" questionnaires on particular Fairy Tale characters. The Preps have been retelling known Fairy Tales, focusing on giving the Beginning, Middle and End of each story. There has been much movement in our room with regards to Sight Words and Miss Rhonda is often checking these several times a day.

This Friday we get to have our Smelly Feet Friday with our shoes off all day because every child in our classroom has achieved Diamond Level! We really are having a great time in P/1K. 😊



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## Chappy's Chat

### Importing Strengths

We all have strengths that we can draw upon to help us overcome the myriad of issues that daily life generates for us. Everyone has a repertoire of strengths sufficient to get us through most of life's challenges. However, it is clearly unrealistic to expect to be totally self-sufficient in strengths all the time. We all have times when we need to draw on the strengths of others – our partners, families, friends, neighbours, colleagues and specialist professionals – to complement our own array of strengths.

Perhaps it is the size or unexpectedness of the problem that is overwhelming, or perhaps our own strengths are depleted or we have lost confidence in their effectiveness. But sometimes, in the face of these bigger problems, we find it hard to ask for help. We may not know who to ask or how to go about it. We might remember previous times when our requests for help were unheard.

Whatever the reason, we can become stuck in a problem and unable to seek additional strengths to add to our own. Helpful questions about importing strengths are designed to address this 'stuckness'. Some of these questions may help to move us forward.

What particular strengths, skills and resources would be most helpful?

Can you think of a person who might have some of these strengths, skills and resources?

How can you seek their help?

What strategies have you used successfully in the past? Do you think you can draw upon them now to help you overcome this problem?

There are always new strengths to be discovered that we have been gifted with and it is our responsibility to use them both in our own personal crisis and also share them to strengthen others in theirs.

Chappy Jennifer

Extract from 'Strengths Cards' Innovative Resources.

### Chappy Week Colouring Competition

A colouring competition will be held for all students with prizes for the best and most creative entry.

**When:** Monday 23<sup>rd</sup> May both breaks for Preps to Grade 3.  
& Tuesday 24<sup>th</sup> May both breaks for Grade 4 to Grade 6

**Where:** In the library

**Bring:** Your artistic skills. Everything else supplied

**Prizes:** Tuckshop vouchers to the value of \$10.00.

Any questions? Ask Chappy Jennifer

## Support your Child's Learning

### A healthy lunch box can improve learning

Nutrition plays a large part in school performance. Research has confirmed that when children have access to adequate nutrition and healthy food options, there is an overall increase in academic performance, especially in maths and reading. The link between nutrition, development and academic performance is clear.

When children eat well they also behave better. They are able to concentrate for longer. Packing a healthy school lunchbox will help them to learn and be happy at school.

### 7 steps to a healthy lunch box

**1. Make time to prepare.** Write a shopping list to make sure fresh fruit and vegetables, milk and yoghurt, bread and crackers are available

**2. Shop wise and save money.** Buy seasonal fruit and vegetables to ensure good quality and value for money.

**3. Make your own snacks.** Build snack packs from fresh ingredients bought in bulk.

**4. Look after the environment.** Put sandwiches and other items in reusable containers instead of plastic.

**5. Choose a mix from the 5 food groups -** grains, fruit, vegetables, dairy and proteins.

**6. Include a bottle of water.** No need for sweetened drinks such as juice, cordial or soft drink

**7. Keep it cool.** In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

**Find some great ideas and recipes for using Australian produce at [www.thegoodmoodfood.com.au](http://www.thegoodmoodfood.com.au)**

[https://www.lifeeducation.org.au/parents/packing-a-healthy-lunchbox?gclid=EAIaIQobChMItZeR6vWU6wIVmAVyCh3pWw\\_eCEAAAYASAAEgKuDvD\\_BwE](https://www.lifeeducation.org.au/parents/packing-a-healthy-lunchbox?gclid=EAIaIQobChMItZeR6vWU6wIVmAVyCh3pWw_eCEAAAYASAAEgKuDvD_BwE)

- Mrs Andrea Oxenford – STLaN/Special Needs Teacher



## Weekly Awards

Term 2, Week 4

No Awards due to the floods last week



## Positive Behaviour for Learning

Each week our whole school has a PBL focus for the Star Awards presented on parade.

**Term 2 Week 5 Focus is:**

P- 2: Everyone can bounce back

Y3- Y4: Life has up's and down's but you can bounce back

Y5 – Y6: Life has it's up's and down's but you can bounce back

## Student Council Disco

Friday 27<sup>th</sup> May, 2022

At the Esk State School Hall

Theme: Colours of the Rainbow

**\$1.00 Entry**

The Student Council will also be selling:

- Poppers for \$2.00
- Softdrinks for \$2.50
- Glow Stick Necklaces \$2.00
- Glow Stick Bracelets \$1.00

The P&C will be selling hot dogs and chips the night.

We hope to see you there for a fun night of dancing and exercise!

## Important Dates: Term 2

### May

- 25 National Simultaneous Storytime
- 27 Fire Education Session #1 (P and Y1's)
- 31 TSHS Open Day

### June

- 2/3 Year 3/4 Camp
- 7-10 Year 5/6 Camp
- 9 Reader's Cup
- 10 Fire Education Session #2 (P and Y1's)
- 15 Life Education Van (Upper School)
- 17 Athletics Carnival
- 18 Biggest Morning Tea
- 24 Rewards Day/ Last Day Term 2
- 24 Report Cards Issued

### July

- 11 First day of Term 3



# ESK SHOW POSTPONED

NEW DATES  
FRIDAY 29 JULY  
&  
SATURDAY 30 JULY

[www.eskshow.com.au](http://www.eskshow.com.au)



# Under 8's Morning @ Esk State School



# BIGGEST MORNING TEA

Held by Esk State School

Raffle Tickets \$1  
Drawn: Saturday 18th June



\$300 voucher for a drawing of your choice by Kacie Frost, \$100 voucher from Every Season Hair Design, \$50 fuel voucher from Esk Fuel Station, an 8 week aerial course at Infinity Pole Aerial Dance (\$273), a large plush soft toy dog, a bottle of Glen Fidditch single malt whiskey, 2 bottles of wine, a variety of back packs, a handmade bag, a handbag from the Esk treasure shop, jewellery packs, scented wax melts and fragrance melt warmers, baskets of candles and melts, a perfume collection set, hand made crocheted blankets, a hand made quilt, puzzle packs, craft packs, handmade gift card sets, teapot plant holder with matching gardening set, solar light kit, cutting boards, tea sets, a tea for one teapot and a variety of hampers.

**New prizes are being added daily!!**

## WELCOME TO EBAVC

ESK Before/After School & Vacation Care Centre

Due to some more wet weather last week, we had to close EBAVC for a few days but we are definitely happy to be back this week with Under 8's day on Wednesday. It was lovely seeing all the smiling faces. The children happily helped with the set-up and creating and choosing what to put into our moon sand sensory tubs which seemed to be a hit with both the children and the parents.



This week we have also been busy creating with Lego making amazing Racecars, Gardens Beyblades and houses.





More parent helpers needed for Tuckshop ASAP!  
Please contact Marree on 0419165795

### Uniform Shop open Tuesday Mornings

Come in and get ready for winter. We have jumpers, Track pants, long pants and Tights.

There is also plenty of secondhand stock available shirts, shorts, jumpers in all sizes.

Look forward to seeing you!



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"Dedicated to providing the best client & patient experience"

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