Welcome Back
Welcome back to all and new families to our school this term. I hope everyone enjoyed a relaxing and well earned rest over the holiday period. We have an action packed term four as per usual. Please note important date claimers for upcoming events are included in our fortnightly newsletter.

Mrs Vella's back
Welcome back this week to Mrs Vella who has enjoyed a wonderful holiday to South Australia with family and spending time seeing all the sights along the way. Sharon travelled over 8000 Kilometres during her trip. It’s great to have you back safely home and into office again. Thank you Sharon Ansen for doing a great job back filling in the first week of school.

Quadrennial School Review
This term our school will enter the final phase of the whole school audit. Shortly, we will be signing off an important plan which will guide the school for the next four years. Reid Thompson my ARD (Supervisor) and P&C will be part of this final process in week three. I would like to thank the committee members from the QSR and acknowledge their commitment to the direction of our school. The four year plan will be made public to the school community later this term. Well done everyone who have been part of this important journey for our school!

Bus Safety
Thank you to all parents and community members who are religiously acknowledging the gate closure times ensuring the safety of all our children. Great Work!! Could I please remind parents that the bus collection area that is located at the front of the principal’s residence must remain vacant during school pick up and drop off times. It’s very important that the bus company can safely enter this zone to collect the several children who now catch the bus daily. Thank you everyone for your assistance to keeping this area clear!

Swimming success!
Thank you to all our parents for being super organised and ensuring that children were ready for swimming lessons on the first day of the term. A quick reminder to ensure students equipment is clearly labelled and sunscreen is applied prior to attending school and in bags to take to the pool. Students must have a hat and water bottle ready for the day.

Magpie Season
Pleased be warned Magpies are now active within the school and surrounding streets!

To avoid attack!
- Wear Sunglasses and a hat or carry an umbrella.
- Face the magpie, they attack from behind.
- Stay calm! Aggressive behaviour can provoke an attack!
- Keep alert and pay attention. Keep an ear open for distinctive calls.
- If being attacked whilst cycling. Stop and walk your bike.
- Do not provoke Magpies, they are very territorial and will protect their nest
Our School Expectation for the fortnight: Use Manners and take turns.

**Student of the Week Award:** Term 4 Week 1

**Prep–Yr 1:**  
- Adam Nelson for excellent listening on carpet.  
- Levi Binkley for Great learning behaviour.

**Year 2–3:**  
- Matilda Payne for taking time to write neatly. Well Done!  
- James Kelly for a great week, keep it up!  
- Erica Dobbs for settling in well to your new class.

**Year 4-6:**  
- Courtney McGregor Welcome back to CSS.  
- Keely-Rae Caddies for her fantastic recall of history content.  
- Gina Monks for being consistent with hard work and dedication.

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**Student of the Week Award:** Term 4 Week 2

**Prep–Yr 1:**  
- Tye Illguth for his application to reading.  
- Emily Ansen for always following the four expectations.

**Year 2–3:**  
- Tara Tabbi for trying her best with handwriting this week. Keep it up!!  
- Cohen Poli for great listening this week. Well done Cohen!

**Year 4-6:**  
- Hannah Darr for persisting with difficult maths tasks.  
- Caedyn Beauchamp for displaying responsible leadership qualities when lining up.  
- Cristina Tabbi for making progress with her reading.

**PRINCIPAL’S AWARD:** Ruby Pyke 100% Application to all area’s of her learning.
Our School Expectation for the fortnight: Use Manners and take turns.

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<th>DATE</th>
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**CSS Dates to Remember..**

Saturday Sport NRL week 2-week 5 8:30-10:00am @ CSS

Thursday Milo Cricket with Ross Meier week 2–week 5 2:45pm-4:00pm @ SSS

**Tuesday Bike Education with Sergeant Matt Pyke & Mr Miskell**
Prep – Yr 2 week 2,3,4,6,7,8 Time: 2:45pm – 3:45pm at CSS
Year 3 – Year 6 week 2,3,4,6,7,8 Time: 3:45pm -4:45pm at CSS

Friday Inter-School Sports -Swimming
Year 4- Year 6 week 2,3,4,5
Our School Expectation for the fortnight: Use Manners and take turns.

Our P & C committee is creating a cook book to be used as a fundraiser. Your assistance and participation will be needed to help make it a success.

HOW YOU CAN HELP!
Please submit your favourite recipes for inclusion in our cook book. You can do this by sending an email with your recipe attached to:

pandcpresident@collinsvss.eq.edu.au

School COOKBOOK
Our School Expectation for the fortnight: Use Manners and take turns.

Bike Education!

Tuesday Bike Education with Sergeant Matt Pyke & Mr Miskell
Prep – Yr 2 week 2, 3, 4, 6, 7, 8
Time: 2:45pm – 3:45pm at CSS
Our School Expectation for the fortnight: Use Manners and take turns.

Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parentingideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isabel. From her first day of childcare, Isabel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isabel started missing school.

The second is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and mock about. Jamie ended up being suspended from school.

As you can see, Isabel and Jamie were very different kids, but the challenge they faced was eventually recognised as being the same anxiety.

While not always as severe as that suffered by Isabel and Jamie, anxiety—especially in those under 23—is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect—and anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world, what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

**TIPS FOR QUIET TIME**

1. Choose a time that suits you and your child. Morning or evening, just what’s best for you as a family.
2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.
4. They can choose to sit or lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.
5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After them next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.
7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two, get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
Our School Expectation for the fortnight: Use Manners and take turns.

Collinsville State School

Halloween Disco
All Primary Schools invited
Come dressed in your scariest costume.
Where: CSS parade room
When: Monday 31st Oct
Time: 4pm - 6pm
$6.00 includes sausage sizzle, popper and cupcake.
Parents are required to pick children up from the parade room.
Lots of prizes to be won!

Collinsville State School P&C

CHRISTMAS DRAWN 30TH NOVEMBER 2016

1st Prize: 38L Engel Fridge/Freezer Eclipse and canvas cover valued at $1000

2nd – 5th Prize: Assorted prize hampers

$2 PER TICKET, $5 FOR 3 TICKETS OR $10 FOR 6 TICKETS
Our School Expectation for the fortnight: Use Manners and take turns.

Collinsville State School

Pre Prep Information

Open Day Session

Tuesday 16th August
9:30am-11:00am

Term 4 Pre Prep Days
Times: 8:30am - 11:00am
Friday 14th October
28th October
11th November

Friday 25th Nov
8:30am-2:30pm (all day)
47855338- Devlin Street

QCoal Community Dental Service
is on its way

The QCoal Community Dental Service has now hit the road and is bringing dental care directly to you.

We'll visit Collinsville from 17/10/16 until 29/10/16

Our mobile dental team is waiting to brighten your smile. The cost is covered so call 1800 002 507 now to book.

*Please bring your Medicare card and, where applicable, private health fund details. Appointments are limited and all services are subject to availability. Some dental conditions may be referred to other services.

flyingdoctor.org.au/dental

QCoal Foundation, QCoal Group and Royal Flying Doctor Service - a partnership dedicated to the health and wellbeing of the community.
Our School Expectation for the fortnight: Use Manners and take turns.
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Life Education visit

Car Boot Sale
Market Day

CONWAY STREET COLLINSVILLE
SAUSAGE SIZZLE  DEVONSHIRE TEA  JUMPING CASTLE  HANDCRAFT

12th November 2016
8am to 2pm

Site Reservations With Laurie-ann
Phone: 0431 034 284

Site Fee $10
BYO YOUR OWN TABLES/CHAIRS SHADE
Our School Expectation for the fortnight: Use Manners and take turns.

Student Money Saver – Kidz Club

Did you know?
We have Student Banking in Collinsville!
The Kidz Club is a club for primary school children aged 5-12.
To open an account, all you need to do is come into the QCCU
Collinsville Branch with your birth certificate and Parent or Guardian.

It is free to open the account. You receive a Crakles piggy bank and deposit book
upon opening the account. It is a great way to teach children how to establish
regular savings.

We visit St John Bosco’s School and Scottville State School each Tuesday to collect
student banking.

If we don’t currently visit your school, you are still able to come into Collinsville
branch and deposit money into your account.

The Kidz Club Saving Challenge
Between January 1 and December 31 of each calendar year, deposit at least $5.00
and make no more than one withdrawal in the same month over a period of 6
months within the same calendar year (January to December).
The Reward - All Members who complete the Kidz Club Savings Challenge will
receive a special reward in January of the following calendar year!

This year kids received special Smiggle packs.

Please feel free to call me if you have any questions on 4785 5307.

Kind Regards,
Leola Janz
Team Leader – Collinsville
Queensland Country Credit Union

Foster carer. Could you be one?

Churches of Christ Care provide a vital safety net to more than 2,800 children across the state who often come from backgrounds of abuse or neglect, but we need your help.

If you have:
+ a heart for children in need
+ a desire to transform young lives
+ a willingness to open up your home

We’d love to hear from you.

For more information
4953 5097
fosterwithus.com.au
Our School Expectation for the fortnight: Use Manners and take turns.

CSCSC SUNDAY CHARITY BINGO
This Sunday 11th September 2016. 11AM
Bowls Club THIS WEEK:
$10,000.00 in 55 calls
+ $2,300 in 56 & $300.00 in 52
Free Hi Fives & Lucky Last

3 BALL AMBROSE FUN DAY
 COLLINSVILLE GOLF CLUB
names in by 12:30pm - hit off at 1:00pm
10 September - sponsored by Fletch’s Butcher Shop
15 October - sponsored by Scottville State School thanks &
cheers, Joyce Joyce Buckley Secretary Collinsville Golf Club
Inc P O Box 47 Collinsville Qld 4804 phone 47855352 [after
4pm] or Joyce 0437855862 collinsvillegolf@bigpond.com

Kerrie Day-Care Collinsville - Vacancy
NOW AVAILABLE
Childcare rebate available
Phone Kerrie on
0419 775 372

When: Every Tuesday & Thursday
Where: 8-10 Devlin Street
Times: 9:00 – 11:00am
Who: 0 to 4 years welcome

TUTORING.
After-school tutoring available.
Monday - Thursday afternoons 3.30pm - 6.30pm.
Primary
Secondary:
English: Yrs 7 - 12.
Social Sciences: Yrs 7 - 12.
NAPLAN TUTORING AVAILABLE FOR ENGLISH/LANGUAGE/LITERACY for Yrs 3, 5, 7 and 9 and MATHS: Yrs 3 and 5.
$25 per hour.
Phone Debbie on 0401871576 for further information or booking.