

12<sup>th</sup> February, 2009 (Week 3)

Queens Beach State School

Ph 4791 3111

Office Hours - 08.00 a.m. to 04.00 p.m. Mon - Fri

Event	Day / Date
Parade	Each Wednesday 09.00 a.m. in the Multi Purpose Area.
Free Dress Day	Friday 13 <sup>th</sup> February. Black Friday, wear black and bring a gold coin donation for the Victoria Bushfire Appeal. If you do not have a black top then free dress of your choice.  Friday 13 <sup>th</sup> March. "Think Pink". Wear pink or red and bring a gold coin donation for "Relay for Life."
School Disco	Friday 3 <sup>rd</sup> April.
School Watch	13 17 88 Please ring this number if you see anything suspicious on campus after hours.

### From the Principal:



Pictures from Left to right:

**Aiden McConnel** (Boys Captain); Mr John Wessel (Executive Director of Mackay Whitsunday Region); **Susanna Connolly** (Girls Captain); **Toya Samuel** (Girls Vice Captain); Mrs Mary Franklin (Principal) and **Jack Willcox** (Boys Vice Captain).

Well done and congratulations to our school leaders.

### Leadership Recognition

At QB, we believe our students will be remarkable citizens of the future and among them are truly inspirational leaders of whom we can be very proud.

Our Regional Executive Director Mr John Wessel presented our Captains and Vice Captains with their Badges of Honour for being elected as representatives by their peers and endorsed by Queens Beach State School staff members.

We know that they will be commendable in their actions and will represent you child's best interests in 2009.

Regards  
Mary Franklin (Principal)

**REMINDER: Please update any change of details for 2009 (e.g. Phone numbers, addresses etc) at the office.**

### CHAPPY NEWS

The first of many Chappy Breakfasts which was held last Tuesday was a great event for the students and teachers. The students were very appreciative of the breakfast and were well behaved.



I would like to thank the volunteers that helped from the different Community Organizations, the Churches and all the Staff at QBSS.

Remember this will be a weekly event so come along. Come and join in the Prayer Group which is held between 8:00 & 8:30 every Wednesday, in the Computer Lab Room (see office for directions).

The new RE program started so get involved, remember, "you only get out of it what you put into it". Bless You and have a great Week.  
Oral Power (School Chaplain)

### Sports Report

- Congratulations to Jayden Mattingley, Harry Hockings and Jack Willcox who are off to the NQ Swimming Championships in Townsville on Monday 23<sup>rd</sup> February.
- Morning Sport for Grades 5 – 7 will start Week 5  
X-Country – Monday  
Rugby League – Tuesday / Thursday  
Tennis – Wednesday  
Netball – Friday  
Notes are being distributed to all interested students and they will need to be returned before next Friday (20<sup>th</sup> February).
  - Swimming Years 1 -3 starts next Thursday. Parent help is still required.

**FREE DRESS DAY**

### "Black Friday"

Friday 13<sup>th</sup> February

**Come along dressed in black and bring a gold coin donation. All monies raised will be given to the Victoria Bushfire Relief Fund.**

### Relationships Australia

Developing and maintaining a healthy relationship can be challenging at times and requires commitment.

Whatever your age or experience, your relationship will present you with new and demanding challenges. To help you meet these challenges, Relationships Australia has developed a range of workshops around several topic areas that couples commonly ask us about.

The first on offer in Bowen is the **Relationship Enrichment Workshop**.

Has your relationship lost the spark that it had when you first met? Maybe you have different goals and expectations or lack time to spend together.

Some people believe that sustaining a healthy and positive relationship should be easy and if we can't work it out then something is wrong with us.

Even healthy relationships need help from time to time.

Relationships demand many things of us and as we grow these demands change and we need to be willing to change with them. Having effective relationships that meet our needs requires us to be willing to learn and change the way we relate.

Relationships Australia is holding a free workshop to help couples strengthen and enrich their relationships.

The *Relationship Enrichment Workshop* is available on Tuesday February 24<sup>th</sup> 2009 from 7.00pm – 9.00pm in Bowen. Phone Diana Sayer on 4786 4750 for information and to register. Places are limited, so please register soon.

### Instrumental Music

#### Reminder

Students who received letters regarding participating in this year's Instrumental Music Program are reminded to return these as soon as possible. If the forms are not returned by Monday 16 February, their place in the program will be offered to students on the waiting list. If parents/carers have any questions

regarding their child's place, please contact the school promptly.

### Bowen Netball Association Inc. 2009 Season Information

Games will remain on Tuesday nights  
Juniors 5.30pm

Intermediate and Seniors 6.30pm and 7.30pm games

**Sign-on:** Tuesday 17<sup>th</sup> February (6-7 pm) @ courts, Tuesday 24<sup>th</sup> 5.15pm 2<sup>nd</sup> sign on for Juniors and Intermediates

**Season commences:** Tuesday 24<sup>th</sup> February

**Grading games:** Seniors 24<sup>th</sup> February, Juniors 24<sup>th</sup> February

**Fixtures begin:** Seniors 10<sup>th</sup> March (23 weeks)

**Grand final:** Tuesday August TBA

**Costing:** *Seniors competition* - \$145 (2 instalments) \$70 1<sup>st</sup> game \$75 31<sup>st</sup> March

\$130 for upfront payment paid prior to 1<sup>st</sup> game.

*Juniors and Intermediate (up to Yr 10)* - \$125 (2 instalments) \$70 1<sup>st</sup> game \$55 31<sup>st</sup> March, \$112 for upfront payment paid prior to 1<sup>st</sup> game.

**Nettas:** Tuesdays 5.45 – 6.30pm start 21<sup>st</sup> April.

### Protecting against dengue fever

With recent outbreaks of dengue fever in Cairns and Townsville, parents in our northern regions are encouraged to apply insect repellent to their children on a daily basis. Dengue fever can be found in any tropical or subtropical area and is most prevalent during the warm and humid seasons.

As there is no vaccine available to prevent dengue fever, people in high risk areas are advised to avoid getting bitten by wearing clothing which protects the skin and by using insect repellents on exposed skin. It is also recommended to remove all potential breeding sites for mosquitoes such as still water found in containers, pots, and old tyres. Mosquitoes carrying dengue fever typically bite during the day, especially at dawn and dusk.

For more information visit the Queensland Health website: [http://www.health.qld.gov.au/dengue/dengue\\_fever/disease.asp](http://www.health.qld.gov.au/dengue/dengue_fever/disease.asp)

### Anti-Bullying Strategies

**Remember: All we need for bullying to happen is for good people to do nothing.**

Bullying can be in many forms:-

Physical, verbal, cyber, texting on mobiles, or ignoring and excluding.

Actions to take:-

Report; Walk away; Intervene with the bully.