From the Principal
From the Junior School
From the Senior School
Tuckshop News
P & C News
Chappy Chat

COMING EVENTS
15 Aug—Brian Falkner visit
20—24 Aug—Book Fair and Book Week
20—24 Aug—Kindness week
23 Aug—Grandparents Day
7 Sept—Premier’s Reading Challenge finishes

Key to Success for this week: Confidence
FROM THE PRINCIPAL – MRS SHARON MCMORROW

Leap Into Learning - Data and Target Setting Meetings with Teachers and Leadership Team
Across all reaches of our school you will hear the phrase ‘Leap into Learning’. Schools are about learning, it is our core business each and every day.

This year we have continued to invest a great deal of time as a staff discussing what our focus for this “learning” will be. We have a very clear and defined goal around improving our results in Reading, Writing and Numeracy and we are very committed to this plan.

Every 5 weeks teachers meet with a member of the Leadership team (Principal, or Deputy Principals) to share data that has been collected and to discuss student progress towards their 5 weekly goals or targets. This process sits within the framework which we have entitled “Leaping into Learning”.

This week teachers will come off class for approximately an hour to work in partnership with their Leadership team member.

Why 5 weekly targets?
Students make progress in their learning each and every day. It is important to carefully monitor these little steps forward to ensure that our programs are tailored to the needs of our students. Often a concept has proven more difficult to grasp than expected and a teacher needs to reassess how he/she is going to plan future teaching experiences to ensure that children have truly understood the task. Hence the need for a cycle of ongoing data and “check in” points or targets. It is vital that the timeframe is short, hence the 5 weekly targets.

I am very proud of the work our teachers have produced as part of this school wide focus. To have the opportunity to sit and work with our teachers and share the improvements and gains made by our students over a 5 week period is very rewarding.

We are very lucky at Sandy Strait to have such a hard working and dedicated teaching team who are focused on ensuring that all of our students are making leaps in their learning each and every day.

Flu Season and Relieving Staff.
The flu season is well and truly upon us and it has certainly swept through our staff and our students. Last week we had many staff succumb to the flu. At various times throughout last week we had between 10 and 15 staff absent. Many classes also had record children away due to this strain of the flu.

During both assemblies last week I spoke to children about the behaviour and learning expectations we have for them regardless of whether their teacher is present or not.
Often when class teachers are away some children choose not to make the appropriate choices.

I put out a challenge to our classes on assembly last week. I let all children know I was looking for the class that has most impressed their relieving teacher, the class that leaves a positive impression through hard work, wonderful behaviour and good manners.

I was very pleased when 3 of our teachers returned after being away sick to find the following notes left by relieving teachers.

2Q - “Beautiful behaviour. Everyone worked well”
1F - “Great day. Fantastic class. Would come back anytime”
2/3H - “Really impressed with students attitude. I had a lovely day. Students were well mannered and well behaved”

Congratulations to the above classes for your positive behaviour choices and for your focus on learning.

Lost Items, Naming and Checking Belongs.
I am sure that all parents understand the frustration of buying school uniforms, hats and jackets to find that the items are lost or go missing. Many of these items have names clearly marked on them but somehow still manage to go astray. Replacing items of clothing is expensive particularly for items such as school jackets.

I would ask the assistance of all parents to please check that the items of clothing your child brings home (hats, jackets etc) are in fact theirs and that they haven’t accidently brought home another child’s belongings. Children often take these items off during the day, and throw them on to the port racks. Then in the afternoon when packing their bags the children just put the item in their bag without checking.

Please also take the time to check that all of your child’s belongings are clearly marked and that you rename them if the labels are becoming faded or difficult to read.

If you do discover an item of clothing that does not belong to you can you please return the item to the office or your child’s teacher and we will reconnect this lost item with its rightful owner. Your assistance with this matter would be very much appreciated.

A Reminder about Parking and Vehicle Movement in the School Grounds.
Additional signage has recently been placed on our school gates and within our school grounds to remind parents and visitors about the safety arrangements in place within the school grounds.

To ensure the safety of all children the top entry gates are locked of an afternoon between 2.30-3.00pm. These gates will only be opened to allow the entry and exit of Special Taxis and vehicles as outlined above.

No vehicles will be permitted to leave the school grounds until after 3.00pm (unless by special permit) to ensure that our children are not put at risk due to moving vehicles.

This new arrangement may cause inconvenience to some staff and parents but it is absolutely necessary to ensure that our school grounds are safe.

We also have a number of parents who persist in double parking down near the pedestrian crossing or in the disabled parking spots, calling out for children to run between cars or to cross the road away from the crossing. Such behaviour is dangerous and illegal. The police will be out in force on roads surrounding schools, enforcing speed limits and parking rules ensuring our children are safe.

Recently we were contacted by the police and bus companies with a request to remind parents that cars are not permitted to park or collect children from the bus lanes. This places children at risk.

I thank you for your support and understanding as we all work together to protect the most precious of things, our children.

Leap Into our Pre-Prep Program
At Sandy Strait we believe it is important to provide our students with the best possible start to their first year of schooling.

This year we are introducing a Pre-Prep Program to assist our children and parents to best prepare for the curriculum and learning expectations of the upcoming Prep Year.

Please be sure to register your attendance at the session below.

<table>
<thead>
<tr>
<th>Session</th>
<th>Date and Time</th>
<th>Focus of Class Session</th>
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<tbody>
<tr>
<td>Session 1</td>
<td>Tuesday 21st August 9.30-10.30am</td>
<td>Oral Language Activities</td>
</tr>
<tr>
<td>Session 2</td>
<td>Tuesday 18th September 9.30-11.30am</td>
<td>Early Number Concepts</td>
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Sandy Strait State School
8/08/2012
<table>
<thead>
<tr>
<th>Session</th>
<th>Date and Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Session 3</td>
<td>Tuesday 16th October, 9.30-10.30am</td>
<td>Developing Reading Activities</td>
</tr>
<tr>
<td>Session 4</td>
<td>Tuesday 13th November, 9.30-10.30am</td>
<td>Sounds to Letters Activities</td>
</tr>
</tbody>
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**Purpose of the Program:**
- To provide an orientation and skill based program to help prepare our future students for the Prep Curriculum in the year ahead.
- To model and provide activities and ideas for parents to work on with their children at home to ensure that they have the best opportunity to succeed in the Prep Year.
- To foster and build relationships between teachers, students and parents prior to the commencement of the school year.
- To provide opportunities for our future Prep students to interact with one another and build relationships prior to commencing school.

**How the Program will work:**
- The program will be conducted over 4 separate 1 hour sessions throughout term 3 and 4.
- Children and parents attend each of the sessions.
- At the end of each session parents will be provided with a pack of activities to take home to use with their child between sessions. Each of the activities contained within the pack will have been modelled throughout the morning session. A different activity pack will be distributed at each of the sessions.
- Each session will have a particular teaching focus with activities and games developing the following:
  - Session 1: Oral Language
  - Session 2: Early Number Concepts
  - Session 3: Developing Reading
  - Session 4: Sounds to Letters

At the conclusion of the Pre-Prep Program your child will be presented with a certificate for completing the Sandy Strait Pre-Prep Program.

Parents will need to submit their completed Enrolment Form prior to commencing the Pre-Prep Program to ensure that we have all of your child’s details.

Starting school is such an exciting time for both children and parents and we are looking forward to working together with you and your child throughout the Sandy Strait Pre-Prep Program.

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**Visual Arts program**
Over the last four weeks students from Prep, year one, year two and year three have been participating in a Visual Arts program. The program focussed on teaching the elements of line, colour, shape and texture to the students allowing them the opportunity to show their understanding of repetition of similar and different patterns, movement depicting direction, pace and energy, space which showed depth and distance, form, abstraction and symbolism. Students had lessons on each of the elements with a different teacher each week along with lessons on appreciation of noted artists. This week they will be given the opportunity to finish any uncompleted works.

Week six (next week) students will exhibit their work in the hall for our school community to view and enjoy. There will be further information sent home closer to the exhibition date.

The program has been successful in developing and teaching our students the skills and knowledge needed to create aesthetically pleasing and thought provoking pieces of work as well as developing appreciation for particular art works.

I’d like to thank Nicole Hohn, Amy Sheridan and Melissa Lakin for their support and enthusiasm with helping students and teachers each Friday with the Arts program.

**Qld Fire and Rescue Safe Communities Expo**
This Thursday and Friday students in year three and year two will be visiting seafront oval to participate in the Qld Fire and Rescue Safe Communities Expo. The Expo is free of charge and buses have been provided to transport students to the oval. Buses will be leaving at 9.00am sharp so please ensure your child is not late on these days. A permission note was sent home last week so please check your child has given this to you to sign and return to their teacher.

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8/08/2012
**Enchanted Forest**
This Friday Year one students have Timbarra productions visiting them to present the show, ’The Enchanted Forest’. Students will be able to dress-up for this exciting event and will no doubt be provided with enough fantasy to ensure their imaginations are ignited allowing them to write, draw and sing about the experience. Students need to make sure they pay by Wednesday.

**Leap into learning**
This is assessment week for unit 5 in English and maths so I’d like to take this opportunity to share some wonderful pieces of work from the English units.

**Year One**
Students needed to interview a classmate about a particular event in a storybook. Students needed to think of the questions to ask, write them and then interview a classmate. A very challenging task for year one students.


“Why did you run home to your Mum?”

“Did your hand hurt when you hit the wall?”

“Why do you bully monkeys?”

Thanks for the interview Buster-nose, it was fantastic meeting you.

Billy 1F

Today I’m interviewing Willy. Willy is a nice monkey. “Hello Willy.” “Willy why do you like Milly?”

“Do you like Buster-nose?” “Do you go out for dinner with Milly?”

I saw the gorilla being mean to you. “Why do you think that Buster-nose is mean to you?”

Thank you for talking with me.

Clare 1F

Today we are talking to Willy, who is a good friend of Milly. Welcome Willy. Do you like Hugh?

How did you get your muscles? Why did the gorilla gang run away? You are a good friend of Hugh. Thank you for coming Willy.

Brandon 1P

**Year Two**
Students needed to write the steps for a procedural text after reading a number of story texts as well as procedural texts.

How To Be Kind To Your Grandmother

Materials You Will Need: cream, coffee machine, car, money, hair equipment, makeup and chores

Method. What To Do

1  Firstly, massage her feet.
2  Secondly, make her some coffee.
3  After that, take her to the shop to buy her new stuff.
4  Next, pamper her.
5  Lastly, do the washing and all the work she has to do.

By Kirstie 2Q

Year 2/3H have been writing poetry. Please enjoy this limerick by Dog Dreaming

There once was a big dog

Who sat on a brown log

He wanted to see sheep

So he fell into a sleep

And then he got eaten by a hog!

James 2/3H

**Top**

**NEWS FROM THE SENIOR SCHOOL**

**MR BRUCE JACKSON**

**Zone Athletics Carnival**

Congratulations to our team of athletes who participated in the Zone Athletics carnival on Thursday and Friday. All our students put in big efforts and even more pleasing than the athletic prowess they displayed was their sportsmanship and respectful behaviour. A small number of students were selected in the Hervey Bay side. A big thank you to Mr Baldwin, Mrs Mason, Ms Ashcroft, Mrs Fallon, Mr Fiske and Mrs Pozzebon for their help to make the carnival a success.

**Year 7 Visit to USHS**

Last week our Year 7’s visited USHS over 2 days for their “Come and Try” program. It was very pleasing to hear that our students and teachers thoroughly enjoyed their visit to the high school. Our students and their engaged focused behaviour left an impression on the high school teachers as well, with USHS staff informing us that they were extremely impressed by our student’s respectful and attentive behaviour.

**Kindness Week Activities**

Chappy Trina is coordinating a variety of activities promoting KINDNESS in Week 7 (August 20th – 24th). It is our own Kindness Week with the theme being: “Kind Hearts Create Caring Communities.” We are attempting to get kids to reflect and consider the benefits of being kind to one another. Each Year level has been invited to participate in a specific activity targeted at their level promoting the value of kindness. Activities include:

- **Prep and Grade 1**: Students will read a book and talk about being a nice friend.
Grade 2: Lending a Kind Heart Students will trace their hands. They will write ways to be kind to someone on each finger.

Grade 3: Students will be given a construction paper heart. They will decorate the heart to reflect the theme of Kindness Week - “Kind Hearts Create Caring Communities.”

Grade 4: Students will write acrostic poems using the word kind or kindness.

Grade 5: “Wanted…Caught being kind journal”. Students will write about how they were kind to a person or witnessed a kind act, and how did they respond to the act of kindness.

Grade 6: Students will write thank you notes/letter/cards to someone (at school) they care about. They will then post the letter in the “post box”, and be delivered to the recipient.

Grade 7: Students will use a large canvas to write the word ‘kind’ in whatever form they choose, paint, collage, glitter, permanent markers (it is to be the focal point)… then they are to write around the word what ways they can be kind in permanent marker.

KALIEDOSCOPE Gallery

Our Year 4 to 7 classes will walk to USHS either Thursday or Friday to visit their Visual Arts KALIEDOSCOPE Gallery. This will be a great opportunity for our students to see a real Art gallery up close. A number of other activities will be included in the students visit including worksheets and a poster colouring competition.

Target Meetings

As Mrs McMorrow has mention this week our teachers have been meeting with the Leadership team to scrutinise the data they have collected on their students and to set new teaching and learning targets in Mathematics, Reading and Writing. The targets will provide the focus for teachers’ teaching and will drive most of the learning activities their students will be engaged in for the next 5 weeks. If you are keen to know what your child’s teacher’s targets are please arrange a time to check in with them at the end of the week.

Student Leader News

The moment you’ve been waiting for all year is finally here. That’s right the school disco is finally here. On 17th August there will be a school disco held in the hall. Junior disco will start at 5.00 pm and finish at 6.30 pm. Senior disco will start at 7.00 pm and finish at 8.30 pm. Disco entry cost is $4 or Disco entry plus pizza costs $8. You have to be at school on Friday 17th August otherwise you can’t go! Tickets will be given out two days before the disco. No tickets sold at the door. Remember to hand in your disco notes. Have fun!

Maddi

Top

TUCKSHOP NEWS

This fortnight’s specials below will run from Wed 8th August through to Friday 17th August;
- Spaghetti - $3.00
- King Size Sausage Roll - $3.00
- Hash Brown - $1.00
- Hello Panda (biscuit pkt) – 80 cents

This fortnight’s volunteer roster;
Wed 8th Aug – Melissa /1.00 – 1.45pm
Thurs 9th Aug – Tammy /1.00 – 1.45pm
Friday 10th Aug – Jo /1.00 – 1.45pm
Wed 15th Aug – Fiona /12.45 – 1.45pm
Thurs 16th Aug – Kerri /12.30 – 1.45pm
Fri 17th Aug Jacqui /11.30am – 2.00pm

Top

P & C NEWS

Disco: Don't forget about our School Disco being held on Friday the 17th of August in the Hall. The Junior Disco (Prep-3) will run from 5.00pm-6.30pm. The Senior Disco (4-7) will run from 7.00-8.30pm.

The Disco plus pizza will cost $8.00. Disco entry only will cost $4.00. All tickets are to be pre-purchased (NO ticket sales at the door). All money and forms must be in by this Wednesday the 8th of August. We will NOT be accepting late orders, as we have to leave ourselves enough time to order the right amount of Pizzas, and to print and distribute the tickets. Children must be dropped off and picked up from the Hall by a nominated adult.

Please bring only a small amount of cash, as we will be selling glow products, lollies, chips and drinks on the night.

Some have already been handed out to students, and are coming back slowly. Please excuse
If your child plays up, instead of saying, ‘Bad girl, how dare you speak to me that way’, you might say, ‘That kind of language is not OK’. In this way, you are separating the behaviour from the child. You don’t want to imply that your child is intrinsically bad, or make your child ashamed of feeling a certain way.

Positive Communication

Positive communication is about accepting all kinds of feelings – the good, the bad and the ugly. Here is a great article to read that can help think about how to communicate with our children better.

Allow your child’s negative feelings to come out, even if they are hard to take. Simply being there, without saying much, might soothe and comfort your child. Sometimes you just need to wait it out until the feeling is expressed.

Avoid attacking your child’s character. If your child plays up, instead of saying, ‘Bad girl, how dare you speak to me that way’, you might say, ‘That kind of language is not OK’. In this way, you are separating the behaviour from the child. You don’t want to imply that your child is intrinsically bad.

Forms have already been handed out to students, and are coming back steadily. Please ensure that correct money is included, as no change will be given, and that the children’s grade is put on order form. If more than one child is attending, we need a separate form and envelope filled in per child, thankyou. We thankyou to all the Parents and Teachers that have expressed an interest in volunteering for the night, you will be receiving a letter home shortly outlining your volunteer role. We have been overwhelmed with support and no longer require volunteers. However you are quite welcome to attend with your child.

We will also not be accepting late orders, as we have to leave ourselves time to order the right amount of Pizzas, and to print up the tickets.

**Fathers Day Stall:** The P&C will be having a Fathers Day stall on the 30th and 31st of August. Keep your eye on this newsletter over the coming weeks for further details. We will include the timetable in a future newsletter so parents are aware when their kids are coming to our stall.

**Second hand Uniforms:** The P & C is still a long way from our goal of opening a second hand Uniform shop. We simply do not have enough donations of good quality school uniforms at this point in time. So please keep us in mind when your kids outgrow their uniforms. Lets try to make the Uniform shop a reality, this would benefit the whole community. If you would like to donate, feel free to drop of Uniforms at the school office or contact Kim on: 4125 1630.

**Christmas Raffle:** We are considering running a Raffle at Christmas. If any parent/caregiver can assist in any way by donating a prize/voucher, or service this would be greatly appreciated. Lets see what results we can get from within our school community. If you have something that you would like to donate ring Kim on the number above, cheers.

**Wishing Well:** The P & C are wanting to increase the Parent/ Caregivers participation, and are interested to hear from you, our School Community about what you would like to see us spend some of our hard earned fundraising money on, in your school or in the grounds for 2013. In the next fortnight you will see a white Wishing Well appear in the Admin foyer. The well will have some forms attached for you to fill in (don’t forget to include your Name and Contact details). The P & C Volunteers will spend some time collecting them. Each request will be read.

We may pick one or two that may be feasible for next year, we will contact those concerned.

Please note: Unfortunately we are unable to reply to each request, we are only a small band of Volunteers.

Those great ideas that aren’t picked will be held onto for possible future use. So keep your eyes open for the next newsletter.

**Book Packs:** Thankyou for your positive response to our survey regarding School Book Packs. Keep your replies coming, we will be finalising this survey shortly and will keep you updated on the results.

**Money tips to assist the P&C:** As you are all aware, we hold many fundraisers throughout the year. But their are ways that you can help us do our Volunteer roles more effectively. When sending money to the school, please keep the following things in mind: Double check that each envelope has the correct child’s name, and class clearly marked, and that you have written on the envelope what the payment is for.

Please enclose the correct money is in each envelope. We as the P & C find it extremely difficult to handle lots of change requests so would like to keep these to a minimum.

Please don’t send money with no details/form as we will have no idea who it is, or what it was for. Therefore we have no way of tracing it. Unfortunately this happens quite often.

If you have multiple children please fill in a separate form and envelope for each child. This makes it easier for us to split them into classes. Thankyou for your assistance.

**P&C Meeting:** The next P&C meeting is on the 28th of August at 3.00pm in the Admin building. We hope to see you all there.

_Kim Parnell_
**P & C President**

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**CHAPPY CHAT - KIDS MATTER**

**Positive Communication**

Positive communication is about accepting all kinds of feelings – the good, the bad and the ugly. Here is a great article to read that can help think about how to communicate with our children better.

Allow your child’s negative feelings to come out, even if they are hard to take. Simply being there, without saying much, might soothe and comfort your child. Sometimes you just need to wait it out until the feeling is expressed.
Tell children how their behaviour makes you feel. ‘Don’t hide your feelings’s, ‘In fact, your feelings may be the best form of discipline, as long as they are not used to attack your child. You might express the depth of your emotions with phrases such as, ‘I am very disappointed in what you did’ or ‘It makes me sad that you lied to me’.

Tell your child how you feel about yourself. In this way, children know you have feelings and learn how to express their own. You might say, ‘I had a bad day at work today, I’m in a cranky mood’ or ‘I’m sorry I made a mistake’. Be aware that if you spend too much time talking about how you feel, your child might feel overwhelmed (or bored) by your level of emotion. On the other hand, if you never articulate your feelings, your child might not feel permission to express feelings either. At times, you don’t need to talk much ‘It’s normal for kids to have BIG feelings. Children feel their feelings fully and express them loudly because they don’t know that a particular problem won’t last forever. Talk sympathetically with as few words as possible. You might simply say, “I understand” or “Uh huh”.

Michael Thompson, PhD
Co-author, Raising Cain

**RIDE ON MOWER FOR SALE.** The school has a John Deere LT150 ride on mower (purchased 5/12/2003) for sale. This mower requires repairs to the transmission. If you are interested in making an offer for this mower please put your name, contact details and the $ amount that you are prepared to offer in an envelope and put into the box at the office. Offers close on Friday 17th August 2012. Viewing of the mower may be arranged by contacting our School’s Officer Redge Finke 41970333.

**LIBRARY NEWS – MRS MELANIE MILLS, LIBRARIAN**

It’s Book Week in week 7! To help us celebrate, classes will visit the library to work in particular with the short-listed books for 2012, as well as a variety of lunchtime activities.

We will be holding a Book Fair during this week (August 20-24). The Book Fair will be open after school until at least 3.30 Monday 20 – Thursday 23. The Book Fair must finish on Friday 24 at 3.30pm.

We will also be having dress ups as your favourite book character dress-up day on Thursday (August 23). Please remember sun safe rules when organising your costume – covered footwear and shoulders (no coloured hair please). We will implement Rug Reading, as part of the dress up day – the whole school on the oval sharing stories, so hats are a must! Our year 6 & 7 students are going to set up picnic rugs (or similar), take out a chair, and their choice of picture book, and the rest of our year levels will share themselves amongst the rugs. Our year 6’s & 7’s will then be able to read their story to the children seated beautifully in front of them! As this day is also Grandparents’ Day, we invite our visiting grandparents to join us for Rug Reading followed by a browse through our Book Fair.

Reading for the Premier’s Reading Challenge FINISHES on September7 – that’s the end of week 9!

**Author Visit**

Brian Falkner, author of titles such as The Real Thing, will visit Sandy Strait next Wednesday. Brian will present sessions to all our year 5, 6 and 7 students, as well as to our aspiring author groups. The cost to students is nil for this special event! We know they and their teachers will enjoy Briars’ presentations. Brian is bringing some of his books for students to purchase on the day. For titles like The Real Thing, children will need to pay $16, older titles like Brainjack or Northwood will cost $20.

**GREEN PLANTS & REFLEX PAPER**

On Friday, 27th July Sandy Strait State School had a special visit from Bunnings. We were lucky enough to be selected out of all the schools in Hervey Bay to receive 20 free plants and seedlings. Jody, from Bunnings, helped explain these new plants to some Greenies and Greenies In-Training (Year 2/3). Planet Ark is an organisation which sponsors this yearly event. This year the theme
was “Speak for the Trees” and our inspiration was the Lorax. On Friday, there were students and teachers walking around wearing a fake Lorax moustache. Some very talented students in Year 5, have learnt about sustainability and the story from Dr Seuss about looking after our planet, designed and painted a Lorax to be photographed with. These pictures will be sent off to Planet Ark and hopefully we might win some prizes.

Mrs McMorrow with some Greenies
Young Greenies In-Training with Jody

A visit from our friend- the Lorax

**Woolworths Earn & Learn**

Woolworths will be conducting this great endeavour again this year. It’s simple to participate: from the 9th May, when you shop at Woolworths you can collect stickers from the checkout operator and place them on sticker cards. There’ll be one sticker for every $10 spent (excluding liquor, tobacco, and gift cards). Once completed, they can place their sticker cards in the collection box, either at your school or at your local Woolworths. Sticker cards have been sent home with students. If you require another card please pick one up from the school office. We have a box in the office foyer for the completed cards to be placed into and one has also been placed at Urangan Shopping Centre.

**Coles Sports for Schools**

Coles will be conducting this great endeavour again this year. It’s simple to participate, for every $10 you spend at Coles you receive one voucher. Collect the vouchers and pop into the red box in the office. Vouchers are available in all Coles stores from 11 August to 19 October and we ask that you get involved to help collect vouchers for our school.

**Community News**

**Primary School Tutor**
- qualified primary teacher
- help with literacy and numeracy
- Located Urangan
Please call Emma Hansen 41249778 or 0420371614

Condy Park Kindergarten Annual Fundraiser
Teddy Bear’s Picnic at Botanic Gardens
Urangan
Sunday 26th August 9am-1pm

**Wide Bay TAFE Fitness Centre**

We offer support for:
- athletes of all shapes and sizes
- anyone needing more energy in their life
- weight loss
- diabetes support through Fit for Life
- group exercise
- strength training
- rehabilitation support

Reasonable prices, highly qualified staff providing outstanding support.

**Phone Mark Staib:** 0423645518
H Block. Wide Bay TAFE. Urraween Road
Cancer Council Queensland will host its Relay For Life at Seafront Oval in Hervey Bay on September 15 and 16. We are currently looking for teams to register to be a part of this great community event and fundraise to help the one in two Queenslanders that are diagnosed with cancer each year.

Cancer Council Queensland is a non-profit organization that relies solely on the fundraising efforts of members of the public, we provide patient support and invest in research.

"Cancer Council Queensland will host its Relay For Life at Seafront Oval in Hervey Bay on September 15 and 16. We are currently looking for teams to register to be a part of this great community event and fundraise to help the one in two Queenslanders diagnosed with cancer each year. Registration is $20 which includes a t-shirt, entertainment, entry and breakfast. Please call 4150 4500 for more information or visit www.relayforlife.com.au to register.

Play YOUR MUSIC Academy
Learn shortcuts to start playing
YOUR FAVOURITE MUSIC
FREE FIRST LESSON

* Instrument not necessary. * Private or Group Tuition
* Our Studio or Your Home * Beginners welcomed
* Ages 5-95. * Patient Teachers

Phone: 4194 5265 <= or 0407 586 761