From the Principal - Sharon McMorrow

**Late issue for the Newsletter**
My apologies for the late issue of the week 3 newsletter. Unfortunately I have had a very bad dose of the flu over the last week and a half and have been too unwell to come to school or complete many tasks, hence the delay of the newsletter.

There appears to be a very nasty cold and flu strain going through most of Hervey Bay at the moment and many of our staff, families and children have also become ill.

If children are feeling ill and showing signs of high temperatures, congestion and a cough I would encourage you to keep children at home so they can rest and recover. In environments such as schools where children come in close contact with one another it is very easy for coughs, colds and flu to spread.

Thank you for your understanding and support.

**Success Schools Numeracy Project**
This Semester, Sandy Strait State School has embarked on a new program entitled the Success Schools Numeracy Program. The aim of this program is to “develop confident, creative users and communicators of Mathematics”. Through this program, we are working with the North Coast Region Educational Advisor, Greg Robinson, and the Art and Science of Teaching leader, Anthony Clancy.

This term, the team will be focussing on Prep, Year 1, Year 2 and Year 4 classes, and next term we will be focussing on Year 3, 5, 6/7 and the LEAP classes, with the aim to get all teachers and students on board with this project. Each Monday the team will meet with Greg Robinson to discuss a Maths Warm Up focus area for the week which all teachers of that group can teach, usually through some form of a game. Each week we also have the fantastic opportunity to watch Greg demonstrate these activities with various classes. It has been exciting to see the high level of student engagement.
and potential of these activities, to deepen student understanding.

Throughout the rest of the week, teachers will work with the Numeracy Coach (Mark Hansen) to tailor this activity to their children, and develop their questioning techniques to better assist all children, in all classes. Two particular focuses at the moment are place value, and requiring students to prove their answer is correct using mathematical language. All children, teachers and members of the leadership team are thoroughly engaged in this project, and we look forward to the further enactment of it.

A Special Visit from our Country Friends
Earlier this year our school community rallied around our drought-stricken farmers through the Buy a Bale Fundraiser and Mother’s Day Pamper Packs to bring a little joy to these struggling communities.

On Thursday students from the rural communities of Mungallala and Dunkeld State Schools came for a short visit as they wanted to meet some of the children from Sandy Strait who had reached out to their communities in their time of need.

Coming from schools of 10-12 students in total, these students were very surprised to visit a school that has over 700 students. During their visit the children were able to share the similarities and differences between their schools. It was a great opportunity for the children from these rural communities to interact and mingle with children other than their siblings. It was very heartening to see, after the initial shyness had subsided, that the children mingled like they had known each other for years.

A big thank you must go out to Mrs Gould, Miss Pritchard, Mr Hansen and our student leaders for taking such good care of our visitors. There are some great photos of the visit on our school Facebook page if you would like to learn more.

2014 School Opinion Surveys for Parents Extended until 8th August
Each year all schools across Qld implement the annual school opinion survey. In past years 40 parents from each school were randomly selected to participate in the survey regardless of the size of the school. This year the process has changed and the survey has been issued to all parents in every school across Qld.

Letters were distributed to each family at the start of last week. Each letter contains a link and individual password to log on to the online survey. This year all surveys are to be completed on line with no hard copies available.

The timeline for completion of these surveys has been extended to Friday 8th August to allow parents greater opportunity to participate.

If you are having trouble accessing the survey please come and see us and we will assist you to access a computer.

School Photos
Photo envelopes were sent home last week. Photos will be held 26 & 27 August. To ensure a smooth running day, please note that all orders are pre-paid and we would kindly ask that you hand your correct payment envelope to THE PHOTOGRAPHER ON the date of your child’s photos—NO EXCEPTIONS.

Please follow these steps to order:
1. Complete student details on the order envelope—one envelope for each student.
2. You may pay by cash, cheque, credit card or online. If you have two or more children attending you may include the payment in one envelope. Please note clearly on the outside of all envelopes that you have paid in one envelope.
3. Online Orders—visit www.qldschoolphotography.com.au to order. Reference number must be recorded on envelope and handed to photographers.
4. Cheques are to be made payable to Queensland School Photography Pty Ltd with your name, address and phone number written on the back.
5. Tick the box for the package required.
6. Enclose the correct payment (change cannot be given)
7. Each student is to hand their individual envelope to the photographer.
8. Parents wanting to have their children photographed together please collect a family envelope from the school office and bring the completed envelope along with your children to the Hall from 8.00 am to 8.30 am.

If for any reason you are not satisfied with the photos taken of your child Queensland School Photography will provide a full refund. Queensland School Photography will accept late orders for individual and group photographs, a late fee to cover postage and handling will apply.

If you have any questions, or wish to place a late group order please feel free to contact Queensland School Photography customer service department on 38079601.

Library News
Bookweek and Bookfair will be held 18—22 August. On Tuesday August 19, our school community is invited to come dressed as your favourite book or space character. Children will have the opportunity to show off their costumes to visiting grandparents who will also be able to purchase books from our bookfair that we will be running all week. It will also be the day our whole school gathers on the oval to share stories read to us by our Senior students. Get those creative juices flowing – we look forward to a week of fun celebrating books!
News from the Junior School—Mrs Helen Forbes

**Timbarra Productions**
Next week our Year one and Prep students have a visit from Timbarra productions with interactive shows to encourage our students to join in and experience being part of a live show.

Prep students are taken into a world of pirates with their rollicking fun, adventure and intrigue. In keeping with the theme the children come dressed as pirates and find out what it is like to be a pirate on the high seas. The interactive component of the show requires the students to participate in the voyage with the Captain, his First Mate and “Bill” the live talking parrot. The pirates (Preps) will be trying to locate the treasure using their thinking skills so it will not be necessary for any of our Preppies to come with pretend swords or guns.

Year One students are immersed in the fairytale world of an enchanted forest. Students are encouraged to come dressed up as gnomes, fairies, elves etc. or simply come dressed with simple props—hat, wings, headband etc. (whatever is available in your household).

**The Prep show is on Wednesday 6th August.**
Prep A and Prep D will attend the 9:30 am show.
Prep B and Prep T will attend the 11:30 am show.

**The Year One show is on Thursday 7th August**
1L & 1M will attend the 9:30 am show
1J & 1/2J will attend the 11:30 am show
The show will be tied in with our English units this term for Prep and Year One.

This is a great opportunity to see quality children’s entertainment and we encourage all parents to have their child attend if at all possible.

Parents and toddlers are invited to attend the show free of charge. The cost of the shows are **$7.00 per child.**

**NAIDOC week**
The first week of term was NAIDOC week and the students were involved with many activities and learning around the NAIDOC theme—Serving Country: Centenary and Beyond. Students in the senior school were involved in developing understanding around our Indigenous servicemen and our junior school students were looking at conserving country and the importance of this for our Indigenous people.

It was an excellent week with many teachers and students saying they learnt so much about our Indigenous history and culture. Many thanks to Mrs Steyger and her helpers Joanne, Les, Natalee, Dee, Maddison, Tina, Paula, Lillian & Goomblar.

There is a display of students’ work in the hall so please drop in if you are at school and have time to visit this display.
News from the Senior School—Mr Bruce Jackson

Band on Assembly
A big thank you to the Instrumental Band and Mr Brindley for entertaining us on Senior Assembly last Thursday with a couple of upbeat instrumental items.

Hervey Bay Zone Athletics
Students participated in Zone Athletics Carnival last Thursday. Congratulations to the students who participated and below are some of the great results achieved on the day.

Cooper—3rd 9yr Boys Long Jump and 1st High Jump
Dakota—2nd 9yr girls 800m
Tahlia—2nd 9yr Girls Long Jump
Jade—2nd 10yr Girls Shot Put (HBZ Athletics Team Selection)
Ethan—4th 10yr Boys 800m
Kaitlin—2nd 11yr Girls Long Jump (HBZ Athletics Team Selection)
Dax—4th 12yr Boys 800m

Vanessa, Kara and Zake also competed as Athletes With Disabilities and came home with a huge haul of ribbons, had a great day and were all HBZ Athletics Team Selections.

Emotional Resilience Coming back from adversity
Emotional Resilience (being able to bounce back from adversity) is an essential life skill. This short article highlights many stages we go through when faced with adversity and how emotional resilience helps us recover from misfortune.

In Emotional Intelligence at Work, US psychologist Hendrie Weisinger identifies seven stages most people experience after a set back. Similar to Elizabeth Kubler-Ross’s stages of grief, he says, ‘You need to experience and manage each stage, successfully moving through each one. Failure to do so keeps you stuck in a particular stage and further from your comeback.’

The sequence of stages is not set in stone. You might experience several at once; you might move between stages; you might return to one already passed, but Weisinger says, it is essential that you work thoroughly through each stage...

1. Disbelief – overcome it. The first reaction has been likened to a lull before an emotional storm. “This isn’t really happening to me. I can’t believe this.” The first step in making a comeback is to acknowledge the reality of the setback, assess the situation accurately and know the feelings you will normally experience as a consequence.

2. Anger – deal with it. Anger begins to form, making you feel worse as the reality of the setback sets in. “It’s so unfair. I’m really annoyed. I hate Fred and the way he treats me.” You complain, feel bitter and often expect others’ support and sympathy. Know that this is a natural emotion at this stage and try to defuse it through some kind of physical activity — e.g. write a mock letter to Fred, telling him it’s the worst decision you’ve come across and what’s wrong with it… then burn it, or undertake other forms of anger dissipation such as vigorous exercise.

3. Yearning for the good old days – which won’t get you far. Nostalgic thoughts of yesteryear are usually the next phase. They help you to feel good, but this desire to turn back time is only a mechanism preventing you from facing reality. Acknowledge this stage and deal with it by accepting that it’s impossible to turn back time.

4. Depression – fight it. Often, after a setback, you’ll feel like going to bed and pulling the covers over your head. Others shun friends, wishing to suffer alone, incapable of doing anything. Some find it hard to sleep and become exhausted during the day. Depression is the major hurdle in making a comeback; you slump into despondency and despair.

On the brighter side, this stage is also the turning point: once you’ve passed it, you’re on your way to returning. Seek the support and advice of family and friends; use positive self-statements; try problem-solving techniques. Once you have resolved to look positively at your current situation, you are ready to move on.

5. Acceptance – face the new challenge. Your confidence and motivation are now beginning to return. You’ve weathered the worst of the setback. You finally acknowledge that your old situation no longer exists and that you are prepared to face the new one. Focus positively on new goals and desires and adopt a strategy to realise them.

6. New hope – embrace it. Optimism has returned. You now have meaningful goals, thought through the steps to achieve them, and are reasonably confident of doing so.

7. Positive activity – undertake it enthusiastically. Your motivation is nearly back, and you feel encouraged, energised and ready to do whatever it takes to follow the new course. Hold on to this new attitude by breaking down your goals into achievable mini-tasks, monitoring your behaviour from time to time, embracing the support and advice of others and using problem-solving skills to generate new effective responses to any obstacles you encounter on the way.

Hervey Bay State High School Year 7 & 8 Precinct
Work continues to rapidly progress on the new, state of the art $15.6 million Junior Secondary Precinct. Planning is well underway for the introduction of Year 7 at Hervey Bay State High School with a number of new specialists staff already employed and planning for 2015. With small classes, embedded computers and technology in every classroom and a separate Junior Precinct we are eagerly anticipating the handover in late September. Parents and students are encouraged to complete the Enrolment Request Forms asap to secure your child’s enrolment for 2015. Enrolment Request forms can be downloaded via the school website or alternatively through the school office. For further information please contact Hervey Bay State High School on 4194 3777 or email the.manager@herveybayshs.eq.edu.au
Spell-a-thon
Spell-a-thon was a great success again this year raising $4899.75. A big thank you to everyone who returned these forms. Your money has gone towards buying new bibs and shirts for the sports teams who represent our school and also some much needed shade sails. In assembly last week we announced the winners. Congratulations to you all!!

Our highest fundraisers were:
Junior School—Oxley
Senior School—Tamara

Children who collected $20 or more went in the draw to win a $20 gift voucher-
Prep - Jack
Year 1 - James
Year 2 - Aiden
Year 3 - Shaye
Year 4 - Elise
Year 5 - Amara
Year 6 - Kayla
Year 7 - Blake

Encouragement award winners were-
Elizabeth, Lilliana, Joshua, Anton, Conran, Wilfred, Xavier, Carissa, Kasey and Tahlia.

All students who returned their forms and money received a free ice block on Wednesday 30th July.

Disco!!
REMINDER: The P&C School Disco will be held on Friday, August 8. As usual we will have the Junior Disco (Prep to Year 3) from: 5.00 pm - 6.30 pm, and the Senior Disco (Year 4 - 7) from: 7.00 - 8.30 pm.
Disco ticket prices are:
• $5.00 for Disco entry only
• $10.00 for Disco entry and pizza

This year we are also having a theme. Our theme is: Fluoro, so please come dressed in anything that can glow in the dark, so dad’s or mum’s neon work shirts are a great idea. Lifeline or the discount stores also should be helpful for accessories.
The canteen will be selling glow stick products, snacks and drinks on the night as well.

A big thank you to Danielle and Nyree for organising the Canteen food, glow products and assisting in counting the money. That has given me time to organise all of the other jobs that go towards preparing for a Disco.

Children please note: On arrival at the Disco, go to the undercover area outside hall. Teachers will be seated there to cross you off the list, don’t forget to bring your ticket on the night.

Please note: If you are a registered volunteer on the night, NO younger siblings are allowed into the disco. NO children at all are allowed in the canteen area, this is against Workplace Health and Safety regulations, and the children will NOT be covered if an accident occurs.

If you are missing your form, please pick one up at the Office. Please pay CASH ONLY as the P&C have no EFTPOS facilities.

ALL FORMS AND MONEY ARE TO BE RETURNED NO LATER THAN TUESDAY, AUGUST 5 (TOMORROW).
See you all there!!

P&C State Conference:
A few weeks ago, I put in an application as a fully funded delegate, to represent our School at the P&C Qld State Conference, at the Mercure Gold Coast Resort, for a weekend in September. Well I am pleased to say that my application has been successful and I am looking forward to learning lots of exciting things, talking to others and working on some personal development. I will share some information on my return - Kim Parnell

Tuckshop Hours:
As of August 6, our Tuckshop will be open for a trial period on WEDNESDAYS. If you would like to see your Tuckshop open on this extra day, please support it. Kerry will be introducing some special meals on this day, so keep an eye out in the newsletter.

Next P&C Meeting
Our next P&C Meeting is on Wednesday, August 27, at 3.00 pm in the Admin building. ALL welcome.

Thanks for your Support,
Kim, Tash, Sharon (Your P&C Executive team)

String Music News
The Second Beginning String Workshop will be held on Tuesday 5th August in the hall at Yarrilee SS. If you have not yet seen the information form, ask your child if they have it; it was issued Wednesday 23rd July. Parents who paid for the First Beginning Workshop day in term one need pay no more money – the $20 covers all 3 workshop days (the third one is in October). Students who did not attend the first workshop – it is most important for your progress on your instrument for you to attend. The 5 hours of the workshop day is more than equal to 10 normal lessons. To keep up with your peers, you should attend. There will be a concert at 2.30 pm to showcase our achievement from the day’s efforts.
Looking forward to seeing you there.

Marsh Robinson, String Teacher