



Glamorgan Vale State School

M.S. 1020

Glamorgan Vale 4306

Phone: 5426 6144

Fax: 5426 6291

Email: the.principal@glamvaless.eq.edu.au

Website: www.glamvaless.eq.edu.au

Principal: Mr Graham Rickuss

FROM THE PRINCIPAL'S DESK:

Thought for the Week:

The reward of a thing well done is to have done it. Ralph Waldo Emerson

Next Monday my mentor Principal from the ELF program Mrs Virginia O'Neill will be visiting the school. She will be here for the whole day to have discussions with me about the program as well as discovering what is going on at Glamorgan Vale State School.

Jump Rope for Heart 2008

As you know our school will be participating in this very worthwhile cause again this year. All children from Prep to Year 7 will be taking part in the activity. If you have any queries, please see Mr Ross, who is organising this event. In addition to providing great physical activity for the children and raising much needed funds for the Heart Foundation, we have also registered our school for the Guinness Book of Records World Record Attempt (for children 8 years and older) and hope to have media coverage of the event. Our Federal Member of Parliament, Mr Peter Dutton and our State Member, Mr Wayne Wendt will be attending. **Please send back the sponsorship forms and the signed media release that was sent home on Tuesday by this Friday, 9th May.**

Brisbane Valley Small School Cross Country at Clarendon State School

Last Friday some of our students participated in the Cross Country at Clarendon State School. Well done to the following children who participated - James Deakin, Sarah Deakin, Naomi Freese, Joel Howard, Mitchell Howard, Isaac Macdonald, Marlee Wendt, Samara Wendt and Scott Wright. Congratulations to Baxter Hill and Lauren Clark who were selected to participate in the Lockyer District cross country this Friday.

National testing for Years 3, 5, 7 and 9

Next week Tuesday, Wednesday and Thursday students across Queensland will take part in the first national literacy and numeracy tests. The tests will see all students in Years 3, 5, 7 and 9 sitting the same tests as their interstate counterparts, replacing the previous state-based tests. It is also the first time Queensland Year 9 students are involved in the testing. The test results will provide useful information about how all state and non-state school students are performing in literacy and numeracy at their year level in comparison to their peers across Australia. The literacy assessment will focus on areas of reading, writing, spelling, punctuation and grammar while the numeracy testing will cover measurement, chance and data, space, working mathematically, algebra function and pattern. Results from the tests will be used for reports to parents, school reporting to their communities, and reporting by states and territories to form a national overview. The tests will also help teachers identify key areas for learning during the rest of the school year. While it's important that students perform at their best, it's also important that students are not unduly stressed. Here are some general tips for beating test nerves:

- Get at least eight hours sleep
- Take time out from test preparation to do something relaxing and enjoyable
- Exercise and eat healthy meals regularly
- Develop a time management plan for studying
- Ask an older sibling or friend who has been through tests to give some tips on how to study
- If feeling anxious, take a few moments to breathe deeply.

For more information on the national testing, visit www.qsa.qld.edu.au

Joke of the Week:

'What time is it when an elephant sits on a fence?'

Time to fix it!

Student Leader News



The Student Leaders have had another meeting to discuss what we will be doing this term. Some of the ideas that we discussed were a movie night, ice-cream spider day (because everyone enjoys them!) and Wacky Hair Day. We will let you know when these activities are happening.

This Week's Awards were presented to:

Caine Schuback for showing beautiful manners.
Kelsyn Macdonald for great group work skills.
Ethan Mak for showing manners and care for others.
Talisha Hinrichs for working well in a group.
Kristin Zahnow for always completing homework activities.
Connor Lister for working hard on Quota activities.
Courtenay Rayner for always doing her best work at school.



Lowood High Expo

This year's Expo will be held on Wednesday, 28 May and all Year 7 students and their parents are invited to attend for the day. The Expo will showcase the wide range of educational opportunities / programs at Lowood High in the form of static, interactive and dynamic displays. Lowood High will provide transport via bus, arriving at Lowood High at 10am and departing at 2pm. Students, parents and staff will be given morning tea on arrival. Canteen will be available for students to purchase lunch or students may bring their own. Please complete the slip at the end of the newsletter, as we need to RSVP to Lowood High with numbers attending.

Faith Lutheran College – Year 7 Academic Challenge

Attached to newsletters of Year 7 students is an invitation for your child to participate in this day of fun activities at Faith Lutheran College, Plainland. A free bus will be provided by the College. Please complete the slip at the end of the newsletter as we have to RSVP by the end of this week.

Fire Education Members of our local Fire Brigade will be visiting our school this Friday, 9th May from 1.30pm to talk to our Prep – Year 2 class about fire safety.

School Nurse

Our school nurse will be visiting us soon. Students can be referred for eyesight and hearing screening by staff and parents. We aim to have each of our students screened at least once if not twice during their primary school years. If you would like your student to be screened, please obtain a referral form from the office. If your student brings home a form, please sign and return to the school. If you have any concerns or queries about referrals please see your class teacher of the principal.

TENNIS We have a qualified tennis coach visiting our school each Friday morning this term. Lessons will be from 7.55am – 8.55am, at a cost of \$10 per child per week. Money is paid directly to Coach 'SP'. These lessons will continue each Friday for this term. If you have indicated that your child will be participating, it is important to keep going, as it is not viable for the coach to come out to our school for a group of less than 8. Lessons commenced last Friday, with the Glamorgan Vale State School Newsletter

Dates to mark in your calendar:

This Week

Fri 9 May

Lockyer District Cross Country
Jump Rope for Heart (World
Record Attempt)

May 14-16

Fire Ed. Talk P-2 from 1.30pm
National Literacy and
Numeracy Testing

Next Week

Fri May 16

Year 7 Academic Challenge at
Faith Lutheran College

Coming Soon

Wed May 28

Lowood High EXPO

Fri May 29

UNSW Science Test

Fri May 29

Moreton Region Cross Country

Later On

Thurs 5 June

CWA Morning Tea

Fri 6 June

'Power of One' Presentation

Thurs 12 June

GVSS Sports Day

June 16 – 20

Year 6/7 Camp to Canberra

Mon 23 June

BVSSSA ½ Sports Day

Thur 26 June

(Discus, 800m, 200m)

Thurs 17 July

BVSSSA Sports Day at Mt
Tarampa

Fri 25 July

Year 6 Academic Challenge at
Faith Lutheran College

Tues 29 July

Lockyer District Athletics
Carnival

Mon 4 August

UNSW Mathematics Test

Tues 12 August

Arts Council 9am

Sat 13 Sept

UNSW English Test

Mon 13 Oct

Country Fair

Thurs 20 Nov

Arts Council 9am
Prep-Yr 5 Underwater World
Camp

children having a great session and looking forward to the next. It is not too late to join and you don't need to own your own tennis racquet, as these are available on loan for the lesson.

Every Minute on Earth (*facts that happen every 60 seconds*)

Earth revolves around, or orbits, the sun at the speed of 1,111 miles (1,787.6 kilometres) a minute.

P & C NEWS Just a reminder that the P & C are holding a Mothers' Day Stall each morning this week from 8.30am to 9am outside the Tuckshop. There are some lovely presents for sale at just \$5 each and all are wrapped ready for giving.

Due to the current supply of potato wedges being quite spicy, the tuckshop will now serve oven-baked potato products, including chips, instead – at the same price.

COMMUNITY NOTICES

Lowood Hairstylists & Barber Shop 75 Main Street, Lowood. Phone: 54261434. Family hairdressing, hair extensions, ear piercing, body waxing, make-up, fashion and casual hats and bags. May specials: Short hair wash & wear perms \$50, ear piercing with studs \$18, men's haircut \$10.

Bike Repairs Selling second hand bikes and parts. All bike repairs done promptly. Phone Eric on 54262470 or call at 8 Park Street, LOWOOD.

Fashion Parade Wedding gowns and formal wear by Mardie. Saturday, 10th May 7pm at the Lowood Lutheran Hall. Proceeds will benefit residents of Glenwood Hostel. Admission cost includes coffee and dessert. Adults \$7, High School Students \$3.50. Lucky door prizes and entertainment. Enquiries to Audrey on 0408 624991.

Play School Concert Songs, stories and games. It's Play School live in Concert, featuring two presenters plus the toys from the popular television show. This new 40 minute show is full of active participation. Friday, 30th May at the Ipswich Civic Centre. All tickets \$12 (Adults at children's prices. Under 12 months free). Bookings essential. Call Kids Promotions on 1300788028 (\$5.50 processing fee per booking for phone bookings). Tickets also on sale from Gallery Newtown, 176 Brisbane Street, Ipswich (opposite Old Flour Mill) – cash sales only.

NRL Footy Tipping Competition

Results for Rounds 9 & 10 will appear in newsletter of 21 May.

Name	Round 7	TOTAL
Bad Boy	3	33
Bee Knees	3	37
Chenomies	2	33
Jim Bob	2	34
Quikick	3	37
The Cruisers	2	38
The Magic Men	3	39
The Pretenders	1	33
Tornado	3	35

Happy Birthday! To Mitchell Hutchins, Cassie Crawley and Ben Hambrook who all celebrate their special day this week.

Shelly's Passion 4 Fashion - Ladies and men's fashion. 213 Ipswich Street Esk and also at Shop 1/1500 Brisbane Valley Highway, Fernvale. Phone 54242544. Don't forget Mum, Grandma or Nanna this Mothers' Day. Why not get her a **gift voucher from Shelly's** – she'll love it and she can choose what she likes – when she likes – too easy!!! Spend over \$30 this week and go into a special draw to win a gift pack to the value of \$50. Drawn this Saturday 10th May. And keep in mind that you are supporting a local small business!!

Coominya Heritage Group You are invited to the unveiling of the second heritage mural "The Coominya Cut – 1920's", celebrating the historic timber industry of Coominya & District. Saturday 24th May at 10am at Edith Maud Park, beside the Bellevue Homestead, 1 West Road, Coominya (opposite Coominya Hotel) and afterwards in the grounds of the homestead for heavy horse demonstrations, camels, sulky rides, coach rides, art, crafts, jewellery/lapidary, patchwork/winter gear, cow milking, butter churning, local produce, farmhouse cheese & gelato, BBQ food, damper, billy tea, coffee, cold drinks. Scheduled tours of the homestead - \$5 adult – children

free. Further information phone Beth Anderson 54264559. Many thanks to Western Corridor Recycled Water Community Grants.

Dru Yoga (a fresh, positive and complete approach to health and well being). New classes in Gatton and Fernvale. Dry Yoga is easy to do and suitable for everyone regardless of your age, fitness levels or gender. Come and try it! Bring a yoga mat / towel / cushion and wear stretchy clothing. Sue Stubbs is an experienced instructor of 16 years and will be commencing classes at the Fernvale Futures Complex on Wednesday 7, 14 and 21 May from 6pm – 7.30pm \$10 per class or \$25 if all classes booked. Bookings and enquiries phone the Fernvale Futures Complex on 54270085 or Sue on 0410541602 or check out the website: www.bodyheartmind.com.au

Legends of League Saturday 17 May at the Qld Group Stadium. Adults \$15, (child 13-17, student, aged & invalid pensioner – ID required) \$10, child 5-12 \$8, child 4 and under FREE. Available for purchase from the IRL office. Games: 9.30am Swifts v Charleville under 12; 10.30am Swifts v Charleville under 16; 11.30 Ipswich Diggers v Gold Coast Vikings under 13's; 12.30 Ipswich Diggers v Roma under 18; 1.45 Ipswich Diggers v Roma under 22; 3pm Ipswich Diggers v Gold Coast Vikings under 14; 4pm City Police v Country Police; 5.15pm Australian Womens v Presidents 17 Womens; 6.30pm Ipswich Diggers v South West Country A Grade; 8.15pm Australia v Rest of the World. Enquiries phone Rachel on 32024137 or 0401045830.

Understanding Food Labels Buying healthy and enjoyable food for your child's lunch box can be tricky at the best of times, but having to interpret nutrition information panels and health claims can make it an even more complicated task for parents. Food manufacturers use packaging as an opportunity to promote the benefits of their product but may not tell the whole story about what the food contains, such as high fat, sugar or sodium (salt) levels. Parents are often left feeling confused about what is really healthy for their child. Advocacy group The Parents Jury's campaign for improved food labelling systems informs and empowers Australian parents to learn about the types of information that appear on food packaging, to understand labelling regulations, and to practice reading food labels at home with their families. It is important that parents are able to trust the nutrition information they find on food packaging because nutrition information panels, nutrition claims and endorsement 'stamps' all influence the purchases that parents make on behalf of their children, for better or worse. The Parents Jury's campaign advocacy kit contains information about the different types of information that appear on food packaging such as ingredients list, nutrition information panels and nutrition claims. It teaches parents how to interpret food labels and to read between the lines of potentially misleading claims and endorsements. The kit also contains lots of handy tips, resources and internet links to help parents and children make ongoing healthy food choices. To get involved, visit <http://www.parentsjury.org.au> or email enquires@parentsjury.org.au Membership of The Parents Jury is free and open to all Australian parents, grandparents and guardians of children aged under 18 years.

Volunteers for Tennis Open As part of the very exciting up and coming 2009 Brisbane International Open Series Event, we are currently looking for sports minded and enthusiastic students to volunteer as either ball person or general event volunteer which range from working in a variety of exciting areas: court services, player services, technology, transport, usher or the media centre. Any enquiries, contact Tennis Australia on 34264801. Volunteer application forms are available from the school office.

The Heritage Fair The Ipswich City Council presents 'The Heritage Fair' at Woodlands of Marburg on Sunday 18th May from 10am – 4pm. A day for the whole family, celebrating 'Coming to Queensland'. Who came, why we came, how we got there, and what Queenslanders did when they arrived. A full program of stage events, roving entertainers, interactive displays, workshops, heritage displays, businesses from the local region, market craft and food stallholders. Lots of games for kids with LIFE BE IN IT Funworks all day.

Schools Maintenance Program

There has been recent media interest in the budget of the Schools Maintenance Program which manages the upgrading and upkeep of Queensland's state schools. In Queensland state schools the health, safety and security of staff and students is always our top priority and it is no different when it comes to urgent maintenance needs. Each year, qualified QBuild staff inspect every one of Queensland's 1251 state schools and identify and prioritise any maintenance work which needs to be undertaken. To ensure healthy working and learning environments, the State Government is investing \$84 million in school maintenance in 2007-08. This funding is on top of a \$445.5 million capital works program, which builds new schools and new classrooms for Queensland's growing population.

****MEDIA RELEASE****

Glamorgan Vale State School Water Conservation Program Completed

The Community Water Grants—Schools Water Efficiency Program commenced by the Glamorgan Vale State School last year has now been completed.

The Schools Water Efficiency Project is part of the previous Australian Liberal Party Government’s \$2billion Water Fund, which has made \$200 million available for Community Water Grants Projects. The project will provide positive and long-term benefits to the school, and the community including cutting down on water and hot water energy usage, the amount of wastewater we make and the amount of green house gas emissions, particularly carbon dioxide, created by our school.

As a participant in this innovative program the school has received an Australian Government Water Fund Community Water Grant totalling \$34237.50 which will go towards the cost of installing water efficiency measures and replacing inefficient water use appliances with water efficient appliances.

Glamorgan Vale State School Principal, Mr Graham Rickuss says “This program is worthwhile on many fronts and the school is proud of its initiative in developing and implementing the program.” Project Manager, Bob Whalley says “It makes good social and environmental sense and will save the school many thousands of dollars in the long run. This is also a great opportunity for students to be part of a large scale project to save water, the principles of which will stay with them forever.”

The water savings have come from the installation of 3 x 22 000 litres rain water tanks to the toilet systems; repairing leaking taps and cisterns; replacing old single flush toilets with new dual flush toilets; and the relining of a 36 000 litre underground concrete tank for use with the garden system.

On Friday 9 May, the Federal Member for Dickson Mr Peter Dutton and the State Member for Ipswich Mr Wayne Wendt will be at the school to inspect the water efficiency measures that have been installed.

The Community Water Grants Program was designed to engage people, schools and organizations in saving, re-using and improving water resources with practical projects and provided the opportunity for schools to be pro-active in saving water and money.

(Please return to Mr Rickuss by Friday, 9th May)

Faith Lutheran College Academic Challenge – Year 7 students only

I give permission for my child To travel by bus and participate in this year’s Academic Challenge being hosted by Faith Lutheran College, Plainland.

Parent’s signature:

(Please return to our school office by Wednesday, 14th May)

Lowood High Year 7 Expo

I give permission for my child, To participate in the Lowood High School Expo on Wednesday, 28 May.

He/she has permission to travel by bus provided by the High School

Or

I wish to go also, and I will take him/her with me

Parent’s signature: