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Coming School Events

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| Prep: Reef Experience | Thursday 20 th August | |
| Premier Reading Challenge | Concludes Friday 21 st August | |
| Car Boot Sale and Shop Local Expo | Saturday 22 nd August | 9.00am-12.00noon |
| Year 6 & 7 interschool sport | 28 th August – 13 th November | Payment due Monday 24 th August |
| Year 4 Walk to The Lake | Tuesday 25 th August | 4B, 4C and 4D |
| National Cross Country | Friday 28 th – Monday 31 st August | Good luck Lachlan Cook! |
| Regional Track & Field | Monday 1 st & Tuesday 2 nd September | Good luck to our competitors: Lachlan Cook, Kurt Enkera, Lachlan Baynes, Aldrinna Tuala, Mitchell Kuner, Ava Cross, Tylah Rongo and Balraj Singh |
| Year 7 – all camp money is due | Friday September 4th | |
| School Musical "Jungle Book" & Junior Choir Performance | Tuesday September 8 & Wednesday September 9 | 7.00pm Ticket Bookings open 14 August |

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From the Principal

School Musical 2009

We're just 3 weeks away from the performance of our 2009 school musical, "The Jungle Book Kids". Our cast of 85 year

5-7 students have been busily rehearsing with our staff production team and are looking forward to their two evening performances on Tuesday Sept 8 and Wednesday Sept 9. The musical features all the great Disney tunes and characters from the original movie that we've all seen. A special feature will be a guest performance by the Junior Choir on both nights. Tickets for reserved seats are now on sale at the school office. Come along and support our school and students and of course enjoy a great night of family entertainment.

2010 School Planning

In the last newsletter, I requested that families write to me (jfara2@eq.edu.au) if they have any factors regarding their child's 2010 class placement that we should consider when we undertake the 2010 class placement process early in Term 4 2009. The deadline for receipt of these requests is **Friday Sept 11 2009**.

In addition to this request we would be greatly appreciative if all school families could complete and return a 2010 Enrolment Pro-forma that is being sent home to all families this week. The information from this identifies families who are leaving (or possibly leaving) Forest Lake State School in 2010 which is vital in our planning process.

Our school office staff receive constant enrolment requests from families living outside of our student catchment zone. If you are in contact with prospective new school families please advise them that a map of our school enrolment boundary is accessible on our school website at the following link: www.forelakess.eq.edu.au/ourschool_enrolzone.htm

Well Done 3A

Next time you're in the main foyer of the school office take a look at the great work of Class 3A on display. It's truly a credit to the students and their dedicated teacher Ms Janet Clark. Of particular

interest are photos of their “Raincoat Challenge” design technology task. This particular activity is indicative of the new approaches to science and technology learning which focus on the use of concrete materials, construction and application to real life situations. It starts with exploratory learning in prep and continues through all our year levels. By years 6&7 most student presentation work is digitally produced. We’ve come a long way from the days of sticking pictures and information on rolled-out sheets of cardboard!

Active School Travel Program

Our Active School Travel Program goes from strength to strength. As well as our “Walking Wheeling Wednesday” activity we are presently engaging guest presenters to talk to all year levels about very important aspects of road, bike, pedestrian and bus safety. This week the RACQ have been conducting their “Streets Ahead Program” to all classes (free of charge to us).

With regards

John Faragher
Principal

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Thursday’s Thought

Act as if what you do makes a difference. It does. William James

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Student year Level Awards

Congratulations to the following students who received an award on assembly:

Year 2: Lachlan Crompton, Tayla Muriwai, Leore Ben Moha, Sean Powell, Lara Skinner, Sophia Rolley, Maddy Carmichael, Patrick Byrnes and Tamy Samadi.

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Guidance Officer News

TALKING TO YOUR CHILDREN ABOUT DRUGS – TIPS FOR PARENTS.

When it comes to talking about drugs young people will appreciate your advice and look to you for your views, but they will expect you to be informed, up front and honest, and, if you show you are listening to them, they are more likely to listen to you.

Here are 10 ways to encourage young people to talk about drugs with you.

Be part of their lives

Make sure that you make time for your children. Take an interest in their interests and establish a routine for doing things together. Don't be afraid to ask where your teenagers are going and who they will be with. Spending time together as a family is important. For example, try to talk and eat together every day and find other opportunities to enjoy time together as a family.

Listen to them

By showing a willingness to listen will help your children to feel more comfortable about listening to you. Ask for their input about family decisions to demonstrate that you value their opinions. Try not to interrupt or react in a way that will stop further discussion. Encourage them to feel comfortable about telling you their problems.

Be a role model

When it comes to drugs, there is no such thing as "Do as I say, not as I do". If you take illicit drugs, you can't expect your child to take your advice. Don't underestimate the influence your behaviour can have on your children, particularly any use of tobacco or misuse of alcohol and medications.

Be honest

It is important to be informed but don't pretend to know everything. Be prepared to say "I don't know but I will try and find out". Be honest and clear about where you stand so that your children will find it easier to be honest with you.

Pick your moment

Choose the right time to discuss the topic by looking for natural opportunities as they arise. This might be watching TV, when talking about someone at school or in response to something that was similarly difficult to talk about.

Be calm

Being calm and rational is also important and don't overreact. You should keep the lines of communication open and don't ridicule or lecture. Remember that getting angry will just close the door on further discussion.

Avoid conflict

It is difficult to solve a problem when there is conflict. Try to see their point of view and encourage them to understand yours. If a confrontation develops, stop the conversation and return to it as soon as both of you are calmer.

Keep on talking

Once you've had a discussion, it's important to have another. Ensure that you are always willing to speak to your children about drugs and start early.

Set clear boundaries

Most young people expect and appreciate some ground rules. Allowing them to take part in setting the rules encourages them to take more responsibility for sticking to them. Once you have rules, enforce them and ensure young people know of the consequences of breaking them. Find and agree to ways young people can act should they find themselves in a situation that exposes them to drugs. For example, let them know that you will always collect them if they need you to, even if it is late at night. However, make it absolutely clear that you would rather they didn't put themselves in a situation where they are likely to be exposed to illicit drugs.

Focus on the positive

Reward your children's good behaviour and emphasise those things they do well. Encourage them to feel good about themselves and let them know that they deserve respect.

All good wishes.

Debra Mainwaring-Betts
Guidance Officer & Educational Psychologist

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Tuckshop News

Some of last term's helpers have now found paid employment and so the tuckshop is desperately in need of new helpers as can be seen from the roster below.

If you can offer just 1 – 2 hours any morning to help us through 1st break it would be appreciated.

Pop into the tuckshop any time & see me so we can get you started.

Thank You

Ruth Ross

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| Monday 24 th August | Cindy Martin, Stephanie Wise |
| Tuesday 25 th August | Lynsay Cumpstay, HELP PLEASE!! |
| Wednesday 26 th August | HELP PLEASE!! HELP PLEASE!! |
| Thursday 27 th August | Uo Brown, HELP PLEASE!! |
| Friday 28 th August | Sylvia Pitcher, Penni Devenish, Deb Donderwicz, Shannon Graham |

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| Monday 31 st August | Tracey Blackburn, HELP PLEASE!! |
| Tuesday 1 st September | Rosie Pene, HELP PLEASE!! |
| Wednesday 2 nd September | HELP PLEASE!! HELP PLEASE!! |
| Thursday 3 rd September | Amanda Carlton, HELP PLEASE!! |
| Friday 4 th September | Sylvia Pitcher, Penni Devenish, Deb Donderwicz, Shannon Graham |

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Fundraising News

CAR BOOT SALE/SHOP LOCAL EXPO

This Saturday August 22nd is our **Car Boot Sale/Shop Local Expo**. We still have places available at our car boot sale and shop local expo – why not book a site now! It's only \$15 per spot and you'll make some handy cash. We have a free Jumping Castle for the kids and plenty of prizes to give away – it will be a great fun day. There will be plenty of bargains to be had, plus Bacon & Egg Muffins and much more. Come along and support your school.

Saturday 8am – 12noon. To book a place please email Margie: jandmnightingale@bigpond.com or phone Felicity Mob: 0409625980. We desperately need more volunteers – are you available to help? If so please email Margie as above or phone Felicity.

CHOCOLATE DRIVE

We still have \$3000 worth of outstanding chocolate money. Thank you to everyone who sold a box of chocolates and returned their money. If you have not yet done so, please return payment a.s.a.p.

All outstanding chocolate money is due back now. Ensure your child's name and class are clearly marked and place in a snaplock bag (these are available at the tuckshop) and place the money into the lock box at the tuckshop.

LIP BALM DRIVE

We still have lip balm available – there are order forms at the office and tuckshop. They cost \$3.50 each or \$3.25 each for orders of 4 or more. Help to keep chapped lips at bay and support your school at the same time. The lip balm contains 30+ sunscreen and is water resistant for 4 hours.

DISCO

Our next P&C Disco will be held Fri Sept 11. Please be on the lookout for helper request forms – these should get to you next week. We can only hold these events with your support.

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Uniform Shop

The uniform shop is open Monday and Fridays 8.45am to 10.45am.

Large range of 2nd Hand Items available.

If you cannot make it into the shop you can order by credit card over the phone and I will deliver the items to your child's classroom. If you are phoning through an order could you please phone after 10am, as it is very busy first thing in the morning. (Phone 3714-1256)
Lay-by, EFTPOS and credit card facilities available.

Yvonne

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Community News

Calling past students and staff of Pallara State School.

Pallara State School, at 282 Ritchie Road Pallara, was officially opened on August 24th 1959, and to commemorate this momentous occasion the school will be hosting a fun-filled day on August 29 from 11am until 4pm.

There will be class performances from the current students of the school, along with a performance from the school choir.

Plenty of food will be on offer to tempt the tastebuds, and market stalls to browse through. Along with all of this there will be rides to keep the children entertained, and demonstrations from wildlife group, "Geckoes" and Monika's Dance Studio. Support to date, from local business and community groups have been greatly appreciated.

Your attendance is welcomed, so please help the school celebrate its 50th Anniversary on August 29, 2009. If you would like to contribute to the celebrations you can also register your interest by contacting Pallara State School on 3723 6333 or admin@pallarass.eq.edu.au



Free school holiday resilience program

Does your child frequently experience feelings of worry or sadness? Does your child struggle to manage their emotions? Does your child have difficulty making friends?

Would you like your child to learn strategies to cope with stress and daily challenges, make friends, and to be happier and more confident?

What: School holiday resilience programs – Professor Paula Barrett's *Fun Friends* (4 to 7 year olds) and *FRIENDS for Life* (7 to 11 year olds). Small group setting with highly qualified facilitator.

When: Between 21st September and 2nd October, Monday to Friday. *Fun Friends*: 10:30 - 12:00pm; *FRIENDS for Life*: 2:00pm - 3:30pm

Who: The *Pathways to Resilience Trust* will deliver the program

Where: *Pathways Health and Research Centre*, West End, Brisbane (close to South Bank and Cultural Centre)

Cost: **Free of charge** for children in families experiencing financial hardship, as well as children from diverse cultural and linguistic backgrounds (including indigenous heritage).

Places strictly limited! Please contact Jasmine for more information on (07) 3844 5844 or jasmine@pathwaystoresilience.org. Visit www.pathwaystoresilience.org

CENTENARY LITTLE ATHLETICS CENTRE

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| Jaguars Australian Football Club , Wongaburra Street, Jindalee (next to Jindalee State School). |
| One meeting each week: Friday evening (6.00 - 9.00 pm, under lights). First meeting Friday 4 th September 6.00 - 9.00 pm. |
| Friday 21st and 28th August, 6.00 - 8.00 pm, at the club ground (Jaguars A.F.C.) or any competition meeting thereafter at the club ground. |
| One child \$125.00; 2 children \$115.00 each; 3 children \$105.00 each; 4 children or more or U6 \$95.00 each, plus <i>refundable</i> parent participation deposit (\$60.00 per family); Fee includes carnival nomination fees (Regional Relay & Regional Championships). Uniforms are extra (approx. \$35 for compulsory shirt and \$25 for girls bike pants). |
| Louie Todorovski (a/h 3376 0605) or Marlene Worthington (3279 1444). Cash or Cheque ONLY. Website: www.clac.coolrunning.com.au |

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Forest Lake State School

presents



Tues Sept 8 & Wed Sept 9
7.00pm School Hall

Adults \$10 Children \$6 Tickets on sale at School Office

Guest Performance by Junior Choir!

By arrangement with Hal Leonard Australia Pty Ltd
exclusive agent for Music Theatre International