International Learning

A New Leaf

The Jindalee State School tuckshop has turned over a new leaf with a change in personnel and some innovations in the way it looks after our community’s appetite.

Our new Tuckshop Convenor is Katie Shaw. Friday Assistant is Kim Heycott. Katie is a parent within the school and is looking for parents to come along and help with the preparation of food in the Tuckshop. This includes taking of money, organising drinks and making of salads and sandwiches. You don’t require any skills, just a willingness to help out for 2½ once a month. It is a great opportunity to meet other parents.

We desperately need people to help on Wednesdays and Thursdays. Please call in to the Tuckshop and say hello.

School Opinions

Next Monday, 22 July, school opinion survey forms will be sent out to forty families selected at random by our system. These families are invited to complete the comprehensive survey and return to the school in the envelope provided.

Families who require additional information should contact the school office. Student and staff surveys will be completed on line.

FOUND

If you have lost an iPOD, please contact Mrs. Taylor at the school office.
Behaviour Review
All schools in Queensland will participate in a school discipline audit over the next twelve to eighteen months. The audit is aimed at identifying how well schools manage the issues of student behaviour and support.

Like other schools, Jindalee has a well-established supportive behaviour program and policy. During this term, we propose to undertake a review of our policy and procedures to see how closely we are aligned with the requirements of the audit instrument and how we can further support student behaviour in our school.

The behaviour review group will have representatives of parents, students, staff and school leadership. A vacancy exists for a parent representative to join the review group which will commence on 5 August and conclude on 6 September. Meeting times will be as the members determine and may be both day and night. Group members will be responsible for collecting and examining data, seeking submissions, reviewing existing practices and making recommendations. If you are interested in being a member of the review group, please email the.principal@jindaleess.eq.edu.au

New Team Member
Welcome to Mary Heneghan who joins Jindalee State School as part of the leadership team. Mary is a special school principal and is at Jindalee as a deputy principal. She will be with us until she is appointed as principal of her own school. In the meantime, we are very fortunate to have Mary’s knowledge and experience to help progress our school plan and to support our staff and students. Mary has also taken responsibility for leading our students with disabilities and special education program.

Chappy Dinner
This coming Monday, 22 July, from 5:00-7:00pm, come along to McDonald’s at Jindalee for dinner with Mr Green, our Chaplain. All proceeds from counter sales (not drive through) will go to support chaplaincy at Jindalee. See Page 5.

Walk to School
Every Thursday
Students are invited to walk to school with our local adopt-a-cop and members of the AST committee. Students will be walking along Burrendah Road from opposite the Mankinna Street intersection. A sign will mark the drop-off point. Parents can drop their children here every Thursday between 8:15am and 8:30am and collect them in the afternoon at 3:15pm. In the afternoon, students will meet in front of the tuckshop to walk back to the pick-up area. Soon we will have permanent posters in the school grounds also showing other drop and walk locations. Students who participate in the walk will get a ‘Ticket’ to go into a draw.

Prep Information Session: 7pm Wednesday, 24 July in Kirinari
Next Wednesday evening, the school will run an information session for families with students starting Prep in 2014. All families who have enrolled children have received invitations to attend and other families still to enrol children are also welcome to attend. The evening is an opportunity for parents to find out about the Prep program at Jindalee, as well as the services and facilities offered, including information about the P and C, Uniform Shop, Tuckshop and Outside School Hours Care Program. If you know of families still considering where to enrol their child for Prep in 2014, please let them know about this information evening.

Bring Your Own Device (BYOD) Program for 2014
- Year 2 will be invited to BYOD iPads
- Year 4 will be invited
- Year 5 - two non-laptop classes will be invited to BYOD iPads and approved Windows 8 devices.
- Years, 5, 6 and 7 1-to-1 Laptop classes will continue under current arrangements

BYOD Parent Information Evenings will be held on the following dates in Term 3 to give parents an understanding of what the BYOD Program entails:

Year 2 in 2014 (current Year 1 students)
- THIS EVENING Wednesday, 17 July 7:00pm in Kirinari
- Note earlier start to allow parents to get home to watch the all-important State of Origin Game.

Years 4 & 5 in 2014 (current Years 3 & 4 students)
- Wednesday, 24 July at 7:30pm in ELR2 (above Admin)

Please contact Georgina Allardice via email (galla7@eq.edu.au) or Phone: 3725 5777 if you have any questions.

Wiseones
Jindalee State School has the opportunity to offer the Wiseones program for fast learners again this semester. This program is for students who are, or need to be, identified as fast learners and it assists them in reaching their full potential supporting their regular classroom experiences.

Wiseones brings fast learners together in small groups to work on engaging curriculum that is fast paced and fun. The Wiseones children love discussing higher-level ideas, problem solving in different ways, using advanced language, practicing in higher order thinking skills and gaining a huge general knowledge base.

The AIMS of Wiseones are Academic, Intellectual, Moral and Social development of the whole child. In Wiseones classes children work on specialised curriculum units developed for their advanced thinking needs and particular character traits which may include: perfectionism, resilience, low risk taking, reduced self-esteem, judgmental attitudes, and underachievement habits. Many of these traits require the kind of long-term solution that Wiseones can provide.

Wiseones is privately run to ensure the best program and benefits for our students. (Scholarships information is available on request). To find out more about Wiseones please email Melissa Dornhart at mdornhart@gmail.com

Readers of the week:
Sophie Ladbrook 1C, Lily Nguyen 5W

Lucky book: “My pants are haunted ” was borrowed by Nyah van Raay 7A

Under the Sea Fete 2013
The next fete meeting will be tomorrow night, Thursday 18 July, in the staffroom. We still have 5 convenors to find so it would be great to see some new faces there!

You will all receive a Submariner newsletter today, please read every page as there are updates from a lot of the convenors on there and requests for donations for their stalls. Thank you very much to all the kids who dressed up and donated a gold coin last Thursday 11 June. You raised $725 towards our fete preparations! This goes a long way to helping make our fete even more awesome!

We have some wonderful sponsors so far for the fete!

PLATINUM Sponsor:
1/62 Looranah Street, Jindalee (07) 3276 2433

GOLD Sponsor:
15 Babarra St, Stafford
(07) 3354 8300

SILVER Sponsors:
1800 144 662
528 Seventeen Mile Rocks Rd, Seventeen Mile Rocks
(07) 3715 6400

BRONZE Sponsors:
124 Beatty Rd, Archerfield
(07) 3123 7929

Fete Preparations:
We still need 5 more convenors for the Cent Auction, International Food, Live Auction, Side Show Alley and Trash ‘n’ Treasure.

Donations required:
Books, DVDs and CDs taken at any time to 11 Trevi St, Jindalee. Any queries, you can call Kim on 0422 061 614. Please take your empty jars (without labels) to the office along with your collections of lemons, figs and passionfruit. If anyone would like to help make the preserves, please contact Kirsten on 3376 0267 / 0402 852 202 or email: kirsten.knowlton@gmail.com

Trash ‘n’ Treasure items need to be taken to Storage Choice at 50 Spine Street Sumner Park. A convenor is still needed for this stall.

Thank you for your ongoing support,
Kara James, 2013 Fete Convenor.

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Kara James, 2013 Fete Convenor.

LATEST FETE NEWSLETTER See pages 6,7,8,9.

Calendar of Events
Term 3: 8 July to 20 September (11 weeks)

July
17   Year 2, 2014 BYOD Information Night 7:00pm
24   Years 4 & 5, 2014 BYOD Information Night 7:30
24   Prep Information Night 7:00pm Kirinari
25   School Photos

August
7   Aussie of Month 3M, 1H, 2M
    Aussie of Month 6K, 4M, 5H

14   Exhibition Holiday

Assembly Dates
Junior 1:50   Senior 2:30

Tuckshop Roster
22—26 July
Tuckshop Direct: 3725 5719  School Office: 3725 5777
Katie: 3279 5742  Volunteers: 0407 121 659

Monday
22   CLOSED
23   Volunteer needed please
24   Jodie Long
    Volunteer needed please
25   Tina Holroyd
    Volunteer needed please
26   Kelly Reynolds


Platinum, Gold and Bronze Sponsorships are still available with fantastic advertising benefits. If you own a company or know of someone who would love to help out please contact Kara by email: kjames@fresheyesqld.com
Iain McFadyen’s Quality Pool Care
All pool services, maintenance & installations at reasonable prices  ALL WORK GUARANTEED
Pool clean $60 with 10% off first 2 invoices
All equipment fully installed based on 50-60 000 litre pool
Chlorinator fully installed  $1200
Pump fully installed  $720
Sand Filter fully installed  $1100
Check our prices on chemicals & pool accessories
Ph: Home 3715 6004  Mobile: 0412 081 773

The Ultimate Self-defence for Kids!
Specialised Classes for:
Kansai Cubs (3-4 years)
Little Lions (5-7 years)
Juniors (8-14 years)
Kansai Karate Academy
Ph: 3279 0655
5/71 Jijaws St. Sumner Park
kansaikarate.com.au

Network Video
Rent 1 New Release and get 2 Weeklies for FREE
Shop 16, 19 Kooringal Drive JINDALEE Ph: 3376 8348

Advanced Skin Care Clinic
Mother and Teenager Express
Facial $69
Expires 31, August 2013
Call Advanced Skin Care Clinic on 33764473
25 Wongaborra Street, Jindalee

Free Initial Consultation on presentation of this voucher
A beautiful smile can enhance your child’s self-esteem.
Dr Eliza Frier
Specialist Orthodontist
Unit 1, Jindalee Medical Centre
152 Yallambie Road
JINDALEE
Air Conditioning: Supply and installation, domestic and commercial. Cold Rooms built to order. Repair, service and maintenance of air conditioning systems. KEEP WARM this winter with Reverse cycle air conditioning. LG have a cash card offer valued up to $200 with the purchase of selected LG Split Systems. Shane Reid Arctic Licence: L055816 Unit 27/11 Forge Close, Summer Park 4074 Email: shane@powerair.biz

Your Child Is a Genius!
Did you know that nearly every child has the potential to become a spectacular student? Does your child experience problems of anxiety such as poor concentration, nervous habits, moodiness, anger, sleep problems, school avoidance, depression, ADHD, dyslexia? To learn about these exercises you may want to come to a FREE discovery session where you will meet Enza Lyons to find out “How to unlock the genius in your child” Session… Call Enza Lyons now for an FREE Initial consultation on 0413 697 692 www.dlhc.com.au

I’M YOUR HANDYMAN
GARDENS, MOWING, RETAINER WALLS, TILING & PAVING, GUTTERS CLEANED, RUBBISH REMOVED, GENERAL REPAIRS
Will quote on ANY job, nothing is too small.
NEW AND REGULAR CUSTOMERS WELCOME
Don Oag Ph: 3376 6778 M: 0412 666 419
ABN: 27218827203

UNIT 11/500 SEVENTEEN MILE ROCKS RD, 17 MILE ROCKS Q 4073
YOUTH TAEKWONDO MON - FRI (4.00pm - 4.45pm - 5.30pm) DISCIPLINE * DEVELOPMENT * DEFENCE 0433 225 289 TAEGUMDO.ORG < skygongdo@gmail.com

Looking to keep the kids occupied over the holidays? We’re running holiday clinics over the June/July holidays at Our Lady of the Rosary in Kenmore!

Give us a call on 0413 288 874 to sign up, or send us an email on info@ashtennis.com. If you would like more information or enrolment forms, please see our website www.ashtennis.com. Look forward to seeing you on the court!

Your Children the Right start—make them join OM Yoga
Classes Starting Wednesday July 17, 3:15 – 3:45pm, 7 weeks course, cost $60, Venue: Activity room, JSS
Benefits:
• ability to focus the mind and improve concentration and study skills
• balance of the right and left hemispheres of the brain
• strong, healthy, flexible bodies
• emotional intelligence and self-confidence
• effective stress-management skills and methods for releasing emotional stress
• healthy posture
• Anger management

For enquiries email: omyoga@hotmail.com or 37137713 or 0434628094 website: www.omyogawellnesscentre.com.au Booking essential

Celebrate chappies!
WE HAVE A WEBSITE!

Exciting news: we now have a fete website! This will give us so much more opportunity to promote the fete and provide valuable information to the community, parents, convenors and contributors. Check it out...

jssfete.wordpress.com

This is the place where you will find information on each stall and convenor details. Entry forms for the cake stall will soon be downloadable and recipes can be found on the site now.

Closer to the fete you will also find the entertainment program and the downloadable map. Rosters will also be listed on each stall’s page for the times that they need volunteers.

This is also an excellent opportunity for us to further promote our wonderful sponsors. It is a such a value-add to their businesses with a page dedicated to the list of sponsors complete with links to their websites. Please stop by and have a look.

5 CONVENOR ROLES STILL TO FILL

We still have five convenors to find (see the table on page 4 of this newsletter).

We have such a fantastic team of convenors who have all given up their time and put in an enormous effort to make our fete so great.

Maybe you would like to join this fabulous team too? If you would please contact Kara by emailing: kjames@fresheyesqld.com or you can call 3279 3880 or 0410 661 025 outside business hours.

45 sleeps to go
AN UPDATE FROM OUR CONVENORS

Fete Decorations

Fete decorations started last Thursday with a lunch time jellyfish-making session in the library. The children did such a great job that Mrs Ahnon decided to display them in the library. Pop down to see them all hanging at the end of the library counter; they look fantastic! For those who missed out on taking part, don’t worry. There will be plenty more lunch time craft sessions coming up, so stay tuned!

Thank you to everyone who has been donating goods for the craft sessions. We now have so much bubble wrap we are having to think of new and innovative ways to use it! We also have enough cardboard tubes and plastic bottles now too – thank you. Materials that would still be helpful to have include:

- Sequins
- Tissue paper (used or new)
- Pipe cleaners
- Googly eyes

Bec Hollis

Ariel and Flounder’s Cakes and Sweets

The Great Bake-off is on again and we are calling for donations of cakes and sweets. There will be additional information supplied in a separate note. For recipes please see the fete website: jssfete.wordpress.com

Kylie Sutton

ART-ic Shelf

$115 is the record to beat!

Canvases have been delivered to each classroom and now it’s time to get creative with the Under the Sea theme! Transform your canvas into something wonderful to be displayed outside Prep H on fete day. Parents will try to out-bid each other throughout the day for the chance to take home one of these amazing artworks. Take completed canvases to the staffroom by Friday 22nd August please.

Liz Ferguson

Buccaneer’s Bounty and The Golden Palm

As we get closer to the fete, look out for Grocery Raffle and Money Tree ticket sheets which will be coming home with your oldest child at JSS. Tickets are still only $1!

Christina Sellick

Bikini Bottom Book Stall

Preparations for Sponge Bob’s Bikini Bottom Book Stall are going well but we still need lots more books, especially adult’s and children’s fiction. Please drop off books, magazines, DVDs and CDs to 11 Trevis St, Jindalee (leave at any time out the front) or call me on 0422 061 614 to arrange pick up. A roster requesting help on fete day will be sent out soon. Please put your name down if you can spare an hour to help. Any assistance is much appreciated!

Kim Lyons

Electric Eel Auction

Convenor needed

This is a very easy thing to organise. Chirico and other businesses have already given us some wonderful prizes and now we just need someone to put it all together. You are not required to call the auction.

International Food

Convenor needed

This could be something as simple as tacos. How easy would that be? If you are the convenor for this stall you don’t have to do curries or sushi, you could just do something really simple.

Jellyfish Jams

Jellyfish Jams are in full swing with jam and chutney making. We would appreciate donations of frozen berries, tomatoes, sugar (brown and white), jars and onions. If you would like to make some jam or chutney that would be greatly appreciated too. We will take donations of lemon butter and passionfruit butter 1-2 weeks out from the fete. Release your inner Maggie Beer!

Kireten Knowlton

Little Mermaid Entertainment

Thank you to all the wonderful community groups who have volunteered to entertain us this year:

The Ritz Dance School, Elite School of Dance, Splitz Cheer Squad, The Silken Thomas Band, Rhée Tae Kwon Do and Monika’s Dance School. Radio DJ Campo has also said he will return to MC our amazing day.

Thank you also to James Kulkulies and Nikki Cox for helping organise our own wonderful kids with their class entertainment – Prep to Grade 7, Bands and Choirs.

There will be so much to see and do, come early and don’t miss a thing!

Kym Randerson
Coral Cave of Craft & Fishy Fotos
The craft team has been busily working and has produced great things. Many of the products are new so take a fresh look at the craft stall. Items will be listed on the website: jsfete.wordpress.com

Also check out Fishy Fotos, Photo Booth (part of the craft stall). It is a life size reef space scene with props. Professional photos are taken of you amongst the scene.

Stef Bowker

Sea Shells Cent Auction
Convener needed
We have Chrisko as a Silver Sponsor which is absolutely awesome but we still don’t have a convener for this stall. There are some very generous Brisbane and local businesses donating vouchers and items for our fabulous Cent Auction, but it doesn’t really help that much if we don’t have someone to run it. Kara is making the bows so the main thing that you will need to do is wrap the prizes (there are also other helpers for this) and organise volunteers. Cate Hottot convened this stall last year and is happy to give the new convener hints and tips about what this is all about.

Octopus Spin [Chocolate Wheel
Please bring in chocolate donations for the Chocolate Wheel to the SACP office.

Arlene Norfolk

Treasure Island (Trash ‘n’ Treasure)
Convener needed
Thanks to the spring cleaning of homes in the Centenary Suburbs the Storage Choice shed has items in it, but no one to sort through it. A convener is required to sort through the items once a week to make sure that things are saleable. All the goods then need to be transported to Prep M at school on the Friday afternoon before the fete. Please keep taking your unwanted items to Storage Choice at 50 Spine Street, Summer Park.

Nemo’s Fish, Chips and Nuggets
The preparations for Nemo’s Fish, Chips and Nuggets are relatively minimal. We plan to be serving from 11am until 3pm at this stage unless we’re able to find someone who’s interested in taking over at 5pm. Come rain, hail or shine, we’ll be there selling piping hot food!

Vicki Drapper

Sideshow Alley
Convener needed
We already have the Hoopla game run by Mr McKinnon but would love to have some more so that the kids could have more fun.

There is a guide to games and prizes for sideshow alley on www.feteandfestivals.com.au so check it out!

BUSINESS CARDS:

DONATIONS LIST:
**STALL** | **CONVENOR** | **CONTACT** | **CLASS**
--- | --- | --- | ---
Bar | Tim Johnson | 0414 771 704  | 5G |
BBQ (11am - 3pm) | Bec Scott | 0400 475 004  | 3T, 2M, 4G |
BBQ (3pm-7pm) | Emma Nolan (teacher) | 0406 051 576  | FM, 4M, 7M |
skinni bottom books | Kim Lyons | 3376 0137  | 6K |
Ruccowan's Bounty & The Golden Palm | Christina Sulling | 0422 195 193  | 3M |
(iGrocery raffle and money tree) |  |  |  |
Ariel and Roudonda's Cakes and Sweets | Natalie Walter | 0408 799 646  | PH, 2B |
Cent Auction | CONVENOR NEEDED | | 1H, 7DB |
Captain's Coffee Cabin | Michelle Politi & Erin Goofy | 0417 773 272  | PWF, 1R, 3HF |
Coral Cove of Craft & Funky Fotos | Stephane Bowker | 0413 873 036  | 1L |
Totally Turtle Tickets [Rides] | Michelle Waller | 0488 242 012  | 5A |
Drunkin Drinks | Danny Briggs | 3376 590 8  | 7H, 4M |
Entertainment | Kim Randerson | 0407 587 781  | 11B, 3R |
Face Painting | Pam O'Keefe | 0407 979 681  | 4F |
Iceberg cones, fairy floss and popcorn | Kelly Monson & Ianelle Sharp | kellymonson@hotmail.com  | 6M |
Neptune's Novelties and Glowing sticks | Cathy Loveday | 0459 849 341  | 3F, 5H |
Hoopla | Leigh McKinnon (teacher) | lmkilg23@telstra.net  | 6G |
International Food | CONVENOR NEEDED | CONVENOR NEEDED | 1H, 7DB |
Jellyfish Jams and Chutneys | Kirsten Knowlton & Kay Decker | 3376 0267  | PR |
Live Auction | CONVENOR NEEDED | CONVENOR NEEDED | 6G |
Nemo's Nuggets, Coleman and Chips | Vicki Dropper | 3217 0070  | PL |
Octopus Spin Chocolate Wheel | Arlene Norfolk | 3279 2502  | SACP |
Sea Animals by the Sea Pizza | Rhiannon Nychshus | 0409 807 304  | 1H |
Octopus' Garden | Claire Blackwell | claire.blackwell@otago.ac.nz  | 1C, 4F |
Sausage sizzle (oval) | Joanne & Collin Gibbs | 0411 795 506  | 2C |
Shipwreck Showbags | Sharon Lam | 3279 6000  | 2VM, 7A |
Sideshow Alley | CONVENOR NEEDED | CONVENOR NEEDED | 1H, 7DB |
Site | Elizabeth & Jeff Chadwick | 0410 557 497  | 2T |
Strawberries and Ice Cream | Sarah Mills & Lisa Hosegood | 3279 4202  | 2VM, 7A |
The Art & Craft Shelf | Liz Ferguson | 0428 183 900  | 2T |
Treasure Island | CONVENOR NEEDED | CONVENOR NEEDED | 5W, 4WH |

---

**ALL DAY RIDES PASSES (16 RIDES) - GET IN EARLY AND SAVE**

All day rides pass order form if you wish to pay cash/cheque:
Please complete the details below and return the order form to the school office, together with $30 per armband.

<table>
<thead>
<tr>
<th>Name of Rider</th>
<th>Class</th>
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<table>
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<tr>
<th>Parents' Email Address</th>
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<td></td>
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</tbody>
</table>

Total number of armbands x $30 each =

Cheque No. (if applicable)

---

**Totally Turtle Tickets (Rides)** Prepaid armbands will be on sale for $30 each until Tuesday 27 August 2013. This year the following options are available for purchasing armbands:

- **Rides pass order form with money taken to the office in a sealed envelope** (cheque or cash only)
- **Selected dates whereby our convener will be set up with an EFTPOS machine** (cash or cheque can also be used).

---

**Dates Available for Payment - EFTPOS machine available:**
Pick up for armbands will be on Friday 30 August. More information will be included in the next newsletter regarding collection of armbands. The following dates are available for you to pay using EFTPOS, cheque or cash to Michelle Waller, our rides convener, who will be located outside the school office.

- **Friday 16 August - 5:45pm-3:30pm**
- **Thursday 22 August - 5:45pm-3:30pm**
- **Friday 23 August - 5:45pm-3:30pm**
- **Friday 30 August - 2:30pm-5pm**

* Please note if armbands are not paid for by Tuesday 27 August they will be at a cost of $35 after this date.
* Individual ride passes will be available on the day.
* Cheques can be made payable to Jindalee State School P&C Association. If any parents from 5A can help sell ride tickets on fete day please contact Michelle Waller by email: michelle_dave@bigpond.com
About iChinese

Chinese provides a variety of after-school Mandarin classes for students at their schools. Our main types of classes are Foundation, Catch-up and strengthening and Extension.

Our teachers

Our teachers are registered Chinese teachers of Queensland with professional teaching experiences in Australia. Here are our two main teachers:

Nelinda Man

* Mandarin teaching experience at Queensland State Schools
* Mandarin teaching experience at after school hours ethnic schools
* Experience of writing Mandarin learning resources at the QLD LOFE Centre

Ruffy LI

* Mandarin teaching experience at early learning centres with approved kindergarten programs QLD
* Mandarin teaching experience at after school hours ethnic schools
* Experience of writing Mandarin language programs for after school hours ethnic schools

Our program

Chinese provides student-centred, systematic language programs for kindergarten—primary school students and high school students who are interested in learning Mandarin—the modern standard Chinese.

Our sites

We currently run classes at the following schools and kindergartens:

- Sherwood State School
- Brisbane State High School
- Goodstart Early Learning Centre Ashgrove

One more on the way... Chapel Hill State School (from Term 3, 2013)

Mandarin class at Jindalee S.S. available in Term 3, 2013!

Time: 3:15pm-4:15pm after school, once a week during school terms
Day: To be confirmed Classroom: To be confirmed
Cost per hour: $15 / student Number of students: No more than 12 per class

To enrol for Term 3, 2013

Simply email us at iChinesebrisbane@hotmail.com with the student’s 1) name, 2) year level, 3) days available and 4) any prior Mandarin learning by Friday, July 12.

FREE Golf Clinics at Jindalee Golf Club

If you have ever thought of playing golf now is the time to learn, the Jindalee Golf Club is running free golf clinics for members of our community who have not played golf and are interested in taking up the game.

We are looking for:

- school age children between the ages of 12-17
- ladies who are interested in playing golf.

We will be conducting four more clinics with each clinic having up to 5 participants and consisting of six 90 minutes lessons with our Club Golfing Professional Shayne Hayman. The next 2 clinics are to run for six consecutive weeks for the following periods:

<table>
<thead>
<tr>
<th>Type of Clinic</th>
<th>Day &amp; Time</th>
<th>Date Commencing</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students</td>
<td>Tuesday afternoons from 3.30pm to 5.00pm</td>
<td>6 August 2013</td>
<td>10 September 2013</td>
</tr>
<tr>
<td>Ladies</td>
<td>Thursday afternoons from 1.00pm to 2.30</td>
<td>8 August 2013</td>
<td>12 September 2013</td>
</tr>
</tbody>
</table>

Remember TWO further clinic dates to be arranged with our Club Professional.
If you are interested please contact Carole Raven the Assistant Secretary of the Jindalee Golf Club. Carole can be contacted via the club’s email, jindaleegolfclub@outlook.net

The funding for the above clinics has been made available through the “Get In the Game – Get Going Program” sponsored by the Department of National Parks, Recreation, Sport and Racing.
The Metro South Oral Health Service provides dental treatment to school children at your school. Like most dental services across Australia, a large proportion of time is spent “drilling and filling” young teeth. Although this helps relieve pain, it does not reduce the high incidences of dental decay. Dental decay can result in pain and or loss of the teeth which in turn affects days spent at school, the development of children’s adult teeth, their speech, and their appearance.

We have identified many students at your school as being at high risk for poor oral health. Our chair side observations suggest that children are consuming large quantities of sweet and acidic drinks as opposed to drinking water. Adequate consumption of water improves oral health as well as general health, and concentration in class.

In response to these observations the Metro South Oral Health Service would like to implement a “Tap into Water” program. This program aims to encourage children to drink more water during school hours and sets up healthy habits for water consumption in future years.

Our aim: To increase the daily consumption of water and limit the consumption of drinks high in sugar and acidic content among students during school hours.

The Tap into Water program would ultimately see each student with a water bottle of their own to sit on their desk and use during the day.

For this program to be sustainable we would require a commitment from yourselves/P&C that the water bottles are available for students to buy from the tuckshop in the future and that every new Prep student receives a water bottle and the water bottle becomes an annual booklist item for the parents to buy.

We ask you to consider our proposal and look forward to working with you. The Metro South Oral Health Promotion Committee is interested in raising the awareness of oral health in your school and would like to commence as soon as possible. Please find our contact details above.

In addition to this, Dental Awareness Week is fast approaching and is celebrated during the week of the 4th – 10th of August. I would like to ask for your support during Dental Awareness Week by having your school information / notice board (the large message board located in the front of schools) make a positive mention of this week. If your school during this week could display a simple message such as:

“Think Thirst….Think Water First”

This message supports Metro South Oral Health’s ongoing commitment to Action Area two, Children and Adolescents; identified in the National Oral Health Plan 2004 – 2013. Interesting to note:

Children living in hot climates are especially susceptible to developing voluntary dehydration
Almost 60% of boys and 40% of girls have more than one high sugar drink every day i.e. soft-drinks, fruit drinks and energy drinks
20% of children drink fruit juice every day and 40% drink fruit juice at least four times per week
Sweet Drinks, cordial, fruit juice, flavoured mineral water, flavoured milk, sports drinks and soft drinks are usually high in some form of sugar (glucose, fructose, lactose etc)
Children often do not recognise the signals of thirst as readily as adults
A 250 ml glass of apple juice contains 6 teaspoons of sugar
A 250ml glass of cola also contains 6 teaspoons of sugar
Even a glass of unsweetened orange juice contains 4 teaspoons of sugar
Therefore, consuming just one can of soft-drink per day adds up to a whopping 18 kilograms of sugar in a year
Water is the best way to quench a thirst; it has no added sugars, flavours, colours or kilojoules.

Why drink water?

Water is essential for:

Aiding in digestion and absorption
Dehydration prevention
Transportation of body-waste elimination
Thermoregulation
Reducing the consumption of sugary drinks (which is a high risk factor for obesity)
Physical and mental performance
Helps with health problems such as urine infections, bed-wetting, daytime wetting and constipation
The body by protecting against chronic illnesses such as cardiovascular disease, cancer and urinary tract stones
Good oral hygiene

Why ask schools to do this?

Since drinking patterns are established in childhood, Children should be encouraged to drink at regular intervals
In schools water can be provided during the day.
Term 3 is now underway but Ash Tennis still has available places for most classes and standards! As part of our classes, the players will learn how to serve, rally, and score, just like the pros! Give us a call on 0413 288 874 to sign up, or send us an email on info@ashtennis.com.

If you would like more information or enrolment forms, please see our website www.ashtennis.com.

Look forward to seeing you on the court!