Thursday 17 October 2013

Dear Parents and Carers

Welcome back to an extremely busy Term 4. The weather seems to be very hot and students need to remember to bring water bottles and drink plenty of water to avoid dehydration. They also need to remember that we are a “sun safe” school and they must remember to bring a sun safe hat. Swimming commences on Thursday 17 October. It is essential that all students participate in the swimming programme as this is part of the HPE curriculum. This will also be part of the HPE assessment.

Transition to High School
Our formal Transition to High School program will continue this term. There are a few more group visits followed by Junior Master Chef challenge towards the end of the semester. During this visit the high school will be highlighting some of the programs on offer at Forest Lake SHS. Enrolments for high school will also need to be finalised as soon as possible. If you have not done this please do so ASAP.

Graduation
Graduation planning is underway with Mr K teaching the dances and games. Graduation will be on Wednesday 11th December. More details of this event will follow in due course.

Books in Homes
Books in Homes orders have now been completed and students will receive their books in the last week of this semester. This is a great privilege for our students to support their reading and is fully funded by Mainfreight at no cost to families. We really appreciate Mainfreight for making this possible.

Attendance
It is extremely important for all our students to be at school every day and on time. Remember Every Day Counts.

School Banking
Just a reminder that school banking is on Thursdays.

School Swimming
Swimming commenced today. Swimming is part of the Physical Education Curriculum and as such will be assessed separately in the Report Card.

Arts Council
Arts council will be visiting CPSS on the 4th November. Admission will be $6 per child.

Pupil Free Day
This is just a reminder that it is Pupil Free Day on Monday 21st October.

Tuckshop Menu
Every Thursday we will be selling Icy Cups. They will be 50c each and will be on sale first break. On Fridays we have different menus available, so please check our menu in our newsletter.

Breakfast club
Each morning milo will be sold for 50c a cup. We have a large amount of milk to use!

Wendy Hoskin
Principal
Welcome back to our fourth term. This again is a very busy term commencing with selecting our ‘Books in Homes’ and swimming this week. Swimming will be on Thursday and Friday mornings. Swimming is an essential skill and an integral part of curriculum. All students are expected to participate.

Thursday: Friday:
6/7K 3/4L  
Prep 2/3T  
4/5H P/1L  
4.5D 1/2B

It is only $20 for all the lessons which are conducted by trained tutors. Swimming notices have all been distributed.

If you have not received one yet please call the office.

Mrs Johal

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<thead>
<tr>
<th>Day</th>
<th>Item</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>Icy Cups</td>
<td>$0.50</td>
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<tr>
<td>Friday</td>
<td>Beef burger &amp; Popper</td>
<td>$4.00</td>
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From the Head of Curriculum

Eating in the great outdoors!

- Is the weather fine?
- Feel like doing something a little different for dinner?
- Why not have a family outing and shift some meal times to the great outdoors?

A family picnic or BBQ is a great opportunity to eat in a more relaxed environment and, while you’re in the backyard or the park or the beach, get in some physical activity as a family!

Here’s some tasty picnic snack food ideas:

- Pita Chips - you can make your own by cutting pita bread into wedges, laying flat on a tray and baking in a 150°C oven for approximately 10 minutes (or until golden brown and crispy) or buy them in a packet – serve with low fat dip or salsa.
- Rice cakes with low fat cream cheese spread on top
- Rice or wholegrain crackers on their own, with low fat dip or with slices of reduced fat cheese.
- Vegie sticks and low fat dip or salsa.
- Plain, fruit, or cheese and grated vegie scones with a smear of margarine or light cream cheese, or fruit spread jam.
- Air popped popcorn (for children over 4 years of age)
- Dried fruit washed down with water (so it doesn’t stick in the teeth!)
- Tubs of reduced fat yoghurt (freeze the night before for a cooler taste).
- Scones with low fat cream cheese served with low fat dip or salsa.
- Made with reduced fat cheese.

Why not have a family outing and shift some meal times to the great outdoors? You can make your own by cutting pita bread into wedges, laying flat on a tray and baking in a 150°C oven for approximately 10 minutes (or until golden brown and crispy) or buy them in a packet – serve with low fat dip or salsa.

My Child, _________________________________________ DOB:_____________________ is eligible to start Prep next year. I would like him/her to participate in the Pre-Prep Program at Carole Park State School. I understand that not all children who apply for the Pre-Prep Program will be able to participate in the program. My contact details are:

Name:_____________________________ Address:_____________________________

Phone Number:_____________________

I know of a child who would be eligible to start Prep next year. Contact details for the child are:

Name:_____________________________ Address:_____________________________

Phone Number:_____________________

I have gained parent permission to forward these details to the school.

Pre-Prep Class

Forest Lake State High School Uniform information

We have put together a starter pack for new students which contains all the basics a year 8 student may need. You may find once your student has their timetable (which they will get on their first day) that you need to add items but as the name suggests it is only a starter pack.

The girls starter pack consists of — 1 blouse, 1 skirt, 1 sports polo, 1 pair sports shorts, a hat, 1 pair ankle socks and 1 pair of crew socks (free). Total cost $144.50.

The boys starter pack consists of — 1 shirt, 1 pair formal shorts, 1 sports polo, 1 pair sports shorts, a hat, 1 pair ankle socks and 1 pair of crew socks (free). Total cost $137.50.

These packs are subject to stock availability.

The uniform shop is open from 8am to 10am each school day and will close on December 13, 2013 and will not reopen until January 20, 2014. We will be open on Enrolment day on Saturday November 2, 2013 from 9am to 2.30pm. This is the only Saturday we are open. We accept eftpos, Mastercard, Visa and cash. You can also Lay-by.

If you decide to get your uniforms next year you will need to allow most of the morning as we are usually extremely busy at that time of the year. Opening hours for January 2014 are:

Monday 20th to Friday 24th - 9am to 12pm each day

Monday 27th – closed

Tuesday 28th to Friday 31st – 8am to 11am each day.

Change of Personal Details Form

Name:_____________________________

New Details

Phone:_____________________________

Address:_____________________________

Mobile Phone:_____________________

EMAIL:_____________________________