

Admin Anecdotes

VOLUME 3: 24TH February, 2015
www.herculesroadss.eq.edu.au

INSIDE THIS ISSUE:

| | |
|-----------------|---|
| ADMIN ANECDOTES | 1 |
| MUSIC NEWS | 3 |
| SPORTS NEWS | 2 |

CALENDAR OF EVENTS

27th February Interschool sport commences

25th March
Disco

31st March
P & C AGM

ABSENCE LINE 38974360

Please phone and
leave a message if your
child is going to be
absent from school

Dear Parents,

THE HALL IS OURS!

After ten years, our P&C has made its final hall payment to the Queensland Government. Our hall is testament to the hard work and support of so many people associated with Herc Road over a 19 year period.

In 1982 the Hercules Road State School P&C Association purchased an old Salvation Army hall and relocated it. While very small, it received a great deal of use from our school and community. In 1992 we realised that this hall was too small for our growing school and began thinking about getting a much larger one. By 1996 we began to fund-raise specifically for a new hall, with Debbie Bill and Darlene Reid accelerating our fund-raising to a level we had not experienced before.

In March 2000, the old hall was condemned due to previous white ant damage. This led to extensive lobbying by our P&C to Education Queensland and the Redcliffe City Council.

As the total cost would exceed \$1million, we intended to build in stages, starting with a large undercover area, then progressively enclosing, partitioning and airconditioning it.

By late 2004 as good fortune would have it (or rather incredible work by Jenny Haddrell our Executive Director of Education, Local Member Dean Wells, Mayor Barry Bolton, the Gambling Community Benefit Fund, our successive P&C Presidents Sandy Troyan and Kathy Milligan, Sue White in virtually every role, and our magnificent fund raising committees) we had a grand total of \$1 065 000 – just \$120 000 short of the total cost of \$1.185 million to build everything at once.

Consequently our P&C obtained a Treasury loan for \$120 000, which we have been paying back for the past 10 years. TF Woolham and sons constructed the hall which was officially opened most fittingly by Dean Wells on 14 November, 2005.

Now as of 15 February, 2015, it is ours. Thank-you to all those unnamed and unsung parents and community members who worked just so hard to realise this dream. Our children are so fortunate to have such a functional facility as this and we could not have done it without you.

EARLY DEPARTURES:

Towards the end of the school day, teachers are finishing off work and projects and laying the foundations for the next day of teaching. While there may be occasions when you need to pick up your child early, please do not make this a matter of course or as a means to avoid the parking/ end of day congestion.

TRAFFIC AND PARKING:

Thank-you for your patience. While there is still congestion at peak times, traffic is moving much more smoothly.

PRINCIPALS' CONFERENCE:

On this Thursday and Friday I will be attending the annual Principals' conference along with some 1200 other principals. This will be the first opportunity to hear our new Education Minister Kate Jones speak, and learn of the future intentions for education by our new government.

Tips on Getting to school on time and with minimal stress. Part 2.

Thank you for the tips you have shared with the office following our previous newsletter. These have been incorporated with a parent's own experience on what has helped their family get to school on time and as calmly as possible.

- A key part of our family having an easier start to the day and getting to school on time was recognising that I, as the prime carer, had to be organised. This has included always trying to get my own clothes, work stuff, etc ready the night before so I felt calmer and more prepared.
- This then led to the decision to make the lunchboxes/get tuck shop money ready the night before too in order to avert morning panic. Sometimes the children make their own lunchboxes too, although we usually make sandwiches/wraps in the morning so they aren't soggy. Some ultra-organised parents make sandwiches at the weekend and freeze them ready to put in the lunch box each morning and they are defrosted by break time.
- Realising that we did have another 10+ years of the morning rush to go I realised I didn't want to carry on feeling stressed and guilty for how our mornings were going. Deciding that I wanted to be calmer and set the right tone for the day also (usually) helps me be more patient and tolerant with the children so we avoid shouting matches.
- One tip from a parent that really helped too was for me to take 5 focused deep breaths before the kids got up and when I felt stressed. Amazing how it helps clear the mind/relax. We now (attempt to) do it before breakfast and when we get in the car for school too – it did feel a bit strange to start with and it has taken a few weeks of the kids watching me do it for them to copy me. They now say it helps them too.
- In situations where my children are just not co-operating despite my best efforts to be organised and on time and it looks increasingly like we are going to be late for school, we discuss what the children should tell the office about their lateness. This usually gets them to hurry up, or when they do go to the office it helps them take responsibility for their actions.
- We have tried to make the morning routine a team effort so we each have a job and it us up to us all to make it work. Sometimes on the way to school or at dinner we talk about what has gone well and what could be better so we are all involved and responsible. Random rewards for great effort like going to the park or a favourite book/game/tv programme have helped reinforce this.
- Parenting advice given by experts is that we give 6 positives for every negative. This can feel near impossible some mornings, but trying to phrase things in a positive way often results in more co-operation and less escalation e.g. 'do you need a hand with your shoes?' rather than 'get your shoes on NOW!' It has just taken a bit of practice and lots of deep breaths sometimes.
- A final checklist on the front door for hat, water, lunch, musical instruments, etc is a great reminder before you set off for the day ahead.

These tips have helped us and others get to school on time and also enable our children to have the best start to the day, minimising stress for us all (and often my guilt too). Please let the office know if you have any other tips or other areas that you find particularly challenging as parents/carers so we can continue to support each other at Hercules Road.



DISTRICT SWIMMING

Last Thursday a team of 17 students attended the Redcliffe District Swimming Carnival. Everyone gave their best and represented Hercules Road well. Congratulations to all those students who placed; results will be published in the following newsletter. Special congratulations to Tinishya Willis-Eleftheriou who has made it into the Redcliffe District Team. She will now compete at the Regional Championships held on the 5th March at the Caboolture Aquatic Centre. Good luck Tinishya.

DISTRICT AFL

Trials were postponed, due to the wet conditions. These will now be held on Monday 2 March at Redcliffe Tigers fields, McGahey St, Rothwell, from 3.30pm – 5pm.

DISTRICT NETBALL

Trials for senior (12years) and junior (10/11 years) teams will be held Tuesday 3 March at Scarborough State School from 3.45pm – 5pm.

INTERSCHOOL SPORT

STARTS THIS FRIDAY, 27 FEBRUARY, weather permitting, and not 6th March as was stated in the permission letter. Students need to come prepared for sport each Friday. Games are played as follows:

Rugby League – Tallobilla Park
Boys Soccer – Frawley Fields
Girls Soccer – Southern Cross Catholic College, Sunnyside Rd
Netball – Benson Park

HERCULES ROAD STATE SCHOOL

HOURS

OFFICE CASH COLLECTION: 8:00 TO 9:00AM
 TUCKSHOP: Monday, Tuesday, Wednesday, Thursday, Friday
 8:00AM TO 2:15PM
 UNIFORM SHOP: Monday (Term 1 and 4 only) 8.00AM TO 9.00AM
 Wednesday 8:00AM TO 9:00AM
 and Friday 2:00PM TO 2:45PM

P & C EXECUTIVES

President: Laraine Law
 Vice President: Kellie Judd
 Secretary: Leah Bennett
 Treasurer: Sandra Sparrow
 Assist Treasurer: Vicki MacKenzie

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| P & C News | <i>Our next P & C meeting will be held on Tuesday 31st March at 2.45pm in the library. This will be an AGM and a general meeting. All positions will be vacant.</i> | | | | | | | | | | | | | | | | | | | | |
| Tuckshop News | <p>Quench Drinks – Lemonade or Lemon/Lime \$2.00</p> <p>ROSTER</p> <table> <tr> <td>Wed 25/2</td> <td>Chrissy & Loreen</td> <td>Wed 4/3</td> <td>Chrissy & Loreen</td> </tr> <tr> <td>Thurs 26/2</td> <td>Rachel HELP NEEDED</td> <td>Thurs 5/3</td> <td>Rachel HELP NEEDED</td> </tr> <tr> <td>Fri 27/2</td> <td>Angela HELP NEEDED</td> <td>Fri 6/3</td> <td>Angela HELP NEEDED</td> </tr> <tr> <td>Mon 2/3</td> <td>Angela</td> <td>Mon 9/3</td> <td>Angela</td> </tr> <tr> <td>Tues 3/3</td> <td>Kim</td> <td>Tues 10/3</td> <td>Kim</td> </tr> </table> <p>2015 Menu review meetings on 4/3, 11/3 and 18/3 at 2pm in the tuckshop. All welcome.</p> | Wed 25/2 | Chrissy & Loreen | Wed 4/3 | Chrissy & Loreen | Thurs 26/2 | Rachel HELP NEEDED | Thurs 5/3 | Rachel HELP NEEDED | Fri 27/2 | Angela HELP NEEDED | Fri 6/3 | Angela HELP NEEDED | Mon 2/3 | Angela | Mon 9/3 | Angela | Tues 3/3 | Kim | Tues 10/3 | Kim |
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| Mon 2/3 | Angela | Mon 9/3 | Angela | | | | | | | | | | | | | | | | | | |
| Tues 3/3 | Kim | Tues 10/3 | Kim | | | | | | | | | | | | | | | | | | |
| Commonwealth Banking | Banking every Wednesday. Please bring bankbooks to the office before school. | | | | | | | | | | | | | | | | | | | | |

MUSIC NEWS

The Instrumental and Vocal groups at Hercules Road SS meet as follows:

Junior Choir (Year 3-4)

Fridays 1st break - Music Room 1

Senior Choir (Year 5-6)

Wednesday 1st Break - Music Room 1

Recorder Band (Year 5-6)

Tuesdays 1st break - Music Room 1

Senior String Ensemble

Tuesday afternoons 2.30-3.30pm - Music Room 2

FUNDRAISING NEWS

DISCO

The disco will be held on Wednesday the 25th of March 5.30 - 6.15 for Juniors and 6.30 - 7.15 for Seniors. Entry will be \$2.00. Drinks, Food and Glow Products will be available to purchase.

CUPCAKES

At present we are unable to offer to provide cupcakes for classes to celebrate birthdays unless we have a volunteer who is interested in taking over this job.

HERC AWARD WINNERS 20th FEBRUARY

- | | |
|--------------------|-----------------------------|
| Honesty | Clare Marris (4H) |
| Effort | Rachel Drew (2T) |
| Respect | Diaz Breen (1L) |
| Cooperation | Ahnais Ebsworth (3K) |
| Safety | Liam Joscelyn (4O) |

PAST STUDENTS' SUCCESS

Congratulations to the following past students who have been chosen to hold leadership positions at Redcliffe State High School:

Isobel Alexander-Bates, Kirralei Nicholson, Paige Otley, Todd Griffith, Zoe Rubesaame, Hayley Magee, Jarrod Vidler, Tayla White and Brittany Woodcroft.

