Dear Parents,

YEAR 6 ON CAMP:
Ninety-three Year 6 students are attending Camp Currimundi for three days this week. Every year I am amazed at the transformation that occurs once a year level has gone to camp. Students and staff see each other in an entirely different light, and those whose character doesn’t necessarily glow in a school environment of seven hours a day duration, can become blinding and vice versa. I’m confident they will return tired but happy, and with a whole new appreciation of mum’s cooking.

PRINCIPALS’ CONFERENCE:
Thank-you to those who enquired as to my state of health following the now infamous Principals’ Conference – I trust you wished I was well. Fortunately I chose to walk during the breaks and ate elsewhere.

For those who may have seen the photo of ‘a function held at the Convention Centre’ next to the article about food poisoning at the conference featured in the paper, the photo certainly wasn’t of the Principals’ Conference – we sat in lecture chairs in lecture theatres (not a table in sight for the two days).

Our new Education Minister Kate Jones, spoke with great passion of her commitment to the education of our children as a parent of young children and our minister.

A number of noted national and international speakers spoke on educational trends and initiatives around the world. One speaker who particularly impressed me was Dr Adam Fraser, an Australian psychologist who works with elite athletes, Special Forces soldiers and CEO’s of billion-dollar companies. He told how the basics of life as identified by teenagers and young adults are now Air, Food, Water, Shelter and Internet Access. Times are a-changing!

A few of the things he spoke of were:

We have been so busy protecting children from struggle, that we’ve perverted their relationship with struggle. Pleasure is not happiness. Happiness is about challenge, the very hard things and overcoming them. Happiness drops if it’s too easy. We need to encourage people to stretch themselves and persevere. Struggle does not equal failure. Struggle = development, gaining skills and applying oneself more and getting what you wish to achieve.

His book ‘THE THIRD SPACE – Using life’s little transitions to find balance and happiness’ may be worth a read.

CAPTAINS’ FREE DRESS DAY:
I’ve given our 12 Captains (School, Arts and Sports Captains) the challenge of making this year memorable for all students. They have decided that their first venture is to arrange a Free Dress Day on Wednesday the 18th of March – they are doing the promotion, judging, money collection and all aspects of the day by themselves, and I must say I am impressed with their organization and dedication. See below for their details of the event.

DRESS UP DAY
This year the captains of our school will be holding lots of fun challenges for our students to help make this school a better place. Our first challenge will be a comic or fairytale character dress up day. Two captains will be judging each grade. We are looking for the most original and most look-alike costumes in your class. Please come dressed up with a gold coin donation on Thursday 19th of March. The winners will be presented with a certificate from our favourite koala Hercules at the next parade! Will u be the most original or the best look-alike?
ANZAC DAY
As you are probably well aware, the 25th April this year marks the 100th anniversary of Anzac Day. As such, we would like to celebrate this very special occasion in a personal way here at Hercules Road. We are inviting families to share souvenirs or photographs of family members who have served as part of the armed services, which would then form part of the backdrop to our service. If you have suitable items to share, please drop them into our office, where we will take good care of your precious items.
In addition, we are inviting students to submit short (400 words or less), commemorative pieces of writing (poem, recount, narrative), one of which will be chosen to be included in our ANZAC day service. If you are interested, please submit your piece of writing to Mrs Matthews, by Wednesday, 25th March.

DISCO
A disco will be held on Wednesday 25th March. Prep to Year 3 - 5.30pm – 6.15pm, Year 4 to Year 6 6.30pm – 7.15pm. Entry is $2. Students are to be picked up from the hall. Hot food, snacks and drinks will be available for purchase or pre-order your hot food before the night and collect from the canteen. Order forms will be sent home and need to be returned by Monday 23rd March. Glow products will also be on sale on the night.

FOLLOW-UP TO OUR ‘GETTING TO SCHOOL ON TIME WITH MINIMAL STRESS’ TIPS
Thank you to the families who fed in their comments to the topic above in the last two school newsletters. We hope that you found these items of some use to you in ensuring you and your child get the best possible start to the day. If you would like to discuss this or any other issues relating to establishing routines or other areas of concern for your family please contact the office or ask to speak to the Guidance Officer also via the office.

MOSQUITOES
As there are quite a few mosquitoes around at the moment, could you please spray children before they come to school.

GUIDANCE NEWS
Welcome to the start of the school year. This is a refreshing and positive time for most children and their families. However, even this positive change can bring up the memories of other changes that families have been through. This may include shifting house, state or country as well as other more significant losses such as family separation or death of a loved one such as a close relative or even a pet. The emotional experiences that children exhibit at these times can come out at times of change and will often be shown in their behaviours. If you have noticed such experiences with your children, please contact me at the school and a time can be organized to assist you and your children in dealing with any difficulties that you have noticed.
Ross Adams. Guidance Officer at Hercules Road SS. Tuesday, Thursday and Friday.

CREATIVE GENERATION
Thanks to all those who have given me their parental permission forms to join this year's Creative Generation group. We're waiting for an official invitation to join this year's show, and as soon as that happens, entry forms will be given out.
Thanks, Jenny Cousens

FREE DENTAL TREATMENT AVAILABLE FOR HERCULES ROAD STATE SCHOOL STUDENTS AT KIPPA-RING SCHOOL DENTAL CLINIC
The Dental Van will not be returning to your school at this time. We can, however, offer you dental treatment at the:-

Kippa-Ring School Dental Clinic
Elizabeth Avenue
KIPPA-RING QLD 4020

To book your checkup appointments for all the children in your family, please contact us by ringing the:-

Oral Health Call Centre on 1300 300 850

If one of your children has a toothache, you can also ring this number to make an appointment.

Please note that a parent or the legal guardian will need to be present at the appointment for the necessary paperwork to be completed. Also, it is essential that you bring your current Medicare Card with you.

Look forward to seeing you soon!

BEGINNERS MULTI-INSTRUMENTAL MUSIC WORKSHOP – THURSDAY 19th MARCH
All the beginner students in the concert band will be taking part in the Beginners Multi-Instrumental Music Workshop on Thursday 19th March in the hall from 8.30am to 2.30pm. Students will receive a letter detailing the information from Mr. Wemyss this week.

EASTER HAT PARADE PREP TO YEAR 1
The Easter Hat Parade for Prep to Year 1 will take place in the hall on Thursday 2nd April from 1.30pm to 2.30pm. Family and friends are invited to attend.
P & C News

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.

Tuckshop News

Special – Quench drinks $1.20 Lemonade or Lemon/Lime Flavours.

Roster – Wed 11/3 Chrissy & Loreen
- Thurs 12/3 Rachel & Tammy
- Fri 13/3 Angela & Jackie
- Mon 16/3 Angela
- Tue 17/3 Kim

- Wed 18/3 Chrissy & Loreen
- Thurs 19/3 Rachel & Tammy
- Fri 20/3 Angela & Jackie
- Mon 23/3 Angela
- Tue 24/3 Kim

We are holding meetings on 11th March & 18th March at 2pm in the tuckshop to discuss the new menu. Please come along and share your ideas.

Parents are invited to place suggestions for new menu items in the suggestion box at the tuckshop.

Commonwealth Banking

Banking every Wednesday. Please hand bankbooks in to the office before school.

JUNIOR CROSS COUNTRY

Cross Country for Prep to Year 3 will be held on Tuesday 31st March.

REGIONAL SWIMMING

Congratulations to Tinishya Willis Eleftheriou who competed in the District Swim Team at the Regional trials. Well done Tinishya!

HERC AWARD WINNERS 6th MARCH

Honesty  Kathrin Macak (3C)
Effort  Harrison Kimler (2T)
Respect  Allyrah Cooney (1L)
Cooperation  Lilyana Tautasi (1L)
Safety  Yasmyn Campbell-Noakes (1L)

When bringing uniforms in to sell as “second hand”, please make sure they are saleable. We cannot sell items that are cut, torn, ripped or stained. If you would not send your child to school in these clothes please do not bring them in to sell.

SPECIALS:
(While stocks last)
White long sleeved music shirt size 10 (second hand) - $10.00
Black music trousers size 14 (second hand) - $5.00

NEW
Micro fibre emblem shorts only sizes 2 to 6 - $10.00
Micro fibre emblem shorts only sizes XS(16) to M(20) - $7.00
Dresses (older style fabric) only size 4 - $38.00
Skorts only size 16 - $5.00
Checked shirts only size 18 - $5.00

*RESPECT – Always use toilet areas in a respectful manner. Be water wise and use resources thoughtfully. Walk quietly around the school so others can continue learning.*

Easter School Holiday Tennis Clinic
Tuesday 7th – Thursday 9th April
(8:00am – 12:00pm)
3 HALF-DAYS OF FUN AND ACTIVITIES
There is a Centrelink Rebate available to eligible families.

COST: $125 FOR A 3-HALF-DAY CLINIC
DISCOUNT: 5% (2) CHILDREN | 10% (3) CHILDREN
(07) 3284 2349
info@focustennisacademy.com.au
www.focustennisacademy.com.au

Where people make the Difference