



PORT CURTIS ROAD COURIER

A fortnightly communication between home and the school community

PRINCIPAL: Mrs Julianne Emmert

Term 1 Week 3 - 11 February 2014

VALUE: Every child matters every day!

From the Principal

Family and Friends of the Port Curtis Road State School Community

Following the rain this year, the mosquitos are well out in force—please consider using some mossie spray on your children each day to assist with their comfort.

Thank you to all parents / carers who are continuing to support our students by preparing them with their book list requirements this year. A reminder to those who still need to bring in their five reams of A4 paper and two boxes of tissues.

Student / Family Update

Please remember if any telephone or emergency contact numbers or care arrangements or addresses have changed to advise the office as soon as possible.

If you would like to receive a copy of the newsletter via email please advise the office of your email address. The newsletter is also available on our website: www.portcurtss.eq.edu.au

School Dental Van

The Dental Van will be visiting our school in March. Forms were sent home last week—it would be appreciated if all forms could be completed and returned as soon as possible. Please advise the office if your child will not be visiting the Dental Van. Extra forms are available from the office if you have misplaced yours.

Prep Photos

The Morning Bulletin photographer will be visiting our school on Wednesday 12th February to take photos of our new prep students. Remember to send back your signed permission by 9am Wednesday 12th February if you would like your child to be included in this photograph for publication in the Morning Bulletin on 26th March 2014.

Swimming

Swimming will continue this Friday. A reminder to bring all items to school and children will change into their togs prior to going to the pool. Thank you to those who have paid for the term and a reminder to those who are paying weekly to bring along \$6 for transport.

Playgroup will commence this Thursday 13th February (Week 3) 9-30 - 11.30am.

School Leaders voting was undertaken at school yesterday. Due to Staff being away at training today we would like to advise that leaders will be announced later this week. Our apologies to all who are anxiously waiting.

Have a great week!

Take Care

Julianne Emmert
Principal

Port Curtis Road State School acknowledges the traditional Dharumbal people on whose land it stands.

Dates to Remember 2014

Term 1
28 January—4 April

Term 2
22 April—27 June

Public Holidays
Anzac Day 25 April
Show Day 6 June
Queen's Birthday 9 June

Term 3
14 July—19 September

Term 4
6 October—12 December

P & C Association Meet monthly in the Library

Your voice is needed
Your ideas are valued
You are important
to our school community
spirit.



REMINDERS

All Students Year 1—7
Swimming - Fridays
\$6 per student

Playgroup
To commence Week 3
13th February
9.30—11.30am

Tuckshop Order Forms
attached

From the Prep – Year 2 Classroom

Students in Years One and Two will have begun their homework routine over the last week or so. Homework for these year levels simply entails the students reading their nightly reader to an adult or older sibling, having that signed off in their Reading Log and also writing out and learning their weekly spelling words. In all, the homework should take no longer than 15 to 20 minutes per night at a maximum. Parents please check that your children are in fact completing their homework; it is not designed to be an onerous task, but simply a consolidation of the basic skills that we cover here at school.

Thank you for your co-operation in this regard.

Mr John Collins

From Years 3, 4 Classroom

Welcome to another wonderful week. The class has quickly settled into routines and are working well together. We have been working on reading strategies in the Literacy Café and every student has a reading strategy that they are practicing. In maths we have been practising 'mad minute' and '5 in 5'. This week I am continuing to introduce the '7 steps to writing success' with the class. Every child has been given their homework for the term in a book with spelling words and basic facts to practise every day.

Due to all the rain the mosquitoes have moved in, could all parents/caregivers apply mozzie repellent before school to their children as the mosquitoes here are very hungry.

Swimming was very successful with all students participating despite the water being a bit cool-hopefully the water will be a bit warmer this week. This week we will begin our science unit: Life and Living. Until next time...

Cheers,
Miss Irene Ingrey

Library News

Welcome back to another fantastic year in the library. All students require a waterproof library bag for their books. I have library bags on sale from \$4 each.

Library Lessons – All students are required to return their books each week on these days.

Prep/ 1/2 – Wednesday

Years 3/ 4 – Thursday

Years 5/ 6/ 7 – Friday

The Library is open every lunchtime except Fridays, as we have swimming.

Homework Club is available Thursdays and Friday mornings from 8.30am – 9.00am for students to catch up with their homework. All students are required to complete their homework each week to be able to Level Up on our Behaviour Wall and to participate in swimming each week. I am happy to assist these students achieve their goals.

Regards

Mrs Cherrie Collins



Website:
www.theumbrellanetwork.org

Monthly newsletters are available —please check our website for more information.

254 Eldon Street
Rockhampton Qld 4701
(07) 49 286 550
info@umbrellanetwork.org





PORTY PLAYGROUP



BUILDING THE BLOCKS

Every Thursday

(School Calendar)

9:00am to 11:00am



Multi-purpose Learning Area

Co-ordinator—Sharon West

(Teacher Aide PCRSS)

Porty Playgroup is building the blocks for the future by providing a stimulating learning environment where children can play and discover together, whilst parents and carers can develop friendship and support networks. Porty Playgroup is conducted by Teacher Aides with the assistance of parents and caregivers.

A variety of activities are organized to meet the varying needs of all children.

Please bring an item for a shared morning tea (fruit, cake, biscuits & cheese etc), tea and coffee provided. A gold coin donation would be appreciated.

Port Curtis Road State School
145 Port Curtis Road
Rockhampton Q 4700
Ph: 49223056
Principal: Mrs Julianne Emmert
www.portcurtss.eq.edu.au



For further information
and/or your progress of
inter-communication please
contact the school.

*PORTY PLAYGROUP would like extend a Warm Welcome to everyone,
we will commence this week on Thursday.*

If anyone has the following materials it would be greatly appreciated.

Materials Needed

Egg cartons, Ice-cream containers, Fabric, Artificial Flowers, Ribbon, Etc.....

Thank you, Sharon West



WEEK 3 - 13th February

TIME	ACTIVITY & THEME – 'Welcome Caterpillar'
9:15 - 9:30	Reading Corner/ Puzzles
9:30 – 10:45	Playdough
	Story book 'The Hungry Caterpillar'
	By Eric Carle
	Painting – Caterpillar –Paper plate
	Blot painting - butterflies
	Collage – Apple & worm
	Craft – Egg carton caterpillar
10:45 – 11:00	Big Books
11:00 – 11:15	Shared Snack

WEEK 4 - 20th February

TIME	ACTIVITY & THEME – 'All about me'
9:15 - 9:30	Reading corner/Jigsaw puzzles
9:30 – 10:45	Playdough
	Booklet – I Like Cutting and pasting from magazines
	Painting – Hand prints (Group friendship & own - Placemat)
	Laminated Placemat – Trace name, Handprint, Stamps to decorate etc
	Construction blocks
10:45 – 11:00	Big Books
11:00 – 11:15	Shared Snack



Building the Blocks

Porty Playgroup is building the blocks for the future by providing a stimulating learning environment where children can play and learn together and parents and carers can find mutual friendship and support.

Learning Through Play

Playgroup-aged children are going through a stage of rapid brain and skill development, and play is vital to healthy growth.

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Building Blocks for Success

Every Thursday
9.00am to 11.00am
Multi-purpose Room
Co-ordinator—
Mrs Sharon West (Teacher Aide PCRSS)

A weekly program will be published in our Port Curtis Road Courier and Website. We are striving for stimulating and interactive activities. A gold coin donation would be appreciated.



Please contact the school with your expression of interest/attendance.

Port Curtis Road State School

Porty Playgroup

Mums, Dads and families who meet together with their babies, toddlers and preschoolers for interaction and fun.



2014 School Calendar

What is a Playgroup?

Playgroup is an informal session where mums, dads, grandparents, caregivers, children and babies meet together in a relaxed and friendly environment.

Porty Playgroup is conducted by Teacher Aides with the assistance of parents and caregivers. An assortment of activities are organized to cater for the varying needs of all children. Activities may include:

- Art and craft activities
- Imaginative play
- Outdoor and free play
- Music and games



Learning Through Play



Children like playgroup

because they can:

- Participate in and explore new experiences
- Develop Fine and Gross Motor skills
- Develop and increase their social skills
- Learn sharing, co-operation and simple routines
- Interact with other adults and children in a safe environment
- Enjoy learning more about their world



Adults also benefit from playgroup - a time to talk, make friends and share experiences, while children learn and discover through their play experiences.



Adults like playgroup

because they can:

- Meet other local families and develop new friendships and support networks
- Relax and talk in a friendly environment
- Share experiences and ideas
- Spend quality time with their children.

We are a Sunsmart School so please bring a hat for your child/children and yourself. We are a Smart Choices School so please bring along a healthy snack to share for morning tea time. Proud Portys build the blocks for success so please join us at Porty Playgroup.

Contact person: Sharon West

Frenchville Sports Club
Rocky River Run



Sunday 25 May 2014 Rockhampton

Timed Events

- Grant & Simpson 5K Run
- City Centre Plaza 10K Run
- The Harvard Wealth 21K Half Marathon

Untimed Family Events

- Enzed 5K Family Walk or Wheel
- The Edge Apartment Hotel 2K Run

All Events Start & Finish at Huish Drive, Rockhampton

Register online NOW!
www.rockyriverrun.com

The River Run for Charity
 Proudly Sponsored by



Grant & Simpson
 A Wholesome Clothing Centre

City Centre Plaza
 A Wholesome Clothing Centre

HARVARD WEALTH

ENZED

THE EDGE
 Sydney Apartment Hotel

The Bulletin

Gibb Group

LOCAL NEWS

CTC

4RO

ROCK BUILDING SOCIETY

VECTOR Health

big colour works

City PRINTING WORKS

Rockhampton Regional Council

Find us on Facebook

Hockey Sign-On

Park Avenue Brothers Hockey Club

Friday 14th February 2014
 4.00pm – 7.30pm

Church Park, Glenmore Road

Free Family BBQ from 6.00pm

New Junior Players - Free Stick, Ball, Shin Pads & Socks

For more information please contact:
 Robert Sweeney on 0407118220 or sweeney300@gmail.com
 Rachael Speechley on 0407260184 or prs1899@bigpond.net.au



north rockhampton athletics centre
 ARM JG 67R 837 703

PO Box 5696
 RED HILL NORTH ROCKHAMPTON QLD 4701

email: secretary@nrac.org.au
 web: <http://www.nrac.org.au>

SIGN ON AND INFORMATION DAY SUNDAY 23rd February 2014

Where: Sports Oval, North Rockhampton High School
 Cnr Dean and Robinson Streets, Frenchville

Sign On: From 3.00pm to 5.00pm
 Athletes from 5 to U17 years
 (Proof of age must be shown at time of registration if joining for the first time)

All new athletes can sign on for a 2 week trial (\$10) to see if they like it!!!!!!!!!!!!!!

For more information, please contact Paul on 0437 022 380
 or view details at www.nrac.org.au

HOLISTIC HEALTH ON DENHAM invites you to attend ...

HOMEOPATHICS FOR THE FAMILY

An excellent short course we recommend for everyone

Sunday 16 March 2014
 10.00am – 2.30pm

Who should attend

- Anyone interested in safe, natural and effective medicine;
- Health practitioners of other modalities;
- Parents or carers of children;
- No experience in homeopathy or natural health is required.

Where
 Holistic Health on Denham
 186 Denham Street
 Allenstown, Rockhampton

Cost
 Only \$205
 *early bird \$185 paid 1 month in advance

Includes:

- Manuals
- Homeopathic First Aid Kit (25 Remedies)
- Guarantee to avoid disappointment as numbers are limited

Registrations
 Please register by phoning Chris Galinovic, Holistic Health on Denham, 0411 953 824. A \$50 non-refundable deposit will be required at this time.

Payments by direct deposit to: Holistic Health on Denham, CBA, BSB 064 700, Account 1006 5744

Holistic Health on Denham is set in relaxing gardens and offers the following services:

- Chris Galinovic – 0411 953 824 - Kinesiology, Acupuncture, Remedial Massage, Healing Touch, Massage, Craniosacral Body Scan, Australian Bush Flower Essences, Touch for Health (Kinesiology) Classes
- Tricia Purnell – 0488 341 010 - Bowen Therapy, Hot Stone Massage
- Madison Harber – 0408 382 950 - Swedish Remedial Massage, Beauty Therapy
- Charlotte Lindberg – 0447 867 665 - Reiki
- John Anderson – 0437 534 618 - Traditional Hawaiian Old Style Lomi Lomi Massage
- Regular Yoga and Pilates classes also available

Do you want to avoid antibiotics? Do you feel helpless when your child gets sick? Would you like to help yourself and your family?

This simple course is the answer. Homeopathy for the Family is the course for you if you would like to help your family naturally.

You will learn how to use homeopathic remedies for acute and first-aid conditions ranging from colds, fever, tonsillitis, ear infections, coughs, vomiting to sprains, bruises, splinters, shock, burns, insect bites and much more. This may save you many unnecessary trips to the doctors.

These conditions can be safely and effectively addressed with homeopathic medicines. They are natural, easy to use and no prior knowledge is necessary.

The course was very informative and fun. I remember standing on the day that I probably won't have to see any remainder for a while as my little girl's fever got sick. So I thought... the next day both my huge walk up with laryngitis type infection and I had the opportunity to see how practical what I had learnt the day before. I have also used the 'First Aid Kit' provided as part of the course for a knock to the head, sprain and flu. I would thoroughly recommend any person - parent at all - to attend the course. It provided me with a great understanding of how Homeopathy works and how to identify acute ailments which ones I can apply remainder to. Although I am disappointed not knowing about Homeopathy sooner, I am happy that I was given the opportunity to learn about it now. (Sylvia H)

I am a newcomer to Homeopathy and although I was interested in doing the course I was more than a little sceptical. The course content and David were superb and full of useful items. I didn't really expect to have to use it very often, but I was surprised to have the remainder would go. Now I wonder how I ever survived without it. (Morley P)

Special thanks for the homeopathy course - the kit has come in handy already. My dog is allergic to the grass in the garden and we can't seem to eradicate them. I gave her Alter Tin (tea and the hair) several times! (Sylvia H)

Evelin Liddle is an excellent Homeopath with 15 years experience in the natural health field. Since qualifying Evelin has continued her studies, including three postgraduate courses and numerous seminars. In total and become one of the best Homeopaths in Queensland. Evelin currently works at Broken Hope Natural Therapies, Brisbane.

She has built an excellent reputation and has great success with infertility, hormonal problems, glandular fever, chronic fatigue, children's health (asthma, colds, tonsillitis, ear infections, behavioural problems), depression and skin problems.

SOUTHSIDE UNITED HOCKEY CLUB SIGN-ON DAY

Under 5s to A Grade and all skill levels

Date: Saturday, 22nd February 2014

Venue: Southside United Sports Club, 84 Wandal Road, Wandal

Time: 11am – 1pm

For further information: Phone 0417841182

ALLENSTOWN MEDICAL CENTRE

Shop 21 and 22
 Allenstown Square
 139-145 Derby Street
 Allenstown Qld 4700

Phone: 07 49 214 662
 Fax: 07 49 212 804
 Geoff@allenstownmedical.com
www.allenstownmedical.com

TUCKSHOP

The following meal deals are being offered by the P&C for the next two weeks. Please place your orders in the Tuckshop Box.

TUCKSHOP – FRIDAY 14th FEBRUARY 2014	
NAME:	YEAR:
<u>\$5.50 MEAL DEAL</u>	
<input type="checkbox"/> <i>Nachos</i> <input type="checkbox"/> <i>Flavoured milk</i> or <input type="checkbox"/> <i>Fruit popper</i> or <input type="checkbox"/> <i>Water</i> <input type="checkbox"/> <i>Popcorn</i> or <input type="checkbox"/> <i>Fruit Bar</i>	
TOTAL ENCLOSED	
\$	

TUCKSHOP – FRIDAY 14th FEBRUARY 2014	
NAME:	YEAR:
<u>\$5.50 MEAL DEAL</u>	
<input type="checkbox"/> <i>Nachos</i> <input type="checkbox"/> <i>Flavoured milk</i> or <input type="checkbox"/> <i>Fruit popper</i> or <input type="checkbox"/> <i>Water</i> <input type="checkbox"/> <i>Popcorn</i> or <input type="checkbox"/> <i>Fruit Bar</i>	
TOTAL ENCLOSED	
\$	

TUCKSHOP – FRIDAY 21st FEBRUARY 2014	
NAME:	YEAR:
<u>\$6.00 MEAL DEAL</u>	
<input type="checkbox"/> <i>Chicken Salad – Chicken / Lettuce / Tomato / Carrot / Cheese / Cucumber</i> <input type="checkbox"/> <i>Flavoured milk</i> or <input type="checkbox"/> <i>Fruit popper</i> or <input type="checkbox"/> <i>Water</i> <input type="checkbox"/> <i>Fruit</i> or <input type="checkbox"/> <i>Yoghurt</i>	
TOTAL ENCLOSED	
\$	

TUCKSHOP – FRIDAY 21st FEBRUARY 2014	
NAME:	YEAR:
<u>\$6.00 MEAL DEAL</u>	
<input type="checkbox"/> <i>Chicken Salad – Chicken / Lettuce / Tomato / Carrot / Cheese / Cucumber</i> <input type="checkbox"/> <i>Flavoured milk</i> or <input type="checkbox"/> <i>Fruit popper</i> or <input type="checkbox"/> <i>Water</i> <input type="checkbox"/> <i>Fruit</i> or <input type="checkbox"/> <i>Yoghurt</i>	
TOTAL ENCLOSED	
\$	