



# SUNSET STATE SCHOOL

## NEWSLETTER

“Co-operation and Commitment”



April 14, 2016

### 2016 SCHOOL CALENDAR – Upcoming Events for Term 2

Week 2	18	19	20	21	ANZAC DAY PARADE	22
Week 3	Anzac Day 25	26	27	28		29
Week 4	Labour Day 2	3	4	5		6
Week 5	9	NAPLAN 10	NAPLAN 11	NAPLAN 12		13
Week 6	Yr 6 Camp 16	Yr 6 Camp 17	Yr 6 Camp 18	Yr 6 Camp 19	Yr 6 Camp	20
Education Week						
Week 7	23	24	National Simultaneous Storytelling Day 25	National Sorry Day 26		27
Week 8	30	31	1	2		3
Week 9	Queensland Day 6	7	8	9		10
Week 10	13	14	15	16		17
Week 11	20	NAIDOC Celebration Day 21	22	23		24

**REMINDER –Is your phone number and address up to date on our records? If not please phone the office on 4437 3444 to update your details!**

Principal's Pen

*Around our School*

The Mighty Tigers



The Rugby League season starts up again this Sunday and we have 4 teams competing this year

Minis

U7

U9

U11

Training afternoons:

*Thursday afternoons from 2.45 to 3.30*

Free BBQ breakfast for players and families: Every Sunday morning before games commence (starting Sunday, April 24)

Free Transport: YES: For any Sunset Tigers player who needs it to and from the game and family too!

Changes this year:

\$100 fee is refundable at the end of the season for all Tigers that attend every game.

Tiger's jerseys and all playing and training gear will be kept by the players for the first time who attend every game.

Involvement in Rugby League through the Sunset Tigers is absolutely free to all players attending every game including playing and training gear.

We do not allow

Coaches without Blue Cards (working with children checks) to coach our teams.

Unregistered players to play for any of our teams. (They are not insured for injury)

Players to play at inappropriate age levels.

For all enquiries please contact the school on 44373444 or call at a training session on Thursday afternoons.

#### 4 Year Review

Recently Sunset State School completed our 4 year review with the Education Queensland Review team and we were very happy with the results. I am including a summary of the review and a full report will be soon available on our school website. The review team found

The school has a clear and sharp improvement agenda.

School leaders view reliable data as essential to effective educational leadership at school and classroom level.

The school is developing systematic approaches to staff development and capability.

The school allocates its resources to support student learning and wellbeing.

The school utilises wide ranging and innovative community engagement strategies to assist in student wellbeing and achievement.

Staff believes that all students can achieve at Sunset State School.

The school has a detailed whole-school curriculum plan.

#### School Priority

We have set ourselves a target this year of having every student in our school achieve a very high standard in Reading. Reading is like having a car licence: you can't drive without a licence and you can't succeed in society if you can't read. There are no shortcuts to reading success: be taught and learn properly and practise, practise, practise. Encourage your kids to read everything they can lay their hands on (within reason) and provide as much appropriate reading material as you can whenever you can.

READ WITH YOUR KIDS: The best way to improve your child's reading.

#### Emergency Lunch Program

I am just letting everyone know that the FREE breakfast/emergency lunch program operating through our tuckshop has ceased. Children should attend school with lunch packed or with money to purchase food from the school tuckshop.

PO Box 1098

MOUNT ISA Q 4825

Email: [the.principal@sunsetss.eq.edu.au](mailto:the.principal@sunsetss.eq.edu.au)

Phone: 4437 3444

Fax: 4743 7401

[www.sunsetss.eq.edu.au](http://www.sunsetss.eq.edu.au)

## The GREEN Category

Our school enthusiastically promotes types of foods that may help our students lead longer and healthier lives and 2016 will be no exception. We follow the recommended foods guide for schools. Our school tuckshop operates under this guide and we do our best to promote healthy eating and lifestyles to all our families. Below, I am including again, some suggested foods that families might consider from the green section of the guide. Not all foods suit all people with many allergies around but generally there are some foods that promote healthy living better than others. We do not tell parents how to feed their kids just try to make helpful suggestions that we ourselves try to follow.

### Possible Food type Examples

#### Breads:

White, multigrain, wholemeal, rye, hi-fibre breads or rolls including: burritos, English muffins, focaccia, lavash, Lebanese, pita, raisin/fruit, tortillas and Turkish. Some corn crispbread and rice cakes also fit into GREEN.

Cereal foods: Rice, pasta, noodles

Breakfast cereals: Wholegrain breakfast cereals that are high in fibre and lower in salt and sugar.

Vegetables: Fresh and frozen vegetables used in a variety of different ways.

Fruit: Washed fresh fruits, frozen, canned and dried fruits.

Legumes: All forms of prepared beans and peas – baked beans, red kidney beans, soy beans

Reduced-fat dairy products: Reduced-fat milk (plain and flavoured), yoghurt, cheese and custard.

Lean meat, fish, poultry and alternatives: Lean chicken, beef, lamb, pork, canned tuna and salmon, and eggs.

Drinks: Water is the best drink and a great thirst quencher!

Reduced fat milk and soy drinks also fit into the GREEN category.

### School Bus runs

I am also writing to let families know that the afternoon bus run for most students has ceased. The morning runs will still operate for those families in genuine need but the afternoon runs are now restricted to Kindy and Prep students and those students whose families demonstrate genuine need.

Children in Kindy and Prep currently in our school and included on our bus runs will be able to access this service. During the cooler months, heat is not such a factor and families within close proximity of the school will be able to pick their children up, in most cases, in the afternoons.

Regards,  
Bryon.



## TUCKSHOP NEWS

We would like to welcome Mrs Kura Barrett who has commenced work in the tuckshop replacing the wonderful Mrs Ros Blackman who finished work last term. This term, starting on Wednesday 20 April, we will be selling homemade pizzas for \$2 each. Children will have a choice of Hawaiian or Chicken. Please also note that we will no longer be selling chips at the tuckshop in accordance with the new Healthy Food initiative.

## P & C NEWS

A BIG thank you to the families who supported the P&C Raffle and made donations! We really appreciate your support. The Easter Hat Parade was a fun time for all concerned and below are the results of the raffle and competitions run on the day.

### Raffle winners were:

1st *Jacob Ball*

2nd *Felicity Lowe*

3rd *Kerry Derrick*

**Colouring in competition winner** was *Sharleigh Doyle* from 4A.

Bilby Hunt Library Competition winner was *Blake Daley* 6A

### Best Easter Bonnets were:

Prep *Seph Te-Rore and Keely Fairweather*

Year 1 *Lewis Richters and Katia Barlow*

Year 2 *Zykeal Bonner and Illyria Chapman*



## **Family Movie Night**

You are invited to



Screening at Tony White Oval 30<sup>th</sup> April

Gates open at 6:30pm

Movie starts 7:00pm

**FREE ENTRY**

Bring your own picnic rug, chairs & snacks

**Children, Youth and Families**

