Week 4 Activities

Weekly Awards

Kitchen
Garden
Year 5/6
Principal's Note
Hello and welcome to my Principal’s Note for Week 4.
It has been another productive week at our awesome school. As usual, all school community members have been going about their business with commitment, enthusiasm and positivity. Surat State School is a great place to work, learn and play. Thank you to all, for making this week another rewarding one.

SWPBS
As part of our School Wide Positive Behaviour Support agenda, students and staff have been engaging in explicit behaviour lessons that are planned by the SWPBS Committee. The lessons focus on specific areas identified as areas for improvement. This week, lessons were based on how to communicate respectfully with others. The lessons have been positively reinforcing basic behaviours that allow for all to be safe, responsible, respectful and committed.

As part of this agenda, a new behaviour rewards system was launched on Monday this week by our school. Vivo Miles is an online system that allows students to be rewarded throughout the school day. Our reward categories include: Be Safe, Be Responsible, Be Respectful, Be Committed, Principal Award and Student of the Week.

Students accumulate their Vivo points and each week will have the opportunity to go online and use their points to purchase items from the online Vivo Shop. This is a new initiative for our school, so like all things new, there may be teething problems and fine tuning required to best utilise this program. Vivo is running in conjunction with our 10 Point card system that accumulates house points for our annual Citizenship Shield.

Students can logon at home using their logon details. Parents can also access via their child’s details. Simply go to the guardian section at the bottom of the profile.

Reminder
Parents, please be aware that students should not arrive at school before 8:30am unless prior arrangements have been made or specific activities are on. I have noticed a number of students are arriving early. Supervision does not commence until 8:30am.

Late Arrivals
Students arriving late to school (after 8:50am) need to be signed in at the Office by a parent. School begins at 8:50am. Please ensure students arrive to school on time.

2015 School Leaders’ Induction
Our 2015 School Leaders Induction / Badging Ceremony will be conducted during parade on Monday 23 February.

Remember, at Surat P-10 State School “we always do our best and treat others with respect”.

Mr Justin Washington
Principal

Kitchen Garden in 5/6
In year 5/6, we have been participating in the Stephanie Alexander Kitchen Garden program, which is run by Miss Downie and Mrs Pointon. This program allows the students to have the opportunity to grow, harvest and cook with fresh and healthy produce. The year 5/6 class have been focussing on their kitchen cooking skills and techniques, as well as their gardening skills, and have produced some delicious and healthy dishes! Students have also sampled foods which may be unfamiliar. We have made a garden salad, Vietnamese rice paper rolls, and silver beet and potato pizzas. The year 5/6 class have all been really enthusiastic in trying these foods and have delivered positive feedback about each of the dishes. We look forward to trying some more delicious dishes!

Miss Rhodes & Years 5/6
Important Dates

MARCH
26th SCHOOL PHOTOS

APRIL
3rd GOOD FRIDAY

P&C Notice of Annual General Meeting (AGM)
Tuesday, 17th March 2015 at 3.15pm
in the High School Building

AGM
All executive and officer positions will become vacant and are open for election at our AGM. These positions include:
President; Vice-President; Secretary; Treasurer; Tuckshop Coordinator; Uniform Co-ordinator; Saturday Sports Representative; QCPCA Representative; Music Representative

If you are interested in nominating for a position, a Quick Guide for P&C Executive Officers is available on the P&C’s Qld website (www.pandcsqld.com.au) and provides an overview of executive positions.

Memberships
All Memberships will expire at our AGM. New Membership Application Forms, along with the Code of Conduct, will be available to collect from the school office from next week and once completed can be left at the school office. These can be completed prior, or at the AGM. Membership Application Forms may also be accepted at General Meetings during the year. Becoming a member of the P&C is a great way to show your support for our organisation and the work that it does to support the School and our Students.

Minutes
Anyone who would like to join our email list for receiving meeting minutes, please do not hesitate to contact me. This is a good opportunity to stay informed with what is happening in your P&C and School.

Julie Schutt
Secretary
candjschutt@bigpond.com

Student of the Week - Week 3

Prep: Wylie Newman – For an amazing effort when writing your number 8! Well done for persisting!

Year 1: Jamie Bradford: For a big improvement in his time management skills

Year 2: Ruby Ferrier – For a big improvement with reading fluently and for trying your best in all tasks!
Will Chandler – For independently writing interesting and detailed compound sentences!

Year 3/4: Harry Packer – Awarded for demonstrating a strong work ethic by always completing his tasks to the best of his ability.
Lacey Harth - Awarded for actively participating in discussions, particularly in Mathematics. Always remembering to follow our school expectations by raising her hand to speak.

Year 5/6: Tom Schutt- For always showing respect and using his manners in all areas around the school.

Secondary: Sariah Ellem- for adapting to routines and settling in so well in the high school.

Principal Awards
Alex Freeman for always displaying a positive attitude.

Playgroup
Our school is hosting a community playgroup on Wednesdays from 9.00-11.00. Playgroup is open to children from 0-5 years of age. At playgroup, parents and caregivers spend relaxed time with their children making friends and support networks. Meanwhile children develop physically, socially, emotionally and intellectually, as they discover new experiences, gain self-confidence and make new friends too.
For more information, please contact Mrs Sally Broadhead via the School’s Office.
Special Meeting

The Surat Tennis Club is holding a special meeting on Monday 23rd February at 6:30pm @ the Tennis Club to discuss the future of the club. Unless this meeting is well supported the club will be closing its doors for the last time. If you wish to help get this club back on its feet & try & keep it running please attend this meeting or it will be another club to close in Surat.

Surat Tennis Club
2015 Maranoa Netball Association
Junior Sign On
Ages:
9 years (born 2006)
10 years (born 2005)
11 years (born 2004)
Venue: Roma PCYC
Dates: Wednesday 12th & Tuesday 17th February
Time: 4:00pm – 5:30pm
Remember if you miss out on the sign on dates
email Kaydeen at mna@outlook.com.au
for your sign on pack

APPLY NOW for the
Maranoa Regional Council
Community Grants Program

Maranoa Regional Council is committed to
helping community groups make our region a
better place to live and work.

Funding for one-off projects,
events and activities for Major and
Community Grants will be available
under the following categories:
- Community Development
- Culture and Heritage
- Environment
- Community Events
- Sport and Recreation
- Economic Development

Tips for Success
- Discuss your project and application
  with your Local Development Officer
- Organise support letters
  and documentation
- Submit your application early
  and ask for feedback
- Answer all questions and
  sign where required

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Contact your Local Development Officer on 1300 007 662 or visit
www.maranoa.qld.gov.au

Rural Libraries Queensland
your local library network

Make a Poppy
to help commemorate
100 years of Anzac

Come along to your local library and make a
poppy to commemorate 100 years of Anzac.
All poppies will be displayed to celebrate
Anzac Day in your community.

For more information contact your local library on
1300 007 662 or visit www.maranoa.qld.gov.au
Yoga in Surat

About yoga

Yoga can have an influence on all levels of our being – physical, mental and spiritual.

Yoga is an ancient science from India. It is both a systematic practice and a way of life, which requires loyalty and patience and thereby gives body and mind new energy, inspiration and health. Yoga is practical by nature. The only way to understand yoga is by doing it yourself. Everyone, young and old, regardless of physical condition, can practice yoga. Yoga teaches you to meet your true self. By practicing yoga you can discover your full potential and attain things that before you may have thought to be impossible. Besides that, you also learn to accept and respect your limitations.

Both yoga classes in Surat will be a well-grounded traditional form of Hatha yoga, named Sivananda yoga.

Sivananda Yoga is a holistic form of yoga which alternates activity and relaxation. The name refers to the yoga as taught by Swami Sivananda, one of the greatest Indian yoga masters of the last century. A typical yoga lesson includes the sun salutation, 12 fundamental postures, two breath control exercises and a deep relaxation. As the practitioner develops, the poses are held for longer and variations on the fundamental poses are introduced.

Join the yoga class for all levels or learn step by step

The yoga classes in Surat will be held every Wednesday evening in the Hub. There is a choice of two different classes:

Open class 6.00 – 7.15 pm
An enjoyable class for body and mind at an basic level. The sun salutation, breathing exercises and basic yoga asanas are practiced. Experience the pleasant variety pf physical exercise and relaxation. This mild class is suitable for all levels.

Cost: per class $10. / 6 classes pass $50. -

Beginners course 7.30 – 8.45 pm
During the introduction course exact explanation will be given and attention will be given to the most important elements of Sivananda yoga. Learn the basics step by step. Everyone, with or without yoga experience, is welcome to join the beginners course!
Cost: 8 classes $65. -

Signing up
The yoga classes start 25th of February, every Wednesday evening.
To sign up send an email with your details before the 22nd of February with your:
- name
- phone number

- which class you want to attend
Email to: marjolein_van_leewen@hotmail.com

About the teacher

"Yoga is a lifetime practice that never ends."
Maria: "Yoga has changed my world and opened my heart. Since I went to my first yoga class five years ago I never stopped practicing. When I lived in India and visited the Sivananda ashram in Kerela and later the Himalayas, I started my own yoga journey. Through yoga I visit beautiful places in the world, meet the most wonderful people, have access to an inexhaustible source of knowledge and I am learning something new every day. Knowledge is worth nothing unless you share it, and I feel blessed that I can share it with you!"

Frequently asked questions

What clothes should I wear?
Comfortable (sports) clothing in which you can easily move around is the most appropriate for yoga. The exercises are done with bare feet. During the relaxation you could cool down, so perhaps bring a vest or sweater to wear near the end of the class. If you sweat a lot, you can bring a towel with you.

How much time before class starts should I be present?
Please make sure you are present at least 5 minutes before the class starts. The classes start on time and if you are late then you may unnecessarily disturb other students.

How can I prepare for the class?
To fully enjoy the yoga practice it is best to not eat anything two hours before class starts, or just eat light food.

Do I need special equipment?
Bring your own yoga or fitness mat and something warm for the relaxation at the end of the class. You can also bring an cushion if you prefer to do so.

What is the best way to pay?
The beginners course can be paid in cash at the start of the course on the 25th of February. Single classes and the 6-classes pass can also be paid in cash before the open class starts.

More information
You can ask personal questions via email marjolein_van_leewen@hotmail.com or phone: 0435806849 (Maria).