Dear Parents,

Relationships

I have had some accidents in my life, from cutting my hand with a bandsaw, to catching myself on fire, to dislocated joints and black eyes. In fact one of my favourite quotes is from the Simpsons, “bones heal, chicks dig scars and we have the best doctor to patient ratio in the world”. That quote may not be exactly true, but the point is I have experienced a large amount of pain in my life. As I reflect on the pain I have experienced I realised that the most pain I’ve felt is not when I’ve hurt myself physically but when I’ve experienced a break in a relationship.

When someone has died (even a pet), when I broke up with or had a fight with a girlfriend, good friend or my family, sometimes the hurt from these situations lasts an extremely long time, and I suspect I may not be alone in this. I think this is because we were created to experience all the positives that come through relationship (love, trust, honesty, reliability, encouragement, etc.) but not the negatives (betrayal, hurt, mistrust, etc.). The reason I’m writing about this is because I think relationships are foundationally important to all of us.

They form the basis of our society. I also think that we often don’t realise how important they really are. In fact the key to teaching is building and maintaining good relationships with your students, parents and peers. You can get rid of blackboards, data projectors, desks, classrooms and even the school. A relationship is about all you need to teach someone, to have input into their lives. At Ingham State School we encourage great positive relationships, not just between teachers and students but between everyone who is part of our school community staff, parents and students.

This doesn’t mean that we all get along great and always agree, but does mean that we try our best to maintain positive professional relationships. Personally I’ve spent much time looking at what builds great positive authentic relationships. I think there are three main ingredients to any relationship, communication, forgiveness and love. I know I’ve published this before but I think it’s worth covering again what some key aspects of communication are. At some other point I will unpack forgiveness and love.

Communication for good relationships needs to be open and honest, it’s not a game and the point is not to “win” if you disagree with each other. In fact when there is no or bad communication there is no winners. You will disagree with others, don’t make it personal, you need effective ways of communicating (both giving information and receiving it) even when you are upset or angry. Finding these when you are upset is nearly impossible.

Be aware of the impact your location may have on communication, if “hook, line and sinker” (my favourite TV program) is on, my wife knows I hear nothing of what she says… even if I nod.

Learn about the importance of listening. Show the person communicating that they have your full attention, face them, make eye contact, etc. Repeat back all or some of what is said to let them know you have heard them and for clarification.

Remember that all these principles apply to students/children as well.

Most of all remember that in all of your relationships (parents, children, partners, teachers and friends) you are dealing with an imperfect person... and so are they.

The Admin Team
**Talking Tuckshop**

**Badge Presentation:**

Thank you to the Tuckshop helpers who helped with last Friday’s Afternoon Tea. I am sure everyone who stayed for Afternoon Tea enjoyed the beautiful food supplied by Parents/Carers of students from Year 6. A big thank you to the Vice Captains’ families for donating the cake.

**Lunch Boxes:**

Lunch boxes are a concern with the hot weather we have been having. Please remember lunch boxes require extra frozen block or drinks placed inside to keep lunches from being unsafe at lunch time and afternoon tea.

Frosten Berries have been a large concern this week with the Hepatitis A outbreak; however, we do not use frozen berries. The majority of fruits and vegetables used in our Tuckshop are fresh. Only fresh fruit is used in fruit cups and in our Fruit Jelly Custard cups. We have checked on our frozen yoghurts and have been assured there is no concern as they are Australian made.

Please remember to post Tuckshop orders before school everyone. If you need help come to the door before school and I will help you write your order out if you are unsure.

Thank you for your cooperation.

Mrs Byers—Tuckshop Convenor

**2015 Tuckshop Roster**

**Wednesday 25 February** —
Araya Piakhan, Tricia Cantoni

**Thursday 26 February** —
Volunteer please

**Friday 27 February** —
Jodie Johnson, Lina Marmara, Nadine Bulmer

**Monday 02 March** —
Helen Carey

**Tuesday 03 March** —
Sharon Morley, Belinda Musumeci, Lina Marmara, Nadine Bulmer

**2015 Specialty Baking Roster**

Volunteers please! As the new Roster has not yet gone home to parents, please contact Tuckshop if you are able to help out this week.

**WE REMIND STUDENTS**

**NO HAT! NO PLAY!**

It is Ingham State School and Education Queensland policy that children wear a hat at all times when in the sun.

Our School is a Sun Smart School where children without a Sun Smart hat will play under the covered area.

So, remember to bring your hat EVERY DAY.

**SCHOOL DENTAL FORMS**

Parent Consent Form—Prep to Year 3

Please complete, sign and return to the School Office as soon as possible.

**ISS Playgroup News**

Ingham State School Playgroup is on every Monday commencing at 9:00am in the Multipurpose Hall.

Tea and coffee available.
Bring your own morning tea.
Cost is $2-00 per family.

New members most welcome. Come along and join us.
Visit us on our Facebook Page—Ingham State School Playgroup.
HPE NEWS

Swimming Money:
There are a lot of children not bringing their swimming money for their swimming lessons. We ask that you please remember every week to send swimming money with your child/ren on the day that they swim.

Water Bottles:
Students are reminded to bring their water bottles to school every day. Water bottles may also be help in classrooms on desks as it is important for students to keep hydrated.

ATTENTION PARENTS
When picking up students from the back car park—please do not park in front of the Industrial Waste Bins.
On some occasions the Rubbish Truck as well as our Groundsman have been unable to access the bins. Thank you for your cooperation in this matter.

Herbert River School Rugby League Trials—Monday 2 March
Venue: Crushers Rugby League Fields, Fairford Road
Time: 3:30—5:00pm
Note: Students turning 11 or 12 years of age in 2015 are eligible to trial (born 2003 or 2004). Students turning 13 years old in 2015 are NOT eligible to trial (born in 2002)
Forms: The permission forms are available from the Office and must be taken with you on the day of the trials—they are not to be returned to the Office.
Apologies for the mix-up with the dates for these trials.

P & C NEWS
P & C Membership
Applications for Membership of the P&C went home in last week’s Newsletter— if you would like to become a member please complete the form and return to the Office before the AGM which will be held on Monday 16th March 2015 @ 7.30pm in the Resource Centre.

Voluntary Contributions
The Voluntary Contribution was approved at the recent meeting. Contributions will be the same as for the last few years - $20.00 per child per year. This goes towards helping with our massive paper and copying costs. If you can contribute, please drop off at the Office.

Fundraising
Term 1 fundraising we will be a Cadbury Chocolate Drive and Term 3 will be a Spelling Bee.

ATTENTION PARENTS
When picking up students from the back car park—please do not park in front of the Industrial Waste Bins.

2015 SCHOOL FORMS
If you have not yet returned your forms, could you please do so this week. It is very important that the School has your current address, contact numbers and emergency contact numbers and any changes to your child’s medical details.

P & C NEWS
Next Meeting 2015
The next General Monthly Meeting will be held on Monday 16 March 2015.

Annual General Meeting
The Annual General Meeting will be held on Monday 16 March 2015.
We look forward to welcoming new members to our P&C meetings.

PUBLIC HOLIDAYS
03 April Good Friday
25 April ANZAC Day
08 June Queen’s Birthday
01 July Ingham Show Public Holiday
05 October Labour Day
05 October Ingham Show Public Holiday
19 October Student Free Day

MINISTERIAL HOLIDAY
19 October Student Free Day
2015 Religious Education in State Schools

Dear Parents,
Our Religious Education Program for 2015 has commenced in all State Schools. The teaching team consists of volunteer teachers from the district churches. They have combined to make sure that each child in this district has the opportunity to come to a knowledge of the gospel and of God’s love for each one of them.

The Connect Program is used in all the schools. The children receive a new workbook each semester which complements the lesson. As the cost of providing Teachers’ Manuals is very high, particularly with so many small schools, the Anglican and Uniting Churches bear the cost of these manuals. However, we ask for your help in providing these two activity books by contributing $6 per child for the year.

Please write your child’s name, year level and religion on the outside of the envelope, enclose your money and leave at the School Office.

Thank You for your help.

Chappy’s Word

Hello Fantastic Ingham SS Community. Today the breakfast program finally kicked off with a piece of toast with jam for all who came. I was thrilled to see the donations of various spreads and I want to thank everyone who contributed.

Today is also the start of Audio Monitors program. This program seeks to train the Year 6 audio monitors, learning skills in audio mixing and stage layout. I’ve had extensive experience in this field and I’m excited to pass on some of my skills and knowledge. As the year progresses I will be starting some of my other programs such as the Tree of Kindness.

As always, have a fantastic week……………Chappy Josh

PEACH Program

What is PEACH? PEACH stands for Parenting, Eating and Activity for Child Health. It is a FREE program that helps parents/carers who may be struggling to maintain a healthy weight in their children. Children aged 5-11 years are eligible to enrol.

The program runs for 6 months and consists of 10 group sessions which run for 90 minutes each. The first 9 sessions are held weekly within the school term. Ongoing individualised family support is offered through the second half of the program ending with one final group session. The program commences end of April.

Families can contact the PEACH program on free call 1800 263 519 or register directly at www.peachqld.com.au or contact Quinta/Isabel at the Hinchinbrook Community Support Centre on 4776 1822.

SWIMMING TIMETABLE

| MONDAY | 1WT | 9:50-10:50 | 1/2AS | 11:30-12:30 |
| TUESDAY | 2CP | 9:50-10:50 | 2CS | 11:30-12:30 | 3KH | 12:30-1:30 | 3/4TI | 1:30-2:30 |

Remember to bring your swimming gear and your money on your swimming day.

Anglican Church

MESSY CHURCH : SUNDAY 1ST MARCH 4—5:30 PM

Come and join the fun for all ages!! ‘UNFROZEN’ at the Anglican Church, Ingham.

Family fun GAMES MESSY Craft Fellowship celebration stories

Followed by a shared meal and snow cones.

For more information contact: Rev Barbara Blackford Dr Peter Hall

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