Hard:

Easy:

Chappy’s Riddle

This week’s topic:

Last week’s idiom

Chat with Chap of your day.

If you know something is coming up, make your plans and preparations, put it down and enjoy the rest.

Dalai Lama XIV

worry. If it’s not fixable, then there is no help in worrying. There is no benefit in worrying whatsoever.

it is wise to plan and strive for a safe and successful future, worrying about what may or may not happen which constantly bombards us with news and events that may or may not affect our lives. Although

Herbert River Junior Rugby League

Players Wanted for Under 10, 11 & 12. Training Tuesday & Thursday (5.00pm) at the Crushers Grounds on Fairford Road.

Enquires: Phone 0427 572 054

Come along and be part of our Club. We are registered for ‘Get in the Game—Get Started’.

42014 HATS & HOMEWORK BAGS

School Hats ………….. $10

Homework Bags ………….. $10

Water Bottle Coolers….$5

Call into the Office at any time to purchase these items.

Date Claimers

12 March—Reading Workshop
19 March—P&C AGM
24 to 26 March—Old Swimming Championships
17 August—Ingham Arts Festival
06 September—SEACAPERS

Dear Parents,

Don’t forget tomorrow night you are invited to the Resource Centre at 6.00 pm to a reading workshop for parents of early year students. We will look at strategies you can use when reading with your child, strategies where your child will be more involved so that they are not just being read to. We especially welcome any prep parents but it would be fantastic if we could have parents ranging from prep to year 3. Gayle Holmes will be presenting a maths workshop next week from 7.00 pm until 8.00 pm. Her workshop will cater for parents from prep to year 6. She will provide invaluable resources and ideas for helping your child to master basic maths strategies right through to problem solving. Gayle’s workshops are always very ‘hands on’ and practical giving parents ideas and support on how to best support their child in achieving their goals.

Last week I banned soccer for 3 days to reinforce to our students that rough play leads to children getting angry or hurt. Often students get carried away with their game and become so competitive that they forget about being safe, responsible and respectful. This sometime leads to ‘low level’ bullying, which includes hurtful teasing, pushing or shoving, subtle but nasty body language and excluding some students from games/groups. One of our major goals is to ensure that every child is feeling safe and happy at school. Therefore, at Ingham State School we take the issue of any type of bullying seriously. I would like to reiterate our school-wide definition of bullying: Bullying is negative physical, emotional or verbal action(s) that are Intentional/Deliberate. It involves a real or perceived imbalance of power (physical, emotional or social). It is repeated. It is directed toward someone who sees the bullying or knows that it is happening to someone else, but does nothing about it. There is an old adage which says that if you see something wrong happening and you do nothing about it, you are then giving it approval.

While we are not advocating that every child who witnesses a bullying incident needs to get involved, they do need to do something about it. Remember, if we are to reduce bullying, then we ALL have to be vigilant.

If children see another child being bullied they should:

• Immediately seek a teacher or support person for help.
• If appropriate, let the bully know that what they are doing is not acceptable; “You are being a bully and we don’t do that here.”
• Refuse to be part of the bully watchers and walk away.
• Support the child who is being bullied, either during or after.
• Be a supportive friend and protect them from being bullied by being there for them. Children who are alone are more likely to be a target of bullying.

Inform you so that you can contact the school.

What you can do at home to assist everyone in reducing bullying incidents:

• Talk with your children about what is acceptable behaviour and what is not, e.g. “We should not tease people to make them feel bad.”
• Work together with your family to establish simple rules and expectations about how to treat each other amongst the family members.
• Encourage and provide opportunities for your children to openly discuss bullying issues with the family.
• Discuss friendship and help your children make friends by encouraging them to play with other children at school, at home or in the neighbourhood.

THE ADMIN TEAM

28 Mclure Street, Ingham QLD, 4850 • Telephone (07) 4776 9333 • Fax (07) 4776 9300

E-mail admin@inghamss.eq.edu.au • Web http://inghamss.eq.edu.au

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Wednesday 12 March 
Reading Workshop – Commencing at 6:00PM in the Resource Centre

Love to see you there!

EFTPOS or Credit Card facilities are NOT available at Ingham State School.

P & L AGM

The AGM will be held on Wednesday 12 March 2014 in the Performing Arts Centre from 7.15 pm onwards. Tea and Coffee available. New faces welcome!

Mail admin@inghamss.eq.edu.au

Web http://inghamss.eq.edu.au
**P & C NEWS**

**EASTER RAFFLE**
Please keep sending in donations of either non-perishable food items or money for our Easter Raffle. If making a monetary donation, please place in a sealed envelope and leave at the Office. All items donated are to be left at the Office. Thank you.

The prizes for our Easter Raffle will be:

1st: Easter Hamper  
2nd: 2 bottles of wine  
3rd: Small Easter Hamper  
4th: $20 Woolworths Gift Card

**INGHAM MUSIC TEACHERS AND STUDENTS PRESENTS**
Charity Benefit Concert for the Philippines 2013 Disaster

Ingham Kelly Theatre  
7:30 — 9:00pm April 1st 2014

Family $35/Adult $15/Student $8
(Tickets sold at the door)  
Sponsored by the Ingham Arts Festival Association Inc.

**DENTAL FORMS REMINDER**
All students who have been given a Dental Form we ask that you return your completed form to the Office ASAP. Thank you.

**INGHAM EARLY LEARNING CENTRE BEFORE AND AFTER SCHOOL PROGRAM**

**Before School Care** will operate from 7:30 until 8:30am, at which time your child will be transported to school by staff. Cost is $10.00 with transport inclusive.

**After School Care** operates from 3:15 to 5:30pm, with transport via the Transnorth Bus Service. Cost is $17.60 for a 2 hour block (3:15 to 5:15) and then add $2 if until 5:30pm.

This program is for children whose parents/guardians need to work or study and for children to do fun activities.

**ISS Playgroup News**

Ingham State School Playgroup is held 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.

Come and join us.

**STARS OF THE WEEK**
Presented on Assembly Friday 07 March

P/DR — Nalinhi  
3/4ES — David  
3/4CS — Molly T  
3/4TI — Aloa, Abbey  
4IC — Renae  
5CN — Paige S  
7LN — Rhys  
MUSIC — Aaliyah

**HR Primary School Sports**
**HR TENNIS TRIALS**
Trials will be held @ 4:30pm on Tuesday 18th March 2014 at the Ingham Tennis Association Courts. Any queries please contact Steve Ballin.

**HR NETBALL TRIALS**
will be held this Thursday 13 March at 3:30pm at the HR Netball Courts. Any queries please contact Mrs Erba.

All students participating in Herbert River Trials must complete a Permission Form (available from the Office) and return to school before the day of trials. All trials are open to 10, 11 & 12 year old students but 10 year olds will not be eligible for selection.

**Date Claimers:**  
1/2ES: Family $35/Adult $15/Student $8  
3/4TI: $20 Woolworths Gift Card  
5CN: Ravioli  
4IC: Fish Burger  
3/4CS: Pies and Sausage Rolls  
1/2ES: Spaghetti

**P & C CONCERNS**

**TALKING TUCKSHOP**

Tuckshop and Specialty Baking volunteers, please call into the Tuckshop this week to collect your 2014/15 Roster.

If your student is having both Big Lunch and Afternoon Tea this is the procedure — 1st — write out Big Lunch Bag mark it with a B. 2nd — write out the afternoon tea bag and mark it with an A or 2nd lunch. Place the 2nd lunch bag inside the Big Lunch bag and enclose sufficient money to cover the cost of both bags. Please always wrap money before placing inside the bag. Fold down the top of the Big Lunch Bag and post in the Tuckshop Post Box. If posting orders for more than one student, same procedure place all extra bags inside of Tuckshop Bag with sufficient money to cover all the lunches. Always make sure your student’s grade is marked on the bags e.g. 1, 2, 3, 4, 5, 6, 7, and not 6/7 etc. By placing the grade on bags it helps our volunteers move the lunch orders out much quicker. If your student has an allergy or medical condition relating to food, please let us know.

Weekly Specials:

- Monday: Ravioli
- Tuesday: Meal Deal, Piece of Fish or Fish Burger
- Wednesday: Hamburger
- Thursday: Spaghetti
- Friday: Lasagne — Spaghetti

Pies and Sausage Rolls ONLY AVAILABLE at Big Lunch on Wednesday, Thursday and Friday.

If your student is having both Big Lunch and Specialty Baking, please call into the Tuckshop this week to collect your 2014/15 Roster.

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