# Calendar of Events

<table>
<thead>
<tr>
<th>DATE</th>
<th>DETAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Thursday</td>
<td>• Student Banking</td>
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<tr>
<td></td>
<td>• Choir before school</td>
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<td></td>
<td>• Swimming P - 6</td>
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<tr>
<td>Friday 04 March</td>
<td>Clean-up Australia Day</td>
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<tr>
<td>Wed 23 March</td>
<td>Cross Country</td>
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<tr>
<td>Thurs 24th March</td>
<td>Last day of term 1</td>
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<tr>
<td>Friday 25th March</td>
<td>Good Friday - start of School Holidays</td>
</tr>
<tr>
<td>Monday 11th April</td>
<td>School resumes for all students</td>
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# Birthdays
To 03rd March
Dawnie Johanson

# Student Banking every Thursday
Please make sure you fill in the deposit slip on your child’s bankbook before sending to school. Thanks.

# Parent Contact Details

Upon enrolling your child parents would have completed an enrolment form which we use to list contact details for your child.

If your details have changed in any way since enrolling your child, could you please contact the school so we can update our records. Unfortunately, some of the phone numbers listed are no longer valid and it is important that we can contact parents in the event of an emergency or your child being sick. We also require updated information on address, emergency details, medical conditions and any changes in custody etc.

We understand that these details are confidential so please call in to the office so we can update our files. Thanks.

# Tuckshop

Tuckshop for next Wednesday 02nd March 2016 will be Quiche and Salad for the meal deal - All orders need to be in by the Monday prior to Tuckshop. Please return your order with correct payment by Monday 29th February.

Place your order in the Tuckshop Box situated in the library. Thanks.
Tuckshop Roster

Thank you to those parents who have volunteered to assist with tuckshop this term. The following parents have been rostered to work/bake for tuckshop on the dates listed below:

**Wednesday 02nd March 2016**
- Meal Deal - Quiche and Salad
- Home Baking - Kylie Shepherdson (Raspberry Coconut slice).
- Working in Tuckshop - Krysta Garrett

**Wednesday 09th March 2016**
- Meal Deal - Tacos
- Home Baking - Jean Humphries (Scones).
- Working in Tuckshop - Kylie Hanley

**Wednesday 16th March 2016**
- Meal Deal - Chicken Pieces and baked veges
- Home Baking - Krysta Garrett (Vanilla cake or cup cakes).
- Working in Tuckshop - Alicia McDonald

Community News

Funding for a program to improve the health of families by developing their cooking skills has been approved by Queensland Health Minister Cameron Dick.

The QWCA Country Kitchens program will support people to develop confidence and practical cooking skills and then take these skills and use them in their home kitchen to prepare healthy meals.

We have been given a great opportunity as the Country Kitchen QWCA program has united with the Girl Guides of Imbil to introduce this.

On the 3rd March at 9.00 am you are most welcome to attend at the Girl Guide Hut William Street Imbil. It will only cost you $10.00 for the day. Everything will be provided you just need to attend.

You will have to be quick as there are a limited 20 places available.

Please contact Amanda Tombs 0407128915 or Jenece Drake 0407636289.

P&C Fundraiser

From today, we commence the School Run 4 Fun Fundraising Program which is as a major fundraiser this term so we do ask for your support. The event will take place on Wednesday 23rd March. All funds raised will be used to purchase curriculum items for the students.

Students have now received a poster size Superhero Sponsorship Form with a great selection of toy brands including Apple, GoPro, Razor, Star Wars, Monster High, Nerf just to name a few. This form will assist with collecting sponsorship donations on behalf of the school.

Students who raise as little as $10 or more will receive an incentive prize for their efforts. The greater amount of sponsorship donations you receive the better prizes you can choose.

Inside the Sponsorship Form you will find helpful tips on how to raise money for the school as well as other benefits such as the chance to win a family holiday staying at Sea World Resort & Water Park on the Gold Coast including entry to the major theme parks and the choice of either $1,000 spending money or a $1,000 Virgin Australia Gift Voucher.

Please return your order to the school Office and if paying by cheque, please make cheque payable to Kandanga State School P&C. Thank you for your support.
Hints for creating resilient families

I recently came across some research from Andrew Fuller who is one of Australia’s ‘gurus’ in child developmental and family psychology. In his research Andrew was examining how to instil resilience in children and came up with the following tips.

Resilience is the fine art of being able to bungy jump through life. The pitfalls are still there but it is as if you have an elasticised rope around your middle that helps you to bounce back from the hard times.

No. 1 Promote Belonging

Resilience is the happy knack of being able to bungy jump through the pitfalls of life. It is the strongest antidote we know of for self-harm, depression and drug abuse and it’s built on our sense of belonging.

No. 2 Have some mooch time

We live in a world that suffers from attention deficit disorder. We rush children from activity to activity, from lesson to lesson and from one organised event to another. Then we wonder why, when there is a lull that they say “I’m bored”. Be a counter-revolutionary. Find some time each week just to be at home without anything structured happening.

No. 3 Rediscover some family rituals

It doesn’t matter whether it is the after dinner family walk, the Sunday roast, the Friday night pizza or the Saturday morning clean up; all rituals are highly protective. The best rituals often cost nothing at all. These are the activities you hope that, later on in life, your children will reminisce and say “Mum always made sure we did this” or “Dad always made sure we did that.”

No. 4 Spontaneity and curiosity

Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have better mental health and you can’t give it to them by getting them to read a book. So the really hard message here is that if you want to raise your children to have mentally healthy lives; you are going to have to have a good time yourself. If you want your children to succeed you need to show them that success is worth having.

Until next week

Warrick Lucht