FORTHCOMING EVENTS

**FEB**

- **Fri 7**  Parent Tuckshop Information Morning Tea (9.00am)
- **Tue 11**  Meet the Teacher Evening (Prep, Yr 2, Yr 4, Yr 6 & Yr 7 - Classrooms – 6.00-7.00pm)
- **Wed 12**  Meet the Teacher Evening (Yr 1, Yr 3 & Yr 5) – Classrooms – 6.00-7.00pm)
- **Fri 14**  District Swimming Carnival (St Peter’s Lutheran College)
- **Tue 18**  Fete Committee Meeting (Staff Room – 7.30pm)
- **Mon 24**  P & C Meeting (Staff Room – 7.30-9.30pm)
- **Wed 26**  Regional Swimming Carnival (Chandler)

**MAR**

- **Mon 10 – Fri 14**  Yr 7 Camp
- **Wed 19**  Westcent Auditions (Yr 6-7 at Kenmore SS)
- **Thu 20**  Arts Council Performance (P-3)
- **Fri 21**  Harmony Day
- **Mon 24**  Yr 3 Interhouse Swimming Carnival
- **Fri 28**  Year 4 - ‘First Contact’ Living Histories Workshop (New Hall)
- **Mon 31**  P & C Meeting (Staff Room – 7.30-9.30pm)
- **Mon 31**  Yr 4-7 Interhouse Swimming Carnival
- **Fri 4**  Final Day Term 1

**2014 SCHOOL TERMS**

- Term 1: Tue 28 Jan to Fri 4 Apr
- Term 2: Tue 22 Apr to Fri 27 Jun
- Term 3: Mon 14 Jul to Fri 19 Sep
- Term 4: Tue 7 Oct to Fri 12 Dec

E-NEWSLETTER - To receive our Newsletter via email type the link below in the address bar of your browser.

We certainly set a cracking pace. Last Friday I received an email notifying me that the school will receive an additional $204,639 as part of the State wide Great Results Guarantee and that I need to submit an agreement to secure this funding to the Department by 28 February. With these funds we will continue to focus on the Regional priorities of Reading and Number with an emphasis on early interventions and building strong foundations in Prep to Year 3. I am talking with key Sherwood staff and Regional staff to identify the most effective way forward. I have developed some guiding principles which include:

- Long term benefit eg. building teaching capacities and specialty strengths
- Strategies based on sound evidence and research
- Drawing on ideas of key staff and advisors
- Using data skilfully to identify the greatest needs for support for students in our early years.

Also, my understanding is that recurrent funding will be available for the next few years so we can envisage 2014 as part of a three year program. You are very welcome to contact me if you would like to feed in your ideas for consideration although our timelines are short.

The daily appropriate behaviour lessons next week focus on the theme ‘Asking for Help’:

1. Ask yourself, “Can I do this alone?”
2. If not, raise your hand.
3. Wait. Say to yourself, “I know I can wait without talking.”

These lessons, drawn for the Skill Streaming Program are being discussed, along with micro-activities, in classrooms across the school. Please talk about the ideas with your child/ren at home.

In Term 4 last year we sent out a survey asking for your feedback about Interschool Sport. We received 37 responses and the majority of these advocated either for fortnightly Interschool Sports or a continuation of the current practice. A common theme was that all the eligible students should be involved i.e. maximum participation, and to include Year 5 next year when we no longer have the Year 7s at primary school. We are part of a cluster of 14 State and non-government schools and your opinions will be voiced in this larger forum when the future of interschool sports is discussed this week – I will keep you posted.

The next Fete Committee Meeting is Tuesday evening 18 February at 7:30pm in the Staff Room. The Fete Committee is looking for a small number of people who want to join them to help share the load. The meetings are friendly, very productive and enormously useful to our school community. I attend almost all of the Fete Meetings and have built enormous respect for the committee – please talk with me if you would like to know more and consider joining us.

Flag Poles have been installed at the entrance to our school and we will fly the Australian Flag along with the Aboriginal and Torres Strait Islander Flags. Thank you P&C for funding this project.

Meet-the-Teacher evenings are next week. Prep, Years 2, 4, 6 & 7 will meet on Tuesday evening (11 Feb) at 6pm in the classrooms. Year 1, 3 & 5 will be meeting on Wednesday evening (12 Feb) at 6pm. For the composite classes, 4/5J, 6/7S and 6/7M, they will be meeting on Tuesday evening (11 Feb). Please come along to meet your child/ren’s teacher and find out more about the expectations for the year.
READY READER PROGRAM

Ready Reader Volunteers

Sherwood State School is seeking additional Ready Reader volunteers to support the current Ready Reader program. The Ready Reader will be working with individual students to help them gain confidence with their reading and become independent readers. On occasion, you may be working with students who are competent readers to assist with improving their fluency and comprehension.

Program Requirements

Volunteers can nominate the hours they are available for the program. However, Ready Readers are asked to commit to a regular weekly time that can be sustained over a period of time.

Volunteers are required to attend a one and a half hour training session to enable them to work effectively with early readers. The training will provide volunteers with supportive skills to develop essential strategies necessary for student reading success. Students will benefit from the consistent support to increase their language development, enhance their book selection and, encourage confidence and motivation to broaden their knowledge through reading.

All volunteers will need a blue card. The Working with Children check is a detailed national criminal history check, and allows people to be issued with the blue card. This card is required by any person proposing to work in a voluntary capacity, in a child-related area. The process for applying for a blue card will be undertaken during the training at no cost.

Getting Involved

Training Session
Date: 18th February, 2014
Time: 1.30pm-3:00pm
Venue: Sherwood State School (Room 1)
Facilitator: Heidi Casperson (STLaN Sherwood State School)
Bookings: Register your interest for training by phoning 3716 2111

AFTER SCHOOL CARE

Contact Details: Dave Smithson, Director, 3278 1658

Sherwood OSHC has had a very busy and popular start to the year. Welcome to the new families that have joined the service. Due to the increased demand in Before School Care, the service will be looking to have the Service Approval numbers extended. Unfortunately this process can take some time. Further information will be provided as it comes to hand.

Fortnightly statements for this week have been emailed. This Friday 7 February Fortnightly (A) accounts will be charged.

Enrolment packages and forms are available from the Sherwood OHSC office or online at www.sherwoodoshc.com.au.
UNIFORM SHOP NEWS
Asta Parker, Uniform Shop Convenor
OPEN: Monday 8am-9am; Wednesday 2.45pm-3.45pm; Friday 2.45pm-3.45pm
Email: sssuniformshop@gmail.com

I hope by now everyone has taken note of the new opening hours. Thank you to those parents who have been so lovely and patient during the busy start of the new school year, it has been nice to get to know and see new faces.

Lastly, unfortunately next Monday the 10th of February the uniform shop will be closed, sorry for any inconvenience this may cause, but if it helps you could e-mail me your order along with your credit card and expiry dates and your child’s name and class and I will try to fill your orders and deliver them to your child’s room. Thank you all Asta.

TUCKSHOP NEWS
Wednesday, Thursday & Friday (Closed Monday & Tuesday)
Cathie Perkins, 3379 3881

Tuckshop will re-open next Wednesday 12th February. Menu’s are available from the school website to download or print out. Online ordering will be available via the munchylunch.com.au website. Online ordering is compulsory for all prep students.

We are desperately short of volunteers this year, especially on Fridays. We actually will be unable to open on Fridays if we don't get some new volunteers. Tuckshop is a fun way to help out at school and your children really love having you there. A commitment to our roster requires only 9 days a year so it is not a lot of time. It is a great way to meet new parents and learn about the school. Please fill in the volunteer form and drop to the tuckshop if you can help, I will be there on Friday morning to accept them and answer any questions you might have.

New parent tuckshop info morning tea Friday 7th Feb at 9.00am. This is for all new parents to the school (or existing ones that would like to know more). This is an opportunity to have an inside peek into the tuckshop and ask any questions you might have when I have time to spare. You will also be able to view most of our food items so you have a better understanding of what you are ordering. Please come and say hello, I don't bite!

SHERWOOD SHARKS

Swimming lessons and squads have started

Monday morning saw the pool reopen to our enthusiastic swimmers. All learn to swim and squads are running as scheduled. Please ensure your child attends at the booked time with goggles and cap at the set time and is ready to swim.

Friday Night Swim Club

Swim Club commences this Friday night 7th February 2014. Gates open at 5:30. Please remind children to register. Also, please consider volunteering for one of the necessary roles – time keeper, canteen assistant or BBQ cook.

Thank you for contributing to the Working Bee

Last Sunday, 2nd February saw our first working bee for the year with a great team of volunteers turning up to make the pool and grounds beautiful and pristine for the new terms swimmers and supportive families. The families and individuals that came were the Kennedy, King, Johnston, Peapell-McIntosh, Galuzzo, Davidson, Parker, Nixon, Barton, Smyth and coach Kendall. Every time you take your child swimming at the Shark tank, please be mindful that this beautiful safe environment comes down to the voluntary efforts of a handful of parents on the committee and a handful of keen supporters. If you would like to be part of this social and dedicated committee and see the club continue in this manner please contact the committee. The details are at www.sherwoodsharks.com

Sign-On

At this stage there are very few vacancies available. To establish if there are any vacancies for your desired learn to swim or squad please contact our swim squad coordinator, Vanessa at squads@sherwoodsharks.com
Payment

Remember you can pay on line. For further information please see the website www.sherwoodsharks.com

Merchandise

We sell our club t-shirts at the canteen. They are $25 or 2 for $40. We also sell swim caps for $10 and a variety of goggles.

Date Claimer

21 February 2014 – Joint Club Night with Oxley Swim Club

SCHOOL BANKING

School Banking Account Opening Day

The Commonwealth Bank School Banking Program is at Sherwood State School. To help get your child involved we will have representatives from the Commonwealth Bank visit the school on:

WEDNESDAY 12TH FEBRUARY, 2014
8:00AM – 9:00AM AND 2:00PM – 3:00PM
FIND US OUTSIDE THE PREP CLASSROOMS

Staff will be available to help complete the application form required to open a Youthsaver account for your child so they can participate in the School Banking program.

- Please ensure you bring along photo identification such as a valid driver’s licence or passport for yourself.
- No identification is required for your child as the school will confirm their identity.
- Siblings are welcome to participate, however you will need to bring along their birth certificate or passport.
- If you can’t make it to school this morning you can visit your nearest Commonwealth Bank Branch with both your and your child’s identification.

SCHOOL BANKING IS EVERY FRIDAY!
JUST DROP YOUR YELLOW BANKING WALLET INTO THE SCHOOL OFFICE!

This is a great fundraiser for our school. We receive $5 for every child $5 for every Activated Account via the School Banking program (i.e. for each student who banks through the school’s program for the very first time) and 5% of every deposit made at school (up to a maximum of $10 commission per individual deposit).

For more information visit www.commbank.com.au/schoolbanking or contact the office.
COMMUNITY NOTICES
(For detailed information see the noticeboard at the office)

GREATER BRISBANE JUNIOR TENNIS (GBJT) conducts weekly Tennis Fixtures at the Queensland Tennis Centre, Tennyson and The University of Queensland for children up to 18 years of age. Grading day for new players is to be held on Sunday 9 February at the Queensland Tennis Centre, Tennyson from 3pm to 5pm. Further information is available at www.gbjt.org.au or by phoning Mrs Peta Davis on 3374 0516

LEARN THE FLUTE! Learn to play the flute with a beautiful tone with a local qualified Flute Teacher. Improve your performance in the school band, learn to play from memory and enjoy group lessons with the Suzuki Method, or prepare for AMEB exams in an encouraging Flute Studio. Visit www.brisbaneflutelessons.com.au for more information, and phone Helen McKee to arrange an interview or lessons on 0423 143 189.

P1 BEGINS AT SHERWOOD UC FOR 2014 - Invitation open to year 7 and year 6 students. P1 begins on Friday 31 January, this year especially for year 6 & 7 students! 7:15 - 9:15pm (please note new start time!) during term time. All welcome for a night of fun, activities, devotions and supper. More information and registration form at http://sherwood.unitingchurch.org.au/youth/PriorityOne/default.htm We look forward to meeting our new P1'ers for 2014!

VIOLIN TUITION AVAILABLE Private tuition for violin and viola is now available with Helen Carvolth, MMus, BMus (Hons), BA, AMusA, ATCL. Private Oxley studio, reasonable rates, very experienced, well regarded teacher and performer. Ph 3375 3384 or email musicmum@tpg.com.au

QUEENSLAND LEARNING & DEVELOPMENT CLINIC OPENED 27th JANUARY 2014 We welcome you to this new multidisciplinary practice of Psychology, Education & Speech located in Springwood. The Queensland Learning & Development Clinic (QLDC) consists of leaders in the areas of Working Memory, Trauma, Psychology, Autism, Reading, Learning, Speech, Language and Auditory Processing. QLDC is our 2nd Clinic with our other office located in Newcastle NSW. Our values, to listen, to respect, to care and to assist allow our team of dedicated professionals to cater to each child with compassion and professionalism.

Referrals are welcome direct to QLDC from schools, teachers, parents, preschools, GPs and other professionals dedicated to assisting children with researched intervention strategies.

Our team consists of:

Amanda Tocci (PhD Psychology Candidate): Working Memory, Literacy & Learning Specialist
Debra Mainwaring: Psychologist, Educational Psychologist
Shae Rodgers: Speech & Language Therapist

If you would like our assistance then please feel free to contact our office on 1300 651 704.
Queensland Cheer Elite offers American-style cheerleading and dance classes for ages 5 to adult. Learn to dance, jump, cartwheel and flip with the best in Brisbane at our new location at Sumner Park!

*We promote the values of teamwork, hard work and fun whilst developing coordination, strength, flexibility and friendships.*

For your Information Pack, email us at [qce.west@gmail.com](mailto:qce.west@gmail.com) or call our office on 3161 5069. We accept members all year round and no experience is required!


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**WEST BRISBANE FALCONS BASKETBALL CLUB**

**DID YOU MISS OUR SIGN ON DAY??**

If you missed our Sign On Day, you still have an opportunity to sign up to play junior basketball (U8-U18).

Please contact the club on 0450 105 252, [westbrisbanebasketball@hotmail.com](mailto:westbrisbanebasketball@hotmail.com) or [www.westbrisbane.basketball.net.au](http://www.westbrisbane.basketball.net.au) ASAP to become a basketballer at Falcons.

**JOIN THE FALCONS NEST AND SOAR ABOVE THE REST!!!**
Would you like your family to live a healthier lifestyle?

Raising healthy children is an important aspect to positive parenting. Your child’s physical health can affect their growth and development, their ability to participate in school, sport and other activities, and how they get along with other children. Children who eat well and stay active are more likely to develop into healthy adults. Researchers at the University of Queensland are currently offering a FREE Triple P parenting program to parents of children 3 to 10 years in exchange for participation in research. Across three seminars you will learn strategies for...

- Managing both general and lifestyle-specific child problem behaviours
- Helping your child eat a healthy balance of nutritious foods
- Motivating your child to be more active
- Limiting screen time

The program is run at St Lucia and Ipswich, with free childcare available for families. To register visit our website: www.exp.psy.uq.edu.au/life

Jessica Bartlett – Project Coordinator
Email: lifestyle@triplep@uq.edu.au
Phone: 0424 321 086 (please leave a message)

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A non-profit association dedicated to enhancing the well-being of children with special needs in the local community. We offer inclusive and integrated ballet classes taught by Royal Academy of Dance qualified teachers.

Our program develops motor active skills, musical awareness, expression and creativity.

Contact Mikayla on 0414 626 361, tippytoeco@gmail.com, or visit our website www.thetippytoeco.com
SEMINAR FOR PARENTS:
Food for a happy and calm household

Can the food in your child’s lunchbox affect their behaviour and health?

Are some of the chemicals put into everyday foods and drinks causing temper tantrums, sleep disturbance and disruptive behaviour in your children?

Join Home Economist and Queensland’s Additive Alert Community Talks Presenter Louise D’Allura for a fun and informative 2 hour seminar. You’ll learn:
• Which food additives are linked to health, learning and behaviour problems (including asthma and hyperactivity).
• How to read and interpret food labels so you know which additives are worth avoiding.
• How easy it is to shop smarter and still stay sane!

All attendees will receive a handy Additives to Avoid card to make shopping simple! Australian Best Seller Additive Alert will be available on the night.

Tickets:
$20 each

ONLINE SPECIAL:
3 Tickets $49.50

Bookings are essential!
Get your tickets from www.MealPlanningYourWay.com
Questions? Call Louise D’Allura on 0408 723 559 or ask questions via our Facebook page.

www.Facebook.com/MealPlanningYourWay

Dates and Locations

<table>
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<tr>
<th>Wilston</th>
<th>Kenmore</th>
<th>Kallangur</th>
<th>East Brisbane</th>
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| Tuesday 4 March 2014
7:00 pm– 9:00 pm
Wilston Presbyterian Church 28 Macgregor St
| Tuesday 11 March 2014
7:00 pm– 9:00 pm
Holy Spirit Anglican Church 1036 Moggill Rd
| Wednesday 12 March 2014
7:00 pm– 9:00 pm
Kallangur Tavern 1517 Anzac Ave
| Wednesday 19 March 2014
7:00 pm– 9:00 pm
East Brisbane Primary School 50 Wellington Rd

Feedback from Strathpine Community Kindergarten:
This talk was both informative and very well presented. Louise was able to captivate us all with her lively, informative and down to earth approach to what would normally be a scientific and “information overload” topic. Parents even made comment weeks later about the significant behavioural changes in their children after making adjustments with their family’s diets. We recommend Louise’s talks to all parents and have Additive Alert in our Parent Library which is a regular read for new parents. We all have her handy Additives to Avoid card in our wallets to arm us with knowledge in the supermarket!

Get Your Tickets from www.MealPlanningYourWay.com

Buy Now
First Swing
Golf Begins Here

After School & Weekend Programs are running at:

Oxley Golf Club
Friday’s @ 3:30pm

Book a FREE Trial

Contact Us!
0432 740 073
info@firstswing.com.au
www.firstswing.com.au

Come Find Us!
Facebook
Twitter
YouTube

Enrol online Anytime!
Want to know the secret to Resilience? Do you want your kids to know how to cope with life’s challenges?

Find out the secret to building resilience in your family and yourself in several simple steps!

*When:* Wed. 28th of February 6:45pm for 7pm start, 9pm finish.

*Where:* Pallara State School Library (282 Ritchie Rd, Pallara)

*Cost:* $10 donation that will be given to ‘The Pathways Resilience Trust’

*RSVP:* with your name to 0468 571 237 or astridh@chappy.org.au by the 12th of February

*Free Tea and Coffee will be supplied!*

**Professor Paula Barrett**

Paula is internationally recognized as a prominent scholar and ground breaking researcher in the field of child psychology.

For over two decades Paula has authored and evaluated the well-known FRIENDS Resilience Programs recognized in an evidence-based review conducted by the World Health Organization for the prevention and treatment of childhood and adolescent anxiety and depression.

Paula’s programs are run in many schools across the state. Many chaplains use this program to support the social and emotional welfare of students.

In February, Paula will be delivering a detailed talk covering the topic of ‘Resilience’ within children, families and school communities. This talk runs for 2 hours, “21st Century Schools: Where Resilience Matters” will be held on Wednesday the 26th of February.

*RSVP* is essential.
New Mandarin Class Available at Sherwood State School

Enrol for New Mandarin Class in Term 1, 2014!

<table>
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<tr>
<th>Time &amp; Day: to be confirmed</th>
<th>Classroom: to be confirmed</th>
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<tr>
<td>Cost per hour: $12</td>
<td>Vacancies available: 12</td>
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To enrol / enquire
Email ichinesebrisbane@hotmail.com with the child’s
1) name, 2) year level and 3) any previous experience in learning Mandarin, by Friday, February 21, 2014.

Congratulations on completing iChinese Level 1 course!

Our sites
We currently run Mandarin classes at the following schools and kindergarten:

- Brisbane State High School
- Chapel Hill State School
- Sherwood State School
- The Gap State School
- Hilder Road State School
- Goodstart Early Learning Ashgrove

A Small Step Today  A Giant Leap Tomorrow
Learn Piano with Lorraine
A.MusA, B.A (Hons), Grad. Dip. Arts Mgt

Age group from
4 years onwards

Ph: 3379 9132
Mob.: 0418 798 912
Hargreaves Ave. Chelmer

Assessment and Treatment of Fears and Phobia of Dogs in Children and Adolescents
Griffith University

Is your child fearful of dogs? At Griffith University we are conducting an exciting study that includes a thorough assessment and a single session of treatment for children and adolescents (7 to 17 years of age) with dog phobia. We are providing this service at no cost to families. To find out more about this project, please contact Dr Ella Milliner and Dr Lara Farrell on (07) 567 88317 or email e.milliner@griffith.edu.au
RESEARCH VOLUNTEERS NEEDED

Children and Adolescents Required for an Exercise Training Study

Participants will get FREE diet advice, supervised exercise training sessions and health testing!

We are investigating a new exercise training approach in obese children and adolescents. If eligible, participants aged between 7-16 years of age will be required to participate in ten individual sessions with an accredited dietitian and potentially participate in twice weekly training sessions for 12 weeks at the University of Queensland, St Lucia.

Free health testing includes fitness test, body composition scan (DXA and MRI), ultrasound of heart and blood vessels, blood analysis and dietary analysis.

PARKING WILL BE PROVIDED FOR ALL VISITS

To volunteer or receive more information, please contact:
Katrin Dias Phone: (07) 3346 7767; Email: exerciseinkids@uq.edu.au

Visit our website at www.exerciseinkids.com or simply scan the QR code.

Institutional Human Research Ethics Approval number 2013000539

ALSO AVAILABLE AT SHERWOOD SCHOOL
Listed below are a number of extra curricula activities available to our school community both before and after school. Please contact directly.

After School Care- Telephone 3278 1658 (Old Hall)
Art Classes for Children & Adults, (Room 68 – Prep Building)  
Mon/Wed/Thu 3.15pm-4.15pm
Telephone Kim Woolley 3379 6585
Beginner Guitar Lessons – (Music Rooms)  
Mon/Tue/Wed/Thu from 3.00pm
Telephone Audrey on 0432 574 155
Ceramics Sculpting 3D Design (Room 15)  
Wednesday 3.00-3.45pm
Telephone Hugo Vesara on 3715 6069 or Mobile 0401 911 475
Computer Junior Engineers (Computer Lab)
   Tues 3.30-4.15pm
   Telephone Leigh: 0468 411 206

DDJ Performing Arts – Dance/Drama/Music (Music Room)
   Tues/Wed/Thu 3.15-4.30pm
   Telephone Katrina 1300 335 335

Fitness & Dance (FAD) Cheerleading & Dance (New Hall)
   Wed 3.30-7.30pm
   Telephone Belinda 32736367

Futsal Jnr Academy – (New Hall)
   Days to be advised
   Telephone Felipe Amorim on 0410 301 981

Go Sports (Oval) – Soccer & Netball
   Fridays 7.45am to 8.45am
   Telephone Greg Martin on 0417 614 509

iChinese – Mandarin Chinese Lessons
   Tue 3.15-4.15 (Rm 15)
   Telephone Belinda or Ruby 0402 367 332

Jim Joyce Tennis Coaching (Tennis Courts)
   Before and after school lessons
   Telephone 0431 177706 or Mobile 0417 771 022

Keyboardkidz – Contemporary Piano Tuition (Music Room)
   Fridays 3-5pm
   Telephone Malcolm on 3849 5954

Korean Language School (Old Hall)
   Saturdays 9-1pm
   Telephone Young 0431 177706

Personal Training - Spectrum PT (Oval & Under New Hall)
   Mon & Thu 6.30-7.30pm, Sat 7.30-8.30am & 9-10am
   Telephone Karen 0406 406 242

Play Beautiful Football Academy (Oval)
   Wed 3.15-4.15pm
   Telephone Sam 0425 908 308

RHEE TaeKwon-Do (Old Hall)
   Wednesdays and Fridays 6.30pm-7.30pm
   Telephone Michelle Martin 0400 826 488 or
   Rhee TaeKwon Do HQ on 1300 132 779.

Speech Pathology – Helping Speech, Language and Literacy difficulties
   Mon and Fri 8.00-9.00am
   Telephone Keirra Middleton 0425 860 310

Traditional Shotokan Karate (Old Hall)
   Monday and Thursday 6.30 – 8.30pm
   Telephone Sensei Steve 0417007012 or
   sandrews@tskfa.com.au
   www.tskfa.com.au

Tennis Court Hire
   Contact Caitlin Simonson Ph: 3379 9559 or 0417 544 423

 Violin Tuition (Music Room)
   Tue 3pm & Thu 7.15am
   Telephone Liz Young 0417 922 508