Welcome to Week 2 Term 1

I would like to welcome all our new families to Queanbeyan South Public School. We know our students, staff and families will all make you very welcome.

It is lovely to see all our returning students back and settling into classes. We ask that all parents please understand that until our numbers are determined in mid February classes could change a little. While we do all we can to minimise disruption the DEC has class size frameworks that we must work within.

I would like to welcome Rebecca Edgar to our staff. Rebecca has been permanently appointed and will be teaching on Kinder this year. Rebecca brings a wealth of experience and expertise with her having taught in Broken Hill and Yass. Madeline Russell was appointed to the School Learning Support Officer role based in the preschool for 2 days a week. Welcome to QSPS ladies.

Welcome
To our fabulous new Kinder students for 2013. Your first day is a very special day and we know you will enjoy it.
We all welcome you to your new school and may today be the first day of a wonderful journey.

Staff Development Day Term 2
For you calendars—The first two days of term 2 have been designated by the government as staff development days across all schools. This is to assist staff in training and development with the implementation of the Australian Curriculum—English. This curriculum area must be in practice in school by 2014. QSPS has made an excellent start on training in this syllabus area with all staff participating in introductory training day one 2013.
Term Two Staff Development Days fall on.
Monday 29 April
Tuesday 30 April
Students will return to school on Wednesday 1 May.

Book Packs
Book Pack notes have been sent out to all students. Prompt payment would be appreciated by all classes. QSPS aims at all times to keep costs to a minimum and with this in mind the cost of Book Packs have not been raised since 2011. We appreciate your assistance. If you are having difficulty the DEC does provided limited Student Welfare Assistance, please see the principal for help with this matter.
Swimming Carnival Years 3-6
Tomorrow Tuesday 5 February at Queanbeyan Aquatic Centre. Buses will be leaving after the class roll is marked at 9:00 and return by 3:00pm. Parents are required to support with the many duties at the carnival to allow maximum student participation times. If you can assist for any length of time it would be appreciated - please see Mrs Giteau on arrival at the pool.

Scripture will commence in Week 5; Tuesday 26 February for K-2 and Thursday 28 February for Years 3-6.

Induction Ceremony
The Induction of our 2013 school leaders, Student Council Representatives (SRC), Sports House Leaders and Library Monitors will be held in the new hall on Friday 15 February at 12noon. Parents are invited to a cuppa and snack under the COLA after the event.

Meet the Teacher
Tuesday 19th February on the grass area outside the old hall 3:15 – 4:15pm
Come along for afternoon tea and meet your child’s teacher for 2013.

Barnardos Homework Club 2013
The Barnardos Homework Club is commencing this week. Notes were sent home to all Aboriginal families inviting them to fill spaces available. If interested ring Hayden Page (Aboriginal Projects Coordinator) on 6124 3800.

Karen Soltan
Assistant Principal
This week in the garden we...

- Noticed how much the garden had grown over the holidays!
- Pumpkins plants were crawling all over the garden with big pumpkins hiding under the leaves.
- Beetroot are bulging in the ground, well and truly ready to be picked.
- Busy bees and pesky parrots were going to work on the towering yellow sunflowers.
- Tiny green tomatoes are getting ready to ripen.
- Gigantic spaghetti squash are popping up everywhere.
- We also took a tour of the garden, smelling and tasting the herbs and trying to guess the names of all the different vegetables.
- We pulled up a gigantic beetroot and harvested some zucchinis and cucumbers.
- We were amazed to notice all the flowers, red, yellow, blue and purple and the busy bees collecting their pollen.
- We also noticed that Mrs McPherson and Hannah painted the chicken coop in the holidays a lovely green to match our green, green garden! Thank you!

See you next week in the garden,
Emily Yarra—Garden Specialist

LIBRARY NEWS

I hope that everyone had a wonderful holiday and was able to catch up on a lot of reading. I know that I enjoyed reading some books by Kate Norton, Joanne Harris, Jeffrey Deaver and Barbara Erskine.

A signed form and a library bag are required before borrowing can resume this year. A reminder too if you have outstanding loans these will need to be returned also.

We have a lot of new books waiting to be processed including the next instalment from Diary of a Wimpy Kid ~ The Third Wheel, Brotherband 3 ~ The Hunters, The Famous Five Collection, Elmer stories and many more. You may put these on a reserve list by speaking to me about them.

Looking forward to catching up with everyone when you visit the library.

The quote this week is one that I have shared before but I believe that this is a very important thing that will help your child with learning how to read.

"Reading aloud with children is known to be the single most important activity for building the knowledge and skills they will eventually require for learning to read."

— Marilyn Jager Adams
Sandy Swift
Teacher Librarian

QSPS HEALTHY CORNER

Cordials, soft drinks and sports drinks

Cordials, soft drinks and sports drinks are high in sugar, and often contain artificial colourings and flavourings as well as caffeine. For these reasons, cordials, soft drinks and sports drinks should be reserved only for special occasions. Too much of these drinks lead to excess consumption of sugar and kilojoules, which may lead to weight gain and tooth decay.

Take a look at the sugar content found in these drinks:

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Teaspoons of sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of soft drinks – 375 mL</td>
<td>8 to 9 tsp</td>
</tr>
<tr>
<td>Bottle of soft drink – 600 mL</td>
<td>15 to 18 tsp</td>
</tr>
<tr>
<td>Fruit juice drink 250 mL</td>
<td>3 to 5 tsp</td>
</tr>
<tr>
<td>Cordial – 250 mL diluted</td>
<td>4 to 5 tsp</td>
</tr>
<tr>
<td>Water</td>
<td>0 tsp</td>
</tr>
</tbody>
</table>

As you can see, water has zero spoons of sugar making it the best option. Choose water as a drink whenever possible.
Queanbeyan Netball Association is seeking nominations from Players interested in trialing for U11’s Development Squad to represent Queanbeyan at carnivals with other Queanbeyan Representative teams. This is a great opportunity for all girls of this age group to develop their skills to the next level being guided by a qualified coach. Girls currently playing club netball on a Saturday and born in 2002 should apply. Email: QNA Netball for a nomination form qnanetball@hotmail.com or call Kylie Maxwell on 0419 126 949 for further details. Application close 16th February 2013.

PIANO TUITION
Friday mornings. All ages and all styles. Beginners most welcome.
Craig Mewett phone 6278 5331 Mobile:

Queanbeyan Kangaroo Minor Rugby League Football Club will be holding two registration days at the QBN Kangaroo club, as follows:
Sunday 10 February 2013 from 10.30am to 1.00pm; and Thursday 14 February 2013 from 6.30pm to 8.00pm. Please email if you have any questions.

Do you have children aged 7 to 13?
Are you worried about their weight?
Go4Fun runs for 10 weeks during the school term. Sessions are run twice a week for two hours after school.
FREE fun program for kids to become fitter, healthier & happier

Free Call 1800 780 900
For more information visit www.mendcentral.org/go4fun

Coming to Queanbeyan in Week 5 of Term 1, 2013!