TERM 1 WEEK 2
FROM THE PRINCIPALS

PARENT INFORMATION SESSIONS
Classroom routines, expectations and information sessions will be held during week 2 & 3. A reminder below is of the times for your child’s class.

<table>
<thead>
<tr>
<th>Prep</th>
<th>Teacher(s)</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep</td>
<td>Mrs Francis &amp; Miss Noli</td>
<td>Thursday 5/2</td>
<td>2:45-3:15pm</td>
</tr>
<tr>
<td>1/2</td>
<td>Mrs Richardson</td>
<td>Wednesday 4/2</td>
<td>2:45-3:15pm</td>
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<tr>
<td>2/3</td>
<td>Mrs Williams</td>
<td>Tuesday 3/2</td>
<td>2:45-3:15pm</td>
</tr>
<tr>
<td>3/4</td>
<td>Ms Cork</td>
<td>Monday 2/2</td>
<td>2:45-3:15pm</td>
</tr>
<tr>
<td>5/6</td>
<td>Mrs Chappel &amp; Mrs Watson</td>
<td>Friday 6/2</td>
<td>2:45-3:15pm</td>
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2014 STAFFING & CLASSES - update
Please note that until Day 8 of the school year, all classes are Draft. On Day 8 there is a whole of state collection of current enrolments and only after this date can final numbers be calculated. All school budgets, staffing and resources are based on these figures.

Last Friday (31/1) was the first collection based on Day 4 numbers. We currently have 114 students enrolled and actually at school. This means we are sitting well and will not lose or gain a teacher in 2015.

If you know of any families that are moving to the area, please contact the school urgently as these can be counted in our collection (and mean additional resources for your kids). If any questions, please discuss with Rebekkah or Annette.

Draft Classes for 2014 (pre Day 8) – predicted to stay the same

SCHOOL LUNCHES
Healthy options are strongly encouraged and children will not be permitted to eat high sugar and salt items until the healthy options have been eaten first. Chips and high salt items are also not to be eaten at first break and children are very aware of these rules and have no problems shuffling through their lunch boxes and at times asking others to help make the healthiest choice.

We encourage children to think of a normal meal time – healthy option followed by a treat or dessert. Everyone loves a treat, but not every day!

We also support and encourage the nude food strategy and hope to reduce our rubbish consumption by doing away with packets. This is also a cheaper option for families to buy in bulk as individual wrapped options are at times more expensive.
Please assist by doing your best to reduce the wrappings used on lunches. It is difficult to start with, but actually very easy once you get use to the concept!

Lunch ideas

Below is a great article on foods to avoid that zap your energy.

Food can make your body feel ready for action or sluggish, depending on what you eat. As you go down the following list of food types that zap your energy, note that simply overeating--wolfing down a super-sized submarine sandwich or over-sized fried-food platter--can make you drowsy no matter what the ingredients. That’s a key reason why fitness experts advise you to space your meals out throughout the day, whether three main meals or five mini-meals, so that your body can be refueled as often as it needs refueling, at work and at play.

Winding Down
Unless it really is a good time for you to kick off your shoes and curl up on a comfy sofa, avoid these three types of food:

1. Carbs--Certain foods put a damper on your energy because they release glucose into the bloodstream quickly after consumption. White rice, mashed white potatoes, pasta and white bread are key examples. These are referred to as "high glycemic index" foods and they may make you feel very tired.

2. Fats--Fried foods, meats with a high fat content, and oily snack foods, such as cheese curls, corn chips and potato chips, can bring on the yawns. That’s because you are making your digestive system work harder than usual to process the fats. Eating a meal of high-fat meat, sauces, and cheese toppings can really make you feel robbed of energy once you leave the table.

3. Sugary Foods--Last but certainly not least are energy-zapping sugary foods. These include cakes, doughnuts, candy, ice cream, pudding and cookies. The real culprit is all that refined sugar. These foods raise your blood sugar levels. Your body in turn releases insulin, which triggers tryptophan. The chain of events continues to worsen, where the tryptophan is converted into serotonin. This last component is the neurotransmitter in your brain that tells your body “We’re tired. Slow down.”

Also check out some of the information by:
• John Joseph – The Brain Man (food and exercises that trigger brain development)
• http://www.eatforhealth.gov.au

CYCLONE PREPERATIONS
Cyclone season is still upon us so just remember tune into the radio for the latest updates on school closures. Please make your battery operated radio your first port of call. There are now other updates available on facebook and Education Queensland’s website, however, these are at time not accessible by everyone due to many factors such as power outages, water damage, not having a computer or smart phone, connectivity issues. Please remember to check the radio first.

Other useful sites:
Queensland Government http://www.qldalert.com/

Remember: Schools don’t close for inconvenience, they only close if an immediate risk to the Health and Safety of staff and students.

STEPHANIE ALEXANDER KITCHEN GARDEN PROJECT:
Over the next few weeks the P & C along with Mrs Annette Chappell will be beginning to get the Stephanie Alexander Kitchen Garden up and going. One of our first tasks will be to construct a chicken pen. If anyone in the community has any resources that we may be able to use to help build this – (items like steel, timber, mesh, chicken wire and corrugated
iron) please get in contact with the school and advise. We are more than happy to come and collect from your backyard. The more donated goods we can acquire the cheaper the project becomes and this then allows resources to be spent in other areas of the school.

**MEDIA CONSENT FORMS**

Attached to last week’s newsletter was a copy of the current Media Consent Form. Please return forms to the office asap.

**ACTIVE AFTER SCHOOL PROGRAM (AAS)**

Active After Schools Program is no longer running in 2015. This was a fantastic program and many children enjoyed the sporting opportunities it offered.

**SWIMMING TRIALS**

This information was shared with the Year 5/6 class last week, however, we have no students who participate in regular training or club training sessions to be involved. As sporting trials are released, we will provided details to interested children as well as advertising in the newsletter. Most trials are for 10 year +.

Have a great week!

Regards, Rebekkah & Annette

**SHAVE FOR A CURE**

Zooper Dooper’s (iceblocks) will be for sale every Wednesday 2nd break. The cost is 50c each. This is to support Ava Wright’s shave for a cure campaign.

**PARKING**

Please park in the designated parking areas for drop off and pick up of children. These are on the grassed area behind Mrs Williams classroom (2/3) or the carpark at the end of the concrete walkway, that leads to the grassed area at the side of the school. Please do not park in front of the houses beside the school as this is both dangerous and illegal. There are marked signs that convey this message. And lastly, do not park in the staff parking or kindy parking unless you are a kindy parent dropping off kindy kids.

**INSERTS**-
- Tuckshop Menu.
- Kids Matter.
- School Banking.

**P & C NOTICES**

**TUCKSHOP**

Tuckshop will be this Friday.

To all new families, Tuckshop is held every Friday 1st break only.

We are in desperate need of volunteers. If you are interested in helping out please see Carrol Harris (tuckshop convenor) or Denyelle at the office.

**UNIFORM SHOP**

Open Monday and Wednesday 8:00am – 9:00am

The shipment of new hats has come in. At this stage there is only sizes 55 and 57 to purchase. We need to sell the stocks of sizes 53 and 59 before the new hats are purchased in these sizes.

The hats are royal blue in colour and are reversible with the other side being either red or green (house colours)

The Prep kids and new students to the school will find out their sports houses by Tuesday the 3/2.

**UNIFORM PRICES**

Jumpers $20.00 (Sz 6-16)
Shirts - $25.00
Skorts - $14.00 (Sz 4-8)
Hats - $15.00
Homework folder - $12.00
Heavy duty chair bag - $11.00
Pencil case - $6.00

**SEAFORETH DANCE**

**CLASS TIMES**

<table>
<thead>
<tr>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>WED 3:00pm - 3:30pm</td>
<td>Seaforth SS (Pre-Kindy, Kindy)</td>
</tr>
<tr>
<td>WED 3:30pm - 4:15pm</td>
<td>Seaforth SS (Prep, Grade 1, Grade 2)</td>
</tr>
<tr>
<td>WED 4:15pm - 5:00pm</td>
<td>Seaforth SS (Grade 3, 4, 5 &amp; 6)</td>
</tr>
<tr>
<td>WED 5:15pm - 6:00pm</td>
<td>Seaforth Community Hall (HIGHSCHOOL STUDENTS)</td>
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</tbody>
</table>

I would like to start this class in 2015 but it will depend on enrollment numbers.

**TERM FEES**

$20.00 Registration Fee for the year per child plus:

Pre-Kindy/Kindy (30min class x 8)......$48.00
Prep-High school (45min class x 8)......$72.00

Prices are based on an 8 week term to give the kids 1st & 10th weeks off. The first class for the term 1 2015 will take place on Wednesday the 4/2 & the final class for the term will be Wednesday the 25/03.

For all enquiries please contact Julie Webster on 0439 590 805
BUFFSTARS COFFEE
A mobile coffee café will be at school from 7:45am every Monday morning. Find us in the grass field behind Mrs William’s classroom.

TAI CHI
Held in the school library every Friday morning from 9am-10am. $5 for the session.

VIOLIN LESSONS
Chelsea Jansen - violinist from 3Way Crossing.
Lessons at Seaforth School Thursday afternoons after school. If you are interested, please phone Chelsea 040 223 1740 Or email Chelsea Jansen - transactbusiness@outlook.com
Blue Card holder
Fee - $40 for 60 mins or $30 for 45 mins.