125th News
The Governor of Queensland, His Excellency, Paul de Jersey will be attending our celebrations on Saturday 28 May at 11.00am. This is fantastic!!!!

Governor de Jersey’s father, Ron de Jersey, was Principal at Coolabunia from 1950 – 1953.

Organisers need YOUR HELP and are still looking for:-

• Photos over the last 25 years of students, events, etc for inclusion in “The Next Quarter” book.

• Information, funny or unusual stories from families about their school days

• Photos through the last 125 years from families for the “Perpetual Calendar”. We are looking for photos of old / recent sports carnivals, school events, concert photos, class photos, etc.

• Recipes for the Recipe Book. This is something ALL families can do. Remember – your great family recipe will be in print for a very long time and potentially used by many people. Can every family contribute?????

P&C Meeting- Minutes from Tuesday’s meeting included today.

Grounds Work: Come & Do - a DIY Activity
In the lead-up to the 125th events, there are several grounds tidy-ups that need to be done. Rather than having weekend working bees, the school is asking for parents to volunteer some time to drop in and DIY (Do It Yourself) one of a list of jobs. Could be done over the holidays too.

Any time through the day is OK and all equipment will be supplied.

Current Jobs
• Painting the older timber forts
• Painting seats & tyres
• Repairing the old garden seats – timber bases & painting
• Raking sticks out of the fort area & spreading new sand
• Putting the maypole together
• Putting bark chip in gardens
• Preparing a 125 garden bed
• Making the Time Capsule

Thanks Mrs Jo Town
The staff & students would like to express their appreciation for the great work done by Mrs Jo Town as she has replaced Mrs Brittain over the last 3 weeks. Mrs Town has developed great rapport with students and has worked with confidence and skill.

SMART CHOICES
The Smart Choices program that stipulates the type of foods schools and their tuckshops can offer to students has been upgraded to meet the need to reduce the amount of sugar consumed today.

Our tuckshop follows these guidelines and teachers have also been promoting healthy snack attacks.

The Crunch&Sip initiative is a revamp of the “snack attack” and teachers will be promoting this heavily.

What is Crunch&Sip? Time to refuel and rehydrate
Crunch&Sip is a time during the school day when students can ‘refuel’ on fruit and salad vegetables and ‘rehydrate’ with water. This occurs at 10.00am each day at our school.

Each day, students are asked to bring a piece of fruit or salad vegetables (ie ½ apple/carrot sticks etc) to school to eat during Crunch&Sip. In addition, each student has a bottle of plain water to drink throughout the day to prevent dehydration.

Why Crunch&Sip?
‘Refuelling’ and being hydrated can boost a student’s physical and mental performance and concentration in the classroom. Results of government research for primary school aged children in Queensland showed that less than one in ten eat enough vegetables and about three in ten do not eat enough fruit. (Source: The Health of Queenslanders 2014, Queensland Government 2014).

Implementing a Crunch&Sip program can have a positive impact on students by:
• creating an enjoyable daily routine that increases fruit and vegetable intake
• promoting a positive attitude towards fruit, vegetables and water
• incorporating nutrition education into key learning areas of the curriculum
• supporting the intent of Smart Choices, the Healthy Food and Drink Supply Strategy for Queensland Schools.

Establishing daily habits at school can also increase the likelihood of these habits being followed through at home.

Implementing Crunch&Sip in the classroom
All classrooms will be adopting the Crunch&Sip approach to make sure students are fuelled up and ready for learning.

We ask ALL families to follow the school’s initiative and make sure children bring appropriate Crunch&Sip items daily.

• Lollies, packets of chips, very sugary biscuits, poppers, etc are NOT helpful for students. Please do NOT send them.

An information brochure is also included in the newsletter with further information.
GRIP Leaders Workshop  Year 6 Students

All local Year 6 students are attending the GRIP Leadership workshop at the Kingaroy Town Hall on Monday 14 March. This program is focussed on developing better and specific skills with all Year 6 students.

Our current school leaders are using materials from last year’s program in their planning.

► A permission note will be sent home next week.

South Burnett Times School Article

Mrs Pegrem and the Communications Leadership team are busily working on getting a school article together for the SBT’s school focus on 15 March. There will be 3 other opportunities during the year.

Harvey Norman is funding the production of 3000 extra papers to be issued to all school students. The group took a whole school photo today around the large Koala to be part of the article.

Parents Speaking to Students

Parents are reminded that any incidents that may occur at school or on buses need to be dealt with by the school. If a parent reprimands another family’s child, they leave themselves open for emotional and potentially unwanted conflict. Remember – with any incident, you are often only getting the story from one perspective. Be very aware of this.

As adults, we MUST set the right example for our children. This means we don’t speak about other children or issues that may be concerning us ‘within earshot’ of our children.

If an incident occurs, parents must stay calm and speak in an appropriate manner. Children pick up quickly the way adults act and follow suit. It is our responsibility to ensure appropriate role modelling occurs.

School Photos

Proofs are available at the office for viewing or you can log-on to www.treasurepics.shootproof.com/coolabunia Password-1602

Order form attached today – orders close 17th March 2016.

Aussies of the Month

The following students were presented with their badge and certificate on Monday’s assembly: Kyah Fresser, Rhedyn George, Will Besson, Kahla Dirago, Clinton Blanch, Lilly Corrie, Cody Kavanagh, Daniel O’Neill, Fidel Mearns, Kaidence Flood, Thomas Town, Harmony Hall, Darrien Pope.

School Swimming - Lesson #4

There are still some swimming fees outstanding.

Payment to be made ASAP please.

The ‘5c Frenzy’ - Week 2 Weigh in

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<td>3093g</td>
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<tr>
<td>Yr 5/6</td>
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Years 2, 4/5 and 5/6 have started their second jars. Well done everyone.

…. With two weeks to go who will be in the lead next Friday?

Bookclub

Orders and payment due 8th March if you wish to purchase from the current issue. Orders from previous issue will be distributed next week when all have arrived.

125º Shirts

With the 125º celebration approaching we are looking for expression of interest in ordering a 125º Shirt. The design is the same as the P&C shirt but will have 125 years embroidered on it. If interested - please return order form by 24th March. Shirts are $30ea. Student sizes can be ordered.

Orders for P&C Shirts will also be taken – order forms available next week.

Fleecy Jumpers and Screen Printing

Parents wishing to purchase ready-made Fleecy Jumpers or have their own bottle green jumpers embroidered must have them to Fiona Coyne by 24th March 2016. This will enable us to get them embroidered over the holidays and hopefully back to families in the first week of term 2.

All supplied jumpers must be clearly named so as to avoid any confusion. If anyone is having any problems supplying their fleecy jumpers, could they please let me know. Thanks Fiona

P&C Chocolate Drive

There are NO more Chocolate boxes at school.

► If you have some that you are unable to sell – please return the box to school with your details as another family may be able to sell them.

REMEMBER: The closing date for the return of all money and unsold chocolates is Thursday 16th March.

Thank you to everyone who has been able to support this fundraiser.

P&C Recipe Book

Enclosed is a Recipe Sheet for families who would like to contribute to the 125º Recipe Book.

Type / write / photocopy your recipe and send to school ASAP or email fpcoyne@bigpond.com by 15th March to be included.

Student Contribution

Have you paid your Student Contribution?

► Student Contributions - $20 ea for first 2 students and $10 each for each additional student per family.

‘I hear and I forget, I see and I remember, I do and I understand.’ Confucius
The P & C Needs Your Help!!!!
The P & C will be running a Cake, Produce and Sausage Sizzle Stall on Saturday 19th March 2016 - Voting Day for the Local Government Election. Many voters look forward to purchasing something nice to take home for morning tea.

**BAKING:** To make this event successful, we need baking donations of cakes/muffins/biscuits/slices or vegetable/fruit donations. Baked items need to be packaged for sale and have an ingredient list attached please.
- Baking and fruit/vegetable produce will need to be delivered to the school by 4.00pm on Friday 18th March or by 8.00am on Saturday 19th March.

**STALL WORKERS:** We also need workers on the day to help run the stall. All help is appreciated.

Please fill out the attached form and return to school by Thursday 9th March.
Any queries please contact the school, or Lois Blanch 4162 4356.

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**DATE CLAIMERS**

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<td>125th School Celebration Day</td>
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Cool Koala says
P&C ‘Election Stall
Saturday 19th March

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Walk With Lynda (Geiger)
Melanoma Charity Walk - Kingaroy
Information and Registration Night
Thursday 10 March 2016
Carrollee Hotel
Turn up anytime between 6pm and 8pm
$20 registration fee

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M Johnston
Principal