



17 March 2023

## School Hours

Class starts 8:45am

School ends 2:45pm



Student Absence Line  
3372 0760

WEBSITE: [www.inalass.eq.edu.au](http://www.inalass.eq.edu.au)  
EMAIL: [admin@inalass.eq.edu.au](mailto:admin@inalass.eq.edu.au)  
PHONE: 3372 0777  
OFFICE HOURS: 8:00am to 4:00pm

## PRINCIPAL'S OUTLOOK

Gayle Healey

### Upcoming Events



Feb	
Mon 20th	NAPLAN—Yr 3 & 5
Tue 21st	NAPLAN—Yr 3 & 5
Wed 22nd	NAPLAN—Yr 3 & 5
Thu 23rd	NAPLAN—Yr 3 & 5
Fri 24th	NAPLAN—Yr 3 & 5
Fri 24th	Harmony Day
Mon 27th	NAPLAN—Yr 3 & 5
Mon 27th	Senior Assembly
Tue 28th	Parent Teacher Interviews
Thu 30th	Cross Country
Fri 31st	Ranger Day

## HARMONY WEEK

EVERYONE BELONGS



As learners, we encourage our students to ask questions. When children are asking questions they are:

- learning,
- building on their understanding of what they know,
- clarifying their understanding,
- deepening their knowledge and understanding.

Encourage your children to ask questions, start with 'I wonder why....' - this provides a great discussion point for your family. It's ok if you don't know the answer - work together to find out the answer.

Our Year 3 and 5 students began NAPLAN testing this week. Our learners completed these assessments confidently. The students at Inala are well prepared in the work they do every day in their classrooms. I am confident our students have completed the assessments well. NAPLAN continues next week - keep sending your children to school on time, remember Breakfast Club is available every day for our children.

NAPLAN

### Harmony Day

Harmony Week is on next week. There are so many exciting activities planned for the students during the week. Inala SS is a diverse, multicultural community where everyone is welcome, belongs and is accepted. We value our diversity. We are encouraging the school community to come to school on Friday (24 March) in cultural dress or wear orange. Families are invited to an afternoon tea at 1:30 followed by our whole school parade at 2pm. At our parade we will have some dances from different cultures and be recognising our diversity. Come along and celebrate our diversity with us.

### Every Day Counts



Coming to school every day is vital to our learners being successful! Our aim is for students to be at school every day. Unfortunately, our overall school attendance is close to 90%. This means that 10% of our learners are missing out on valuable learning time. If there

are circumstances as to why your child is absent that you would like to discuss, please arrange a time to speak to a member of the leadership team or your child's teacher. Each week on parade, we acknowledge the classes that have improved the most in their attendance during the last week. When students miss school, they not only miss out on valuable learning, but also miss out on seeing their friends and spending time with them.

## Parent Teacher Interviews - Tuesday 28 March from 3pm to 6pm in the school hall.

Have you booked your parent teacher interview time yet? There are still some time slots left, use this link to make a booking - <https://eq.sobs.com.au/pt3/parent.php?schoolid=70917> . Bookings will close on Monday 27 March at 3pm. Parent Teacher Interviews are a great opportunity to meet your child's teacher face to face to discuss the strengths of your child and how to support them. Translators are available, arrange a time to meet with your child's teacher today.

## Healthy lunches

Why do children need a healthy lunch? There is strong research to indicate that a healthy lunch improves physical development, their brain development and their behaviour. We have two breaks during the school day, our first eating time is 11:15 and this is when children usually eat their lunch and the second break is usually a snack. It is sometimes difficult to come up with ideas of what to put in your child's lunch box. Some ideas are: sandwiches, rice, salads, wraps, fresh fruit, sultanas. Have a chat to other families, share ideas of what they send for their children, it may give you some ideas.



## P&C in 'caretaker mode'

On Wednesday afternoon, we held our AGM for our P&C. Unfortunately we didn't have any nominations for the executive roles with only 4 members of the school community in attendance. This means, the P&C is now in 'caretaker mode' which means the school will assume responsibility for the running of the Tuckshop and the Uniform Shop. We will keep you updated with the processes for this and the impact it may have for the school community. As we won't have an active P&C, I will be looking for other avenues to ensure there is open communication about the direction of the school and for families to have a say about our school.

## Active School Travel

Crazy Sock day was a great day. Lots of crazy socks were worn. The aim of Crazy Sock Day was to encourage families to actively travel to school. The good news is, we improved from our start data. Last week, we had 51% of our students actively travelling to school. One Year 6 student, very proudly told me that she walked to school rather than travelling in the car, another student spoke about riding their scooter to school. I encourage you to actively travel to school each Wednesday. 3T have written some persuasive texts about why you should actively travel to school (see next page).

Congratulations to 3G who were the winners of the class award this week - they had 75% of their students actively travelling to school. For this week, 3G have a trophy, a box of games and a bag of equipment for their use.



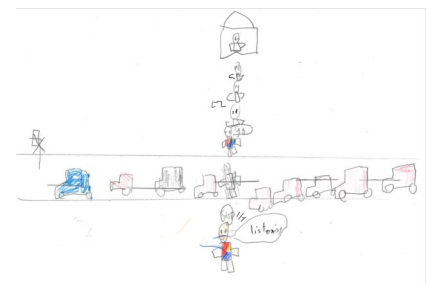
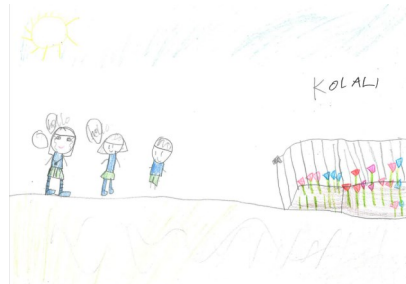


# 3T Persuasive Writing

Year 3T want to persuade you to join in with Active School Travel.

We decided to practice our persuasive writing skills by writing about why families should join in with Active School Travel.

- Mums and Dads, this is why we need to walk to school. It gives us some energy instead of sitting in the car with just loud music. Walking to school makes our attitude better and lets us have some muscles. Active travellers are great at getting muscles. Why do we drive when we live close enough? We need to walk!!! Imagine how relaxed we would feel and you would feel if we walked to school. Elu
- Can we walk to school and home from school with our friends? We will be listening for the traffic so we can be safe. When the cars are not nearby, we will cross the road by looking left and right. Zidane
- To walk to school, you will need sunscreen. If you are walking to Inala State School you will need water in a water bottle. Walking to school is good for you. Ben
- If your kids walk to school, they might find friends in the neighbourhood. If you live too far from the school, you can drop them off half way and they can walk to school together. Kolali
- Mums and Dads, we need to have fresh air so let us do active school travel. If you let us be active, Inala State School will be good at Active School travel. We will be very refreshed by walking to school and walking home. Do you agree that active school travel is good for kids? Marisa
- I think I should walk to school early. Kids should walk to school safely. They should stay on the path. Ishmahim.





## Cross Country

The Inala State School Cross Country will be taking place on Thursday 30th March 2023 from 9:00am to 10:45am. Cross Country is an important school sporting event in which students run a race on a course over natural terrain such as dirt or grass. Students are to participate in their age groups for this race. Students are encouraged to wear their House Colours: Mungar - Blue, Ngurum - Red, Barrakadan - Yellow. Parents are allowed on site to spectate for the carnival. The Prep, year 1 and 2 students will join the carnival at 9:45am for their races.

## Congratulations

Congratulation to Daniel 4J, for making the Southern Scorpions Rugby League Team.

# School Reminders

We would like to remind families that our school hours are 8:45am to 2:45pm. There is no supervision at school outside these times, if you are unable to drop off/pick up by these time you will need to make arrangements with an afterschool care provider. We have PCYC on site here at our school hall who can help with these arrangements.

**OUTSIDE SCHOOL HOURS CARE**

**ENROL NOW**

The Police-Citizens Youth Club (PCYC) has been providing quality school age care for young people for over 30 years.

Address  
Rosemary Street, Durack, Queensland, 4017  
Contact

Phone: 0427 061 445  
Email: inala@pcyc.org.au

FEE BUS SERVICE

**PCYC QUEENSLAND**

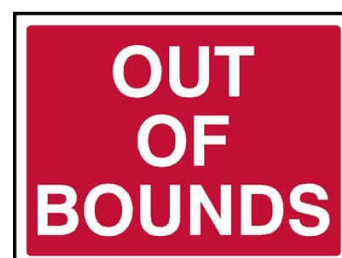


## No Parking on School Grounds

There is no parking or drop off points available on school grounds. The car park access on Glenala Rd is for staff only. Parents are reminded that it is not safe practice to use this space as a drop off zone for your children in the mornings.

## Playground out of bounds before and after school.

For safety reasons all playground are out of bounds before and afterschool. We ask parents and care givers to remind students not to play on the equipment even if you are supervising.



**Do you have a student in Prep?**  
**Have you booked your FREE vision test?**  
**Follow the link below to book in, it's not too late.**



### **Visit by Registered Nurse for Free Prep Vision Screening**

Good vision is important for a child's educational, physical and social development. Vision screening checks for common eye conditions that may impact your child's ability to see and therefore impact their learning and development.

A Registered Nurse will be visiting the school on **Thursday 13<sup>th</sup> July and Friday 14<sup>th</sup> July 2023** to conduct vision screening for children in their prep year.

If you wish to have your prep child participate in this **FREE** vision screening program, please complete a consent form

Online by Friday 2<sup>nd</sup> June (a very simple process)

Should you choose to complete a paper form; please see the school office for a Hardcopy

Participation in this free vision screening program is not compulsory. If you do not wish for your child to participate in screening, please complete the consent form and indicate that you wish to decline screening.

Parents do not need to be present for screening, however if you would like to be, please contact the school to arrange this.

If you have concerns about your child's eyes at any time, please take your child to see an eye health professional (optometrist/ophthalmologist).

For further information, please scan the below QR code to visit the Program website or contact the Primary School Nurse Health Readiness Program on 1800 687 372.





# Positive Behaviour for Learning

During Weeks 7 and 8 all classes have been preparing for our week of Harmony Day activities. Classes have been discussing the definition of words like *harmony*, *diversity*, *acceptance*, *differences*, *culture*, *community* and *belonging*.

Each class has made preparations in their own way, and worked together to identify positive behaviours that could contribute to making everyone at Inala SS feel that they belong.

Some children have been singing the Harmony Day song, and have viewed videos about the origins of Harmony Day. Below is a link to the Harmony Day song...

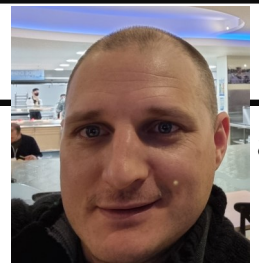
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# Chappy Corner



Hi my name is Scott. I have a wonderful wife and 3 amazing children, 2 boys and baby girl. I have been a teachers aid at primary level and a youth worker previously. This is my first time with a job role as a Chaplain. I have been introduced to the all the children at ISS through assembly and breakfast club. The children I have meet at the school are all lovely. I know I will really enjoy my time at ISS. My goal foremost is to provide care and emotional support to children. To be a person in their lives they can come to if upset and need help with anything or if just want to have a friendly chat. My goal is to also provide support in learning whether that be in the class or with a particular sport. I am also here to help the child and potentially their family. This help includes issues such as providing emotional or physical needs. Physical needs can be help with food, school supplies, uniforms etc. I am limited to what I can offer but with the help of donators I hopefully can provide the needs and wants for everyone. Please come and say hello if you see me. One such event I have organised for the children currently is;

## STRENGTH CHALLENGE

**WHAT:** We are about a **POSITIVE** exercise culture with NO negativity!

**WHERE:** LOCATION - year 4 playground on the Hampton street end by the tree

**WHY:** It is fun fitness for everyone.

**WHEN:** 1<sup>st</sup> break, 1030am

**WHO:** Chappy Scott and Mr Nguyen will be leading the fitness exercises.

**HOW:** Participating with a good/positive attitude is all that you need and giving it a go.



## PARENT TEACHER INTERVIEWS



**TUESDAY 28TH MARCH 2023 3PM – 6PM**

We will once again be holding our Parent Teacher interviews at the end of term.

Bookings open 1st of March and close 27th March at 3pm

Please use the link provided below to book with your child's teacher.

<https://eq.sobs.com.au/pt3/parent.php?schoolid=70917>





## Australian Childhood Anxiety TREATMENT STUDY

### Free home-based assessment and treatment for

### 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

#### About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of homebased treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

#### About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

#### Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 [cadrp@griffith.edu.au](mailto:cadrp@griffith.edu.au)

 [Australian Childhood Anxiety Treatment Study](#)



Australian Government  
National Health and  
Medical Research Council



Queensland, Australia







GU Ref No: 2019/146





# Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

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|  laptops & tablets  |  lessons & activities |
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To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



**Contact**  
Dave Smit  
your local Saver Plus  
Coordinator

**Phone**  
0417 436 183

**Email**  
David.Smit@thesmithfamily.  
com.au

**Web**  
[www.saverplus.org.au](http://www.saverplus.org.au)



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.