THE BIRKDALIAN

STUDENT ABSENCES: absence@birkdaless.eq.edu.au
DENTIST: 3822 3473   TUCKSHOP: 3207 4187
FACEBOOK: parents/caregivers of Birkdale State School
WEB ADDRESS: www.birkdaless.eq.edu.au

19 March 2014

BIRKDALE STARS
This week’s Birkdale Stars are:

Kayla   Prep
Riley   Yr 1
Ella    Yr 2
Cruize  Yr 3
Chloe   Yr 4
Anisha  Yr 5
Chloe   Yr 6
Dominic Yr 7

STUDENT COUNCIL 2014
CAR BOOT SALE
WHEN: SATURDAY 29 MARCH
WHERE: BIRKDALE STAFF CAR PARK
TIME: 8 am - 12 noon
COST: $10.00 per car, ticket holders only.
TICKETS: IN FRONT OF THE SCHOOL OFFICE 8 am - 8.30 am MARCH 28
Pack all your treasures into your boot and come and sell, sell, sell!
ALL UNSOLD ITEMS MUST BE REMOVED BY THE OWNER. STUDENT COUNCIL & BIRKDALE STATE SCHOOL TAKE NO RESPONSIBILITY

P&C NEWS
CADBURY FUNDRAISER
If you have taken a box, please return your money by this Friday!!! AGAIN we still have lots of boxes to sell, so if you would like to collect a box I will be at school in Thursday morning from 8.15 - 8.45 am or contact me on 0411032266 to arrange alternative pick up or speak with our lovely office ladies. We NEED to sell these boxes. If you take a box this week, the return date for money will be Friday 28 March.

P&C AGM will be on Tuesday 25 March, in the Library at 7 pm. Come along and have a say on what is happening in your child’s school. It is great to be part of the Birkdale community. Remember, you don’t need to help at everything, just let us know when you are available.

Thanks. Bev Casey P&C President.
A Healthy Start: Each And Every Day
by Jayne Barnett Deputy Principal

It is not always easy to get children to eat and eat well; however **the importance of nutritious and filling meals for breakfast and lunch cannot be understated.** From a teacher’s perspective, children who have had little or no nutrition for breakfast are often sluggish and find it difficult to attend to and remain on task. On the other hand, children who have ingested a meal high in sugar are more equipped to run around the oval rather than attend to learning in the classroom. **For this reason, decisions around what your child is eating are vitally important as it can have a direct impact on their learning.**

Visit these websites for great breakfast and lunch ideas for children at [www.nutritionaustralia.org](http://www.nutritionaustralia.org) or [www.education.qld.gov.au/schools/healthy](http://www.education.qld.gov.au/schools/healthy)

**Some Healthy Lunch Ideas:**

- **Give them choice and involve them in the decisions:** obviously this is not always possible but it is well worth your while to discuss with your child healthy eating options and why they need to eat sandwiches and fruit/vegetables before any ‘junk’ food.

- **Make it a mini.** Small versions of everyday foods (tiny sandwiches, cubes of fruit) not only look more appealing but are easier to eat.

- **Select a special shape.** Children love shapes and something novel. If what you’re serving is relatively flat, you can cut it with a cookie cutter: sandwiches, pancakes, cheese slices, melon wedges, and more.

- **Dip is a definite do.** Whether it is sauce, salad dressing, yogurt, hummus, or cheese, pack a small container of dip and watch ‘dunkables’ like veggie strips, fruit chunks, and crackers disappear.

If your child has a tuckshop lunch please be mindful that there are occasions when your child doesn’t eat this item and so your child has had very little nutrition for their day at school. As a precaution, pack a simple vegemite sandwich or roll as a backup lunch. This way your child has something to eat so as to maintain their focus and stamina.

Music Notes...

**Junior Choir Performance**

Next Monday, 24 March, the school is having its Open Day sessions. The first one begins at 9:00 am and will include assembly. The Junior Choir are going to present one song, All Things Bright and Beautiful, accompanied by Mrs Venn on the keyboard. Please have students at the **Hall at 8:15 am on Monday** for a sound check, dressed in their school uniform shirt and shorts/skorts/skirts (NO DRESSES PLEASE), white socks, **plain black shoes** and royal blue and gold hair accessories. Hair should be neatly arranged. Earrings should be appropriate size and colour according to the school rules. This is the expected uniform for all performances throughout the year.

**South East Region Advanced Choral Camp**

Congratulations to Ethan, Sarah, Savannah and Hudson who were selected to attend the three day camp. They are off to camp on 24 – 26 March where they will work with other high achieving music students and professional singers. It will be a wonderful learning experience for our students. The event concludes with a concert at Windaroon Valley SHS on Wednesday 26 March. The concert is expected to run from 6.30 pm – 7.30 pm and is free for the family and community to attend.

**Voice Fusion – Senior Choir**

I am very excited to announce that our school was successful in gaining a place at the South East Region workshop and will attend on Thursday 3 April for a full day. Notes have been issued to all members of the Senior Choir. Parents are welcome to attend performances in the middle session, 10:55am – 12:30 pm, at Bayview State School in the Hall.

Yamaha Recorders are still available from the Music Room for $10 if your child needs one. (All children Yr 4 – 7 are required to have one for music lessons.)

**Icy Cups are Back**

Icy cups will be for sale each Friday afternoon near the flagpole. Still for the low price of 50c.
**LIBRARY NEWS**

**URGENT**

Volunteers needed to cover new resources

We have purchased a huge quantity of reading materials for the students to take home but they need to be covered before they are sent out. If you have a few hours to spare and would like to help out Birkdale State School please come and see Jo Small in the Library. No experience necessary, training provided.

**WINTER UNIFORMS**

We are now taking orders for the winter uniform. Please place your order prior to the school holidays for collection before schools returns.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>School logo Jumper: sizes 4-16</td>
<td>$28.00</td>
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<tr>
<td>Trackpants fleece</td>
<td>$22.50</td>
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<td>School logo Jacket: sizes 4-16</td>
<td>$43.00</td>
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<td>Trackpants Microfibre: sizes 4-16</td>
<td>$29.95</td>
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<tr>
<td>School logo Jacket Adult</td>
<td>$48.00</td>
</tr>
<tr>
<td>Trackpants Microfibre Adult</td>
<td>$32.00</td>
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</tbody>
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**SCHOOL ABSENCES**

We would appreciate when you phone to advise of your child’s absence, that you please press Option 2 to leave your child’s name, reason for absence and the date. This can be phoned through at any time of the day, although before 9am would be preferable.

**STUDENT PAYMENTS**

Cash Window: Tuesday and Thursday 8am to 9am.

**INTERNET BANKING**

School’s Bank A/c Name: BIRKDALE STATE SCHOOL

BSB Number: 064138

Account Number: 00090369

Reference Code: Name and Class, if fits

Activity Ref Code: On top of excursion note

Code for Voluntary Contribution is VOL. Cost is $80

We have Credit Card/EFTPOS. You can phone on 3286 0710 and give your information for a credit card payment.

Please remember to put your child’s name and class as reference along with the Activity Reference Code.

**IMPORTANT PAYMENT INFORMATION**

Voluntary Contribution – there are no forms to fill in. Payment can be made by Internet Banking, Visa, Credit Card and cash at the Cash Window on Tuesday and Thursday.

**HOT DATES to the Holidays**

24 March: Open Day
25 March: P&C AGM
29 March: Car Boot Sale
29 March: Birkdale Breakers End of Season Trophy Night
3 April: Voice Fusion
4 April: Easter Hat Parade 9.30 am
5–21 April: School holiday
22 April: School resumes

**KIDS ON TOUR**

**CAI GUO-QIANG**

REDLAND ART GALLERY
FREE FAMILY FUN!

Redland Art Gallery invites children and families to participate in an innovative art experience of Cai Guo-Qiang’s brand new multimedia program of projects and activities developed in the studio and the Queensland Art Gallery (QAG) Centre for Art.

NORTH BRISBANE ISLAND
Wednesday 7 April 2016
Point Stanley Community Hall
East Coast Rail Park Landmark

CLEVELAND
Monday 10 April 2016
Redland Art Gallery, Clevelan
Corner of Vulture and Queensferry Street

Vivien Sanson Thems
Drop in session 10am – 2pm
No registration required

Kids on Tour is a family fun event presented in association with the Redland Art Gallery, Birkdale. Group bookings are available by calling 07 3286 0710. This program is funded by the Queensland Government through the Queensland Arts and Cultural Fund, the Redland City Council and the Queensland Government through Arts Queensland.

**Deadly Choices**

Find Us On

#DeadlyChoices

Deadly Choices, a new eight-part television series, takes viewers behind the scenes of real-life street gangs where they are given an inside look into their criminal lives.

Find Us On

#DeadlyChoices