



Rainbow Ramblings

Rainbow Beach State School
Warooga Road, Rainbow Beach Q 4581
Ph: 07-54 863 256 Fax: 07-54 863 468
Email: admin@rainbeacss.eq.edu.au
www.rainbeacss.eq.edu.au

School Hours: 8.30am to 2.30pm Office Hours: 8.00am to 2:30pm Monday to Friday

28 April 2009

If you would like your newsletter emailed home please send an email to tlibl@eq.edu.au

Dear Parents/Caregivers,

ANZAC Day

Thanks to all the parents who continue to support our community school and students. We had over 80 students marching on Saturday and it was with great pride that I was with our students for the service. Our Choir were once again wonderful. Thanks to all our staff who continue to provide the best opportunities for our students.

Cross Country

Our school Cross Country will be on this Thursday, starting at 8.45 am. I look forward to the morning and seeing some great performances. Our students have been practicing at school and several students tell me they have been doing extra training at home.

Date: Thursday 30 April 2009

Time: 8:45am start school oval with house war cries

Students will need: covered shoes, sun safety policy (hat, sunscreen, water bottle), sports uniform or students are encouraged to wear a sun safe shirt in the colour of their sporting house; Yellow – Fraser, Blue – Cooloola (no coloured hair spray or face paints)...Students can change after the run into their school shirt.

Course: Year 1 – mini fun run, Year 2 – modified fun run or 2km course, Year 3,4,5 – 2km course, Year 6,7 – 2km or 3km course.

House points will be awarded for participation and completion of the events.

Gympie Zone Teams

Darius French and Eric Lawton for Rugby League and Ryan Cozens, Brent Litzow and Jacob Litzow for Hockey, will be representing our school and Gympie Zone in the Wide Bay Trials, this Thursday and Friday at Hervey Bay. Best of Luck.

Oliver

Gympie Zodiac Players is performing Oliver and two of our students are in the cast, Chrystele Cartwright and Sarah O'Brien. If you get the chance to add a theatre performance to your list of activities for this weekend, add in a cheer for our local performers. More details are on the posters on the office door.

School Uniform

Thanks to all the students who continue to wear the Rainbow Beach School uniform with pride. Please continue. If your student isn't able to wear the uniform for some reason, please just let us know and choose some similar style clothes. Board Shorts are not really suitable and are best left for casual wear and the beach. The uniform shop has some good navy jumpers and jackets for when the weather gets a little cooler. Please see the girls on Tuesday mornings. Thanks.

Staffing

We wish Mrs Stanieg all the best as she commences her maternity leave. We will keep you up to date with any news. We send the Stanieg family all our best wishes for the birth of the new baby. Mrs Arthur continues with her chemotherapy treatment and we get to pass on our best wishes when she pops in to visit us. Mrs Lawler will be at school 4 days a week and I will be taking the Prep/1 class on Mondays and Wednesday and Friday afternoon for this term. If you need to see me, please see Tori to make a time as I will need to be with my class during those times. Thanks

YEAR 3/5/7 TESTS

These National Tests called NAPLAN will be held over 3 days. 12th, 13th and 14th May. (2 weeks away). If you want more details, please see me. If you would like to talk about any special considerations for your child, please see me. If you would like to withdraw your child from these tests, please see me.

The main support you can give is to make sure that week is stress free, early nights and healthy meals, especially a good breakfast each morning with positive encouragement for your child just to do their best.

KIDS CLUB

Kids Club is on again - same time, same place - Thursday, 2:45pm to 4:30pm, the hall of the Church of the Good Shepherd on Carlo Rd. \$2 entry.

What will we be up to this week? Well, here's a clue: Mothers' Day is coming up!

See you there... HOWARD ROGERS (Howie), Chaplain

CYBER-BULLYING:

A YOUNG CYBER USER'S PERSPECTIVE

Recently Four Corners, on ABC television, aired a program about Internet and SMS bullying. A 17 year old authority on cyber bullying provided several good ideas about responding to this 'social virus'. Most important may be the advice to store evidence and to ensure someone else sees the messages. Such evidence can be traced to its source in the event of legal action against perpetrators. Suggestions provided from the young cyber user included:

For Schools: Make a cyber-safety policy, and endeavour to implement student involved education programs with a cyber bullying component. If students are cyber-bullied, during school time or not, contact the authorities and do whatever necessary to punish the offender and resolve the situation. Also, the words 'Cyber-Bullying' have a humorous quality often exploited by teenagers, so use the words 'Online Harassment' instead.

For Internet and SMS users:

Prevention – Tips:

- Be extra sensitive about what you say online (what you project may be perceived differently)
- Don't incite any bullying, by arguing, flaming or annoying someone
- Don't share passwords with friends – they fight!
- Make hard-to-guess secret questions so people can't get into your accounts
- Turn on comment moderation to stop offensive comments from ever being published
- Tell your friends if a joke goes too far
- Ask them to stop harassing you, and if they don't, read on...

Resolution – 5 Steps:

1. Don't respond to the bully at all
2. Save the evidence, whether it is text, images or websites
3. Block and delete the bully from the service
4. Report abuse to the Admins of the service
5. Tell trusted people, which may be friends, adults, teachers, parents and police if necessary - as it is a criminal offence

For more details including how to save evidence of cyberbullying see the following link:

<http://thewoodverdict.blogspot.com/2008/04/tom-woodscomplete-guide-to-stopping.html>

Dianne Neumann
(Principal)

Dates to Remember

Thursday 30 April	School Cross Country
Monday 04 May	Labour Day Public Holiday
Tuesday 12, Wednesday 13 & Thursday 14 May	Years 3,5,7 Test
Friday 15 May	Gympie Show Holiday
Wednesday 20 May	School Photos
Thursday 21 May	School Athletics (to be confirmed)
Friday 22 May	Interschool Rugby and Hockey commences
Tuesday 26 May	School Athletics – field events
Monday 08 June	Queens Birthday Public Holiday
Wednesday 10 June	Interschool Athletics – 10yr +

P&C NEWS

P&C MEETING NEXT WEDNESDAY 6 MAY

TUCKSHOP NEWS

A new roster is attached for your information.

Next week - Wednesday 6 May, Helper – Danielle Wright, Bakers – Cherie Betteridge and BJ Parton.

UNIFORM SHOP

The uniform shop is recalling all LW Reid skorts that have faded (they have a side zip and button). Please return them to the uniform shop and we will exchange them for a new pair. Thank You.

We are looking for someone to take over from Cheryl Brook in the uniform shop. You just need to turn up on Tuesday mornings and assist parents in purchasing uniforms. You do not need to do any ordering. If you would like to help please contact the school.

We would like to thank Cheryl for her time in the uniform shop, it has been greatly appreciated.



Students are being invited to join in the celebrations of the 30th year of the MS Readathon by registering to take part in the June reading event. Since 1979 schools and children across Australia have read to help people with multiple sclerosis (MS).

Students, parents and grandparents can get involved, here's how...

Click online for free registration and receive an MS Readathon wristband

Flick through books from 1-30 June (you can count books from other reading programs too)

Collect sponsorship donations from family and friends and collect some terrific rewards

Visit www.msreadathon.org.au or call **1300 677 323** for more details.

Bonus! Once 20 students from our school register online for the MS Readathon, the school will receive a Penguin book pack for the library- it's free to register online, just check with mum or dad first.

Stuck? Need a hand with Maths, Science, English, Assignment Research or Study Skills?

Gympie Regional Libraries offers students

Free Online Tutoring

Expert tutors are online and waiting to help year 4-12 students Monday through to Friday from 4pm – 8pm!

Connect from your library or from home at:

<http://www.gympie.qld.gov.au/library>

- Click on the Your Tutor Logo
- Type in your library barcode and press enter
- Select your year, subject and location

See you online!

For further information contact Gympie Library 54810859



State Library of Queensland
Queensland Government



Get Your Child To Behave In 30 Days Or Less

www.KellieGreen.com Health and wellbeing online magazine presents

Kim Patrick Parenting Coach and author of the book

"Get Your Child To Behave In 30 Days Or Less"

Kim will teach you:

- what to do to avoid power struggles
- how to deal with sibling rivalry
- the secret thing all parents must know

Coolum Beach Primary School (staff room) Monday 11th May, 2009, 6.30pm to 9pm

Maroochydore Neighbourhood Centre Monday 18th May, 2009 6.30pm to 9pm

Tickets: \$27 per person (spouse free)

PLUS Free gift pack valued at over \$150 for every attendee

Secure tickets by going to www.KellieGreen.com/childbehave or phone Kellie 0434939810

First ten people to register receive a free copy of Kim's book *all proceeds raised go to local charity "Kids Plus"

MICROCHIPPING DAY

Cost: \$30.00 (includes \$5.00 donation to RSPCA)

Where: Gympie Showgrounds, Exhibition Road

When: Saturday 6 June 2009

Time: Between 10:00am – 2:00pm

Please ensure that dogs are leashed and cats are adequately contained in cat carriers/cages.

Note: Microchip details are not automatically registered with Council. Please supply microchip details to Council when renewing your Gympie Regional Council animal registration.

CPR MARATHON

- | | |
|---|---------------------------------|
| ♥ Help needed | ♥ Approx. 9am – 5pm |
| ♥ GYMPIE SHOW | ♥ 100 people needed – |
| ♥ Be part of this event | ♥ Older children, youth, adults |
| ♥ CPR MARATHON | ♥ 5 minutes each |
| ♥ Machinery Alley | ♥ We'll teach you how |
| ♥ Friday 15 th May | ♥ No experience necessary |
| ♥ 8 hours continuous CPR on a mannequin | |

Ph. Leonora 54831945 or 0425 850 360 To book your preferred timeslot

9-9.30	9.30-10	10-11.30	11.30-12	12-12.30
12.30-1	1-1.30	1.30-2	2-2.30	2.30-3
3-3.30	3.30-4	4-4.30	4.30-5	

Prizes and giveaways

Dear Parents,

Welcome back to Term 2.

Please Note: that the helper is only needed for lunch shift only. 11am- 1.30pm. If anybody is unable to do there day please contact Elizabeth on: 0431 054 338

Term 2 Roster

Date	Name	Baking	Helper
6 th May	Danielle Wright		Yes
	Cherie Betteridge	Yes	
	BJ Parton	Yes	
13 th May	Carmen Speed		Yes
	Sarah Brantz	Yes	
	Michelle Gilmore	Yes	
20 th May	Tamara Emms		Yes
	Andrea Hayes	Yes	
	Kylie Betteridge	Yes	
27 th May	Cherie Morris		Yes
	Therese Young	Yes	
	Alison Darling	Yes	
3 rd June	Howie Rogers		Yes
	Howie Rogers	Yes	
	Julia Dorsett	Yes	
10 th June	Erin Johnson		Yes
	Sandy Brosnan	Yes	
	Sandra Lindenberg	Yes	
17 th June	Cheryl Brook		Yes
	Kristy Watson	Yes	
	Cherie Betteridge	Yes	
24 th June	Sarah Brantz		Yes
	Kate White	Yes	
	Cherie Morris	Yes	

- **Could each baker make approx. 25-30 serves of cake/biscuits**
- **Tuck-shop orders are to be placed in two separate brown paper bags, morning tea and lunch, name, grade and your order (brown paper bags will be charged out at 10c each)**

Kindest Regards
Elizabeth Kilgower