Message from the Office

Year 6 camp
COLOURSS Year 6 is having their annual overnight camp at Collins Creek School on the 7th and 8th April (Week 11). This usually costs $40 (although this has yet to be confirmed). The camp is used as a bonding experience for all Year 6 students across the COLOURSS network. Students do a range of activities and students from the high school normally host a session or two. More information as the camp draws closer.

Excursion to Brisbane
The school is looking at going to Brisbane this term to attend the Gallery of Modern Art to see an exhibition by Cai Gou Quiang- Falling back to Earth, time allowing we may go to the science centre as well. We seek interest from parents so that we can plan this trip. After feedback from some parents it would seem that some are in favour of an overnight excursion. Please indicate if you are interested in attending with your student, and if you would prefer separate accommodation or shared accommodation. The excursion is for years 3-6 only.

P&C (Parent & Citizen Association)
Friday lunches were well received by students and teachers last year. We would love to offer the same again this year, but need everyone to pick a day and either come to school and serve up lunch (roughly 11-1pm - lunch is at 11.30am), or send something in to school (that can be easily heated up by Lyn, that can be served in a paper bag or napkin (to avoid washing up duties if possible!) If Fridays are no good for you, please elect an alternative day in one of the "empty" weeks and return your preference to school asap.

Dates to Remember

<table>
<thead>
<tr>
<th>Week 5</th>
<th>2014 Term 1</th>
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<tbody>
<tr>
<td>Wed 29th Apr</td>
<td>Social – Wiangaree</td>
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</table>

| Week 6 | |
|--------| |
| Fri 2nd May | Cross Country – The Risk |

<table>
<thead>
<tr>
<th>Date</th>
<th>Lunch Offering</th>
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<tbody>
<tr>
<td>28/2/14</td>
<td>Tamara – Cheese and Spinach Rolls</td>
</tr>
<tr>
<td>7/3/14</td>
<td>Carlie</td>
</tr>
<tr>
<td>14/3/14</td>
<td>Ravinder</td>
</tr>
<tr>
<td>21/3/14</td>
<td>Barbara</td>
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<td>28/3/14</td>
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<tr>
<td>4/4/14</td>
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<tr>
<td>11/4/14</td>
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Just let Lyn know which day suits you and what you would like to provide.
Tips on Setting Unplug and Play Rules

Despite what your children might tell you, many families have rules in place to limit children’s screen time (TV, computer, electronic games) for entertainment. Parents play a key role in influencing how physically active or inactive their primary school aged children are. You can play an important role in ensuring that your children don’t exceed the two-hour-a-day electronic media use recommendation set out within the National Physical Activity Guidelines for Children. Family rules are a good strategy to limit screen time in children.

So what are you waiting for? Why not set up your family rules today?

Arrange a family meeting so that everyone can contribute to the rule setting and establish a family agreement. This will make children feel included in the changes you make and ensure they are aware of all the rules. This is also a great opportunity to make your kids aware of the negative effects of too much screen time.

Remember: Children should spend no more than two hours a day using electronic media (TV, computer, games) for entertainment.

Some examples of common rules around electronic media use for entertainment include:

- kids bedrooms are screen-free zones
- no television before school
- all homework must be completed before using electronic media
- electronic media must not be used before the sun goes down
- screen time is between 6:30-8:30pm only
- no electronic media is to be used during meals (including phones and TVs)
- electronic media must be shared and everyone must have equal amounts of time
- if rules are not followed, that person must do the dishes
- kids must have had an hour of activity before using electronic media
- people are only allowed to use electronic media on weekends.

Remember these rules apply to the parents too!

Display the rules you agree to in a central place. To get everyone on board why not plan an active reward? For example, a family tenpin bowling or fishing trip. This will make everyone motivated to follow the rules and create some great family memories.

(Courtesy Heart Foundation: http://heartfoundation.org.au)
**Excursion to Brisbane**

As we need to finalise the details for this excursion we need all notes to come back no later than Friday. If we do not receive all the notes by Friday it will be a day excursion only.

I would like my child/ren .......................................................... to participate in this excursion to Brisbane.  **Yes / No**

I understand all payments would have to be in before the excursion.

Day trip cost $15  **Yes / No**

Overnight cost $100 (day trip cost plus accommodation costs at a budget accommodation)  **Yes / No**

I would also like to attend the trip and stay with the school  **Yes /No**  How many

I would like to attend but will provide my own accommodation for my family