

Chilcott Street  
PO Box 203  
Inglewood  
4387

Phone: 07 4652 0111  
Fax: 07 4652 0100

E-mail: [the.principal@inglewoodss.eq.edu.au](mailto:the.principal@inglewoodss.eq.edu.au)

Absence Line:  
4652 0160

### UPCOMING DATES:

Mar 18—Broncos  
Rd 1 @ Inglewood

Mar 24-26—Sec  
Music Camp

Mar 24—Yr 8 & 10  
Vaccinations 2pm

Mar 25—Broncos  
Rd 2 @ Stanthorpe

Mar 31—School  
Cross Country

Apr 2—Term 1 End

Apr 18 & 19—  
Inglewood State  
School Bike Ride

Apr 20—Term 2  
commence

**YEAR 5/6 have  
Icy Cups for  
sale on  
Wednesday &  
Thursday lunch  
time for .50c**

**Remember to  
return updated  
student  
details forms**



# INGLEWOOD STATE SCHOOL

Est 1872

*We Care, We Learn and Together We Succeed*



**12TH MARCH 2015**

**No. 7**

### POSITION VACANT - INGLEWOOD STATE SCHOOL

A permanent vacancy is available at Inglewood State School for a Cleaner. The position is for 14 hours per week to be worked over five days. As the Cleaner you will:

- Contribute to the efficient and effective operation and environment of the site by providing a high level of cleaning support.
- Ensure that a high standard of hygiene and cleanliness is maintained.
- Ensure that the duties prescribed for the position are completed to an acceptable standard as determined by their supervisor, in accordance with the approved school cleaning program.

All prospective employees must make application for, and be able to obtain, a suitability card from the Commission for Children and Young People and Child Guardian. Successful applicants will be subject to a probationary period.

Application packages are available from the school office.

Please send applications to: The Principal, Inglewood State School, PO Box 203, Inglewood by Wednesday 18<sup>th</sup> March, 2015.

For more information please contact the school office on 4652 0111. Enquiries should be directed to Kerry Edmondstone.

### TUCKSHOP ANNOUNCEMENT

*Last Tuckshop for this term will be Monday 16th March (next Monday).*

*Tuckshop is URGENTLY needing a Convenor and volunteers to help out or there may not be any Tuckshop next term. Please contact Quinn Buckland, 0439 340411 if you can assist. Thank you.*

**INGLEWOOD SHOW Friday 13th & Saturday 14th March 2015**

*Website: [Inglewoodshow.com](http://Inglewoodshow.com)*

School Exhibits - 'What We Are Learning 2015'

**Parents please note:** When paying monies to the school via internet banking please remember to include a description for monies being paid.

	STUDENT OF THE WEEK	STAR OF THE WEEK
<b>1 / 1</b>	Zander	Archie
<b>2 / 3</b>	Ella O	Koori
<b>4</b>	Amelia	Boyd
<b>5 / 6</b>	Twila	Lilly
<b>7</b>	Stacey	Stefano
<b>8</b>	Lydia	Caitlin
<b>9</b>	Piper	Caitlyn
<b>10</b>	Shantell	Conor

**SPOT ON WINNERS—Week 7**

- P/1 Mitchell, Thomas, Imogen
- 2/3 Jemma, Declan, Ella O
- 4 Emily, Regan, Steven
- 5/6 Amy, Will L, Molly
- 7 Stacey, Danielle Dakota
- 8 Kate, Sanicha, Blair
- 9 Caitlin, Peta, Danni

**FOCUS OF THE WEEK**

**Next week our focus is - Be Safe and Be Respectful – ALWAYS USE AND CARE FOR EQUIPMENT APPROPRIATELY**

We will be stressing to all students the importance of looking after personal and school property appropriately. As parents and caregivers, you understand the costs involved with equipping your children for school each year and as such you expect your children to look after these resources. Likewise, the school also expects that all students will use and care for school property, with extra care given to expensive and fragile technology devices.

**STAYING HEALTHY ... KEEP AN EYE ON HIDDEN SUGARS....**

Did you know that new guidelines published by the World Health Organisation recommend Australians reduce their daily intake of sugar to 10 per cent of their total energy intake or 12 teaspoons of sugar? (The guidelines do not refer to sugars found in fresh fruits and vegetables or those naturally present in milk, because there was "no reported evidence of adverse effects of consuming these sugars".) The report, which was released after extensive public consultation and an expert peer review, also found a reduction to below 5 per cent, or about six teaspoons of sugar a day, would bring additional benefits.

WHO department of nutrition for health and development director Dr Francesco Branca said the guidelines were based on solid evidence that would reduce the risk of obesity and tooth decay as well as a range of other health problems.

Many students at our school consume a very high amount of sugar which is hidden in the variety of processed foods and drinks in their lunchbox. Unfortunately many of the foods that are promoted as healthy are actually far from it! To get an idea of just how much sugar is hidden in foods read the label on the packet or box, 4g of sugar = 1 teaspn. For example, if the nutrition table on a food label states: SUGARS 20g then divide this number by 4 (grams contained in a teaspoon).  $20g \div 4 = 5$  teaspoons of sugar in a product!



**WARWICK DISTRICT FOOTBALL ASSOC— SOCCER SIGN UP closing 15th March**

Are you turning 5yrs to 16yrs in 2015! Registration is available online Right Now! Just go to [www.myfootballclub.com.au](http://www.myfootballclub.com.au) click on players and then click register now and follow your nose. We have also put an online registration guide on our website which will help you out if needed ([www.warwickwolves.com.au](http://www.warwickwolves.com.au)). **Please make sure you select the correct registration package as there will be multiple options available.** If you have any problems message us via [Facebook](#) (Warwick district football association) or email [butlerps@gmail.com](mailto:butlerps@gmail.com) and we will help you through it. Registrations will close on Sunday 15<sup>th</sup> March to enable time for us to finalise teams for the season ahead. For any questions or further information please email [butlerps@gmail.com](mailto:butlerps@gmail.com)

**INGLEWOOD STATE SCHOOL MOTORBIKE TRAIL RIDE**

15<sup>th</sup> & 16<sup>th</sup> April 2015

<b>NO Quads – NO Dogs</b>	<b>Ride</b>	<b>Cost</b>
No Wet Clothes required	Open	\$60
No "school" bags required	Newbie	\$30
One picnic bag – \$20/30 max	Pro/Exp	\$0/0
Indemnity application form must be completed		

\* Camping available  
\* Food available all weekend  
\* Hot showers and toilets

**CAMP GREENUP INGLEWOOD**  
see Map attached

Saturday Loop 9:30am  
Ride starts 10:00am  
Truck closes 10:00am  
Sunday Loop 8:00am  
Truck closes 12:00pm  
Bar & Ride Video  
Saturday Night

For more details contact 0423 473 345 (leave a message and we will get back to you) or go to the official website [www.inglewoodss.eq.edu.au](http://www.inglewoodss.eq.edu.au) when forms are available digitally and see photos of previous rides  
LINDSAY COLLEGE, PO BOX 1000, INGLEWOOD QLD 4713  
Get a better idea of the weather visit <http://www.bom.gov.au> or our FB page

**KIDS' CLUB—Thursday 19 March**

3.30—5.00pm @ Inglewood Presbyterian Church  
All Year 1—6 children welcome

**CHAPPY CHALLENGE**

Our last challenge was won by Joe in Year 7. Gostra is a traditional game where you climb a greasy pole to retrieve a flag. *This weeks question is: 'Who were teddy bears named after?'*

**CHAPPY CHUCKLE**

Why don't pandas wear shoes and socks?  
*They prefer bear feet!*

