



BRIGHTON STATE SCHOOL

Newsletter

19 February 2009

From the Principal Patrick McAuliffe

Hello Everyone

NEW DISCO DATE – Friday 6th March 2009 – We will still go ahead with the SPOOKY THEME since so many people were getting organised with costumes. Thank you to families for understanding about cancelling at short notice.

**ARTS COUNCIL PERFORMANCE - SPEAK UP - 2ND MARCH - \$6
PER CHILD**

TOMORROW - FRIDAY 20TH IS THE LAST DAY FOR PAYMENT

Support Teacher- Kerry Jeston

The Importance of Exercise and Being Healthy

Getting the right balance between eating well and being active is the best way to maintain a healthy body weight and prevent serious illnesses like type 2 diabetes, heart disease, high blood pressure, kidney disease and some cancers. It may also help to:

- Build and maintain healthy bones, muscles and joints
- Increase metabolic rate – the rate your body uses up energy
- Reduces feelings of stress, anxiety, and depression while improving sleep and mental health
- Create more opportunities to socialize with others and improve one's life in general

Unfortunately while technology can be fun it has reduced much of our need for movement and activity - do you walk to change the channel or flick a button?!! For the first time ever there is the concern that a larger percentage of the children of today may not outlive their parents.

The recipe for balance is easy - we need to eat a certain amount of food (preferably healthy food) to keep our body functioning properly. Any extra we eat above this daily requirement needs to be burnt off through being active OR it is stored as fat. Now we don't live in a cold climate where we need to store up for the winter, so quantity and fat content of food must be considered to maintain good health.

DID YOU KNOW: If you eat fish and chips and sit still it will take 11 hours to be burnt off but only 1 hour if you go for a jog.

So let's choose a healthy life style

- Eat a balanced diet - Eat to live not live to eat
- Exercise regularly
- Don't take the easy option of laziness eg. walk instead of driving, stand up and manually turn the tv channel, do sit ups while watching TV rather than just sitting
- Organize outdoor activities for all to enjoy
- Entertain your children with a football rather than a TV or Nintendo
- Organize healthy meals for the week then shop for the healthy ingredients to cook
- Walk, cycle or use public transport instead of the car

As you want your children to have a long happy healthy life, and you want to be there for them, and their children, put the hard yards in now. Make a start to HEALTHY EATING AND BEING ACTIVE TOGETHER. The payoffs will be lifelong.

Adapted from Queensland Government – 'Your Life' brochure



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Instrumental News from Meredith Kelly

Well done to all beginner instrumentalists who were ready and organised for their lessons this week with instrument and tutor book. **Instrumental day is each Tuesday.** The children have been issued with their own personal timetable (to keep at home) and a practise record to keep track of their achievements. I spoke with each class regards lots of little practices. Not every minute needs to be spent blowing. It is beneficial for all instruments to practise fingerings they have already learnt!

Concert band rehearsals are held every Tuesday mornings for students in yr 6 and 7 who have been playing their instruments for more than 12 months. We start at 7.45 promptly, as it takes some time to set up and warm up. Please try to have your children on time each week as we are working at a frenzied pace towards yr 7 induction ceremony, the new Sandgate shops opening ceremony and Anzac service. Every child plays an important role in our school band and I really do appreciate the effort some of you put in to have the children in my room on time.

Choir rehearsals also began last week and we too have commitments this term that we are singing in preparation for. Junior rehearsals are on Thursdays at 2nd break. Senior choir on Thursdays at 8.30 am

DENTAL VAN IS COMING TO BRIGHTON AROUND EASTER 2009!
PERMISSION FORMS OUT SOON!

SPORTS BUS MONEY MUST BE PAID BY FRIDAY PLEASE
– OTHERWISE ANOTHER CHILD WILL BE SELECTED

Family Contact Details

Parents are encouraged to keep their family emergency details up to date. Send Judy an email with new details or put them into the RED BOX. Even if you are not sure, I would love to check it for you. My email address is jmear5@eq.edu.au (number 5 at the end of mear)

Also... if you would like to be double efficient and read the newsletter on line you can check out our website www.brightonss@eq.edu.au or send me your email address and I will add you to our weekly send out! My email address again is jmear5@eq.edu.au.

JUSTYNE'S FRIDAY SPECIAL

Butter Chicken with rice – \$5 - YUMMY!

We would love your help in the tuckshop – pop in and see Justyne.



TUCKSHOP DAYS - MONDAY, WEDNESDAY & FRIDAY



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On behalf of the school we would like to send out a BIG
HUGE THANKYOU
to the GILVEAR FAMILY for donating the brand new
LARGE Television!
It will be used in our Library!

NIFORM SHOP REMINDERS

- Second Hand uniforms wanted – bring them to Sonya Thursday from 8.30 to 9.30am in the Uniform Shop under the office.
- Uniform Shop is now open THURSDAY MORNING ONLY
- PRICE LISTS IN THE OFFICE FOYER – PUT YOUR ORDER INTO THE BLACK BOX AND YOUR ORDER WILL BE DELIVERED TO YOUR CHILD.

ARE YOU INTERESTED IN HELPING WITH A SCHOOL MUSICAL / MUSIC NIGHT???

Come to a meeting in the school Staffroom Thursday 19th at 2.30pm

SCHOOL BANKING – thanks to the families who have opened up new accounts. The school receives a commission from each new bank account and continues to receive commission from every deposit made at the school.....so thank you! Your book usually takes 2-4 weeks to be delivered after we send through the application....so keep an eye out in your letterboxes as it will come to your home address.

Can you Help with a Lift to Bracken Ridge????

One of our Year 5 boys needs a lift to the Library at Bracken Ridge after school each day. If you can help please see Judy at the Office.

LIBRARY BAGS & CHAIR BAGS ARE AVAILABLE NOW! \$9

Community News

KUCA CLUB - every Friday afternoon from 3.15 to 5pm at Sandgate Uniting Church – primary school age, \$2.50 per child includes afternoon tea. Come along and enjoy games, food, singing, bible stories, craft and heaps of fun. For more information please phone Janine Confren-Lewis on 3314 0119 or Janine Ellis on 3633 0212.

Australian Girls Choir – Call us to arrange a complimentary tryout class! Ph 3256 0207.

Volunteer Helpers Sought for Einbunpin Festival

Volunteers are welcome at the Einbunpin Festival's planning committee this Saturday to make sure this year's event is even bigger and better. The organising committee is open to all residents to be involved and help with making the festival a success. The first meeting will be Saturday 21st February at 9am at the Sandgate Town Hall Meeting Room in Cliff Street Sandgate – so please let Cr Victoria Newton's office know if you want to come.