31 March 2014

Principals Report

It has been great to see some rain finally fall around our part of the world. It is important with wet weather that your child does have an umbrella or raincoat with them as it can be very uncomfortable sitting in wet clothes all day. The children have generally handled the change in the weather very well.

Our attendance is still below our goal of 95%. At the moment it is sitting on 94.5% across the school with year 7 on 95.6% our best attended year level. Well done year 7! Please next term make school the priority and ensure your child attends all day every day where possible. This is particularly so with years 3, 5 and 7 as we prepare for NAPLAN in March.

Over the last two weeks we have had some great events at school and it has been wonderful to see your support and the support of the school staff for these. Our Dress Like a Farmer Day received state wide publicity as an interview that was done on the local ABC radio station was broadcast state wide on the ABC Country Hour. It was great to see over $600 raised.

Last Wednesday we had our first Care and Share morning. This was a wonderful display of entertainment by our students and my thanks to Melissa Lafferty, Nerida Beattie, Rosie Giblett, Deb Turnbridge and Chappy Ett for the work they did in preparing students and the help they provided on the day. Our older folk who came along had a great morning and even did a song themselves for the kids.

This week we will be launching our SWPBS, having our Easter Hat Parade and Under 8s day. This will finish what has been a fantastic first term. I am really enjoying my role as the Principal of Cooroy and am eagerly looking forward to the rest of the year. Looking ahead to next term, I would love to see a huge contingent of students from our school at the ANZAC Day march on the first Friday back. Please put it in your diary now for your child to attend. It will commence at 10.30am with everyone meeting at the town library at 10.00am.

Enjoy having your children home for the holidays!

Des

Drought Relief Fundraiser

A HUGE thank you to everyone who participated and donated on dress like a farmer day. We managed to raise over $650 to help support struggling farmers. Photographs of the best dressed parade and winners can be found on the Cooroy State School Facebook site: https://www.facebook.com/#!/CooroySS

SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORT

Wow! Many students have received their BRILLIANT Wrist Bands this fortnight. Great job, you are on track to receiving your EPIC level by the end of the Semester.

The student focus for the following weeks will be:

Week 10

Care for Yourself in the eating areas

• I sit while eating
• I eat my own food
• I use my own drink bottle
• I display good eating manners
• I stay with the teacher in the designated area during eating time
• I make healthy choices

Care for Others in the eating area

• I ask permission to leave the eating area
• I stay in the eating areas to finish eating

Term 2, Week 1

Care for your School in the eating area

• I put rubbish in the bin
• I keep eating areas clean and tidy

Care for your Learning in the eating area

• I finish my lunch to help my brain work and give me energy

SWPBS LAUNCH

It’s time to celebrate! In recognition of the continued great work and contributions of staff, students and parents towards our SWPBS systems and procedures, we are going to officially launch SWPBS at school on Tuesday 1st of April starting at 8:40 in the Main Hall.
All year levels will be present, with parents and carers more than welcome to come and celebrate with us! We will start the morning with a recap of our SWPBS journey, purpose and successes, then announce the winners of our poster competition and name the Positive Possum competition, concluding the morning with a fun “Cooroy Style” song and dance.

That afternoon, the oldest in each family will receive a Launch Pack to take home. This pack contains information about SWPBS and the school processes, as well as some fun activities your child/ren can complete while talking with you about SWPBS.

**SWPBS Prep – Year 7 Official Launch**

**Tuesday 1st April**

8:40am

Main Hall

Come and celebrate with us! All welcome!

**Discipline Audit**

As has been mentioned in previous newsletters, we will be having a Discipline Audit on Tuesday 29 April. All State Schools in Queensland are required to have one before the end of 2014. The process will involve an experienced Principal spending a day with us looking at our processes around behaviour management and talking to members of our community. They will be looking to talk to some parents but as yet, they haven’t given us any indication as to how many or who they may be. You may be contacted to be part of the process.

This will be a great process for our school and the idea is to give schools feedback on how to make their behaviour processes even better.

‘**OUR STARS’**

**A Grown-up’s Guide to the (Cyber) Universe**

Any adult with children beyond the nappy stage is undoubtedly concerned about the influence and temptations of the rapidly developing technological world. Once, we tried to keep our children safe on the street and in our homes; now they can be reached—silently, secretly—through mobile phone and computer, by text, by email, by a quick encounter in a chat room, a photo on a phone. And not everyone in cyber space is there for friendship’s sake. The headlines are full of stories of young people who followed their natural curiosity and trust too far. In addition, this is a world that belongs to any young person who is savvy about the computer and other devices—usually in a way that an adult would be unaware of—and easily outmanoeuvred.

As with any issue, building the kind of respect and trust between adult and child that leads to good communication begins long before the issues do—but even with this basis, children who reach the age of ten or eleven and beyond are anxious to have their own freedoms, their own worlds, their own secrets even in the best of times. And with the cyber-scene changing with every season, and new adaptations and fads driving it, it takes an effort to stay clued up about cyberspace.

In fact, the extreme incidents are rare; what’s common, and what this mostly-unsupervised space lends itself to very easily, is bullying. Children come to Kidscape who have been driven to suicide attempts by mass attacks delivered round the clock by text and email. Once, home was at least a place safe from peers’ bullying; now there is no protection for cyber-stealth. And making sure your child does not participate with the bullies—too tempting when all is secret, and a push of a button sends hate through the air—is important.

Keep these ideas in mind from the very beginning, when the computer and mobile are delivered. And discussion about use should begin even before that time. Set up computers out in the open. The chance of observation may keep some users on track.

- Work together to set up some guidelines, and talk about dangers. We have included some good-use-guides for different age groups. They can be printed off and kept near the computer. Be sure to keep them current.
- Establish a family email account that all can use for sign-ins; for instance, at gaming websites.
- Consider using a filtering device.
- Emphasize that privacy is vital. Names, addresses, pin numbers, but also photographs and other clues are not for the internet. Discuss the dangers—there are no secrets in cyberspace. Use privacy settings on social networking sites. And remind them that everything is traceable.
- Teach your young people to trust instincts that suggest there is danger. If children want to test a website or chat room visitor, see what happens when they suggest they are discussing thing with their parents.
- Don’t delete search and chat histories, in case there are problems—printing off messages is good evidence.
- Know how to file a complaint with the ISP or a mobile phone company, an IM account or a video-site. If you feel a threat is dangerous—as in bullying messages—and would ordinarily contact the police or the school, follow through. However, young people are traditionally very reluctant to admit to being bullied. This is even more the case when they fear having their access to mobile or internet removed.
- Know the typical behaviours that may signal a child is being bullied. And bullies may also exhibit unusual behaviour.
- Threatening or abusive messages or pictures, sent to a classmate or anyone else, criminal codes, and may incur a fine or even imprisonment. Talk to the police.
- Remind them that they should be respectful in what they send on the internet—words sound different when written, not spoken—or when published for everyone to see. If they are receiving bullying messages, **DO NOT RESPOND**. Bullies get their enjoyment from seeing a target’s distress. But do talk to an adult!
• Finally, try to stay current! Browse the internet; try some games and chat rooms. Slang, fads, games can all change constantly.

This information has been supplied by Say No to Bullying. More information can be obtained from their site: http://www.saynotobullying.org.uk/

CHICKEN POX
We have had a couple of confirmed cases of Chicken Pox throughout the school. Symptoms include:

• a general feeling of tiredness, fever and swollen glands.

• A red spotted rash, which develops into small blisters over the chest, back, tummy or face.

If you think your child may have chicken pox, please do not send them to school and consult a health care professional.

B.S.M.'s BLOG
Mathletics/Reading Eggs/Into Science On-Line Learning Sites – Procedures Update

It was brought to my attention last week that there may be some confusion around students and their Mathletics memberships and logins. This also applies to Reading Eggs on-line. To try and clarify the how, where and what of the process, I’ll set out a simple step by step process that ensures students are up and running on their Mathletics site as soon as they have paid their $15 membership.

Step 1: Students have all been invoiced and now need to pay a $15 per student membership for 12 months to the Mathletics on-line learning site.

Step 2: The Office has a process in place that once a student has paid the Mathletics membership, their name is activated on the Mathletics site. At least once a week, the office emails updates of students who have been made active, to the relevant teachers.

Step 3: Students who are returning to the Mathletics site from previous years, will use their same log-in details.

Step 4: New students and Preppies will need to be set up with log-in details. If teachers are experiencing any difficulties in setting up new students, please don’t hesitate to call me or Annette and we will assist.

Step 5: A reminder to parents of the importance to pay their child/children’s membership fees as soon as possible. Students cannot be activated until they have paid their $15. It was agreed that all the on-line learning memberships would be utilized in lieu of text books. For this reason, access to these sites forms an important part of the curriculum delivery.

Many thanks for your assistance with this.

Statements being mailed out this week:
An updated statement will be mailed home this week. Please note the following:

• This statement will include all excursions, incursions, camps etc. that your child/children will be participating in this year.

• This statement will also include any money still outstanding for the Student Resource Scheme.

There are still some families who have not yet returned their Student Resource Scheme Agreement form – I will be chasing these families before the end of term to clarify their plans around this.

A reminder to these families that the Student Resource Scheme supports the Arts program –

$20 contribution towards resourcing for art and craft consumables, music and dance.

$20 towards Technology/Science – students will receive either new or replacement (where required) set of headphones as part of their Technology program. This contribution also supports the purchase of enhanced resourcing for use in both Science and Technology.

$20 contribution towards reprographics – production of class workbooks/worksheets and teacher prepared material to compliment all curriculum areas.

Great Results Guarantee Funding
We have received confirmation that Cooroy has been approved to receive $107,660 from the Great Results Guarantee funding which was announced earlier this year. The funding will be allocated to schools in stages, with our first instalment being 40% of the total allocation. An initial plan has been put in place, identifying Reading as the target area for all year levels. Money will be targeted towards additional Teacher and Teacher Aide employment, Professional Development and resourcing.

 Vonnie Mackenzie
 Business Services Manager

EASTER HAT PARADE
Start making your hats!!! The annual Easter Hat Parade will be held Wednesday 2nd April starting at 8:45am.

On the day the children need to bring their hats and go to their classrooms as normal. Their teacher will take the class to the starting point under the admin block, ready to start at 8:45am. Parents are invited to move to the hall to await the parade. Each year level will sing an Easter song on the stage before returning to their classroom approximately 9:20am.

Parents of years 1 to 3 children: could you please help your child to decorate or make an Easter hat. Prep children will be making their hats in the classroom.

Easter Hat Parade

Wednesday, 2nd April
8:45am
Under the office to the Main Hall
ALL WELCOME!
Under 8's Day
The celebrations will continue, with Under 8's Day also being held Wednesday 2nd April starting at 11:45am on the school oval. There will be many activities for students to participate in including, threading, paper bag puppets, musical instruments, face painting, weaving, collage, construction, obstacle races, parachute activities, play dough and water play with the fire engine! P&C will be selling sausages and fairy floss on the day. Come along and have a great time celebrating the many wonders of being a kid!

To help bridge the time gap, the P&C will be offering a coffee and cake deal out of the Main Hall kitchen after the Easter Hat Parade. Parents and carers are also welcome to spend some time in classrooms.

No Parade WEEK 10
Due to the SWPBS Official Opening and the Easter Hat Parade there will be no regular parades in the last week of school.

Community ANZAC Ceremony
Each year Cooroy State School students are invited to participate in the Community ANZAC Street Parade and Memorial Service. All students are invited and welcome to attend on Friday, April 25th. If wanting to participate please meet Mr Giblett and Miss Honeywell outside the Cooroy Library/Butter Factory at 10:00am. The parade will start at 10:30am and conclude outside the Memorial Hall at 11:00am. If staying on for the Memorial Service please follow Mr Giblett into the hall. Otherwise parents may collect students from outside the Memorial Hall. Students participating will need to be in full school uniform.

COMMUNITY ANZAC CEREMONIES
5:00am – Dawn Service at Memorial Park, followed by Gunfire Breakfast
10:00am – Meet Mr Giblett and Miss Honeywell outside the Library/Butter Factory
10:30am – Street Parade Commences
11:00am – Memorial Service in the Memorial Hall
Cooroy State School ANZAC Ceremony
10:00am Thursday 24th April
Main Hall
All Welcome

Curriculum Corner
End of Term 1
Well done to all students and staff for term 1. You have all worked extremely hard and made great progress. It is always wonderful to work in a school community with such a good attitude to improvement.

NAPLAN
Just a reminder that the dates for NAPLAN this year is May 13, 14, 15 for year 3, 5 and 7 students. Please talk to your child’s teacher if you have any questions or concerns.

Mathletics
For many helpful tips and information, I have included the latest news from Mathletics. Click on the link Mathletics Newsletter.

Please don’t forget to pay your $15 Subscription at the office. Mathletics is used at school to support the curriculum and can also be accessed at home to complete tasks or play fun maths games.

After such a successful experience at The Sunshine Coast Kids in Action Conference last year, we are once again participating in this fabulous event.

This year we will be making the brave leap, performing on the main stage in front of 400 other Sunshine Coast teachers and students. Ten lucky students from years 5-7 will be selected to be a part of this experience and will spend term 2 and 3 preparing in readiness for September 4-5. The Sunshine Coast Kids in Action Conference is part of the 2014 Target Kids Teaching Kids Week in which more than 10,000 students across Australia will express their knowledge and passion for the environment through comedy, songs, quizzes, rap, plays and experiments.

“Learning never exhausts the mind.”
Leonardo da Vinci
Kathryn Cook
Curriculum Coordinator - STLaN - ASOT - GEM

ICAS TESTING
International Competitions and Assessment for Schools (ICAS) letters have gone home. If you are interested in your child participating in one or more of these tests, please complete the permission form and make payment at the office.

ICAS Tests are available in:
- Computer Skills (please be aware this is a paper based test and not on a computer)
- Science
- Writing
- Spelling
- English
- Mathematics

School sponsored students have been selected and letters sent home. Congratulations to these students on your selection!

Take home an International Big Brother or Big Sister
Capture the spirit of family and friendship by hosting an international exchange student from Southern Cross Cultural Exchange.

- Introduce your family to another culture
- Make lifelong international friends
- Share our Australian culture and lifestyle

Southern Cross Cultural Exchange is currently seeking volunteer families to host high school students from France.
All students are carefully selected, will attend high school full-time and will be an enthusiastic new member of your family. The students are between the age of 14 and 17.
The students arrive late June for 11 weeks.

TO FIND OUT MORE CONTACT:
Melissa Batt on
07 3829 1854
Email: m.batt@scce.com.au

Flashing Lights now active at Cooroy State School

Recently flashing light school zone signs were installed on Elm street.
Cooroy State School, was nominated to receive these new signs as part of a $10 million Queensland Government commitment to improve school road safety.

You will notice that the new signs look similar to standard school zone signs with the important addition of a red flashing ring around the speed limit as well as two flashing yellow lights at the top of the sign. The installation of flashing light school zone signs is proven to improve visibility of school zones, serving as an active reminder for motorists to slow down.

So next time you’re dropping off or picking up your child keep an eye out for the new signs and make sure you stick to the signed speed limit.

Community Morning Tea

Residents of Kabara Hostel and members of the Cooroy ‘Care and Share’ group were guests at the Community Morning Tea held at Cooroy State School on Wednesday morning. They were entertained by the wonderful talents of the school band and string ensemble, the junior and senior choirs, and several ‘Hairy Maclary’ plays performed by Mrs Beattie’s year one class.

To top the event off, members of the Care and Share group took the stage, complete with Easter Bonnets, and sang ‘Easter Parade’ to the delight of the kids.

P&C NEWS

PLEASE NOTE: UNIFORM SHOP HOURS FOR 2014

Monday 8:15am to 9:00am
Thursday 2:15pm to 3:00pm
Other times by appointment

STUDENT BANKING

Student banking has commenced for 2014 Each Wednesday deposit books will be forwarded to the Tuckshop for processing. Introduction packs have been handed out to all students in Prep to Year 3. More are available from the Tuckshop.
There will be no student banking last week of term (2nd April).

Chappy's Corner

As many of you will know I have just returned from a three day chaplaincy conference. I must admit I am never excited to attend any conference what so ever but I must say that this particular one was very informative and it was great to meet with other Chaplains of the Sunny Coast and Wide Bay area and to be able to hear what is going on in their schools and what programs they are having success with. Lots of ideas were exchanged and we will try some out next term.

Our junior choir is going great. Contagious enthusiasm reigns in the lark room during practice first break each Tuesday.

Breakfast is growing in number each week, all thanks to the wonderful sponsorship and willing workers of the Cooroy Uniting Church. Thank you so much to those of you who have donated jam etc, every little bit helps. If anyone would like to donate either a vegemite, honey jam bread, orange juice or milk it would be much appreciated, and either taken to the office or given to Chappy at breakfast on a Wednesday morning.

Presently many of our senior students are in the process of making wall hangings while our junior school have had lots of fun making their personal bookmarks.

I look forward to catching up with you all next term,

Peace and Grace

Chappy Ett

PHYS ED NEWS

Noosa District Trials

Students turning 11 or 12yrs old this year who are interested in attending Noosa District trials will need to demonstrate a high skill ability (for their age) and need to regularly participate in that sport, preferably at club level.

Sports and dates for the remaining term 1 trials are detailed below.

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>WHERE</th>
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</thead>
<tbody>
<tr>
<td>Tuesday April 1</td>
<td>Girls Touch Trials</td>
<td>Noosa Touch Fields</td>
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Sports and dates for term 2 trials are detailed below.

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>WHERE</th>
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<tbody>
<tr>
<td>Thursday May 1</td>
<td>Boys Touch Trials</td>
<td>Noosa Touch Fields</td>
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<tr>
<td>Friday May 2</td>
<td>Cooroy SS Cross Country (9-13yrs)</td>
<td>School Oval</td>
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<td>9.00-10.40</td>
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<td></td>
<td>Prep-Year 3 Fun Run</td>
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<td></td>
<td>2.00-2.45</td>
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<tr>
<td>Monday May 19</td>
<td>District Cross Country</td>
<td>Kin Kin SS</td>
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</table>
**District Soccer Trials**

Boys and girls soccer (football) trials were held last week. However, the deadline for the newsletter was prior to the trials and we will let you know in the next newsletter how our Cooroy students went.

**Boys are:** Sunny Law, Ethan Edwards, Evan Ryan, Charlie Van Kampen, Tyler Loveridge, Zac Price and Eddie Walter.

**Girls are:** Paige Cardew and Lillie Mellin

**Cooroy SS Cross Country and Fun Run**

All parents, carers, grandparents and friends are invited to our school cross country on **Friday May 2** (term 2 week 2) to cheer, jump up and down and wildly applaud! All students participate for their sports house team competing to win the cross country trophy.

**Details are:**

**Cooroy SS Cross Country** *(All 9-13year olds)*

- **Date:** **Friday May 2** (term 2 week 2)
- **Time:** 9.00-10.40 *(first session)*

**Cooroy SS Fun Run** *(Prep-year 3)*

- **Date:** **Friday May 2**
- **Time:** 2.00-2.45 *(last session)*

### CROSS COUNTRY TRAINING

**Week 10 of term 1 and Easter Holidays**

Cooroy Cross Country is **Friday May 2 Term 2 Week 2**

To prepare properly for our school cross country race, training should be for at least 5 weeks in duration.

- Make sure you **drink water** throughout the day.
- Eat fresh healthy foods and **sleep lots!!**

Remember that you may change the rest days to suit yourself.

If you play another sport such as soccer, football or netball, cut the **distance run session** from your X country training.

<table>
<thead>
<tr>
<th><strong>TRAINING PLAN 9/10 YRS</strong></th>
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<tbody>
<tr>
<td><strong>Week</strong></td>
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<tr>
<td>Mar 31 –April 6</td>
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<td>April 7-20</td>
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**CROSS COUNTRY TRAINING**

**Weeks 1 & 2 of Term 2**

**Cooroy SS Cross Country Friday May 2 (Term 2 Week 2)**

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<thead>
<tr>
<th><strong>TRAINING PLAN 9 &amp;10 YRS</strong></th>
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<tbody>
<tr>
<td><strong>Week</strong></td>
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<tr>
<td>-----------------------------</td>
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<tr>
<td>April21–May 2</td>
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</table>
## TRAINING PLAN 9 & 10 YRS

<table>
<thead>
<tr>
<th>(they can cycle!)</th>
<th>strides downhill at a steady pace.</th>
<th>Control breathing.</th>
<th>Rest 30sec between each</th>
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</thead>
<tbody>
<tr>
<td>RUN THE COURSE with your teacher.</td>
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## TRAINING PLAN 11, 12 & 13 YRS

<table>
<thead>
<tr>
<th>Week</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 21 – May 2</td>
<td>DISTANCE RUN</td>
<td>RUN THE COURSE with your teacher. Try to “surge” along the straight sections on the oval.</td>
<td>Rest Day</td>
<td>HILL RUNS (4)</td>
<td>INTERVAL TRAINING</td>
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<td></td>
<td>Run 12-15 mins on undulating terrain at steady pace with an adult (they can cycle!)</td>
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<td></td>
<td>Warm-up jog 300m, Then 4 x 20m high skips Run short strides up short hill and run long strides downhill steady pace. Control breathing. Rest 30sec between each</td>
<td>Jog &amp; “surge” around 300m oval 4 laps</td>
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<tr>
<td></td>
<td>RUN THE COURSE with your teacher.</td>
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## TRAINING PLAN 9-13 YRS (all age groups)

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<tr>
<th>Week</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 29 – May 3</td>
<td>RUN THE COURSE with your teacher. Try to “surge” along the straight sections on the oval.</td>
<td>ACCELERATING RUNS</td>
<td>EASY RUN</td>
<td>Rest Day</td>
<td>Cooroy Cross Country</td>
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<tr>
<td></td>
<td></td>
<td>Warm Up jog &amp; stretch 1 x 50m, 1 X 100m, 1 x 200m(9,10yrs) 1 x 100m, 1 x 150m, 1 x 250m (11-13yr) walk back between each</td>
<td>Jog 5-8 min at easy pace Stretch</td>
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<tr>
<td></td>
<td>Eat healthy food, drink water and sleep lots!</td>
<td>You are an athlete and you need to look after it to perform the best can!</td>
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</tbody>
</table>

## Circus Performers

Last Tuesday the circus came to Cooroy SS junior parade!! There were clowns, acrobats, jugglers and stilt walkers, music and painted faces!!

Our circus performers have only been practising for a short time in lunchbreaks under the guidance of the “clown master”, Ms Wright.

Everyone had such a fun time that our circus performers will be back later next term with new breathtaking and talented tricks.

Circus performers are:

Paige, Daisy, Bailey, Charlie, Tahlia, Tenay, Elizabeth, Charlice, Leisha, Teakyah, Maddie, Isabele, Nouvoe, Georgia, Jordan (5H), Jade and Alex (absent).

Congratulations circus team! You were a delight to watch!

## Developing your children’s moving skills at home

### Hopping

**What is it?**

Hopping is moving on one foot. This is done by standing on one foot then pushing off the ground by leaning slightly on the hopping foot side and using the arms to help balance.

**Showing them how to do it**

- Hold your head up and look forward
- bend your knee and push off the ground
- bend your arms & let them flap like a chicken
- land on the ball of your foot and bend your hopping leg slightly to cushion your landing

**Equipment Ideas**

- small bean bags to hop over
- hoops for hopping in and out of
- lay a rope on the ground to hop over
- hop around obstacles – plastic containers, milk cartons, trees

**Make it easier**

- start with small hops
- Hop on the spot before hopping forwards
- offer a hand or a broom handle for your child to hang onto for balance

**Make it harder**

- increase the height of the hop by swinging arms backward then rapidly forward and upward
- Hop on the other leg
- Hop 3 times on 1 leg then change and hop on other leg 3 times
- Hop backwards
- Play a game of Hopscotch
Skipping

What is it?
Skipping is a combination of a long step and a short hop alternating the lead foot after each hop. You need to be able to hop before you can skip.

Showing them how to do it
- Hold your head up high and look forward
- Take a step then hop on that foot, then take step with the other foot and hop on that foot
- Land on the balls of the feet
- Swing your arms as you skip

Equipment Ideas
- Music with a good swinging beat (“Pop goes the Weasel” or Skip to my Lou”)
- Large open space
- Ribbons and streamers to wave while skipping

Make it easier
- Hold hands and skip with your child
- As above repeating "step then hop on it", “step then hop on it"
- Sometimes telling them to lift their knee high as they hop helps to coordinate

Make it harder
- Skip faster
- Skip waving ribbons
- Skip around obstacles
- Skip clapping hands

Fuel for the Game

Football, netball, soccer, touch and other sports players use a lot of energy when both training and playing games. Players prepare their body for the game by eating correctly before the game to ensure they have sufficient energy.

Pre-game fuel
Pre-game food and fluid intake are important to ensure the body is fully stocked before the game begins.

Why should you eat before the game?
Training day in, day out, can reduce the body’s energy reserves especially carbohydrate stores. This is why it is essential to replenish these after every training session. But it doesn’t just stop there, it is important that carbohydrate recovery is continued right up until the start of the game.

A pre-game intake of carbohydrate ensures that you have enough of this essential energy source to compete at 100% for the whole game and not run out of energy as the game goes on.

What should you eat before the game?
It is important that your pre-game meal is something you like! Most players have a favourite pre-game meal that they will have regularly eat before heading out onto the field.

Usually the pre-game meal follows a few basic guidelines:
- High in carbohydrate
- Low in fat
- Foods you enjoy and are comfortable with
- Include a water with the meal
- The timing of the pre-game meal is also an important consideration as eating too close to the game can cause an upset stomach, while having something too far in advance can mean you are hungry during the game.

It is recommended that you eat your pre-game meal about one to three hours prior to the game.

This allows enough time for food to be absorbed for use. The exact timing of the meal will depend on how your body handles the pre-game build up.

Anxiety and nerves can cause disruptions in the digestion process and can lead to stomach upsets. If you are someone that suffers from nerves or anxiety it is a good idea to eat well before the game and consume lighter snacks or fluid choices.

Pre-game meal examples:
- Breakfast cereal or porridge and reduced fat milk
- Toast or muffins with jam/honey/peanut butter
- Baked beans or tinned spaghetti on toast
- Pasta with a low fat tomato based sauce
- Sandwiched or rolls
- Creamed rice and tinned fruit
- Rice or noodles and low fat stir fry
- Low fat smoothies or liquid sports nutrition supplement (like Sustagen Sport)

Hydration before the game
Hydration is an important concern for sports players and drinking enough in the lead up to a game is just as important as eating well. Drink water with your pre-game meal and sip water in the hours leading up to the game.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>01.04.14</td>
<td>SWPBS Launch at parade - All welcome</td>
</tr>
<tr>
<td>02.04.14</td>
<td>P-3 Easter Bonnet Parade</td>
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<tr>
<td>02.04.14</td>
<td>Under 8’s day on the oval with P&amp;C sausage sizzle</td>
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<tr>
<td>04.04.14</td>
<td>End of Term 1</td>
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<tr>
<td>22.04.14</td>
<td>School resumes (Tuesday)</td>
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<tr>
<td>24.04.14</td>
<td>ANZAC Ceremony 10am Main Hall - All welcome</td>
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</tbody>
</table>
**COMMUNITY NEWS**

**TravelSmart this Easter on the Free Holiday Buses!**

From Monday 14 April to Monday 21 April, all local Noosa buses will be free – so leave the car at home, reduce traffic congestion and enjoy the journey!!

Free Services operate between Peregian and Cooran, and include regular Routes 626, 627, 628, 629 and 632. Two additional free services will also be operating: Route 064 (Peregian Beach to Noosa Heads) and Route 065 (Noosa Junction to Noosaville).

Timetables are available from local information centres, Noosa Library, Noosa Aquatic Centre and Noosa Civic, online at www.noosa.qld.gov.au, or phone Council on 5329 6500.

**Welcome to Sunshine Coast Youth Basketball!**

Registration for the 2014 Season has opened. Our regular season is coming soon.

**General Information Regarding our Program...**

Our program is open to boys and girls in grades 3rd thru 8th. 1st and 2nd graders may be accepted with board approval (go ahead and sign up and we will contact you). Boys and girls play on separate teams in three divisions: Division 1 (7th & 8th graders), Division 2 (5th & 6th graders) and Division 3 (3rd & 4th graders). Our registration fee includes 10 games, pictures and awards. Our fundraiser is included in the registration fee so no additional fees will be requested.

**League Update...**

All updates will be emailed to all parents.

**Giving Back to Schools...**

SCYB will contribute to Cooroy State School $25 for each student that participates in our league.

**Sunshine Coast Youth Basketball Mission Statement**

Inspire our youth to participate in organized sports regardless of skill level. Our program is offered to boys and girls, each will learn the game of basketball, fundamentals will be taught along with the basic rules and most of all, good sportsmanship. We emphasize teamwork for all participants.

The longer kids stay in sports, the more likely they are to boost their self-esteem, to stay in school, to get better grades, to stay out of trouble, and to show better behaviors. Accordingly, Sunshine Coast Youth Basketball wants to do everything possible to attract kids to the wonderful world of playing basketball, and most importantly, to get the kids to "come back next year", and to keep playing basketball throughout their childhood. Sunshine Coast Youth Basketball will be successful; not in terms of win/loss records, but in terms of whether the kids keep coming back! So, just as the main goal of Sunshine Coast Youth Basketball is to make sure the kids have fun, one of the other main goals is to ensure positive parent support, both for the program and the kids. Parents - do everything you can to make Sunshine Coast Youth Basketball a fun experience for your kids, while staying positive with them as they experience the wonderful world of Sunshine Coast Youth Basketball.

**About Sunshine Coast Youth Basketball**

The program offers three divisions for Boys and Girls in 3rd through 8th grade.

**Division 3 is for players in 3rd and 4th graders**
- We will conduct a series of clinics
- Teaching the fundamentals and basic rules of basketball
- Practicing two days per week
- One game per weekend

**Division 2 is for players grades 5th - 6th.**

Division 1 is for players grades 7th - 8th

Division 2 and 1 prepare the athlete for high school competition, stressing fundamental skills and personal growth.

- Practicing two days per week
- One game per weekend
- ONE-HOUR PRACTICE PLAN,
  - Pre-Practice - Stretching Team Offense
  - Warm-Up Time Team Defense
  - Skills Drills Special Situations
  - Shooting Drills Team Scrimmage / Post-Practice Comments

- THINGS THAT SHOULD BE DONE DURING PRACTICE
  - WARM-UP TIME - 5 MINUTES
  - SKILLS DRILLS WITH BALL - 10 MINUTES
  - FREE THROWS
  - OFFENSE - 10 MINUTES
  - DEFENSE - 10 MINUTES
  - SPECIAL SITUATIONS - 5 MINUTES
  - TEAM SCRIMMAGE - 10 MINUTES teach while they play.

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