16 September 2015

Principal’s Message

Dear Parents

It was a pleasure to present a number of students with special awards on assembly this week. I was pleased to acknowledge the achievements of a large number of students who showed massive gains between year three and year five as indicated on the NAPLAN Reading and Numeracy assessments. Some of these gains were the highest I have ever seen and a credit to these students and their teachers in year 3, 4 & 5. I especially congratulated Tim Keene. Tim has struggled to learn to read and through hard work on his part, moved a massive 4 bands. You are an inspiration to us all Tim, well done.

In term 4, we are conducting a trial of guided reading supported by additional teacher aides in classrooms. Teacher aides will receive specific training in supporting reading groups. If this is successful, we will introduce this across classrooms in 2016 to further support the priority of the teaching of reading for every student.

This week and last week, our students have been undertaking their annual Progressive Achievement Tests (PAT) in Reading and Mathematics. These results give us information on how our students are performing relative to other students their age. It also gives us information on the concepts they are struggling to understand. Thanks to Mrs Morris, Mrs Yates and Mrs O’Donoghue for their work on these tests with each class.

Reading Targets by the end of Term Three

<table>
<thead>
<tr>
<th>Prep</th>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
<th>Year 5</th>
<th>Year 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>PM Level 5-6</td>
<td>PM Level 14-15</td>
<td>PM Level 18-20</td>
<td>PM Level 23-24</td>
<td>Probe 8-9</td>
<td>Probe 10-11</td>
<td>Probe 12-13</td>
</tr>
</tbody>
</table>

Last week, we hosted the Kids Teaching Kids Sustainability Symposium. Students from Maryborough Central SS and Torbanlea attended the school to join students from Tinana year 4 and Prep at workshops run by our partner organisations. Workshops included endangered species, environment issues, sustainable practices and technology. Thank you to Mrs Yates for her outstanding organisation for the day. The day was also attended by government representatives Councillors Hansen and Truscott, State Member for Maryborough Bruce Saunders and Butchulla Elder Glenn Miller.

Students from Tinana competed in the Maryborough Technology Challenge last weekend. Students entered the Smiley Pushcarts, the Robotics and the Solar Boats. Thanks to Mrs Simpkins, Mr Oulds & Mrs Frampton for their work with the students both in preparation and in competition on the day. Special thanks to our sponsors Solar Power Wide Bay Burnett, Speech Language Solutions, Six Mile Fabrication, Bunnings Warehouse, Klein Signs, Stanfast and the Tinana State School P&C Association.

Our Tinana State School Charity Golf Day is scheduled for Sunday November 8 at the Maryborough Golf Club. This is a great school community day on the golf course. We are looking for Tinana businesses to provide hole sponsorship for the day. If you would like to be a sponsor, or know someone who would like to be a sponsor, please make contact with me.
for a sponsorship package. Hole sponsorship is $240 inc GST and this includes complimentary golf, lunch and reduced drink pricing for your sponsors team.

It was fun to have the police in the school working with the students last Wednesday. Constable Adrian, our Adopt-a-cop and his colleagues worked with classes discussing a range of issues including stranger danger and cybersafety. The prep students loved climbing in the police car and working the lights, sirens and PA system. Thanks to Constable Adrian for organising the visit.

As this is the last week of school, can I take this opportunity to wish everyone a safe Spring Vacation period. Please keep an eye on our school grounds and report any suspicious activity to SchoolWatch on 131788.

David Burns
Principal

“EVERY CHILD, EVERY DAY, LEARNING AND ACHIEVING”

Library News

Kids Teaching Kids

Tinana State School hosted the Kids Teaching Kids – Sustainable Schools & Landcare Celebration Week on Tuesday, September 8th. Students from Maryborough Central School and Torbanlea School joined our Prep and Year 4 students in learning about protecting our environment. Students attended sessions about wildlife care, protecting koalas, aboriginal sustainability, conservation, mulching, recycling, water use, human powered vehicles, nude food lunches, bush tucker and much more!

Our Year 4 students were presenters in many of these sessions to teach their peers about what they can do to make our planet better for their own futures. Students heard from various speakers including Mr Bruce Saunders MP, Councillor Phil Truscott and Councillor James Hansen. At the conclusion of the day Kids Teaching Kids Education Manager Richard Wood addressed the students about the importance of working together for a better future.

A big thank you goes out to Mrs Yates for all of her hard work and preparation in hosting such a large and important event! Thank you also goes to the student helpers, student presenters, visiting presenters and teachers who helped make this such a great event for our students.

Check out more information at www.kidsteachingkids.com.au

Tinana Kids Get Involved

Prep Excursion
Last week the Prep students enjoyed an excursion to T.E.S.S. Wildlife Park on Mungar Road. They had a great time checking out all of the animals! A big thank you to Greg’s Quality Meats and Kent Street Bakery for supplying the sausages and bread for the sausage sizzle!

RACQ Technology Challenge
Students from Tinana State School participated in the RACQ Technology Challenge on Saturday the 12th of September. Smilie Pushcarts had two teams led by Mrs Simpkins while there were five robotics teams led by Mr Oulds & Mrs Frampton. One of our students also participated in the Solar Powered Boats. Congratulations to all of the students who were involved!
Instrumental Music

The Senior Strings Ensemble and Senior Concert Band spent Friday morning at Chelsea Retirement Village where they performed for the residents and then enjoyed a delicious morning tea together. This was a great opportunity for the students to show off their musical skills. Thank you to Mrs Richardson for taking time from another school and for Miss Franklin for coming in on her day off to accompany and conduct the students!

Munich Oktoberfest for Term Break Up

This term all students learning German celebrated Munich Oktoberfest with games and an informational video about how to make soft pretzels. All students had put in a big effort this term with describing their hobbies in a diary spanning from Monday through to Sunday. We had fun with the pretzel relay, the Gummibärchen Race and forming a Pretzel with play dough. We celebrated early because our LOTE teacher will be on long service leave for the last week of term. Oktoberfest starts in Munich this year on 19 September and is celebrated to 4 October.

Please have a look at our pictures of students from different classes having fun:

Big Day Out!

Year 5 Students attended Maryborough State High School’s Big Day Out last week. These students participated in a number of activities throughout the day to get a taste of what high school is all about. Each student received a photo of their class group as a memento.

QLD BMX State Titles!

6 Tinana State School students will be travelling to Cairns in September to participate at the 2015 BMX Queensland State Title Championships! We wish Shae & Teya Rufus, Blake Burton, Aiden Barsby, Billy Terry & Alyssa Cherrie all the very best!

Chappy News

Congratulations to everyone involved in the RACQ Technology Challenge this year. Thanks especially to the staff who gave sacrificially to make the day such an awesome event for the students. Shout outs to Mrs Simpkins for managing the Smilie Pushcart Teams and Mr Oulds and Mrs Frampton for managing the Robotics Teams. I spoke to a Chappy from a school where they have 2 teachers for each team—our Mrs Simpkins managed 2 teams and gave the students an enjoyable day. At one point in the day, she managed to take an interview while looking after the team and cheering her team on in the 50 m sprints all at the same time.

Then there is Mr Oulds and Mrs Frampton who managed our Sumo Wrestling teams. I was joking with a mum at this event about my lack of technological knowledge. We laughed as we identified that the only term we were familiar with in this event was ‘USB.’ I stand amazed at these teachers who can help students assemble a robot, program it, watch it fight, and then be there to pick up the pieces if things don’t go to plan. Congratulations teachers, parents and students in these events.

Graham and I spent the rest of the Technology Challenge cheering on the youth from our Youth Group. As we celebrated with the winners at the end of the day and I was posting photos on our Youth Group Facebook page, I realised there were a whole heap of ‘ex Tinana faces’ in the winning teams. We are certainly a great training ground for young students—preparing them for great opportunities in their future.
It’s ‘Ology’ time for our seniors. They have put so much work and effort into them. I will be at Aldridge this Wednesday but hope to make it to Tinana for some of the day if I can. It is a good thing to see students motivated and enthusiastic about assessments—even the big ones.

School holidays are upon us!!! Stay safe and enjoy your time with your family. Graham and I will be taking a team of 21 youth from Maryborough to Quilpie and then to Mundubbera to run a school holiday program in these towns. While we will be away and won’t be able to attend the O’Shea’s Slide, I would encourage you to attend—with proceeds going to School Chaplaincy in Hervey Bay.

SEPTEMBER 19 O’Shea’s Slide City Australia will be in Hervey Bay. They travel all over Australia entertaining crowds of all ages with our Giant Slip N Slide events. Our GIANT Slide has two lanes it is 6 metres wide and 315 metres long YES that’s right over three FOOTBALL Fields long!!! Our 315 metre Slide will turn your city streets into an Alcohol Free family fun "STREET PARTY" including MUSC’ FOOD’ DRINKS’ MARKET STALLS’ JUMPING CASTLES’ and of course the AUSTRALIA’S BIGGEST SLIP N SLIDE. The Facebook link for this event is: https://www.facebook.com/events/386483014871217/

ENJOY YOUR HOLIDAYS!!!!! See you in Term 4. Amanda the Chappy.

Office News

As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thanks to everyone who supported our school. We’re now at the important stage of the program where the Sticker Sheets are collected and lodged as our Earn & Learn claim. We will then be able to get new educational equipment for our school. The more we collect, the more we can redeem.

THIS WEEK, please send in your Woolworths Earn & Learn Sticker Sheets and any loose Earn & Learn stickers you may have!!! Remember to check your handbag, the car glove box or they may be stuck on the fridge. Every little bit helps. Thanks again for all your support!

SWIMMING PAYMENTS FOR YEARS 3, 5 & 6 ARE NOW DUE!

ABSENCES

Please Phone 4120 8066 and leave a message on the Absence Line in the event of a student being absent. Please phone each day your child is absent from school unless the office has been previously advised of the absence. Verbal messages by the student are not sufficient. This prevents any misunderstanding and ensures the safety of your child. Please note that, by law, we are required to report any long term unexplained absences from school which may then be investigated by the police.

LATE ARRIVAL

The school day begins at 8:45am and all staff will begin instruction at this time. Arrivals after 8:45am are considered to be late. Late arrival should be accompanied by a note but parents may ring the office with this information. Students must first report to the office to obtain a late slip that is to be given to their teacher.

EARLY DEPARTURE

Children leaving school early must be picked up from the office. Parents may ring in advance to arrange for their child/ren to be ready for collection, or send a note to the class teacher. Your child will be given an early departure slip from the office.
MONEY COMING TO SCHOOL

Would parents please ensure that any money sent to school for any purposes other than tuckshop is sent directly to the office and is placed in an envelope with student’s name, grade and particular item or excursion they are paying for, clearly marked on the front of envelope. Pre-printed envelopes are available at the office for any payments. Parents that prefer to deposit the funds directly into the school bank account are requested to advise the office of the deposit and to use the student’s name and invoice number as the payment reference. As large amounts of money pass through the school office it becomes difficult and time consuming to identify payments without this information.

NEW PAYMENT METHOD

There is a new payment method available for parents to pay invoices, please check out the pamphlet for more information. http://www.bpoint.com.au/payments/dete

2016 Prep Enrolments

Check out this video.
http://www.youtube.com/watch?v=xobleB9s9U
If you know of families that intend on enrolling in Prep 2016, please ask them call us on 41208000, or email news@tinanass.eq.edu.au

Tinana State School
Prep Enrolments 2016
Now Open!

Children born between 1st July 2010 and 30 June 2011 are eligible for Prep in 2016.
Contact the School Office to enrol today and register for Prep Orientation commencing in Semester 2 2015
Ph: 4120 8000
Email: news@tinanass.eq.edu.au

Tuckshop News

Make your mornings easier by ordering on Flexischools, our online Tuckshop ordering system!
http://www.flexischools.com.au

Tuckshop Menu

Check out the latest Tuckshop Menu!

Volunteers Required

WE ARE APPEALING FOR VOLUNTEERS FOR THE TUCKSHOP

If you are available on either Tuesday or Friday for even just an hour or two please put your name down at the Office or come to the Tuckshop Monday morning, Tuesday or Friday. Any shift you can do is always greatly appreciated. Mums, Dads and Grandparents are all welcome. We are a friendly crowd and always enjoy meeting new people.

If you are unable to volunteer your time, then maybe helping keep our pantry stocked is a better for you. Donating one of the following items each term helps keep our costs down.

Pantry Items - Can you donate??

<table>
<thead>
<tr>
<th>Jelly Powder (2 boxes)</th>
<th>Corn (2 tins)</th>
<th>Paper Towel</th>
<th>Milk Choc Chips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cocoa Powder</td>
<td>Savoury Crackers</td>
<td>Strawberry Jam</td>
<td>Beetroot Tin (Large)</td>
</tr>
<tr>
<td>Kidney Beans (2 tins)</td>
<td>Popping Corn</td>
<td>Large Muffin Cases</td>
<td>Zip Lock Bags (Snack size)</td>
</tr>
<tr>
<td>Wraps (Soft White)</td>
<td>Vegemite</td>
<td>Poppers</td>
<td>Baking Paper</td>
</tr>
<tr>
<td>Caster Sugar</td>
<td>Self-Raising Flour</td>
<td>Chux Wipes Blue or Pink</td>
<td>Dried Apricots</td>
</tr>
<tr>
<td>Plastic Spoons</td>
<td>Plastic Forks</td>
<td>Milo</td>
<td>Alfoil</td>
</tr>
<tr>
<td>Dishwashing Liquid</td>
<td>Tin Lentils</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Thank you for supporting the Tinana State School Tuckshop!

http://www.youtube.com/watch?v=s6sTIvCTekU

Tinana State School Tuckshop Roster
October 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>8am - 9am</th>
<th>9am - 2pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Chanel Bishop</td>
<td>Chanel Bishop</td>
</tr>
<tr>
<td>6th October</td>
<td>Help Needed</td>
<td>Kellie Hopper-Black</td>
</tr>
<tr>
<td></td>
<td>Chanel Bishop</td>
<td>Cary Dullaway (9am-12pm)</td>
</tr>
<tr>
<td></td>
<td>Help Needed</td>
<td>Help Needed</td>
</tr>
<tr>
<td>Friday</td>
<td>Chanel Bishop</td>
<td>Chanel Bishop</td>
</tr>
<tr>
<td>9th October</td>
<td>Help Needed</td>
<td>Namissa Martin</td>
</tr>
<tr>
<td></td>
<td>Chanel Bishop</td>
<td>Lisa Pointon</td>
</tr>
<tr>
<td></td>
<td>Help Needed</td>
<td>Help Needed</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Chanel Bishop</td>
<td>Chanel Bishop</td>
</tr>
<tr>
<td>13th October</td>
<td>Help Needed</td>
<td>Gayle Gott</td>
</tr>
<tr>
<td>Friday</td>
<td>Chanel Bishop</td>
<td>Chanel Bishop</td>
</tr>
</tbody>
</table>
Day being held at Tinana State School. All profits from these stalls will go towards raising funds to air condition the classrooms.

Families are asked to donate an item of baking for our stall. Baked items will need to be dropped off to the School office on Friday 18th September (last day of term 3) or on Saturday morning to the stall. Place your baking on a disposable plate and cover food with a plastic bag/snap lock bag. NO glad wrap please. Twist tie or tape bag closed. Tape the provided ingredients label (see link below) on top of the bag so it can be easily read.

Examples of baked items include:-

- Cakes
- Scones
- Pikelets
- Biscuits
- Slices
- Jams and Butters
- Sweets – fudge, coconut ice, etc.
- Gluten Free Cooking (please note this on the label)

The P & C are also desperately seeking volunteers to assist run the baking stall and BBQ on the day. Team up with a friend and even if it’s only for an hour that would greatly assist. The markets will operate from 8.30am until approximately 3.30pm.

* If you are able to assist with baking or with running the stalls or both, please complete the form from the link below and return it to school. Your help is greatly appreciated!

**Baking Labels** - (each plate requires a label) Hint: If you are baking several plates of the same item write out the labels and photocopy/scan as many as needed

**Telstra Grant for Air Conditioning**

Great news!

We are delighted to announce our success in applying for a $1,200 grant from Telstra.

Telstra Kids funds the little things that can make a big difference to kids’ lives, helping kids to play and learn. Our Telstra Kids grant will be used to help Air Condition the Resource Centre.

Huge thanks to Justin Baker from Telstra, who is a parent at Tinana State School, for endorsing our application.

We are very excited to share in the million dollars the Telstra Foundation provides each year to help kids across Australia to learn and play.

**TELSTRA KIDS FUND**

**Air Conditioning Funds So Far...**

The P&Cs first goal is $20,000 to begin air conditioning some classrooms. Air conditioning all of the classrooms is our long term goal. If you would like to help with fundraising or grant writing to assist the P&C with this goal please leave your details at the school office.

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### Tinana State School Tuckshop Roster

**October 2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Position</th>
<th>Name</th>
<th>Help Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>16th October</td>
<td>Tara Nuttall</td>
<td>Narrings Martin</td>
<td>Claire Blair</td>
</tr>
<tr>
<td></td>
<td>Help Needed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 20th</td>
<td>Chanel Bishop</td>
<td>Chanel Bishop</td>
<td>Kellie Hopper-Black</td>
</tr>
<tr>
<td></td>
<td>Help Needed</td>
<td>Cary Dullaway (9am-12pm)</td>
<td></td>
</tr>
<tr>
<td>Friday 23rd</td>
<td>Chanel Bishop</td>
<td>Chanel Bishop</td>
<td>Shirley Strange</td>
</tr>
<tr>
<td></td>
<td>Tara Nuttall</td>
<td>Narrings Martin</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Help Needed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 27th</td>
<td>Chanel Bishop</td>
<td>Chanel Bishop</td>
<td>Gayle Gott</td>
</tr>
<tr>
<td></td>
<td>Help Needed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday 30th</td>
<td>Chanel Bishop</td>
<td>Chanel Bishop</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tara Nuttall</td>
<td>Narrings Martin</td>
<td>Claire Blair</td>
</tr>
<tr>
<td></td>
<td>Help Needed</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
AIR CONDITIONING FUNDRAISING - 2015

<table>
<thead>
<tr>
<th>Activity</th>
<th>Takings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baking Stall and BBQ for Election</td>
<td>$1,198.00</td>
</tr>
<tr>
<td>Sno Cone Day</td>
<td>$703.00</td>
</tr>
<tr>
<td>Easter Egg Guess</td>
<td>$142.00</td>
</tr>
<tr>
<td>Mother’s Day Stall</td>
<td>$548.69</td>
</tr>
<tr>
<td>5 Cent Fundraiser</td>
<td>$2,972.90</td>
</tr>
<tr>
<td>P &amp; C Voluntary Contributions</td>
<td>$2,305.00</td>
</tr>
<tr>
<td>Frog Guess</td>
<td>$35.50</td>
</tr>
<tr>
<td>Father’s Day Stall</td>
<td>$656.90</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$8,561.99</strong></td>
</tr>
</tbody>
</table>

5 Cent Fundraiser

Students in 1L and 1M enjoyed their pizza lunches last Friday for coming 1st and 2nd in the 5 cent fundraiser. 2/3DC enjoyed ice blocks for coming 3rd. Congratulations to these students and teachers!

The total amount raised through the 5 Cent Fundraiser for the Air Conditioning Fund was $2,972.90! Thank you to all of the students, parents and teachers who donated their 5 cent pieces.

Father’s Day Stall

Students really enjoyed buying presents for their Dads, Granddads, and others from the Father’s Day Stall. Thank you for helping to make the stall such a success. The P&C hope that all of the Dads out there had a great Father’s Day!

School Banking

Each week you can bank as much as you want or as little as 50 cents. Don’t forget School Banking is a great way to teach kids the importance of saving. Introducing kids to the concept of money from an early age puts them in good stead to make financial decisions later in life. It’s also a great way to get the ball rolling on future savings.

Banking Rewards

Don’t forget our banking rewards for this term:

- Cosmic Light Beam Torch (Deleted)
- Glow-in-the-Dark Solar System

New rewards available in Term 4.

Banker of the Week

Our lucky bankers this week are Lucy, Lachlan & Nathan. Each week a lucky banker will be drawn and gets to choose a prize from our prize bank. Don’t forget you have to bank each week to go into the draw.

The winning class 1L about to enjoy their pizza! Thank you very much to Eagle Boys Maryborough for donating 20 pizzas for the winners of this Air Conditioning Fundraiser!

Have a safe holiday and we will see you in term four to keep on banking!

Regards Tammy & Jodie Banking Co-Ordinators

Keep in Touch through Social Media

Check us out on Facebook!
https://www.facebook.com/TinanaStateSchoolPandC
We have a YouTube Channel for Tinana State School P&C!

Community News

The Proud Marys Association Inc. proudly present The 2015 Mary Poppins Literary Competition – Open to all Children in the Fraser Coast Region.

For more information, please see Mrs Donohue, or click here:

The Wide Bay Burnett Gem Club Association is holding a Market Day on Sat 19th Sept at Tinana School Oval. For more information, stall enquiries and bookings, Click Here:
Get Started Vouchers Round 6 – NOW OPEN

Information for Parents/Caregivers

Get Started Vouchers assist children and young people who can least afford or may otherwise benefit from joining a sport and/or active recreation club. Eligible children and young people can apply for a voucher valued up to $150, which can be redeemed at a sport or recreation club that is registered for Get Started Vouchers.

Children and young people are eligible to apply for a voucher if they are a Queensland resident aged from 5 to 17 (inclusive) at the time of application, and:

- the child, or their parent, carer or guardian, holds a Centrelink Health Care Card or Pensioner Concession Card, or
- the child’s application is supported by two referral agents.

Eligible children and young people who received a voucher in 2014 are eligible to apply for a voucher in 2015. If your child received a voucher in round 5, they are not eligible for a voucher in round 6.

Vouchers are issued on a first come, first served basis. Once the vouchers are fully allocated for a round, no further vouchers will be issued.

How to apply

- Step 1: check you can apply for a voucher
- Step 2: apply online using the QISGrants system
- Step 3: present the voucher to a registered club

Important dates

- Voucher applications open 15 July 2015.
- Voucher applications close on 30 September 2015 or earlier if all available vouchers are allocated.
- Vouchers must be presented to a registered club by 15 October 2015.
- Vouchers must be redeemed by registered clubs online by 30 October 2015.

For further information or assistance please call 13 QGOV (13 74 68) or email getstarted@mps.qld.gov.au

JUNIOR & SENIOR OZTAG SIGN-ONS

We accept “Get Started” vouchers so check out
to see if your child can play for free

Sign on for Maryborough OZtag 2015 Summer Season will take place at Donn Villa Football Club on Monday 31 August for Juniors & Seniors. Starting from the Under 6 division right through to seniors for both teams and individuals, or groups of friends. Lots of passing, running, kicking, tagging and try scoring! OZtag can be played by everyone, not just the gazelles and greyhounds! So stop standing around thinking about it, come and join the other 150 000 registered Australian players and “GET TAGGED” – YOU’LL LOVE IT! “Go to www.maryborouzhaoztag.com” or call 0434893840 for all the info, you can even register online from the comfort of your lounge chair! Our Venue Coordinators are waiting to assist you in every way possible.
Pre-Season Athlete Management
The right start to your season.

Building Active Communities Workshop
Free training and education for sport and recreation volunteers
Thursday, 10 September 2015 From 9 am
Hervey Bay Community Centre, 22 Charles St, Hervey Bay QLD 4655
Presenter: Chris Weller, Finnan

Pre-season training plays a crucial role in supporting a team or individual athlete’s success, no matter how old or how advanced the athlete. In addition to the physical advantages an athlete will gain, a successful pre-season strength and conditioning program can help prevent the onset of short and long-term injury. Pre-season is the “hard work” phase that prepares the athlete for the rigours of the upcoming competition season. The aim being to bring athletes to their peak performance level without overtraining. This workshop covers setting up a seasonal plan, resistance training programs, broad-based and specific conditioning, general nutrition information and the role of recovery. This is the first in a three workshop series and leads into the Athlete Management ‘Game On’ workshop.

Registrations close: Tuesday 8 September 2015

Hervey Bay Whale Festival
illumination
CONCERT & parade
2015
SATURDAY 17 OCTOBER
SEAFRONT OVAL FROM 4PM

COAST GUARD
FREEDOM FISHING
THE ONLY FISHING COMPETITION TO CATER FOR ALL THE FAMILY
(Especially the Kids)
FROM: 12.01 am Sat 26/09 to 3 pm Sun 27/09/15

SENIOR FIRST PRIZE
Centre Predator 375 Car Topper
Valued at $23,000 rrp

JUNIOR FIRST PRIZE
Viking Ocean Kayak, with
Angler upgrade
Valued at $699 rrp

Weigh In Times
Saturday 26/9 - 11am to 5pm
Sunday 27/9 - 11am to 3pm
Boonoora Bowls Club

Entertainment
Boonoora Bowls Club
Fri - 26/9 7pm till late
Sat - 27/9 7.00pm till late

COAST GUARD SANDY STRAWS
FREEDOM FISHING
FAMILY FISHING COMPETITION
$20 Adults
$5 Children

All entries go into the draw and you do not have to be present to win
GREAT SANDY STRAIT, TRIBUTORIES AND THE MIGHTY MARY RIVER
ROBBIE THE RECICLER'S HINTS & TIPS

Are you and your family SMART SHOPPERS?

- Do you take your groceries home in reusable bags?
- Do you buy in bulk?
- Do you refuse plastic bags in the fruit and vege section unless necessary?
- Do you buy items with the least amount of packaging?
- Do you buy items that are in recyclable packaging?

If you answered yes to all of these then you are smart shoppers - CONGRATULATIONS!

If you answered no to some of these questions, try adding some of the above ideas into your next shopping trip and feel proud that you are helping reduce the amount of packaging waste that goes to landfill.

Fraser Coast Waste
www.frasercoast.qld.gov.au/recycling

TAN DURINGIE STATE SCHOOL CENTENARY CELEBRATIONS

1915 - 2015
INCORPORATING THE CLOSED SCHOOLS OF PEBBLY BEACH, MAIDENWELL, TANDURINGIE, TUREEN, WINGENPINE, PIMPIMP BUDGEE

Program of Events
8.30am - Registration commences
9.30am - School Proceedings
11.45am - Re unus of the School Hall and Formal Proceedings Commence
1.30pm - Evening Entertainment

Saturday 19th September 2015

Food available throughout the day
Souvenirs to purchase
Commemorative Centenary Folders order now or on the day
Activities & Entertainment for children

For More Information
www.tanduringie.qld.edu.au
www.facebook.com/Tanduringie1915
www.tanduringie3000.com.au

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