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Issue 25 - Tuesday 11 August 2015

FROM THE LEADERSHIP TEAM

Welcome to the Ekka Week Digest.

Student Success

Thank you to our Years 3 and 4 students who participated in the Mini Festival over the past three Wednesdays and presented their work and received their certificates last week at Windsor State School. A special thank you to our Year 6/5 teacher, Mrs Lorraine Clacher, for co-ordinating the Mini-Thinkers Workshops for our Cluster Schools.

Science Week @ Ascot SS

This week at Ascot State School we are also celebrating Science Week (although National Science Week is held across the country next week with the theme "Making Waves: The Science of Light"). Click here for the National Science Week website –

<http://www.scienceweek.net.au/>

The focus for our Science Week activities is Reduce, Reuse and Recycle. I encourage all students to engage with the various activities being held throughout the school. Who are you coming dressed up as this Friday on our free dress day?

Science provides opportunities for students to develop an understanding of important science concepts and processes, the practices used to develop scientific knowledge, of science's contribution to our culture and society and its applications in our lives. The curriculum supports students to develop the scientific knowledge, understandings and skills to make informed decisions about local, national and global issues and to participate, if they so wish, in Science-related careers. Make sure you ask your child what they are studying in Science this term.

In addition to its practical applications, learning Science is a valuable pursuit in its own right. Students can experience the joy of scientific discovery and nurture their natural curiosity about the world around them. In doing this, they develop critical and creative thinking skills and challenge themselves to identify questions and draw evidence-based conclusions using scientific methods. The wider benefits of this "scientific literacy" are well established, including giving students the capability to

investigate the natural world and changes made to it through human activity.

Mindsets: Helping Students Fulfil their Potential

Our Ascot State School Leadership team attended the Professional Development Network Conference last week. We were fortunate to hear some leading educational experts including Dr Carol Dweck. She talked about brain plasticity and the importance of a growth mindset. At Ascot State School, our Student Success and Wellbeing Programs are heavily based on the research of Dr Carol Dweck. She explained how and why a fixed mindset limits students' motivation and achievement, while a growth mindset stimulates their motivation and achievement. Students with a growth mindset learn at all costs and use everything at their disposal to learn such as a range of strategies, hard work, perseverance and effort. These students approach mistakes and deficiencies as setbacks that create opportunities for learning and growth. As educators, we aim to motivate our students and help them to raise their grades, as well as reach their own personal goals.

Fixed Mindset	Growth Mindset
Never look dumb	Learn
Don't work hard	Work hard to learn
Run from difficulty	Learn from mistakes

Dr Carol Dweck then discussed the importance of the message we are sending to our students when we praise them. Our praise lets children know what we value. What do you praise in your child?

Dr Dweck reminds us that Intelligence Praise praises one's ability and this perpetuates a fixed mindset. These students don't want difficult tasks as they may fail; they are non-resilient and become non-learners. In contrast, Process Praise encourages students to take on challenges and to learn from them, to become more resilient and to embrace challenges and mistakes.

Dr Carol Dweck referred to some recent research on praise in babies that may interest some parents:

<http://news.stanford.edu/news/2013/february/talking-to-baby-021213.html>

Also if you haven't seen Dr Dweck talk yet I would suggest a look at this YouTube clip:

<http://www.youtube.com/watch?v=MTsF2TaEaJA>

Another educator, Dr Terrence Quong, highlighted some of the fundamental differences between our education system in Queensland and the Hong Kong model. Interestingly, one of the key features he highlighted was that schools are not solely responsible for achievement. Dr Quong discussed the "happiness" factor at school, the importance of a strong sense of belonging and the importance of moral and social education at school. He also discussed the importance of critical and creative thinking skills and of recognising that having a diverse student population is an advantage as it enriches a school community. All food for thought as we are about to establish our five year plan for Ascot State School.

Every Day Counts

We would like to remind parents of the importance of attending school every day. For students to gain the most from their schooling they should be attending school every day. If your child misses one day per fortnight it equals 20 days per year. This equals 4 weeks of school and over 13 years of schooling your child misses nearly 1½ years of school. Our statistics for the last week are:

Prep	85%
Year 1	77%
Year 2	85%
Year 3	89%
Year 4	91%
Year 5	87%
Year 6	93%

This Wednesday is the Ekka Holiday so we will see you back at school on Thursday. Enjoy the day off with your family.

Regards

Gayle Coleman – Principal; Sharyn Hadden, Deputy Principal; Kylie Wells, Acting Deputy Principal

BOUQUETS

Special bouquets to Mrs Rysia Pritchard who started her Coding Workshops for Year 2 students last week with some very engaged, excited students happy to give up their lunchtime to explore coding.

FROM YOUR P&C

Last year I was asked to participate in a survey, as President of Ascot P&C. The University of Queensland and P&Cs Qld (with the support of DETE) are working together on a project that will explore the levels of parental engagement (participation and partnering) across Queensland state schools and the school culture around parental engagement within schools. This information will assist all P&Cs in providing improved support with the goal of improved educational outcomes.

Why did I spend half an hour of my time answering the survey? Well, it means our P&C will get access to the results and these may assist us and our soon to be formed School Council in identifying effective strategies which are employed by other schools with similar profiles that may work at Ascot.

All state schools have been selected (approximately 1,300) and for each school, the Principal and P&C President have now been surveyed and then teachers and parents will be selected to participate in the study, enabling a 360 degree review of engagement within and across schools.

The results will be used to support schools in Queensland to enhance parental engagement and improve learning outcomes. I've said it before – the more parents are engaged with their child's schooling, the better the educational outcomes their children have. However, little is known about which engagement strategies are the most effective. Do you like the workshops on Math and Reading? Do you want more parent information evenings? Would you like information on how to help your child manage their time and do their homework? Please email me and let me know what your P&C can do for your family, as chances are, other families will want similar information.

Ascot State School has a strong leadership team, great teachers and hard-working parents that make up the P&C. It is why we send our children to Ascot and why Ascot State School is so well regarded. But we can always look to improve. Bright futures with endless possibilities.

If you have any suggestions, please email me at pandcpresident@ascotss.eq.edu.au.

Sarah Comiskey, President

P&C MEETING NEXT WEDNESDAY 19 AUGUST AT 7.30PM (STAFF ROOM – C BLOCK)

Agenda:

- Welcome
- Minutes of Previous Meeting
- Matters arising from the Minutes
- Correspondence
- Matters arising from the Correspondence
- Principal's Report
- Treasurer's Report
- Subcommittee Reports
- General Business
- New Memberships.

UPCOMING EVENTS

Wednesday 12/8/15	ROYAL QUEENSLAND SHOW HOLIDAY
Thursday 13/8/15	8-8.45am Robotics Club (Year 5) (Computer Lab) 8.15am Uniform Shop 1-1.40 Opti-Minds (in 6/5) 1.15-1.40pm Years 2 & 3 Coding Club (Computer Lab)

	Prep 2016 Interviews Star Lab Years 3 (Hall) & Year 1 (Staff Room) STEM Year 6 Walk to School Day
Friday 14/8/15	Prep 2016 Interviews Star Lab Year 2 (Staff Room) Environmental Dress Up Day
Sunday 16/8/15	1-4pm Inaugural Ascot Tennis Cup Finals (Reeve Street Courts)
Monday 17/8/15 – Wednesday 19/8/15	Year 5 Camp to Mapleton
Monday 17/8/15	National Science Week 15-23 August 8.15am Uniform Shop 9.00am 3C Assembly 10.30am 1E Assembly Prep 2016 Interviews 12-3pm: Selected Year 6 students to QASMT Igniting Science Workshop
Tuesday 18/8/15	Prep 2016 Interviews
Wednesday 19/8/15	7.45-8.30am Debating Meeting (in 6/5) 8.15am Uniform Shop 9.00am Student Banking 9.15am Welcome Group Prep 2016 Interviews 1-1.40pm Robotics Club Year 4 (Computer Lab) Footsteps Dance (Prep, Years 1 & 2) Tim Gibson Talk to Upper School Students 7.30-8.30pm P&C Meeting (Staff Room)

FROM SHARYN HADDEN: DEPUTY PRINCIPAL YEARS 3-6

Last week a number of staff were fortunate to take part in the Professional Development Network Annual Conference.

The outstanding presenters encouraged all educators to make sure that we provide positive, happy learning environments where students are encouraged to wonder and create. A highlight for me was the presentation of Carol Dweck who encouraged teachers and parents to help our children understand that the struggle to learn new concepts or knowledge was a challenge worth taking and not a sign of failure. What a great message and a way to encourage our children to take risks and thrive on challenge.

Last week our Years 5 and 6 visited the SPARQ-ed research lab to take part in experiments in their laboratory. We wish to thank the P&C for funding these activities through the Learning Innovation Fund. This is another example of the great contribution made to our school by our parent group. Thank you!

On Monday of this week parents were invited to attend the second of our NAPLAN information sessions. I will be happy to share the presentation if you were unable to attend. The school

website also contains the presentation from earlier in the year which gives an outline of the test content and the ways we work throughout the school year, with all children, to promote a healthy attitude to all forms of assessment.

Have a good week.

Sharyn Hadden, Deputy Principal

FROM KYLIE WELLS: ACTING DEPUTY PRINCIPAL PREP-YEAR 2

Welcome to another fabulous Ascot week!

On Friday of last week we were fortunate to participate in professional learning with Dr Carol Dweck. Dr Carol Dweck is a leading researcher in the area of fixed and growth mindsets and how they impact student learning. One of the key messages I took away was the power of the word "...Yet". Yet, is about knowing that with hard work, determination, perseverance, and practise we can turn "can't" into "can't YET" and then into "CAN!" This involves changing and encouraging children's self-talk from "I can't do this" to "I can't do this yet" below are some ideas to try.

What can I say to myself?

Instead of	Try thinking
I am no good at this	What am I missing?
I give up	I can try some of the strategies we've learned
I just can't do Maths	I am going to grow my Maths brain
It's good enough	Is it really my best work?
This is too hard	This might take some effort and practise

Research tells us that the brain is like a muscle that gets stronger with use and that learning prompts neurons in the brain to grow new connections. We want children to know this so that they realise that with work, strategies and determination they know they can grow their brains. How can we help, when we praise children for their effort, hard work and strategies we encourage them to "grow their brains" in a growth mindset way.

Today's growth mindset quote of the day:

"I don't believe you have to be better than everyone else. I believe that you have to be better than you ever thought you could be." – Ken Venturi.

Have an awesome Ascot week!

Kylie Wells, Acting Deputy Principal

ASSEMBLIES

SENIOR ASSEMBLY

This week's assembly was presented by 6B and focussed on the need to understand, acknowledge and respect the feelings of others. Great job 6B!



Student of the Week: Years 3-7

Next week's assembly will be presented by 3C and the award is for displaying "Good Sportsmanship". Last week, when our school's District Athletics team were congratulated at our assembly, the team were commended on their great sportsmanship throughout the Carnival. The following students share positive comments and actions with their peers. Well done, girls and boys!

3A	Joshua C Stirling M	4D	Rudy D Sophie L
3B	Talan S Eloise R	5A	Cooper L Paris P-B
3C	Emerson P Hemi J	5B	Tom L-M Dexta B
3D	Bronson R Mya B	5C	Archer C Isabella L
3E	Ted P Johnno H	6/5	Jorja F Chloe Z
4/3	Oliver C Tom R	6A	Ashton B Maddie B
4A	Spencer M Aniese U	6B	Elizabeth E-S Anabel F
4B	Ethan H Sam H	6C	Marcus D R Sofia B
4C	Ruby D Angus S		

Sharyn Hadden, Deputy Principal

JUNIOR ASSEMBLY

The assemblies at Ascot State School are outstanding and 1A and 1B your performance and important message was no exception. Thank you to our teachers and students for your presentation and the work that goes in to presenting such a confident and enthusiastic assembly.



Student of the Week: Prep-Year 2

This week we celebrate our students who demonstrate the important life skill of "Sharing". Sharing not only supports us to get along with others but helps to cooperate, work as a team and deepen our care and empathy for others.

We are all looking forward to 1E hosting our assembly on Monday!

Prep A	Mana O Will G	Year 1D	Molly L Archer B
Prep B	Harvey K Ritika K	Year 1E	Tia F Dante V
Prep C	Claudia S Luca F	Year 2A	Arabella P Indiana F
Prep D	Abigail B Alex J	Year 2B	Gemma N Cooper H
Prep E	Maja A Oscar N	Year 2C	Tiana P Jake S
Year 1A	Mikayla F Ella H	Year 2D	Poppy H Bonnie S
Year 1B	Samantha C Toby C	Year 2E	Aayan K Kieran L
Year 1C	Poppy B Oliver L		

Kylie Wells, Acting Deputy Principal

SCIENCE WEEK @ ASCOT S.S. 10-14 AUGUST REDUCE, RE-USE & RECYCLE

Ascot State School Walk to School Day – Thursday 13 August



Students must be accompanied by an adult and meet the walking team at one of the starting points or at one of the designated pick up points along the way. An Ascot teacher and senior environmental student leaders will accompany each walking school bus. Look out for Ascot's Tangalooma Eco Marine ambassadors in their green t-shirts. **Reduce** your carbon footprint and walk with us.

ROUTE A – Racecourse Rd via Windermere Rd

Start @ 8:00am - Racecourse Rd & Beatrice Terrace
Pick up point # 1 8:10am – Racecourse Rd & Windermere Rd
Pick up point # 2 8:15am - Windermere Rd & Kitchener Rd
Pick up point # 3 8:20am – Windermere Rd & Abbott St
 Arrive at Ascot State School @ 8:30am

ROUTE B – Oriel Rd via Kitchener Rd & Lancaster Rd

Start @ 8:00am – Oriel Rd & Kitchener Rd
Pick up point # 1 8:10am – Cnr Lancaster Rd & Kitchener Rd
Pick up point # 2 8:20am – Cnr Lancaster Rd & Abbott St
 Arrive at Ascot State School @ 8:30am

ROUTE C – Oriel Rd via Bartley St & Upper Lancaster Rd

Start @ 8:00am – Oriel Rd & Bartley St

Pick up point # 1 8:10am – Bartley St & Upper Lancaster Rd

Pick up point # 2 8:20am – Upper Lancaster Rd & Anthony St

Arrive at Ascot State School @ 8:30am.

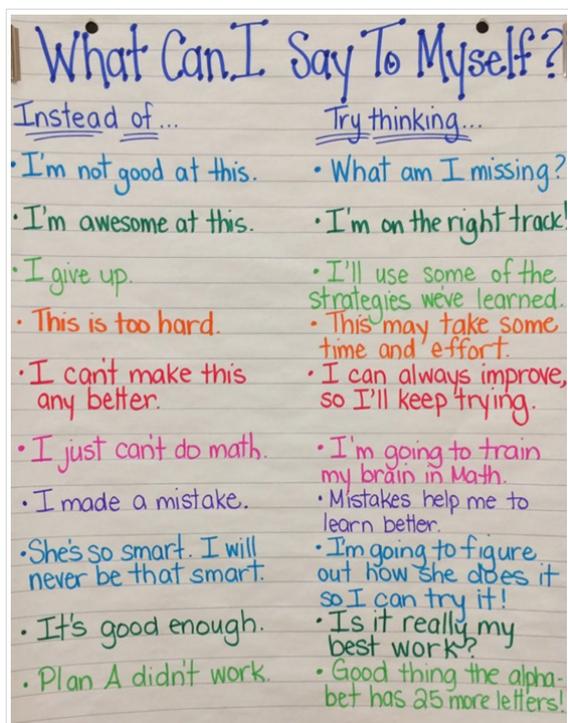


Ascot State School Environmental Super Heroes' Day – Friday 14 August

To conclude our science week focus **everyone** is invited to dress up as a super hero in a costume made from recycled materials. If this is not possible we would love to see you wearing something green to help celebrate our wonderful environment. Be creative and **re-use** and **recycle**!

FROM MONIQUE RUSSELL

Growth mindset and mathematics



One of the key focus areas at Ascot State School is students making real world connections in Mathematics and the gaining of deeper and authentic understanding of mathematics concepts through reasoning and inquiry.

Students having a growth mindset around learning and specifically around their mathematical learning can very much aid them in being open to these challenges, communications about their strategies and risk-taking to attempt different processes to solve problems or explore different ways of working.

As parents we can also influence the facilitation of this growth mindset. Discussing with our children using the process and learning as being central to their work in class during the day and aiding them in their self-talk around learning is one way

we can support them gaining a more automatic way of thinking using growth mindset attitudes. If the work is challenging this is great as this means learning is occurring. If the work has required some effort and deeper thinking this is great as learning is occurring. Maybe even if the answer was incorrect this is great as that means learning will occur tomorrow!

Something definitely to ponder over.

Monique Russell

FROM ANGELA DAWSON

SPARQ-ed

Many thanks to our P&C Learning Innovation Fund for supporting our Years 5 and 6 students work with SPARQ-ed over the past two weeks. Last week all of our students participated in Microbiology Workshops at the Translational Research Institute (TRI) in Woolloongabba. SPARQ-ed™ (Students Performing Advanced Research Queensland) is a unique educational facility established as collaboration between The University of Queensland's Diamantina Institute (UQDI) and Queensland's Department of Education and Training. SPARQ-ed aims to promote excellence and innovation in biological and biomedical education by delivering world class specialist programs to Queensland school students and their teachers. These programs are based on a model that brings together personnel and expertise from the education and scientific research communities. TRI features a state of the art biomedical teaching laboratory and online learning area on the ground floor of the TRI building where participants can work alongside scientists from TRI's partner institutes. First established in 2009, SPARQ-ed is co-ordinated by Dr Peter Darben and David Pearce. Our students and teachers thoroughly enjoyed the experience.



Opti-Minds

Our 14 participants in Opti-Minds are enjoying their challenges and are well prepared for their final presentation day on 23 August 2015 at Kedron State High School. All members of the school community are more than welcome to come along on the day and support our students. Mrs Clacher, Mr Marsh, Mrs Pritchard, Miss McDonald, Miss Barker and I are very proud of the huge effort our students are giving.

Below are Opti-Minds Objectives:

- To foster cooperation and teamwork
- To foster creative responsiveness
- To foster flexibility and innovative thinking
- To promote complex thinking and creative problem solving skills
- To encourage reflective thinking and self-directed learning
- To facilitate empowerment and responsibility
- To promote an understanding and appreciation of self and others
- To develop effective communication and collaborative thinking skills
- To stimulate a spirit of exploration, investigation, experimentation and a love of learning.

Writing

How Can I Encourage My Child to Write at Home?

- Read your child's writing or have him or her read the writing to you and comment on the positive aspects, for example, "I really like the way you've described this."
- Encourage your child for having a go at writing words that are new and explain how to spell words which are causing difficulty.
- Talk to your child about why an author or film maker might create a book, play or film in a particular way. What points of view are presented? What is the author's purpose?
- Read and talk about the writing that your child brings home from school.
- In order to develop spelling and vocabulary, play word games such as I Spy, Scrabble, Boggle, Scattergories and crosswords.

How Can I Help With Writing at Home?

- Have your child label things that he or she designs or makes.
- Encourage your child to keep a Writers' Notebook where they keep ideas and pictures for future writing ideas.
- Compile a photo album or scrapbook with your child and have him or her write captions for the photos and pictures, or encourage your child to keep a diary of special events, e.g. a holiday diary.

- Make the writing of notes, letters and stories a normal part of family life.
- Involve your child in helping to write emails, letters and forms. It is important that your child sees you write regularly.

Be aware of your child's Writing Learning Target.

Angela Dawson

P.E. NEWS

City District Athletics Results (30/31 July)

The following students were selected in the City District Athletics Team following their performances at the City District Carnival. These students, with the exception of those students who will be on camp in Canberra, will compete at the Met North Carnival at UQ on 25 and 26 August. We are very proud of your effort and success.

Kayla H – 100m (3rd)
Isabella H – 800m (3rd)
Charlie B – shot put (1st), discus (3rd)
Josh B – long jump (3rd)
Ruby P – long jump (3rd)
Stella J – 100m (1st), long jump (1st), 200m (4th)
Mary C – shot put (3rd)
Sofia B – high jump (4th)
Teneille A – discus (2nd)
Joshua F – shot put (4th)
Robert E-S – 800m (2nd)
Elizabeth E-S – multi event (2nd)
Gus D – 800m (4th)
Maddie B – high jump (1st)
Jorja M – shot put (2nd), discus (3rd)
Moni S – 100m (1st), 200m (1st), high jump (1st), long jump (1st), shot put (2nd), discus (3rd), multi event (1st)
1st to our 12yrs boys relay (Moni S, Jack M, Lachlan H, Marcus D).

A few other noteworthy performances where students just missed out include:

Lucy H – 100m (6th), 200m (6th), long jump (6th)
Manuthi H – 100m (5th)
Annabel F – 100m (6th)
Amaia P – long jump (5th), Darcy D – 200m (5th)
Tom L – 800m (5th)
Lachlan Z – discus (5th), shot put (6th).

Also all of our relay teams finished 1st, 2nd or 3rd out of up to 14 teams and there were no dropped batons. These are all results to be proud of.

Our 9 year old students had the chance this year to compete in 4 events (shot put, long jump, 800m, 100m) and did very well, but this age group does not progress to the Met North Carnival. Congratulations to the following:

Emma S – long jump (3rd), shot put (6th), 100m (5th), 800m (5th)
Lani M – shot put (3rd), long jump (5th)
Thomas S – 100m (7th)
Ryan C – 800m (2nd), shot put (8th)

Grace T – 800m (4th)
 Annaka M – 800m (6th)
 Max B – long jump (4th)
 Jack M – shot put (7th).

**Alayne Graham (Mon, Tues, Wed, Thurs, Fri) –
 agrah27@eq.edu.au**
Paul Harris (Mon, Tues, Thurs) – pharr17@eq.edu.au

SCHOOL COMMUNITY LIAISON OFFICER'S NEWS

ABDO

This is on the 12 September. The ride bands are now for sale on flexischools and the \$30 includes all rides and movies that run from 6-9.30pm. But have a look at the webpage www.ascotbigdayout.com.au as you can bid now on all auction prizes, including 20 art pieces created by students.

Raffle tickets

There is only one book of ten per family so \$40 (tickets are \$5 or 5 for \$20). Payment can be made on flexischools and if this is done, please print out the flexischools payment receipt and return with the stubs to the class teacher. Any unsold tickets are to be returned please, as a stall will be set up at Sirianni's to sell tickets closer to the day.

Have a great week and enjoy the Exhibition Wednesday public holiday.

**Leanne Buckle, SCLO, 0403 576 688,
 leannebuckle11@gmail.com**

COMMONWEALTH BANK COMPETITION

Rewarding regular savers with amazing prizes.

We're bringing the exciting news that an intergalactic Prize Portal has appeared on Planet Savings, giving students who demonstrate good savings behaviour the chance to win amazing prizes.

75 x iPad minis Wi-Fi 16GB, 125 x Beats by Dr. Dre Solo2™ Headphones, 200 x \$30 Booktopia Gift Certificates.

[attachments/cba_competition.pdf](#)

FoVAD NEWS

FoVAD Art Week Big Day Out Auction



A certain intriguing Kevin A. Koala has stirred up a bidding frenzy this week on the FoVAD Big Day Out on-line Auction for our stunning year level student art pieces. Thank you, Kevin A! We are delighted with the level of interest and fund raising support from all our keen on-line auction bidders. Please get your

bids in **now** on one or all of the twenty pieces at

<http://ascotbigdayout.com.au/product-category/auctions/>

"Grandiflora" is one of three colourful garden canvases created by the Years 3 and 4 students during Art Week, which are all up for auction. Each individual flower was designed using oil pastels and watercolour inks. The flowers were then collaged together over vibrant backdrops. The three garden pieces would make a stunning set hung together in a home or office but are also available for individual bidding. Good luck to all our current bidders on this beautiful Years 3 and 4 piece!



Katrina M, FoVAD

PREP DISCO

Date: Friday 21 August

Doors open: 4.30pm

Disco starts: 5.00pm

Disco finishes: 6.15pm

Place: Ascot State School Hall

Admission: \$12.00 on entry

ASCOT A BIG DAY OUT



There are only 33 days to go!!!

Click the link below to Update #6 to learn more about rides, raffles & auction, food court and the second hand stall

FROM THE TUCKSHOP

Tuckshop Volunteers

Unfortunately we have already lost a few Volunteers this term with several of our Mums now working. I would like to thank those Mothers for their help over the past few years. It now leaves me with hopefully recruiting a few more volunteers.

We have vacancies on a Tuesday, Thursday and Friday so if anyone can help out from 9.00am-1.00pm please let Kathryn know via email tuckshop@ascotss.eq.edu.au or by phone 3326 9326.

Kathryn, Yolanda and the Tuckshop Committee

TUCKSHOP ROSTERS

Tuckshop - Group 2		Home Bake - Group 2	
Monday 17/8/15	Catherine McL, Trudy C	Monday 17/8/15	Ruanne N, Steph P
Tuesday 18/8/15	Louise A, Melanie B	Tuesday 18/8/15	Jodie R
Wednesday 19/8/15	Vanessa H	Wednesday 19/8/15	Natasha S, Kim H
Thursday 20/8/15	Mary J, Kerry D, Susie C, Shellie L, Kaye F	Thursday 20/8/15	Anna Q, Bianca F, Fiona B
Friday 21/8/15	Carolyn H, Bella B-H	Friday 21/8/15	Leta D, Nikki T

UNIFORM SHOP ROSTER

Group 1	
Monday 17/8/15	Jacqui B
Wednesday 19/8/15	Carla C
Thursday 20/8/15	Vicki B

NEWS FROM THE P&C HEALTH AND WELLBEING COMMITTEE

Ascot Tennis Competition: This commenced on Sunday and we had a great roll up. Thanks to Leanne Buckle, Giles and Scott. Second Round to be played next Sunday.

Looking for a summer sport? All Stars Baseball on Gerler Road Hendra are having a Come and Try day this Saturday from 12.00pm to 4.00pm. Boys and Girls can play in a safe structured environment with games played on Saturday mornings and only lasting one and a half hours.

Vision Personal Training are great supporters of the school. SO if you have decided to start the new financial year losing kilo's and not money, then give George and his crew a call. BUT before you do so, take advantage of their offer to the school community – for just \$10 (which goes back into our P & C) you will receive 2 personal training sessions with George or one of his staff. Great value and there are winners all round. For me information, please contact me via email.

Surf Lifesaving Queensland has over 11000 active nippers! If you'd like your children to join the number then visit:
<http://lifesaving.com.au/membership/nippers/>

Pat Gerry. Co-Ordinator, pandc@ascotss.eq.edu.au

WELCOME GROUP

Have you recently enrolled your child at our school and would like to meet other parents? You may be interested in joining our school's Welcome Group. Our Welcome Group has been set up primarily as an opportunity for new parents to our school to meet other school families, although anyone who is interested in making new friends is welcome to attend!

Our Welcome Group catch-ups are on Wednesdays at 9.15am at White Jam Cafe in Hendra. Please get in touch with Peter if you have any questions.

**Peter, Welcome Group Co-ordinator,
welcome@ascotss.eq.edu.au**