Dear Parents and Carers

We have reached the half way point in the term, students are settling in well to their classes, the first day jitters have subsided and students are becoming involved in school programs.

I hope everyone fared reasonably well with minimal damage to their homes and belongings with the recent weather event and I thank the school community for your ongoing support with the recent closing of the school last Friday due to the weather. This also resulted in the pool being closed for a period of time whilst emergency repairs were undertaken in and around the plant room.

Just a reminder that dogs are not permitted within the school grounds, the exceptions being assistance and guide dogs.

Early departures from school are increasing. Please ensure if your child has appointments, try to make these outside of school hours. I understand this is not always possible for specialist appointments, however minimising time away from school is in the best interests of the student. Students departing early in the afternoons not only interrupts the teaching and learning in the classroom it also places your child at a disadvantage having to catch up on missed school work when they return to school.

The staff and P&C recently hosted a Meet and Greet Sausage Sizzle providing families a friendly atmosphere to chat to staff. Thank you to the parents, extended family and staff who participated in this event, thank you for your ongoing commitment, dedication and support to our school.

Regards
Alyson Covey
A/Principal

P & C NEWS
NEW TUCKSHOP MENU
Nutrition Australia Qld has recently completed a review of our school tuckshop menu, checking it against the Smart Choices Healthy Food & Drink Supply Strategy for Qld Schools. We are pleased to report that we achieved an overall high standard, with the review making several recommendations on how we can gradually implement changes for improvement.

Some of these recommendations have been incorporated into an updated menu and price list developed by P&C and our tuckshop coordinator Glenda Vassallo. Some price rises have been necessary to ensure our tuckshop is financially viable, and prices have also been designed to encourage the healthier options. A copy of this new menu has been sent out to all school families by email and will be attached to this newsletter. The menu can also be viewed on our school website and Facebook page, and a paper copy is being sent home with students. P&C plan to update the tuckshop menu each term, and welcome your feedback and suggestions by email: psspandc@hotmail.com

TUCKSHOP VOLUNTEERS
Don’t forget that new volunteers are always welcome at our tuckshop to assist Glenda with food preparation and serving. Volunteers are rostered on to help no more than one day per fortnight, so please see Glenda if you are able to help, even for just an hour or two.

GRANT APPLICATIONS
Each year many grants are offered that provide an opportunity for funding valuable school projects, and in recent years our school has been fortunate to have some talented successful grant application writers such as Viv Temple. Viv remains willing to write grant applications on behalf of Pomona State School P&C, and asks that any advertisements of new grants be forwarded to her via P&C email: psspandc@hotmail.com

DO YOU READ THE SUNSHINE COAST DAILY OR GYMPIE TIMES?
Don’t forget to cut out your tokens from the Sunshine Coast Daily and / or Gympie Times newspapers over coming weeks and add them to our collection box in the main office. The school with the most tokens collected per student by 5pm Monday 23 March will win a $5000 classroom makeover from Staples office supplies.
PLEASE ENSURE YOUR CHILDREN WEAR THEIR BIKE HELMETS AT ALL TIMES WHEN RIDING A BIKE, SCOOTER OR SKATEBOARD.

Let's keep Pomona kids safe!

DATE CLAIMERS!!

FEBRUARY
- Fri 27th: Clean Up Pomona School - class emu parades

MARCH
- Sun 1st: Clean Up Australia Day ('Clean Up Pomona' article in this Newsletter)
- Mon 2nd: Last day for School Dental Van
- Fri 6th: Parent Information Sessions in the hall from 9.30am to 10.30am
- Mon 9th: P&C AGM at 6pm in the school library
- Fri 13th: National Ride to School Day
- Fri 27th: Payment due for Digital Technology and Science ICAS Tests

APRIL
- Thurs 2nd: Last day of Term 1
- Fri 3rd: Good Friday public holiday
- Mon 20th: First day of Term 2
- Thurs 30th: Payment due for Writing and Spelling ICAS tests

MAY
- Tues 19th: Digital Technology ICAS Test

JUNE
- Wed 3rd: Science ICAS Test
- Fri 12th: Payment due for English and Maths ICAS tests
- Mon 15th: Writing ICAS test
- Tues 16th: Spelling ICAS Test

CHAPPY CHAT

The children are eager to start up the sewing class again this term. I am wondering if there are any creative parents or grandparents who would like to help me set it up. We need to come up with some ideas of what we could make. I usually show the children the various stitches like blanket stitch, chain stitch and hem stitch, tacking, how to make a buttonhole and how to hand sew a zipper in place. These are the stitches I learned at school and they have served me well throughout my life.

I am looking for material, cotton ribbons, buttons, zippers and anything that you think the children might like to sew on material to decorate it. I would love to be able to make a patchwork quilt with the children too.

If you are able to spare an hour on Tuesdays from 11.00 to 12.00 to work alongside the children, that would be really great. One person is simply not enough.

I would love to start this club again with several helpers. Please call if you can help me kick it off.

Blessings.

Chappy Paulette
0414 457 451

CONGRATULATIONS TO OUR STUDENTS OF THE WEEK!

<table>
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<th>6 February</th>
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<tr>
<td>6ST Grace S</td>
<td>6ST Max T</td>
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SCHOOL DENTAL VAN

The Dental Van has asked us to advise everyone that they will be leaving Pomona State School on Monday afternoon, 2nd March. Should you need to contact them for any reason, please phone 0418 889 478.

NATIONAL RIDE TO SCHOOL DAY 2015

Pomona State School will be celebrating National Ride to School Day with an active Travel day on Friday 13 March. Come along with us and Ride Walk Scoot or Skate to School.

Students that walk or wheel to school feel fresh and alert at the beginning of a school day, are more likely to reach the recommended 60 minutes of physical activity they need each day, feel happier, healthier and perform better in the classroom.

We will be having three levels of rides, easy, medium and longer/harder. Generally split into class groups of prep–grade 2, grade 3–4 and grade 5–6. All rides will start at Standopark Park and finish at Pomona State School with a BBQ/Healthy breakfast available at school when your ride is completed.

Parents are welcome and encouraged to join in the fun by walking or wheeling with the students.

Any parents that would like to volunteer to help on the rides or with the end of ride BBQ please call Greg Long on 0417 766 926.
PARENT INFORMATION SESSIONS

What? We would like to invite all interested parents the opportunity to attend 3 sessions over 3 weeks with Peta Cave, our behaviour specialist, who will discuss the subject of human behaviour and how that can support the decisions we make with our parenting.

Coffee and Tea will be provided.

Where? At the hall.

When? Beginning next Friday morning after parade. 9:30 – 10:30
1st Session: Choice Theory - Understanding our Basic Needs.
2nd Session: Reality Therapy Questions to support parenting.
3rd Session: Parent Questions, Stories, Building on what you have learnt.

What is Choice Theory?

Choice Theory is an explanation of why and how all living creatures behave. Its basis is the idea that we are all driven by five genetic needs- survival, love, power, fun and freedom- that dictate how we must attempt to live our lives.

All we can do is behave, all our behaviour is an attempt to satisfy one or more of our basic needs and all our conscious behaviours are chosen.

If we can learn to choose effective, responsible behaviours, which in practice means learning to control our actions and thoughts in a way that we satisfy our needs and do not deprive someone else of a chance to satisfy their needs, we will usually be happy, healthy and effective control of our lives.

Choice Theory: A theory of behaviour, evolved from systems theory that is based on the premise that all our behaviour is internally motivated to satisfy physical and/or psychological needs (survival, love and belonging, power, freedom, fun). It is our best attempt to satisfy the needs or to reduce pain.

Where did Choice Theory come from?

Choice Theory is espoused by Dr William Glasser MD. He has synthesised the work of others such as William Powers (Control Theory) and Deming (Lead Management).

CLEAN UP POMONA, THIS SUNDAY 1ST MARCH 8AM!

Hello, my name is Belinda Wedlock. Our daughter (Malika) is in 4EB and our son (Ari) is in 2BB. I am coordinating Pomona’s Clean Up Australia Day efforts this Sunday 1st March.

We will meet at the rotunda beside the playground in town at 8am. Please wear covered shoes, gloves, a hat, sun screen and bring some water. We will spread out around our town to collect any rubbish and bring it back to the large skip bin located behind the playground in town. We will have some treats for everyone when we finish.

Let’s make our town even more beautiful, Clean Up Pomona this Sunday 1st March 8am.

Kindest regards, Belinda Wedlock

GRAB A BARGAIN OR EARN SOME EXTRA CASH

Car Boot Sale @ Cooroy Scout Den, 2 Mary River Road, Cooroy
Sunday 8th March 7 – 12 noon
$15 per site
To book a site Phone: Jackie: 0439 5905 86 [AFTER HOURS ONLY]
Limited sites available – so please book early!!!!

Sausage Sizzle
Tea/Coffee
Bargains Galore
Bric a Brac

Please help support the Cooroy Cubs and Scouts!

CHESS

Children who are interested in beginner’s chess instruction need to see Max (Teacher Aide) in the Computer Lab on Tuesdays and Wednesdays at 11.10am. Other chess players are welcome to attend the Beginner’s Group to assist Max and the newer players. Students who have more advanced chess skills are welcome to attend a more competitive session at 10.50 to 11.10 in the Computer Lab on Thursdays with Mrs Lavender.

ICAS TIMETABLE

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<td>$11</td>
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<td>Maths</td>
<td>2 – 6</td>
<td>$8</td>
<td>Friday 12 June</td>
<td>Tuesday 11 August</td>
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POMONA STATE SCHOOL PARENTS & CITIZENS’ (P&C) ASSOCIATION
ANNUAL GENERAL MEETING
6PM MONDAY 9 MARCH 2015
In the school library

PURPOSE OF THE AGM
The AGM is held so that:
☐ Annual reports on P&C activities over the previous year can be presented, including the audited annual financial statement;
☐ A new executive committee can be elected (ie. a President, at least one Vice-President, a Secretary, a Treasurer and any additional officers as determined by the Association);
☐ Subcommittees can be established / confirmed, eg. tuckshop, uniform shop, fundraising.

P&C EXECUTIVE ROLES
President:
☐ Provides leadership and represents the P&C;
☐ Is the accountable officer of the P&C;
☐ Encourages communication between the P&C, school administration and the community;
☐ Encourages participation in the P&C;
☐ Chairs P&C meetings and is familiar with the rules, Constitution and other documents governing P&C operations.

Vice-President:
☐ Provides support for the President / other executive members as required;
☐ Chairs P&C meetings in the absence of the President and is familiar with the rules, Constitution and other documents governing P&C operations;
☐ Carries out any duties delegated by the President.

Secretary:
☐ Collates reports / papers for each P&C meeting and helps prepare the agenda;
☐ Prepares and presents the minutes of meetings;
☐ Records and deals with correspondence in and out;
☐ Organises, records and maintains information pertaining to the activities of the P&C.

Treasurer:
☐ Has overall responsibility for the financial management of the P&C, including all subcommittees;
☐ Complies with the Accounting Manual for P&C Associations and Purchasing Policy for P&C Associations;
☐ Prepares an annual budget and annual operational plan in consultation with the other officers;
☐ Keeps accurate accounts of receipts and expenditures.

ELECTION OF EXECUTIVE MEMBERS
Can people not attending the AGM nominate for positions?
Yes – people can nominate for positions without being at the AGM.
• Nominees need to put their nomination in writing stating the position/s they are interested in and sign the nomination. Their nomination must be moved and seconded at the AGM.
• Complete and submit a membership form to the meeting (without this they will not be a member and not eligible to stand for election)

How is the election conducted?
• If there is only one nomination for the position they are duly appointed if the majority of members present at the AGM support the appointment.
• If more than one nomination then a secret ballot is held.
• The meeting should appoint persons not standing for positions to act as the returning officer.

The AGM is the only meeting at which individuals can become members without attending a previous meeting or by submitting a membership form without attending the meeting. The call for membership is prior to the election process.
(Information provided by P&Cs Qld)
Like you, giving our kids the best educational tools is something close to our hearts.

The Gympie Times has partnered up with Staples™ to give you the opportunity to win a $5,000 classroom makeover for your school, fuelled by products from the Staples™ Education Essentials range.

So, how does it work?

**STEP 1: Register your school**
Visit gympietimes.com.au/classroom-makeover-registration to register your school’s involvement by 5pm Friday 27 February.

**STEP 2: Collect tokens**
Rally your school community to start collecting as many daily tokens as you can from The Gympie Times between Saturday 14 February to Monday 16 March.

**STEP 3: Count your tokens**
Register your final tally of tokens online at gympietimes.com.au/classroom-makeover-registration by 5pm Monday 23 March. Entries after this date will not be eligible.

At the end of the competition, the school with the most number of tokens per student will win a $5,000 classroom makeover from Staples™. All schools stand an equal chance of winning, as we’ll pro-rata entries across the number of enrolled students to determine the winner!

**So, what are you waiting for?**
Visit www.gympietimes.com.au/classroom-makeover to download promotional posters to display around your school, and access tips on how to inspire the support of your teachers, students, parents, friends and family through your school newsletter, website and weekly parade.

For more information, visit gympietimes.com.au/classroom-makeover-registration

Brought to you by

![Staples Logo]

![Gympie Times Logo]
Children’s Safety Australia Inc. presents

International Women’s Day
Children’s Safety Luncheon

In recognition of the strong connection between women’s and children’s rights, Children’s Safety Australia Inc. is hosting an International Women’s Day Luncheon with a focus on practical strategies to promote children’s safety. Speakers include internationally renowned children’s rights campaigner Professor Freda Briggs, accomplished author Tess Rowley and internet safety expert Brett Lee.

Key topics include:
- the emerging trend of children who abuse other children;
- internet safety tips including how to protect children and young people from various dangers in a rapidly changing online environment; and
- practical strategies to keep children safe, including how to build their self-esteem and resilience.

VENUE: Pullman Brisbane King George Square
DATE: Monday, 9 March 2015
TIME: 9.30am (for a 10.00am start) – 2.00pm
COST: $60 (includes light morning tea on arrival and hot buffet lunch)
BOOKINGS: http://www.trybooking.com/GRXO
FURTHER INFORMATION: Kim Jackson via e: admin@childsafety.org.au or m: 0423 532 868

As highlighted in United Nations report, Women’s and Children’s Rights: Making the Connection, the lives of women and children are tightly knit, as are their rights. Advocating for women’s rights has been essential to advancing the situation of women worldwide. The same holds true for the promotion of children’s rights and improvements in their ability to survive and thrive. However, if the rights of women and children are considered together, they can reinforce each other and make mutually supportive demands on society.

*The event presents a valuable professional development opportunity for police, social workers, educators, youth workers, chaplains, guidance officers, parents, carers, grandparents and anyone with an interest in keeping children safe.*
Hope everyone stayed dry and safe over the wild weekend we have just had.

Tips for helping children (and parents) feel comfortable in after school care:
1. Give your child as much advance warning as you can that they'll be coming to After School Care.
2. Pop into the program with your child to meet our Camp Australia team and find out what kind of activities they can look forward to.
3. Speak with the Camp Australia Coordinator if your child is nervous, and let us know how your child felt after their first visit.
4. If there is something in particular your child would like to play when they are in our care, encourage them to let us know.

What we've been up to in the past fortnight!
- Gardening
- Our Rainbow Serpent
- Completed our Solar System

What we have planned for the next fortnight!
- We have had some great cubby house building this week and we will continue building some more
- FUN outside games
- Our Family belonging Tree (If parents could please bring in a photo for our tree)

Staff:
Bianca is back from her amazing holiday to Hawaii and we have some exciting and fun programing ideas to come over the next two weeks and the children have some interesting ideas too.

Reminders:
Please note that bookings for BSC and ASC should be done online with as much notice as possible. Cancellations should also be advised to our head office. Our staff members, food and resources are based on actual bookings. Once we have received our phone we will advise every one of our number and parents can contact Melissa Conley for information and any matters relating to children’s attendances.
We're here to make after school care visits the best experience possible – for you and your child.
If you have any questions about the program – please feel free to drop by, meet the team and see what happens in after school care firsthand.
We look forward to seeing you soon.
The Camp Australia Team.

Program Details
To find out more about our program, view fees and to register visit www.campaustralia.com.au
## HOW TO ENTER

All Sunshine Coast School Kids receive a 50% discounted entry fee into the below Festival Events as part of the Subaru Mooloolaba Triathlon Festival.

### Mooloolaba Twilight 5km Run

- **When:** 6:00pm Friday 13 March (check-in opens 4:30pm)
- **Where:** Mooloolaba Esplanade
- **What:** 5km two lap course

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<td>16-17 yrs</td>
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### Mooloolaba Ocean Swim

- **When:** 10.30am Saturday 14 March (check-in opens 9.00am)
- **Where:** Main Beach, Mooloolaba
- **What:** 1000m M-shaped ocean swim off Mooloolaba Beach

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<td>16-17 yrs</td>
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### MOOLOOLABA SPECIAL TRIATHLON

- **When:** 8:00am Saturday 14 March (check-in opens 6:30am)
- **Where:** Charles Clarke Park, River Esp, Mooloolaba
- **What:** Achievable distances based on participation and fun
- **7-10 yrs:** 100m swim / 1km cycle / 500m run
- **11-14 yrs:** 200m swim / 3km cycle / 1km run

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* $5 Triathlon Australia Membership is not included in this cost and must be purchased at the time of registration.

### HOW TO ENTER online and receive the discount

Go to [www.mooloolabatri.com.au](http://www.mooloolabatri.com.au) and click on “FESTIVAL EVENTS” on the menu bar. Scroll down and select your event to commence the registration process. **ENTER YOUR POSTCODE IN THE DISCOUNT CODE FIELD TO RECEIVE THE 50% ENTRY DISCOUNT.** Remember to enter by 5pm on Wednesday 11 March to be eligible for the discount. No on-the-day discounts apply.

For further information phone 1300 761 384 or email mooloolabatri@ironman.com

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**SUPERCROSS RECEIVE EVENT SINGLET & MEDAL**

“ANZAC Dawn” is a musical drama for soloists, chorus and orchestra and will commemorate the role of the ANZACs in World War 1. It will be the main evening attraction at the Sunshine Coast Agricultural Show held in Nambour for performances on Friday 12, Saturday 13 and Sunday 14 June 2015 and will be presented as an arena production. It has received financial support from the Queensland State Anzac Centenary Grants Programme and the Sunshine Coast Regional Council, which is treating this project as their major Anzac commemorative event for 2015.

The work will require two brass bands as well as a 200-voice choir, with choruses for both male and female choirs. There will be opportunities for school children to perform in a trumpet/cornet group (approx. 60) and a (snare) drum group (approx. 60). There are solo acting parts as well as crowd scenes involving men, women and children. As a large chorus of equal male and female voices is required there is in particular a call for men to ‘enlist’ to sing in honour of the young men who went to war 100 years ago.

Public auditions for singers and actors will be held on the 28th February at the Nambour State High School from 10-1 and 2-4 with weekly rehearsals from March to May. There will be no need for auditions of students who are part of a school choir. There will be several rehearsal venues across the Sunshine Coast – venues and dates to be confirmed.

The Sunshine Coast Agricultural Show usually has attendances of between 5000 - 7000 each evening. As this project will be close to the hearts of most Australians, community support should be substantial. Publicity will reach the wider community and will feature each school and organisation involved.

We also need creative people with experience in music, theatre or marketing who would like to take on various roles in the management of this production. These are voluntary positions where expenses will be paid. Office space, telephone etc will be provided at the Sunshine Coast Council offices in Nambour or Caloundra.

For more information or to register your interest in this event please visit the website: www.anzacdawn.com.au

Or contact:

Colleen South
Artistic Coordinator-Music

ANZAC DAWN
Sunshine Coast Agricultural Show 2015 June 12-14
Work: +61 7 54451791
Mobile: +61 (0)421 205940
Email: anzacdawn@melbournephilharmonic.com.au
Site: www.anzacdawn.com.au

Supported by the Queensland State Anzac Centenary Grants Program and the Sunshine Coast Regional Council
**Pomona Early Childhood Centre**

"Serving the Pomona Community for 19 years"

Pomona Early Childhood Centre is a long day care centre incorporating a Queensland Government approved Kindergarten program, delivered by University Qualified Early Childhood Teachers.

**Kindergarten program** - 8:30am to 4:30pm, Monday to Friday.

This enables families with bookings, particularly with working parents.

The Centre is open from 6:45am to 6:15pm Monday to Friday.

For children from birth to school age. Offers Educational & Developmental Programs.

Achieved an EXCEEDING Rating under the National Quality Standards

For all Enquiries & Bookings

Phone: (07) 548 52755

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**Singing and Violin Lessons**

with Mark Jowett

For all levels of ability, children and adults.

Phone: 54850280

Mob. 0417 424 688

E-mail: jowett_mark@hotmail.com

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**ABL2 Driving School**

Renee Randall 0448835108

Driver Trainer ren12@bigpond.com

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**Tennis Coaching Pomona Tennis Club**

MLC Hot Shots Program

Thursday afternoons

Beginners and intermediate 3:30 - 4:15 pm

Advanced 4:15 - 5 pm

Coaches - Rob Schmitt and Renee Randall

Phone: 0448 835 108 or 0431 386 333

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**Wythes Real Estate**

5472 0033

www.wythes.com.au

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**ZUMBA Fitness**

Monday 9.30am – Pomona Memorial Hall

Cost $10 - Beginners welcome

Instructor – Cathy Tapper

Ph. 0428 161622

Email: cathytapper@hotmail.com

www.cathytapper.zumba.com

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**ABL2 Driving School**

Competitive rates

Life skills course

Dual control vehicle

Manual and automatic lessons

1 hour lesson = 3 hours in Logbook

---

**Life Coach 4 Youth**

"It’s always too early to quit"

Clinic in Noosa, Pomona & Available Mobile or Online

Specialised Life Coach & Youth Worker

Sally Morley

Info@lifecoach4youth.com.au

www.lifecoach4youth.com.au

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MLC Hot Shots Program

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Coaches - Rob Schmitt and Renee Randall

Phone: 0448 835 108 or 0431 386 333
**POMONA & DISTRICT KINDERGARTEN**

“Our mission is to provide quality early childhood education in a safe, secure, warm & nurturing environment.

Positions are available for the pre-prep group in 2015, for children who are born between 1 July 2010 and 30 June 2011.

Phone: 5485 1381"

“where imagination moves mountains”

---

**HOLLYHOCK COTTAGE Home & Garden**

- Gifts
- Cottage Garden Plants
- Seedlings
- Ballet
- Local products

Open 7 days
9.30am to 5.00pm
9 Factory Street
Pomona QLD 4568
PH/Fax: 5485 2833

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**EUPHORIA FAMILY DAY CARE**

Engaging, Encouraging, Supporting
Quality Child Care AT HOME in a safe, nurturing and stimulating environment.

Children are provided with experiences from qualified, dedicated and professional educators to allow them to be who they are, to belong and in turn be provided with the tools to become whatever they aspire to be.

Child Care benefits available. To discuss your child care needs contact us on 07 5472 0119 or enquiries@euphoriafamilydaycare.com.au

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**KO-JI MARTIAL ART**

Tues @5.30 & Thurs @ 6pm
Instructor: Jason
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