



# The Valley Voice

## Currumbin Valley State School

Reward for Effort

13th October 2021

### From the Principal

Welcome back! We trust that you had an enjoyable and relaxing holiday (or break from the school routine). It was great to see students come back refreshed and keen to begin their fourth term studies.

### CVSS Community

I would like to take this opportunity to thank our community, in particular our CVSS parents, carers and grandparents for your relentless support. While we are often limited at times to physically attend the school site, we always consider ourselves as a school community, extremely fortunate for the commitment and the level of support that we have for each other. I would also like to acknowledge the exceptional generosity of our wonderful CVSS P&C who, throughout the year have provided significant support to ensure that our students have the best possible experience. It is this level of support that identifies us as an exceptional example of what a strong school community looks and feels like.

### Celebration Season

We are fast approaching the season of presentations, reports, transitions and other celebrations. Encourage your child to maintain an honest effort, stand tall and be proud of their journeys and to do their best in representing what they know, can do and their attitude towards lifelong learning. You can do your bit by staying connected with school events and preparing your child for the many opportunities to shine. Stay connected through newsletters, Facebook, our website and periodic notes. Our students' success is everyone's responsibility.

### Term 4 Water Skills & Safety at CVSS

- (P-2) Nov 29th– Dec 30th (week 9), 2021 students in years Prep to Year 2 will be participating in learn-to-swim and stroke correction lessons.
- (YR3/4) 18th & 25th October, year 3 & 4 students will be participating in a beach and surf safety program.
- (YR5/6) Recurring every Thursday afternoon throughout Term 4 our Yr 5&6 students will participate in the learn to surf program.

These programs form part of our Health and Physical Education curriculum. The aims of our programs are designed to increase student safety in and around water and to develop specific water sport skills & abilities. This year, with the generous support from our P&C, the **Voluntary Contributions (payment can be accessed through the QKR! app)** and Student Project club, we have been able to offer these programs at significantly subsidised costs. For further information regarding these activities please refer to activity specific school correspondence.

### Pack your picnic rugs!

**This year, the End of Year Presentations & Yr. 6 Graduation will be 'an afternoon on the grass', with performances, awards and presentations taking place here at school!**

Following the overwhelmingly positive feedback regarding the changes last year to our end of year Graduation and Awards program, we have made a decision to once again host this event here on the school site. This change will see us continue to utilise our school oval instead of travelling to the Elanora SHS hall like we have done in previous years.

### Below is an outline of the afternoon:

**Date: Wednesday week 9– 1<sup>st</sup> Dec 3pm-5:30pm**

**Venue: CVSS Oval "an afternoon on the grass". BYO picnic in front of an outdoor stage.**

Parents will be encouraged to bring the picnic rugs to enjoy an afternoon of class performances, presentations and to share the opportunity as a school community to farewell our Yr 6 students.

### Presentation program:

- Principal Welcome
- School performances
- Class performances followed by class awards
- P&C yearly wrap
- Year 6 Graduation
- Year 6 Farewell performances and farewell ceremony

**\*The year 6 dinner will be held on Tuesday 7<sup>th</sup> Dec with a special slide show presentation.**

### PBL

(Positive Behaviour for Learning)



### FINISH STRONG

Term 4 Week 2 Focus:

**BE RESPECTFUL**

"I always listen to others & use polite language".

Term 4 Week 3 Focus:

**BE A LEARNER**

"We eat all our lunch, putting our lunch boxes away when we are finished"

### Upcoming Events

#### Week 2

Monday 11 Oct

Full School Parade (2:30pm)

Tuesday 12 Oct

Religion 9-9:30am

Wednesday 13 Oct

Thursday 14 Oct

Yr5/6 Surfing Lessons

Friday 15 Oct

Principal's Assembly 9am

'Just Like You' Sessions

Valley Kids Playgroup

#### Week 3

Monday 18 Oct

Full School Parade (2:30pm)

Yr3/4 Beach Safety

Tuesday 19 Oct

Religion 9-9:30am

Wednesday 20 Oct

Nude Food Day

Thursday 21 Oct

Yr5/6 Surfing Lessons

**BOOK WEEK: Dress Up Day**

Friday 22 Oct

NO Principal's Assembly

Year 1 Farm School

Excursion

Valley Kids Playgroup

#### Week 4

Monday 25 Oct

Full School Parade (2:30pm)

Yr3/4 Beach Safety

Tuesday 26 Oct

Religion 9-9:30am

**LIBRARY: Grandparents Day**

Wednesday 27 Oct

Thursday 28 Oct

Yr5/6 Surfing Lessons

Friday 29 Oct

Principal's Assembly 9am

'Just Like You' Sessions

Valley Kids Playgroup

**WORLD TEACHERS DAY**

## COMING TO CVSS THIS TERM!

The "Just Like You" program is a series of free and fun disability awareness workshops, which aim to build understanding, acceptance and inclusion of those living with a disability. Our workshops are delivered by professional facilitators who have a disability. Meeting and spending time with a person who has a disability helps to build empathy in children. Just Like You is delivered as two separate face-to-face workshops to three different school stages. Each workshop is tailored to its specific year group mapped to the curriculum.

*"We learnt all about different disabilities and what it is like to have them. We learnt about personal experiences and the medical terms for disabilities. But the most important thing we learnt is that people with disabilities are just like you and I. They got us involved and excited as this experience was eye opening, yet fun."*

*Meg and Katerina, Students*

### Year 6 Cairns Trip 2021

The 2021 Year 6 Camp group arrived in Cairns full of excitement and enthusiasm, despite the exceptionally early morning start. With a full day ahead of us we made our way to the beautiful Cairns esplanade for a swim and lunch at the lagoon before tackling the high ropes and ziplining courses at Zoom. We were treated to a wildlife show and a croc feeding experience just to top off a wonderful first day. Later, it was time to settle into our temporary home at the Cairns student lodge, where we experienced the full VIP treatment. A delicious dinner/dessert buffet lay waiting for us but not before we were given our camp briefing, assigned our rooms and set about unpacking for what was sure to be an epic adventure.

The student's woke excited for the day and when they hit the MTB trail, it was great to see them gain confidence and getting to grips with their riding skills, albeit very tiring. Although the

## "Memories that we will cherish forever"

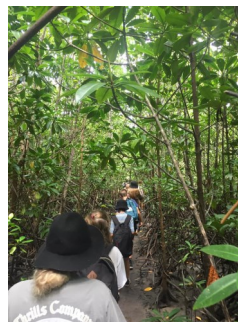


heat & humidity was somewhat more uncomfortable than what we are used to, it was hard to complain given the amazing scenery and lush surroundings we found ourselves in.

It was hard to imagine we could top our MTB Cairns experience, but as the week went on every day seemed better than the last, if that was possible; spotting crocs on the Daintree River cruise, viewing 'postcard perfect' sights, rock hopping and swimming in Mossman Gorge, sharing a unique dream time experience and to top of the perfect school camp, we found ourselves snorkelling the Great Barrier Reef on the outer Moore Reef section.

This trip was a great opportunity to learn about tropical North Queensland but also a really good opportunity for the students to learn life skills as well. Students showed fantastic teamwork, communication and resilience amongst other skills throughout the whole week. When asked what was the highlight? "The WHOLE week was a highlight!"

**Thank you to all involved!**



## Payments/Invoices

Payments *now over due* for student  
Invoices include:

- Student Resource Scheme Fee
- Voluntary Contribution
- Instrumental Music Program hire \$100 & resource fee \$40

### **INVOICES FOR TERM 4**

- YRS 3-4 Beach Safety \$60.
- YRS 5-6 Surfing \$120
- YRS 4-5 Camp \$215
- YRS Prep-2 Swimming \$70

## Attachments

- Nude Food Day
- Library News including Book Week
- Free, up-coming courses at Palm Beach Neighbourhood Centre:

**Fussy eaters** – Fussy eaters is a one day course that looks at common problems with eating and strategies to help overcome these.

**Happy Parents, Happy Kids** – This parenting course is a two session course that looks at parenting styles and strategies to help overcome unwanted behaviours.

- Dental Van
- Tennis
- Term 4 Calendar

## 2021 Term Dates

**Term 4**  
**Monday 4th Queen's Birthday**  
**Public Holiday**  
 Tuesday 5<sup>th</sup> October-  
 Friday 10<sup>th</sup> December

## COMMUNITY ANNOUNCEMENTS

Thank you to one of our ongoing sponsors formally known as Creek Coast & Country Realty, now Century 21; who continue to support prizes for our Easter competitions, Book Week, tuckshop vouchers for positive behaviour etc

**CENTURY 21**

Southern GC

Curumbins only True Locally Based Estate Agency  
Proudly supporting Your School Community

"CURRUMBIN FAIR"  
Blenheim Drive Curumbin Waters  
Ph 5593 9699



Currumbin Valley State School					Term 4	2021
	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	Oct 4 Queens B'day Public Holiday	Oct 5 Religion 9-9:30	Oct 6	Oct 7 YEAR 2 Numinbah Excursion Yr5/6 Surfing	Oct 8 Principal's Assembly 9am Valley Kids Playgroup	
Week 2	Oct 11 Whole school Parade 2:30pm	Oct 12 Religion 9-9:30	Oct 13	Oct 14 Yr5/6 Surfing	Oct 15 Principal's Assembly 9am Valley Kids Playgroup Just Like You Workshops TA PBL Workshop 11:30-1pm	
Week 3	Oct 18 Whole school Parade 2:30pm Year 3/4 Beach Safety	Oct 19 Religion 9-9:30	Oct 20 NUDE FOOD DAY	Oct 21 Yr5/6 Surfing BOOK WEEK DRESS UP DAY	Oct 22 Principal's Assembly 9am Valley Kids Playgroup Farm School Year 1 excursion	
Week 4	Oct 25 Whole school Parade 2:30pm Year 3/4 Beach Safety	Oct 26 Religion 9-9:30 Grandparents Day- LIBRARY	Oct 27	Oct 28 Yr5/6 Surfing	Oct 29 Principal's Assembly 9am Valley Kids Playgroup Just Like You Workshops	
Week 5	Nov 1 Whole school Parade 2:30pm	Nov 2 Religion 9-9:30	Nov 3	Nov 4 Yr5/6 Surfing	Nov 5 Principal's Assembly 9am Valley Kids Playgroup	
Week 6	Nov 8 Whole school Parade 2:30pm Year 4/5 Talle Camp	Nov 9 Religion 9-9:30	Nov 10	Nov 11 Yr5/6 Surfing Remembrance Day	Nov 12 Principal's Assembly 9am Valley Kids Playgroup	
Week 7	Nov 15 Whole school Parade 2:30pm BOOK FAIR WEEK -LIBRARY	Nov 16 Religion 9-9:30	Nov 17	Nov 18 Yr5/6 Surfing	Nov 19 Principal's Assembly 9am Valley Kids Playgroup 2022 T&L Planning Full Day (Megan?)	
Week 8	Nov 22 Whole school Parade 2:30pm 2022 Student leadership speeches & Voting	Nov 23 Religion 9-9:30	Nov 24	Nov 25 Yr5/6 Surfing	Nov 16 Principal's Assembly 9am Valley Kids Playgroup	
Week 9	Nov 29 Whole school Parade 2:30pm Prep/1/2 Swimming Block	Nov 30 Religion 9-9:30 Year 4 Bike Safety	Dec 1 CVSS Graduation & Awards @CVSS	Dec 2 PBL Rewards Day	Dec 3 Principal's Assembly 9am Valley Kids Playgroup	
Week 10	Dec 6 Whole school Parade 2:30pm Meet your 2022 Teacher Day Prep Orientation Day	Dec 7 Year 6 Grad Dinner	Dec 8	Dec 9 Year 6 Farewell & Special Visit REPORTS SENT HOME	Dec 10 LAST DAY OF TERM!	

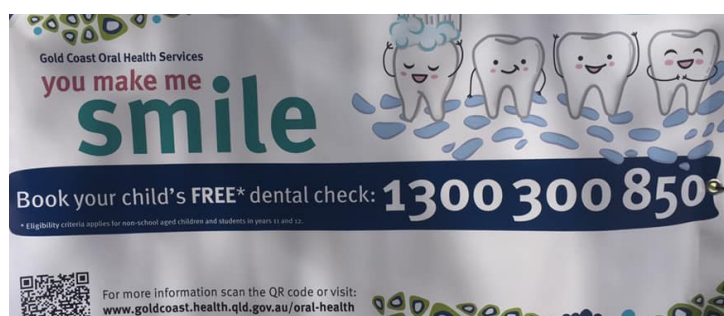


**Tennis**  
... a game for life

**ANYONE FOR TENNIS**

**Hey kids ... do you want to play tennis?**  
Come along on Saturdays & learn to play  
@ 8.00am at the CV school tennis court

It's tennis just for kids from 5 years of age that want to give it a go and have some fun.  
If you are interested then please contact Steve  
on 0400 401 852 or email [sproulies1@bigpond.com](mailto:sproulies1@bigpond.com)



Gold Coast Oral Health Services  
you make me **smile**

Book your child's FREE\* dental check: **1300 300 850**

\* Eligibility criteria applies for non-school aged children and students in years 11 and 12.

For more information scan the QR code or visit:  
[www.goldcoast.health.qld.gov.au/oral-health](http://www.goldcoast.health.qld.gov.au/oral-health)

**The Mobile Dental Van  
has arrived at CVSS!**  
All children aged 4 and above are eligible.  
To arrange your free dental check  
call **1300 300 850!**



## LIBRARY NEWS

### **BOOK WEEK**

CVSS will be celebrating Book Week from Monday 18<sup>th</sup> to Friday 22<sup>nd</sup> October. The theme is 'Old Worlds, New Worlds, Other Worlds'. Our dress up day will be held on Thursday, 21<sup>st</sup> October. For dress up ideas go to: <https://scholastic.com.au/dressuptime> There will be \$10.00 vouchers as prizes, as well as the choice of a book. We will also be conducting a Shelf Marker Competition for each year level with book prizes for winners. On Thursday, 21<sup>st</sup> the children will also participate in rotational activities based around the Children's Book Council short listed books.

Staff of Century 21, our sponsors, formally known asCoast, Creek, Country Realty at Currumbin, will be judging the shelf markers and handing out the prizes for the dress up winners.

### **Indigenous Literacy Book Swap**

Thank you to all the students who participated in the ILF book swap. We managed to raise over \$100.00. This money has been forwarded to the Foundation and no doubt will be put to good use!

### **Grandparents Day**

CVSS will be holding a Grandparents Day in the library on Tuesday, 26<sup>th</sup> October from 1.00 pm to 1.45 Please come along and share your stories, read a book, play your favourite game, show some photos, or any other options that you may wish to include. The year 6 class will be joining us for some story reading and other activities, with their buddies in the lower year levels.

### **Nude Food Day**

CVSS will be conducting our Nude Food Day on Wednesday 20<sup>th</sup> October. Please see the attached flyer for more information about what Nude Food Day means. There will be \$5.00 tuckshop vouchers as prizes, as well as certificates and stickers.

### **Scholastic Book Fair**

Our Scholastic Bookfair will be held the week of 15<sup>th</sup> to 19<sup>th</sup> November!

### **Helpers**

A big shout out to Clare Boyd, Linda Chan, Talissa Williams, Mabel Frautsch, Brooke Madill, Jan Ingwersen and Sandra Watkins who have done an awesome job in covering readers or volunteering in the library. Your help is greatly appreciated, you are true Super Stars!

### ***The Importance of 10 Minutes a Day***

- Assign a place in your home for your family's books to show your child that books are special and deserve an organised storage space. Fill your home with lots of reading materials.
- If space allows, create a special area for your child to dedicate to reading. Make sure your child puts aside phones, tablets and any other devices that may form a distraction.
- Encourage your child to become a reading omnivore—as we mentioned earlier, all forms of reading materials are beneficial when it comes to reaching their reading goals. If they find a particular genre that they love, encourage them to explore more titles with similar themes.
- Encourage children to read to their siblings, their friends, grandparents, pets and even their stuffed toys—any ear is a good ear when it comes to reading aloud!

**Written by:** Alesha Evans



**I think of life as a good book. The further you get into it, the more it makes sense.**





# NUDE FOOD DAY

## INFORMATION FOR PARENTS

### What is Nude Food?

**Nude Food** is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

✓ **To pack a Nude Food Lunch or Snack, you will need:**

- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

✗ **Try to avoid:**

- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Prepackaged food, i.e. biscuits, snack bars and chips

**Tips for Packing Nude Food Lunches:**

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own veggie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.
- Go to [www.nudefoodday.com.au/resources](http://www.nudefoodday.com.au/resources) for Nude Food recipe ideas.

Keep  
Australia  
Beautiful



Nutrition  
Australia

NUDE  
FOOD  
DAY



## Fussy eaters – getting that illusive bite



**24<sup>th</sup> November, 2021 - 9:30am - 2pm**

A short course designed to support parents to overcome children's fussy eating habits. This course focuses on:

- why fussy eating habits emerge
- helping children to take that illusive bite
- a renewed harmony at meal times
- including a range of foods at meal times



palm beach  
neighbourhood centre

Telephone: 5598 1505

Where: 16 Third Ave, Palm Beach

Cost: Free



palm beach  
neighbourhood centre

## **HAPPY PARENTS HAPPY KIDS**

### **PARENTING COURSE**



- **A basic two session course that will give parents information regarding skills they need for a healthy, peaceful, active, courageous and loving family in a changing world.**
- **Course content covers: parenting styles, building character traits essential for parents and kids, promoting child development, encouraging desirable behaviour and dealing with misbehaviour.**

**Location:** Palm Beach Neighbourhood Centre  
16 Third Avenue, Palm Beach

**Date:** Wednesday 27<sup>th</sup> Oct & Wed 3<sup>rd</sup> Nov, 2021

**Time:** 9:30am - 1:30pm

**Bookings are essential 5598 1505. Entry by Gold Coin donation**