



## The Russell Island State School Newsletter

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Friday 19th February 2021



*"We acknowledge the Quandamooka people, the Aboriginal Owners of the land where we gather today and pay our respects to Elders past, present and emerging. We recognise their connection to Country and their role in caring for and maintaining Country over thousands of years. May their strength and wisdom be with us today".*



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### From the Principal's desk:

Quote:

The expert in anything - was once a beginner



Welcome to all our new families who have enrolled your child at RISS in recent weeks.

It is so pleasing to see all our students (returning and new) continuing with such a smooth and settled start to the year.

Our staff do a wonderful job in establishing relationships with your child, solidifying class and school routines and practices as well as forming literacy and numeracy goals with their students. This way every student has a flying start to the year.

#### Monday 22nd February

KindyLinQ 9am—12pm

Assembly @ 2pm

#### Wednesday 24th February

Cross country training 7:45am—8:15 am

#### Thursday 25th February

KindyLinQ 9am-12pm

Swimming Lessons Years 3-6

#### Monday 1st March

KindyLinQ 9am-12pm

Assembly @ 2pm

#### Wednesday 3rd March

Cross country training 7:45am—8:15 am

#### Thursday 4th March

KindyLinQ 9am-12pm

Swimming Lessons Years 3-6

#### Please Note the Following

Tuck shop is CLOSED until further notice.

#### Many activities have commenced since the start of the year, such as:

**Swimming started** for years 3,4,5 and 6.

**Cross Country training** is to start and consent forms have been sent home.

**Student Peace Keepers** are up and running.

**Student Council class representative elections** have been held. Congratulations to these students. See further in the newsletter.

Each teacher, held a **Parent and Teacher Information** session in their classroom, this Tuesday

## KindyLinQ

**KindyLinQ** is open and running every Monday and Thursday morning. Lovely to see so many families, enjoying themselves while sharing and connecting within this child centred and play based program.

**Breakfast Club** has restarted on Tuesday, Wednesday and Friday mornings. RISS P and C and the school are in the process of organising for a Monday morning and every second Thursday morning, Breakfast club, as well.

**P and C have** held their first meeting for 2021 on Monday in the library.

Schools are busy and focussed places, needing everyone to join in, to support every student, to succeed.

I am very pleased to announce that our ***Prep playground will be renewed*** with funding supplied by the DoE.

Drawing of plans and seeking of quotes will be undertaken in the near future.



### **National Apology Day**

Saturday 13 February, 2021, marks the 13th anniversary of the National Apology to Australia's Aboriginal and/or Torres Strait Islander peoples in the House of Representative in 2008 by former Prime Minister, Kevin Rudd. Mr Rudd apologised for the past laws, policies and practices that impacted on Australia's First Nations Peoples, particularly members of the Stolen Generations.



### **Healthy Lunches- Healthy Lunchbox Week was 7 -13 Febraury-last week**

School is back and so is the daily lunchbox routine.

Healthy Lunchbox Week, 7 to 13 February 2021, provides a great opportunity to highlight the importance of nutritious and tasty lunchbox fare.

Healthy Lunchbox Week is an initiative of Nutrition Australia that aims to inspire Australian families to create healthy and enjoyable lunchboxes.

Did you know children consume around 30% of their daily food intake at school? Most of this comes from the contents of their lunchbox. What children eat during their day at school plays a crucial role in their learning and development.

Healthy Lunchbox Week helps families prepare healthy lunchboxes by:  
inspiring healthy lunchbox ideas and recipes  
ensuring a healthy lunchbox balance across core food groups  
awareness of lunchbox food hygiene and safety

Encourage your children to be involved in the process: let them choose their favourite fruit and vegetables from the supermarket. Allow them to prepare and pack their own lunchbox.

And remember – a balanced diet of nutritious food is an important part of everyday life and helps children to focus, develop and grow.

Visit Nutrition Australia's [Healthy Lunchbox Week website](#) for hints, tips and tricks for healthy lunchbox items that kids will enjoy.

We have also included a recipe with this newsletter.

### **Pick up**

A huge thank you to parents for your efforts to know and understand what to do with our return to normal pick up and drop off. You helped make the transition back to normal times, really smooth and efficient.



### **Blue Bus Times**

As we return to normal end of day times, the 1<sup>st</sup> bus will depart RISS at 2:40 and the 2<sup>nd</sup> bus will depart at 2:55.

### **Assembly**

Assembly started on Monday 15<sup>th</sup> February at 2pm in the bottom covered area. It was so wonderful to see our award winners stand up on the stage and get their awards. All families are welcome to attend. Please maintain social distancing.

### **Badge Ceremony**

We have ordered student leader badges, for our School Captain, Vice-Captain, House Captains, School Councillors and Peacekeepers. A date for the badge ceremony will be made as soon as they arrive.

### **Attendance**

**Whole School Year to Date attendance rate: 88.7%**

**Individual Class Year to Date attendance**

Prep	1	2	3	4	5	6
91.3	89.6	90.1	89.3	87.0	87.9	86.9

**Congratulations to Year 1 on the increase in your YTD percentage!**

**Well done to Prep and Year 2 for maintain over 90% attendance**

### **Impact**

IMPACT is well under way and the students are really enjoying the lessons and online collaboration. This week we completed a Pre-test to see where the students are at with their reading and we had some great results. I am looking forward to seeing their progress at the end.

### **Peacekeepers**

We are very lucky to have some extremely dedicated Year 4,5 and 6 students so willing to give up some of their play times to help support our younger students during play time. Thank you very much to Hayden in Y6 and his mum Mrs. Vandenberg for decorating our Peacekeeping bags.

This is a few of our peacekeepers assisting with the wet weather pathways today.



### **Donations Wanted**

We are looking to spruce up the library veranda. We would like to place plants out on the veranda, so if you have any tropical plant cuttings or whole plants that you would like to donate, it would be greatly appreciated. Thank you.

Thank you for continued support and cooperation in making Russell Island State School a great school!

Warmest regards

Jayne Barnett and Leanne McMahon

## PBL

Week 3-4	Week 5-6
<p>The fortnight we have focused on <b>SAFE</b> lessons in PBL.</p> <div style="text-align: center;"> <h1>RISS</h1> <p>Term 1 Weeks 3 + 4</p> <p>Be <b>SAFE</b></p> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Keep your hands, feet &amp; objects to yourself</p> </div> <div style="text-align: center;"> <p>Travel safely</p> </div> <div style="text-align: center;"> <p>Swim Safety</p> </div> </div>	<p>The fortnight ahead we will be looking at <b>RESPECTFUL</b> PBL lessons. These lessons will help our students with conflict resolution in all areas of the school.</p> <div style="text-align: center;"> <h1>RISS</h1> <p>Term 1 Weeks 5 + 6</p> <p>BE <b>RESPECTFUL</b></p> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Apologise</p> </div> <div style="text-align: center;"> <p>Know and use the 'High 5'</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Act, Don't React</p> </div> <div style="text-align: center;"> </div> </div>

### Student Code of Conduct

Have you looked at our new Student Code of Conduct? Do you have any questions about it. If so, please contact Ms McMahon – [lmcmah62@eq.edu.au](mailto:lmcmah62@eq.edu.au)

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## PE News from Mr Weller

### **PE Lessons – Term 1**

On Wednesdays, RISS students receive physical education lessons. Below is a basic outline showing what each year level will be doing during these lessons this term.

#### ***Lessons***

*Prep* – gross and fine motor skills focussing on jumping, running, hopping and balancing. They will also perform a variety of skills including catching, throwing.

*Year 1* - gross and fine motor skills focussing on catching and throwing. They will also be given activities to continue developing their jumping, running and balancing skills.

*Year 2* - gross and fine motor skills including skipping.

*Year 3 and Year 4* – learning the skills of Team Handball which is a modified version of European Handball.

*Year 5 and Year 6* – learning the skills of Tennis.

### **School Cross Country**

Our annual Russell Island State School Cross Country is set for Wednesday 31 March. Racing will commence at approximately 9.00am and conclude at 10.35am with presentations immediately following.

All students are welcome to be part of this event.

Students in Years 3 to 6 who are born in 2012, 2011, 2010, 2009/08 will be competing for Age Champion Medallions. Students not born in the above years will compete in their class ie. Prep, Yr1, Yr 2 and Yr 3.

In PE lessons, all classes will be briefed on the track and will be given the opportunity to walk it.

Students born in 2009, 2010 and 2011 who finish 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> from each age group and gender may be selected in the Russell Island State School Cross Country team to compete at the Bayside District School Sport Trials at Capalaba. Students **must** also meet qualifying times set by the District.

For ALL students to compete they **must** complete a permission form which will be sent home to all students this week.

This form also explains the need for students to train for this event. Only students who have completed this permission form will be permitted to train. Miss Donna will be conducting training sessions Wednesday mornings from 7.45 to 8.15 am.

### **Bayside District Sport – Swimming Trials**

Unfortunately we didn't have any students qualify for this week's Bayside District Swimming Trials.



## Marble Art at KindyLinQ

One of the many fun activities the children explore at KindyLinQ is marble art.

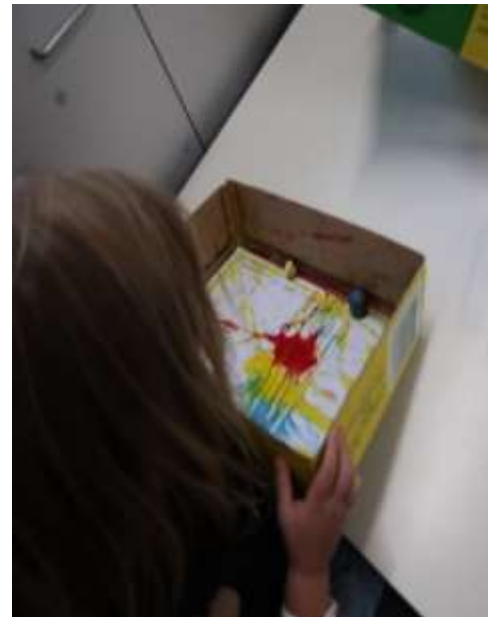
Marble art is where you put small amounts of paint on a piece of paper in a box. Then you shake and roll some marbles in the box. The aim is to

roll the marbles through the paint on the paper and use them to paint with. You will never produce the same result twice. The painting is always a surprise when you marble paint.

The main benefit for children of painting with marbles is that it helps develop hand eye coordination. The children must use their hands to tilt the shallow box and strategically manoeuvre it, so the marbles disperse the paint onto the paper and do not fall out of the box.

As with any art

project, marble painting offers an opportunity for children to use their imagination and be creative.



*KindyLinQ is a fun learning program for families to enjoy with their 3-year-old children. So, if you have a child who is 3 or turning three this year please come for a visit and find out for yourselves what fun we have at KindyLinQ. KindyLinQ is held at the school every Monday and Thursday 9am-12pm.*

### Class Awards Week 3



Year 1



Year 3



Year 5



Year 6



Turtle Ticket Raffle Winners



## Assembly Week 4



Prep Class Awards



Year 2 Class Awards



Year 3 Class Awards



Year 4 Class Awards



Year 5 Class Awards



Year 6 Class Awards



## Assembly Week 4



Red Turtle Certificate  
(10 tickets)



Turtle Ticket Raffle  
Winners



Mathletics Award



# Muesli slices



*Makes 24*

## Ingredients

- 2 cups rolled oats
- 1 cup wholemeal flour
- ½ cup desiccated coconut
- 2 teaspoons ground cinnamon
- ¾ cup sultanas or other mixed dried fruit
- ½ cup canola oil
- ½ cup honey
- 2 mashed bananas



## Method

1. Preheat oven to 180°C. Line a slice tray with non-stick baking paper.
2. In a mixing bowl, add the dry ingredients and mix through.
3. Add the remaining ingredients and mix with a wooden spoon until fully combined.
4. Place mixture into a lined slice tray and press down firmly.
5. Cook for 30 minutes until golden.
6. Allow to cool before cutting into squares.



The poster features a large blue circle with a red border. Inside the circle, the text "STINGRAYS SIGN ON DAY" is written in bold black letters. Below this, the date "21ST FEB 2021" and the time "12PM - 2PM" are also in bold black letters. To the left of the circle, there is a cartoon illustration of a stingray's head with a wide, toothy grin, wearing a blue jersey with the word "RUSSELL" on it. A brown American football with white laces is positioned in front of the stingray's head. The background of the poster is a collage of various sports-related images, including a soccer ball and a basketball.

# STINGRAYS SIGN ON DAY

**21ST FEB 2021**

**12PM - 2PM**

**Looking for players aged 5+ and Volunteers**

**Come join us. All Welcome.**

**2 UNION ST, RUSSELL ISLAND**

**RUSSELL ISLAND  
J.R.L.F.C**

**Contact: Registrar 0413984525, AVP 0418484244, Sec 37122363**

Made with PosterMyWall.com



# Child health services on SMBI

The Child Health Service provides a range of **FREE** community services for all children from birth to 5 years old.



This is Kim (left) and Kath (right) our local Southern Moreton Bay Islands (SMBI) Child Health Nurses. They can assist with many things including:

- Early feeding support
- Health screening
- Growth and development checks
- Advice and support for families to feel empowered to be the best parents/carers they can be.



In collaboration with:



## Contact us



Call **07 3488 4350** a local number (free call) to schedule an appointment at home with Kim or Kath.



Follow **SMBI Families we are listening** on Facebook to find out when you can catch up with the nurses at local SMBI playgroups and schools.

## For child health advice at any time

Call **13 HEALTH (13 43 25 84)** and ask for a Child Health Nurse.



Queensland  
Government

## Hi Smbi Families :)

Do you want to be involved  
in creating a brighter  
future for our Smbi  
children and their families?

We are passionate about  
community informing  
community and would love  
to invite you to come on  
the journey with us.

If you would like more  
information please call  
0455634253, email  
smbifamilieswearelistening  
@gmail.com or find us on  
facebook, Smbi Families  
We Are Listening.





# 6 Steps to successful hand washing

**1** Wet hands with water



**2** Put soap on hands



**3** Rub hands for 20 seconds



**4** Rinse hands under water



**5** Dry hands with paper towel



**6** Dispose of hand towel in bin







**BAY ISLAND**  
**Counselling & Community Education**

THE  
CENTRE  
FOR WOMEN  
& CO.

**COUNSELLING:**  
Wednesday, Thursday and Friday 9.30am to 3.30pm

**ENQUIRIES:**  
M. 0490 344 362  
(Mon to Thurs 9am -12pm)

For General Enquiries please call 3050 3060 Monday to Friday 9am to 4.30pm or visit  
[www.centreforwomen.org.au](http://www.centreforwomen.org.au)

