Well done to Rhylee and Fuschia for representing Discovery Coast at the recent District Athletics Carnival in Bundaberg.

Welcome Mrs Heenan

Mrs Fletcher will be heading off on Maternity Leave on Thursday 21st August. She will be replaced by Acting Principal Keryn Heenan.

My name is Keryn Heenan and I am pleased to be joining you soon as Acting Principal while Mrs Fletcher is on leave. I am looking forward to being part of the school community and building strong working partnerships with the students, staff and families at Lowmead State School. Mrs Fletcher and I will be working closely together to make the changeover of Principals as smooth as possible for everyone and my aim is to continue the good work that is already happening at the school. Please come and say hello when you see me at school.
MET CQ University visit

Widening Participation Officer, Chris, recaps the key elements of CQUniversity’s MET program for 2014, encourages students to have career-focused discussions with family/friends and reminds them to submit their entry forms for the annual grand prize draw.

For simple access, he has uploaded the video to YouTube and set it as ‘unlisted’. The only way to view it is through the following link: http://youtu.be/yuLzMS2QAnY

Stop, Think, Do!

The students have been learning about their options and thinking about the consequences of each of these options in Stop, Think, Do! We have labelled the three possible choices as Cool, Weak or Aggro. Students are asked to think about the options that they could take and which one will give them their preferred consequence. The students have determined that a Cool choice will usually result in the most favourable outcome.

Swimming

This term we will be attending swimming at Bundaberg Swim Academy. The cost for attending the program will be $25 per student. The students will attend swimming on three Wednesdays (3rd, 10th and 17th September).
Tuckshop

Tuckshop will be open for second break on Thursday 21st August.

Poppers $1
Hot Dogs $3

Uniforms

New uniforms have arrived.
New pleated skirts $15
New classic style coats $18
A small selection of $10 coats are still available

Vehicles of Change Workshop

The Rosedale P&C Association held a Drama and Writing workshop on Saturday 19th July 2014. With students from Agnes Water, Wartburg, Lowmead, Winfield and Rosedale Schools attending. A past student from Rosedale School; Nathan Flanders travelled from Brisbane to deliver the workshop. Students were taught to see things and evaluate things from a different perspective than the “normal”, to use their whole body when delivering a performance. Learning to work as a team (a lesson for life), in writing, and drama exercises, with some interesting and unusual end results.

eKindy

The waiting list for eKindy 2015 is now open.

If your child is eligible for eKindy in 2015 (i.e. 4 by 30 June 2011) and you would like to find out about the program, please contact the school to register your interest. Further information about eKindy can be found on the eKindy web page.  https://brisbanesde.eq.edu.au/Ourschool/ekindy/Pages/ekindy.aspx
Disposal of items by tender

**Items offered for sale by Lowmead State School**

**Process:**
The listed items are being made available for sale by Lowmead State School via tender process.

**Timeline:**
Tenders will be accepted from 8:30am Tuesday 19th August 2014 until 2:30pm Friday 29th August 2014. No tender will be accepted after this time. Persons submitting tender will be notified as early as possible and are advised to finalise payment and collection of their goods by 2:30pm Thursday 4th September 2014. Delivery charges are the responsibility of the purchaser.

**Condition and Inspection of Goods:** As is. Available for inspection during school hours – contact Principal.

**After the Sale:**
No warranty or backup service is available, either implied or stated. Lowmead State School cannot and will not provide any support either by way of parts or expertise after items have been removed from the school.

**Conditions:**
The Department of Education and The Arts Queensland reserves the right not to accept a tender, and may set a reserve price.

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**TENDER FOR SECONDHAND ITEM FROM LOWMEAD SS**

This document should be enclosed in an envelope marked "CONFIDENTIAL – OFFER FOR ITEM" and submitted to: The Principal

Lowmead State School
3063 Lowmead Road
LOWMEAD Q 4676

To arrive at the school no later than 2:30pm, Friday 29th August 2014.

TENDERER'S DETAILS

| NAME: |  |
| ADDRESS: |  |
| PHONE NUMBER: |  |
| PHONE NUMBER (W/MOB): |  |
| EMAIL: |  |

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<table>
<thead>
<tr>
<th>Lot #</th>
<th>Item Description</th>
<th>Bid on this Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Grey Water Concrete Tank</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Hot Water System - Baxi</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Petrol Qumey</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Student Desks assorted sizes</td>
<td></td>
</tr>
</tbody>
</table>

Tender: ____________________________ (SIGNED)
Seeds of Hope

R U OK? Day
11 September 2014

SEEDS OF HOPE is about raising awareness of mental health issues, suicide and remembering those that have been lost to suicide.

11 September 2014 is R U OK? Day, a national day of action aimed at inspiring people to check in on others and simply ask R U OK?

DCOHS is providing FREE sunflower seeds to the community to plant around their homes and/or the community for R U OK? Day.

In December - January, when suicide rates peak around Australia, there will be beautiful sunflowers to remind people of the support within their community and give hope to someone who may need it.

Show your support on R U OK? Day on 11 September 2014 by planting a SEEDS OF HOPE sunflower.

Seeds will be available from 1 September 2014 at various locations, just look for the signs throughout the Discovery Coast area.

If you would like more information or be involved in SEEDS OF HOPE, contact the DCOHS on Ph: 4902 1100 or Email: awdcchs@gladstonerc.qld.gov.au

Seeds of Hope was originally founded by Boots 'n Bulldust Inc, a group formed in the South Burnett Shire with the aim of raising awareness of depression in rural communities.

R U OK? Day 11 September 2014

ROSEDALE POLICE
COMMUNITY FORUM

(Community Consultative Committee)

4TH SEPTEMBER 2014
ROSEDALE COMMUNITY HALL 7:00PM

- Senior Constable Adam Cooper extends an invitation to all members of the surrounding communities (Rosedale, Ruffle Creek and Lowmead) to attend a Community Forum to be held at the Rosedale Community Hall on the 4th of September, 2014.

- The forum has been instigated as a means for residents to voice and discuss community issues which affect the Rosedale Police division.

- All are welcome. Come and be involved with a dynamic group to resolve local issues. Ask questions, get answers!
Places are still available. Don’t miss out on this great opportunity.

**1-2-3· Magic Parenting course**

- Advertisement

How many parents have found themselves thinking?

I can’t believe I just said to my child the very things my parents used to say to me! Am I destined to repeat the mistakes of my parents?

In 1-2-3 Magic you will learn how to handle misbehaviours in public and how to avoid the talk-persuade-argue-yell-hit syndrome. You will also discover how your silence can speak louder than words.

1-2-3· Magic has been condensed into two, two hour sessions each Wednesday for two weeks and is very easy to learn and easy to implement. Please secure your spot as these sessions are free and places are limited.

**Next course:**

*Wednesday 27th August 2014 &*

*Wednesday 3rd September 2014*

9:00 - 11:00 both days, must attend both sessions

Phone Judy Gower (Social Worker)

Ph: 4902 1122 to book your spot

Discovery Coast Community Health Service

2 Rafting Ground Road

Agnes Water