

**Welcome
to West!**



WELCOME



We welcome you and your family to the Maryborough West State School Community. We are confident you will find your time with us both enjoyable and rewarding.

At West we nurture excellence in academic, cultural, musical and sporting endeavours and instil a love of learning in all of our students. We proudly and regularly acknowledge all of our pupils' successes and celebrate the fact that our school community consists of so many talented individuals.

Staff take seriously and are grateful for the trust you have placed in us to help develop your child in all facets of their learning. We are committed to ensure your child receives all the support they need to grow and thrive.

Students achieve best when both the school and home work together. For that reason, we ask you to be an active participant in your child's school life by being involved in school activities in any way that you can. When school and home partner successfully together the results for your child will be tremendous.

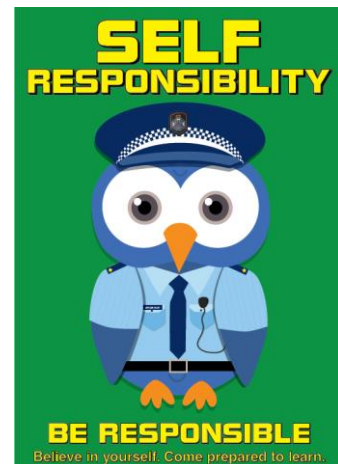
We look forward to getting to know you and your family as your child/ren succeed in their education at our school.

Leon McKay
Principal

VISION AND PURPOSE

Maryborough West has a shared vision that reflects our values and beliefs about education and community.

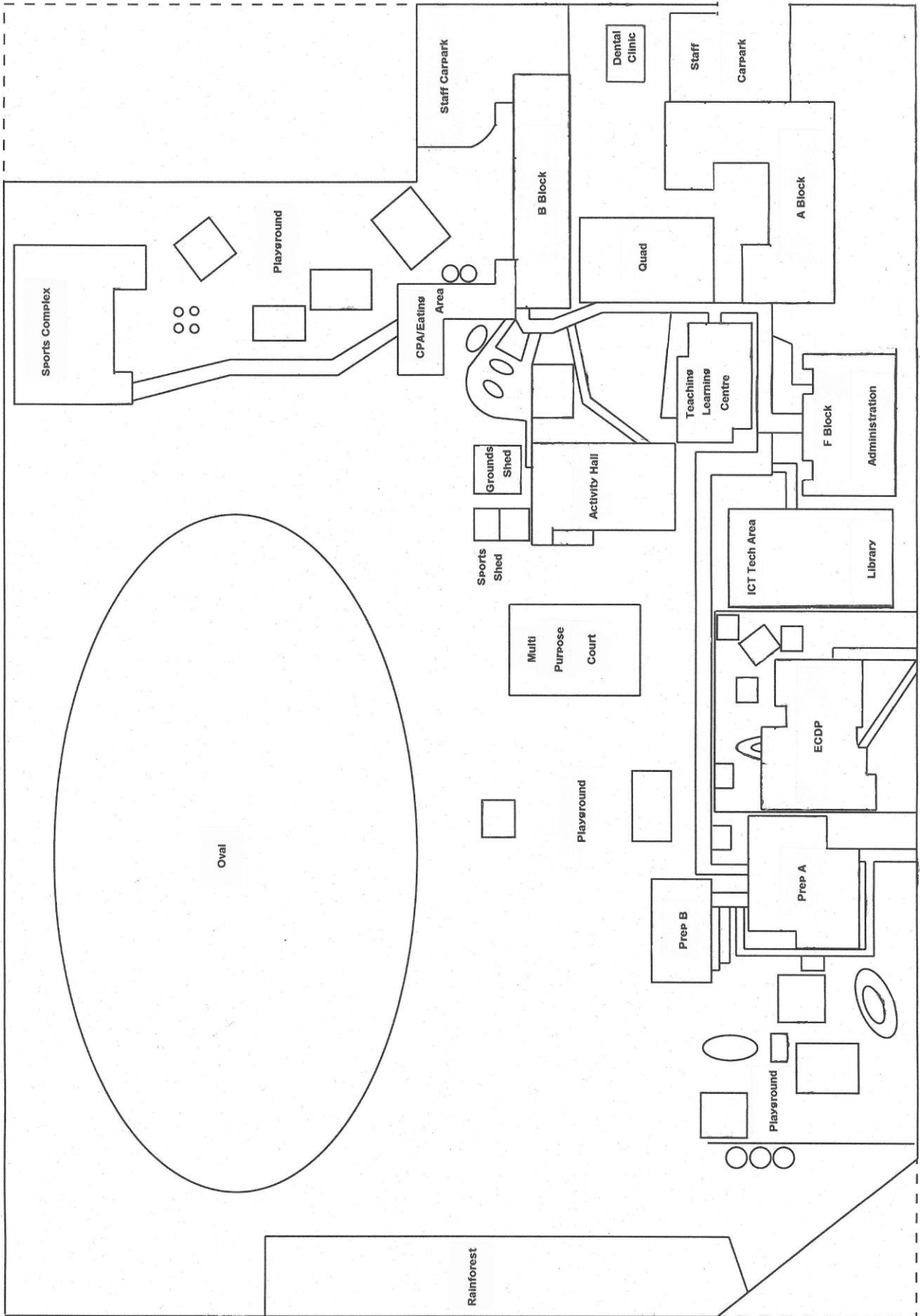
Our vision "Aim High, Always Faithful" is under-pinned by our school expectations: "The Faithful Four".



MARYBOROUGH WEST STATE SCHOOL

Churchill Street

Ariadne Street



North Street

ADMINISTRATION

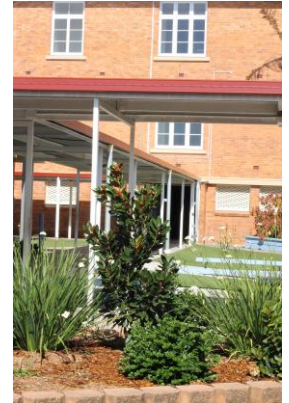
Principal:	Leon McKay
Deputy Principal:	Athol Butler
Acting Head of Special Education Services:	Brian Wilmshurst
Business Manager:	Ruth Brand
Administration Officer:	Paula Boulton

ACCOUNTABLE PLANNING DOCUMENTS AVAILABLE

Quadriennial School Review and Strategic Plan 2023-2026
Annual Implementation Plan (February 2022)
School Annual Report 2023 (published in June 2024)
Student Code of Conduct 2020-2023 (currently under review)

SCHOOL ADDRESS AND CONTACT NUMBERS

Location:	149 North Street, Maryborough Q 4650
Telephone Number:	(07) 4120 2666
Email:	Principal@marywestss.eq.edu.au
Website:	http://marywestss.eq.edu.au
Facebook:	www.facebook.com/MaryboroughWestStateSchool
P&C Facebook:	www.facebook.com/MaryboroughWestStateSchoolPnC



Maryborough West Dental Clinic:

Actual:	Ariadne Street, Maryborough Q 4650
Telephone:	(07) 4123 4445

REGIONAL OFFICE ADDRESS AND CONTACT NUMBER

Our school is located in the North Coast Region.

Maryborough Office:	102 Lennox Street, Maryborough Q 4650
Telephone Number:	(07) 4122 0888

SCHOOL OFFICE HOURS

8:30am to 3:00pm Monday to Friday

SCHOOL VISITORS

Parents/visitors (including classroom helpers) who visit the school between the hours 8:30am and 3:00pm must first report to the office to sign in and then sign out on departure.

Your cooperation in assisting with the continued safety of our children is appreciated.

CLASS INSTRUCTION TIMES

Start of Day:	8:45am
Morning Tea:	11:00am to 11:35am
Lunch:	1:05pm to 1:50pm
End of Day:	3:00pm



CROSSING SUPERVISION

Crossing Supervision is provided at the following sites and times:

Ariadne Street:	8:00 – 9:00 am 2:55 – 3:25 pm
North Street:	8:00 – 9:00 am 2:55 – 3:25 pm
Walker Street/Amity Street:	8:00 – 8:45 am 3:00 – 3:30 pm



ENROLMENTS

The minimum ages for Prep admission are:

Birth Date Between	Prep Year
July 1 2022 – June 30 2023	2028
July 1 2021 – June 30 2022	2027
July 1 2020 – June 30 2021	2026
July 1 2019 – June 30 2020	2025

Enrolment in Prep is recognised as a child's first year of schooling. Students cannot enrol into Year 1 without completing a Prep Year.

A child entering Year 1 (commencement of compulsory schooling) in 2025 in a State Primary School must have obtained the age of 6 by 30 June 2025.

Enrolment in all year levels:

- An **Application for School Enrolment** form is available from the school office or website, followed by an enrolment interview with administration.
- Documentary evidence of date of birth must be presented at the time of enrolment.
- "Proof of Residency" will also be required.

TRANSFERS

Parents/Carers of children moving from one State School to another need to advise the school as soon as possible to allow time for collection of student belongings from the classroom.

Notification also allows the school to exit the student's electronic file. This then allows electronic access for the student's new school.

2025 SCHOOL CALENDAR



Term 1: Tuesday 28 January to Friday 4 April
Term 2: Tuesday 22 April to Friday 27 June
Term 3: Monday 14 July to Friday 19 September
Term 4: Tuesday 7 October to Friday 12 December

2025 STUDENT FREE DAYS

Thursday 23 January and Friday 24 January
Wednesday 16 April and Thursday 17 April
Friday 5 September

2025 PUBLIC HOLIDAYS

New Years Day:	Wednesday 1 January
Australia Day:	Monday 27 January
Good Friday:	Friday 18 April
Easter Monday:	Monday 21 April
Anzac Day:	Friday 25 April
Labour Day:	Monday 5 May
Show Holiday:	Friday 23 May
King's Birthday:	Monday 6 October



ABSENTEEISM

It is compulsory for all children aged to 16 years attend school in Queensland. Parents/Carers are responsible for informing the school, either by phone (by leaving a message on the student absence line) or by note, the reason for any student absence. This is outlined in the Education (General Provisions) Act Chapter 1 Part 2.

Text messages are sent daily for unexplained absences and can be responded to with explanation via return text.

Late Arrival

Students who arrive at school after the 8:50am bell are considered late and are required to report to the office to be issued with a late slip.

Text messages are sent to parents when a late slip with an unexplained reason is generated. Explanations can be provided by return text.

Students Leaving School Early

If you wish your child to leave early on any occasion, please phone the school office or send a note to that effect to the class teacher. Parents/Carers are requested to collect children from the office where they will be electronically signed out. An appropriate reason for early departure is expected and recorded on your child's records.

Application for Exemption from Compulsory Schooling

Parents/Carers are required to apply for an exemption from school if their child/ren will be away from the school for a period of more than 10 consecutive school days in ALL circumstances (including illness, holiday or family emergency). Applications are available from the school office. Failure to apply for an Exemption from Compulsory Schooling can result in a Warning Notice regarding compulsory schooling.

ACCIDENTS



All minor injuries will be dealt with at our First Aid area and parents may be called after assessing the injury.

The school, through the electricity account, is an ambulance member and an ambulance will be called immediately if it is considered necessary.



Please ensure your contact details and emergency contacts are always up to date.

ADMINISTERING OF MEDICATION DURING SCHOOL HOURS

Education Queensland requires parents/carers to undertake the following in relation to the administration of medication and/or management of health conditions.

For medication to be administered at school or during school related activities, there must be a formal letter from the medical practitioner for the student to have the medication.

The medication must be in its original container with a pharmacy label with both the student's and doctor's name on it. Medication without its original container **WILL NOT** be accepted by staff.

A "Consent to Administer Medication" Form **MUST** be completed prior to the commencement of the medication being taken.

Parents **MUST** notify our school in writing when a change of dosage is required. This instruction **MUST** be accompanied by a letter from the medical practitioner.

Parents **MUST** advise our school in writing and collect the medication when it is no longer required at school.

Only medication prescribed by a doctor or dentist may be administered to students by school staff.

ARRIVAL AT SCHOOL

No student should be in the school grounds before **8:20am**. Supervision commences at 8:20am for students in Years 1 to 6, and 8:30am for Prep students.

Should it be necessary for a student to arrive before 8:20am, they are required to sit down in the designated area, however please note supervision does not commence until 8:20am. Prior arrangements need to be made with the Principal if students are to arrive regularly before 8:20am.

There is no organised supervision of play before school as teachers are busy preparing the day's work. Students in Years 3-6 may play handball in the Quad area and students in Years 1 and 2 may play handball in the Junior Undercover Play area on condition that they comply with our Behaviour Code Expectations.

No students are to play on play equipment before or after school.

ARTS PERFORMANCES

A variety of performances are provided by various companies and production agencies. All presentations are approved by Education Queensland. Our students are exposed to professional artists who engage the students as performers or as audience participants. Audience skills are also essential learnings for our students.

The cost is approximately \$6 for most performances. Advance notice is given to you through the school's Facebook page, Class Dojo and class notes.

No late payments are accepted therefore prompt payment is expected.



ASSEMBLIES

On Friday mornings, commencing at 8:50am, we hold our celebration assembly and invite parents/carers to join us. This is a formal chance to recognise and congratulate student success.

ASTHMA SUFFERERS



The Education Policy and Procedures Register advises the following, regarding asthmatic students - "Principals are advised that asthmatic students who are responsible for taking their own medication at home should have ready access to their asthma medication during school hours, provided that written permission from a parent /legal guardian is presented to the school initially."

The recommended procedure is:

- (a) Parents/Carers must provide an "Asthma Action Plan" and complete the "Consent to Administer Medication" Form.
- (b) Students can be responsible for their inhalers or they can be left at a central location in the First Aid Room.
- (c) Students should not be denied access to their inhalers.

The "Consent to Administer Medication" Form is available from the school office.



BIKES/SCOOTERS



Parents/Carers are asked to impress upon their children the importance of observing the rules of the road when riding to school. Bicycles and scooters must be secured in the bicycle racks provided as no alternate security will be available. Bike racks are OUT OF BOUNDS during the school day.

Bike helmets are now compulsory by law. We have a NO HELMET, NO BIKE policy at the school. This means if you wish to use the bike facilities at the school, you must wear a helmet. Parents/Carers will be notified if their children are seen without a helmet.

** Parents please note that children under the age of 12 are required to be supervised at all times. This would include travel to and from school.



BLUE CARD (Working with Children Check)

- Parent Helpers who attend excursions where they have responsibility for a group of students will need a Blue Card.
- Parent Helpers who work at the direction of their child's classroom teacher, and under the supervision of this teacher do not require a Blue Card.
- Anyone who is not the primary carer of a student is required to hold a Blue Card (eg, Grandparents, Aunt, Uncle etc) if they wish to volunteer in classrooms or within our school.
- If you need to apply for a Blue Card please arrange an appointment with the Business Manager at the school office.

BOOK CLUB



Book Club is conducted regularly (approximately 9 times throughout the year) through the school office. There is no obligation for you to buy from the Book Club.

Book Club orders can be placed either by handing orders and money in directly to the office, or by visiting the Scholastic website and placing an order online.

BOOKLISTS

The Booklist is available at the school office. All items on our Booklist are kept to a minimum and some items may need to be replenished throughout the school year.

Books and stationery items are available from local booksellers and newsagents.



BUDDY BENCH



At times children may feel lonely at school eating and play times.

We have buddy benches available for them to sit at and another child/group of children will come and ask them to play or eat with them.

CHAPLAINCY

Our school's Chaplaincy Program has been endorsed by our Parents and Citizens Association and is supported by our Local Chaplaincy Committee. Our Chaplain is employed at school three days per fortnight. This is a non-denominational position.

The Chaplain's role within the school is to assist the school in the social and emotional development of our students and their families as well as to contribute to the wellbeing of the school community.

CLASS PHOTOGRAPHS

Class photographs are taken every year. Purchases are not compulsory. Photographs are purchased through an online pre-order system.



COLLECTION OF MONIES



All student activities are invoiced through the office computer accounting system. Parents/Carers can pay by either cash or EFTPOS at the school office, or online by using QParents.

Permission forms and lists are then given to teachers for each activity. Cash receipts are sent home via your child.

Refunds may be available in certain circumstances. Refund Request Forms are available from the school office. You can choose a credit to your child's OneSchool account or an electronic transfer refund. No cash or cheque refunds are available.

COMMUNITY INVOLVEMENT

Year level community excursions and activities are key avenues through which the school becomes involved with the community. Students participate in a diverse range of community activities as well as school-based events.

Our Concert Band, Strings Ensemble and Choir perform regularly at a variety of school and local functions.

Our school hosts many community-based events throughout the year.

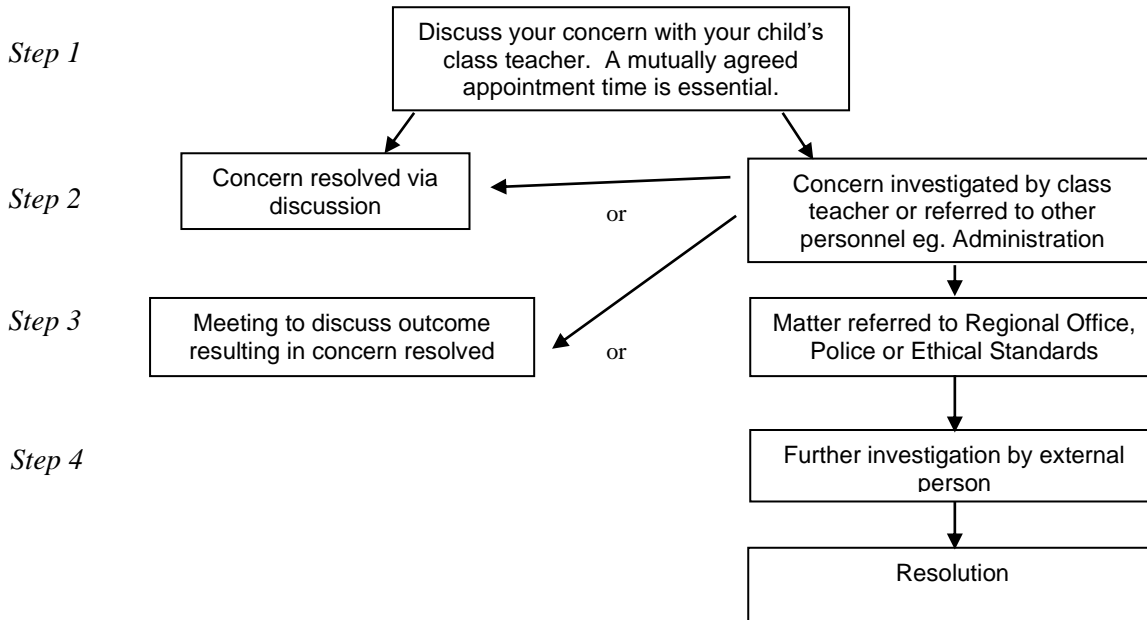


CONCERNS / COMPLAINTS MANAGEMENT

At **Maryborough West State School** we encourage and respect partnerships between home and school which ensure educational success and positive achievements for all students.

It is important therefore, that any concerns which may arise from time to time are discussed in an open, honest and respectful manner with the appropriate school staff member during school hours. At no time is it acceptable for you to direct your concern to other students or parents on the school grounds or during transit to and from school.

Should such a concern arise, the following steps need to be followed:



Thank you in anticipation of your continued cooperation whereby the best interests of all students at Maryborough West State School are considered and ensured.

Department of Education and Training

Respect our staff, respect our school

Violent or abusive behaviour will not be tolerated at this school.
It's not just a courtesy. It's the law.

education.qld.gov.au/respectourstaff

Queensland
Government

CUPCAKE OF KINDNESS

Kindness to each other does not cost anything.

We accept nominations at the office from our school community for acts of kindness. The winning nomination is presented with the "Cupcake of Kindness" on assembly each Friday.

A huge thank you to Bell Hill-Top Bakery for their sponsorship of this award.

Bell Hill-Top Bakery

Open 7 Days
Mon-Fri 6am - 5pm
Sat 6am - 2pm
Sun 6am - 1pm

Ph: 4121 3000 • Bell Hilltop Plaza, Shop 5/11 Boys Avenue

CURRICULUM DEVELOPMENT AND IMPLEMENTATION

Our school is focused on school improvement. We provide high quality teaching and learning opportunities for all students within a developing curriculum framework that ensures our school programs provide the skills, attitudes and processes to equip each child with confidence to reach their full potential.

School programs reflect the implementation of the Australian Curriculum, through the P-12 Curriculum, Assessment and Reporting Framework (P-12 CARF) in all 8 curriculum learning areas.

Curriculum learning areas are:

- English
- Mathematics
- Science
- HASS
- The Arts
- Health and Physical Education
- Languages - Japanese
- Technology

Differentiation occurs at a class level to support the diverse needs of students learning and abilities. Specialist teachers are appointed for Performing Arts, Physical Education and Languages. Our language of study is Japanese and is taught to Year 5 and 6 students.



Visiting Teachers and Support Staff contribute specific programs which help Maryborough West State School students with a disability. Parents/Carers are able to access these specialists through a referral process by contacting the Head of Special Education Services (HOSES).

Technology is a priority, with an extensive range of hardware and software, being provided across the school's campus. In our rapidly changing information society, our aim is to produce computer literate and competent students. Technology is integrated into curriculum learning areas.

Students are provided with opportunities to participate in other curriculum, cultural and sporting competitions. These include extension programs such as Gifted and Talented Programs, English, Science, Mathematics and Writing competitions and a variety of locally sponsored activities.

CUSTODY DETAILS

If special family circumstances exist, please notify the school and provide a current copy of any legal orders in place. All visitations should be in accordance with Education Queensland Policy and Legislation.

Parents are advised that when no court orders exist, both biological parents have equal rights towards parenting.

EMERGENCY CONTACTS



Providing the school with current emergency contacts is essential to ensure prompt contact in the event of sickness and accidents.

Please ensure that you advise the school of any changes to any family circumstances or emergency contacts.

EVERY DAY COUNTS

Parental attitudes to education are crucial to school attendance and achievement. We must **work together** to achieve the best possible outcomes for your child.

Why is School attendance important?

- Research shows that there is a clear relationship between attendance at school and **student achievement**.
- To **keep up** with the school work – each day's learning builds on what has been learnt before, so losing even one day makes all future learning more difficult.
- To maintain social interaction, friendship and security
- Because it is required by **law**
- Because **employers** often look at attendance before offering jobs.



Poor attendance puts students at risk of not achieving their educational, social or psychological potential. A good education is a valuable resource in a child's life as it is an investment in their future.

What are considered reasonable and unreasonable excuses for absences?

Parents/carers have a **legal obligation** to ensure that their children attend school **for every lesson of every day** of the educational program in which they are enrolled. If students are unable to attend parents/carers should provide **explanation** to the school, if not beforehand, then **within two working days** of the student's return to school.

Reasonable excuses for absences include:

- Illness
- Extenuating family reasons – eg Funeral
- Medical/dental appointment – preferably schedule outside school hours but we realise this is not always possible.

Unreasonable excuses for absences include:

- Leisure activities – shopping, haircuts, visiting friends, birthdays

What message are you sending your child about school and their education if you allow them to stay home to celebrate their birthday or to go shopping?

Next time your child wants to stay home from school ask yourself whether the absence is avoidable – help them to develop the skills to become a good citizen and valuable community member.

Difficulties

If you are facing difficulties getting your child to school please **keep the school informed** as we can provide support in these situations.

You have a responsibility to ensure your child attends school, even though this may not be easy.

Improving Student Learning

So WHAT! My child is only a little bit late....!

Well! Just a little bit doesn't seem much but, did you know.....?

He/She is just missing	That equals...	Which is...	And over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly HALF A YEAR
20 minutes per day	1 hour 40 mins per week	Over 2.5 weeks per year	Nearly 1 Year
30 mins per day (Half an hour)	Half a day per week	4 weeks per year	Nearly 1 and a Half Years.
1 hour per day	1 day per week	8 weeks per year	Over 2 and a half years.

Did you know your child's best learning time is the start of the school day?

That's when every minute counts the most!!

School Starts at 8:45a.m.

Students need to be at school by 8:40a.m. in readiness for learning!!

Every day, every moment counts in the life of every child at our school!

EXCURSIONS

Excursions are held throughout the school year to complement curriculum or to stimulate interest in classroom learning experiences and vary from half day to full day trips.

Advanced notice is provided through a special class letter. There are often parental financial contributions required.



Attendance at excursions is dependent upon students having displayed safe and responsible behaviour throughout their enrolment.



Students attending excursions will be expected to display safe and responsible behaviour at all times according to the Maryborough West's Student Code of Conduct.

FACEBOOK

Our school's Facebook page is www.facebook.com/MaryboroughWestStateSchool. If you are on Facebook, please like our page for updates, celebrations and news.



FACILITIES

The physical appearance of our school grounds reflects our commitment to the continual and ongoing maintenance planning to ensure an attractive and appealing environment for all of our school community.

The physical environment includes traditional single classrooms to the latest in design of classroom accommodation. The campus has two double Prep Units to cater for four classes. An Early Childhood Development Program is attached to the school's Inclusion Program.

The school boasts an Activity Hall which enhances school performances and assemblies and is an asset to the local community in general. As part of the Australian Government BER (Building the Education Revolution) Project we have a Library/Technology Centre, Covered Outdoor Learning Area and Multi-Purpose Sporting Complex.

Should you notice any issues with our facilities please notify Administration.

FRUIT AND VEGE BREAK

During the morning session each class has a Fruit and Vege Break.

All students are to bring a piece of fresh fruit or vegetable – e.g. an apple, orange (peeled or cut please), mandarin, banana, pear, plum, grapes, strawberries – carrot, cucumber, capsicum, celery, beans – any fresh fruit or vegetable that your child likes to eat.

Students are also allowed to have a selection of dried fruits or tin fruit in natural juice only, however fresh fruit and vegetables are preferred.

NO processed foods – chips, rollups, fruit bars, muesli bars as these items may only be consumed during normal lunch breaks.

Students without fruit or vegetables are allowed to have a drink of water only at this time.

This is part of the Healthy School's Program which identifies ways of encouraging our students to become more active, eat more healthy foods – particularly fresh fruit and vegetables and is a brain learning fuel.



FUNDRAISING

Our P&C Association hold various fundraising events/days during the year. Your support is appreciated as it helps these committees support our school and students.

Our school also collects empty bottles and cans to recycle. The proceeds from the recycling are collected by our Student Council. This is combined with other fundraising events throughout the year for projects identified by the Student Council each year.

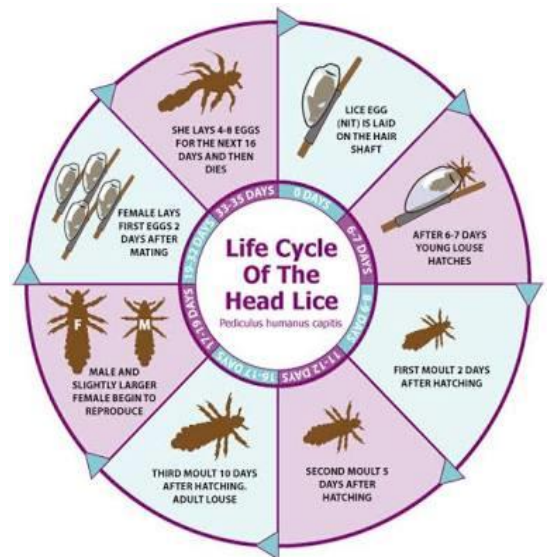
HEADLICE

Close contact may occur in the classroom, but it is also likely to occur in the playground, on buses, or while playing after school or at home. Unless everyone cooperates fully, the problem of headlice will continue. While it is no disgrace to contract head lice it is unwise to neglect proper treatment. Remember, head lice may be found in the cleanest of hair.

Regularly inspect your children's heads properly for the presence of head lice or eggs (nits) near the scalp. Particular areas to inspect are the nape of the neck, under fringes and behind the ears. If eggs or nits are closer than 1.3cm from the scalp, this is a sign of active infestation requiring treatment with special lotion or shampoo.

Should you discover lice/nits in your child's hair, please contact the school. The information is treated as confidential, but we will issue a note to the relevant class/classes advising parents to check their children's hair. If the outbreak appears more general, a reminder notice will also be put in the newsletter.

Prevention is better than a Cure! Carefully check your child's hair regularly some weeks after apparent cure. All members of the household (adults and children) must be checked regularly if one member has had head lice. Wear long hair tied up and braided if there is an outbreak at school or elsewhere in the community. Caution children about using other people's brushes or combs. Discourage exchange of hats. In general, regularly check your children's scalps each week whether they have had head lice or not.



HOMEWORK




Homework provides students with the opportunity to consolidate and reflect on classroom learning, apply knowledge and skills in new contexts, pursue knowledge individually and imaginatively and prepare for forthcoming learning. Involving family members in this learning is integral to its success. The setting of homework takes into account the need for students to have a balanced lifestyle.

Approximate time spent on homework activities are as follows:

- Prep-3 may expect to have set homework of approximately one hour per week.
- Year 4-5 students will be set homework of up to 3 hours per week.
- Year 6 homework should take up to 4 hours per week.

In Primary school, homework will primarily consist of relevant numeracy and literacy activities, with an increasing focus on reading activities.

Please see your child's class teacher if you have any questions about homework.

WHY READ 20 MINUTES AT HOME?		
Student A Reads	Student B Reads	Student C Reads
❖ 20 minutes per day.	❖ 5 minutes per day.	❖ 1 minute per day
❖ 3,600 minutes per school year.	❖ 900 minutes per school year.	❖ 180 minutes per school year.
❖ 1,800,000 words per year.	❖ 282,000 words per year.	❖ 8,000 words per year.
		
❖ Scores in the 90 th percentile on standardized tests.	❖ Scores in the 50 th percentile on standardized tests.	❖ Scores in the 10 th percentile on standardized tests.
If they start reading for 20 minutes per night in Kindergarten, by the end of 6 th grade, Student A will have read for the equivalent of 60 school days, Student B will have read for 12 schooldays, and Student C will have read for 3.		
WANT TO BE A BETTER READER? SIMPLY READ.		

INCLUSION PROGRAM

This program supports students requiring additional adjustments, including those students with a diagnosed disability.

The Inclusion team is overseen by the Head of Special Education Services (HOSES) and consists of Inclusion Teachers and Teacher Aides. Support is provided in a combination of team teaching, in-class support, small group work and individual support sessions.

Inclusion staff support classroom teachers to make reasonable adjustments for students from Prep to Year 6. This support focuses on assisting students and teachers with the development of educational programs that lead to the best possible learning outcomes within an inclusive framework.

All students are working in their classroom alongside their same age peers. Inclusion can facilitate social interactions with peers, an increase in independence, and the establishment of a positive self-image.

Other department personnel that can provide support to students and the school team may include:

- Advisory Visiting Teachers
- Speech-Language Pathologists
- Occupational Therapist
- Physiotherapists
- Registered Nurses
- Guidance Officers
- Psychologists

The Maryborough West State School Early Childhood Development Program (ECDP) supports children from birth to the year prior to commencing Prep year with a disability or suspected disability.

Children aged from 0 to 3 years access weekly ECDP playgroup session. Children from 3 to year prior to Prep access ECDP sessions, usually two sessions of two and a half hours per week.

There is an application process in place. Please contact the school office for further information.



INFECTIOUS DISEASES

It is probable that, at some time during your child's school career, he/she will contract one of the common diseases of childhood as listed below:

DISEASE	PERIOD OF EXCLUSION
Chicken Pox	Exclude until all blisters have dried, and at least 5 days after the onset of symptoms.
Conjunctivitis	Exclude until discharge from eyes has ceased unless a doctor has diagnosed non-infectious conjunctivitis.
Diarrhoea and/or Vomiting	Exclude a single case until the person, has no symptoms (includes vomiting if applicable), is feeling well and they have not had any loose bowel motions/vomiting for at least 24 hours or if the person has confirmed norovirus exclude for at least 48 hours.
Hand, Foot & Mouth Disease	Exclude until all blisters have dried.
Headlice	Exclusion is not necessary if effective treatment is commenced before next attendance day.
Impetigo (school sores)	Exclude until 24 hours of appropriate antibiotics have been completed. Cover sores on exposed areas with a waterproof dressing until sores are dry, and encourage handwashing.
Influenza and influenza-like illness	Exclude until symptoms have resolved, normally 5-7 days
Measles	Exclude until the doctor confirms the person is not infectious but not earlier than 4 days after the onset of the rash.
Mumps	Exclude for 5 days after onset of swelling.
Ringworms/Scabies	Exclude until the day after treatment has commenced.

Please refer to the "Time Out" pages at the back of this handbook for a full list of medical conditions.

INSTRUMENTAL MUSIC



The school has many students involved in the Instrumental Music Program. We have two Instrumental Music Teachers, a Strings Specialist and a Woodwind, Brass and Percussion Specialist. The Strings Program is open to students from Year 3 onwards and the Concert Band Program is open to students from Year 4 onwards. Students are selected for these programs if they are successful in the recruiting process. Students who transfer from another school and were involved in the Instrumental Music Program at their previous school will be placed in the program through negotiation.

The Queensland Instrumental Music Program is a comprehensive tuition program in which students learn orchestral or concert band instruments throughout their school years. The program of instrumental music instruction is organised to operate on a pyramid structure: ie. a secondary school at the peak with the feeder primary schools at the base. Instruction is organised on a group basis. Sizes of groups may vary according to types of instruments, age and ability level.

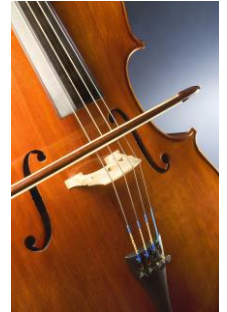
All students are expected to participate in school ensembles as soon as they are technically ready.

Students who are unwilling to participate in school ensembles are not eligible for inclusion in the Instrumental Music Program. The duration of a lesson is normally half an hour per week. Lesson times and rehearsals are considered as part of a normal school day. However, large group rehearsals are scheduled before school or during a lunch break.

Lesson attendance is compulsory. Irregular attendance without excuse will result in exclusion from the program.

Every student must agree to:

1. practice regularly
2. become a member of the school concert band or orchestra or other groups as designated by the instructor
3. take part as required in all performances
4. attend lessons, rehearsals and other classes regularly as required
5. wear the assigned performing arts uniform



EQUIPMENT

Availability of school instruments for loan is limited. Suggested period for a loan for less expensive instruments is recommended to be not longer than one year. Principals may exercise discretion in special cases. Students learning other instruments should be encouraged to acquire their own instruments (flutes, clarinets, trumpets, violins).

Students are expected to purchase the consumable items - tutor books, strings, reeds, rosin, cleaning rags, cork grease etc.



INTERNET ACCESS

INFORMATION FOR STUDENTS AND THEIR PARENTS/CAREGIVERS on SCHOOL NETWORK USAGE



Why are schools providing students access to ICT facilities?

To ensure young Queenslanders are well equipped to contribute fully to the information economy, the education sector is responding to the innovation directions of the [Smart State Strategy](#) through [Smart Classrooms](#). This strategy focuses innovative programs and resources towards schools, teachers and students. An essential tool for schools in the provision of innovative educational programs is the utilisation of intranet, internet and network services. Therefore, access to these technologies is an increasingly essential part of the modern educational program provided in schools.

What is acceptable/appropriate use/behaviour by a student?

It is acceptable for students to use school computers and network infrastructure for: assigned class work and assignments set by teachers; developing literacy, communication and information skills; authoring text, artwork, audio and visual material for publication on the Intranet or Internet, solely for educational purposes as supervised and approved by the school; conducting research for school activities and projects; communicating with other students, teachers, parents or experts in relation to school work; and access to online references such as dictionaries, encyclopaedias, etc. Students can also collaborate, research and learn through Education Queensland's e-learning environment.

What is unacceptable/inappropriate use/behaviour by a student?

It is unacceptable for students to: download, distribute or publish offensive messages or pictures; use obscene or abusive language to harass, insult or attack others; deliberately waste printing and Internet resources; damage computers, printers or the network equipment; violate copyright laws which includes plagiarism; use unsupervised internet chat; and use online email services (e.g. hotmail), send chain letters or Spam e-mail (junk mail). Usernames and passwords are to be kept by the student and not divulged to any other individual (e.g. a student should not give their fellow students their username and password). Students can not use another student or staff member's username or password to access the school's network, including not trespassing in another person's files, home drive or e-mail. Additionally, students should not divulge personal information (e.g. name, parent's name, address), via the internet or e-mail, to unknown entities or for reasons other than to fulfil the educational program requirements of the school.

What is expected of schools when providing students with access to ICT facilities?

Schools will provide information in relation to student access and usage of its network and reserves the right to restrict/remove student access to the intranet, extranet, internet or network facilities if parents or students do not adhere to the school's network usage and access guideline/statement.

Schools will prepare students for the possibility of unanticipated access to harmful information, materials or approaches from unknown persons via the internet (e.g. run through processes for disregarding (or ceasing access) to information, the process for reporting accidental access to harmful information and reporting approaches from unknown persons via the internet to the supervising teacher or school staff member).

Where possible, classes involving internet usage by students will be prepared prior to class engagement, including, filtering and checking sites students are directed to visit. An assessment should be made of the appropriate timeframe for access to the internet for completing the set task or duration a student should have access to the internet (e.g. during schools hours, outside of school hours).

What awareness is expected of students and their parents/carers?

Students and their parents/caregivers should:



- understand the responsibility and behaviour requirements (as outlined by the school) that come with accessing the school's ICT network facilities and ensure they have the skills to report and discontinue access to harmful information if presented via the internet or e-mail;
- be aware that:
 - the ICT facilities should be utilised with good behaviour as stipulated under the Code of School Behaviour;
 - students breaking these rules will be subject to appropriate action by the school. This may include restricted network access for a period as deemed appropriate by the school;
 - access to ICT facilities provides valuable learning experiences, therefore giving the student educational benefits in line with the school's educational program;
 - the Internet gives access to information on and from a wide variety of organisations, subjects, people, places with origins from around the world; the school can not control information accessed through the internet; and information may be accessed or accidentally displayed which could be illegal, dangerous or offensive, with or without the student's immediate knowledge; and
 - teachers will always exercise their duty of care, but protection, mitigation and discontinued access to harmful information requires responsible use by the student.

Students and their parents/carers must sign an Internet Access Agreement prior to using school facilities to access the internet at the commencement of EVERY YEAR.

LIBRARY AND ICT LAB



The Library is an integral part of classroom activities. Class borrowing allows for Prep to Year 3 up to two fiction books and up to two non-fiction books, Year 4 to 6 – two fiction books and two non-fiction books for 14 days.

Your child's needs can be discussed with the Library staff if this plan would not be sufficient.

Weekly class borrowing times are arranged. Children can also visit outside the normal class visits for borrowing before school and at lunch time from 1:20 to 1:45pm.

The library provides these services for our students:

- Recreational Reading.
- Text and Electronic Resources to support research activities.
- Games and puzzles are played in friendly relaxed areas.
- Book Club is held approximately 9 times a year.
- Computer areas for students are available during lunch time.
- Focussed teaching and learning activities are planned cooperatively with class teachers so that literacy, literature and research skills can be integrated with the curriculum.

Our new Library complex also includes an ICT Lab, Multimedia Room, Seminar Room, Teaching Area and Green Room.



LOST PROPERTY

Lost property is placed on designated shelving under A Block. Any unclaimed, unnamed items are donated to charity at the end of each term.

Please mark all items of your child's clothing with your child's name. You are encouraged to check this area as often as needed.

MOBILE DEVICES

Queensland state schools are committed to reducing the distraction of mobile devices to provide optimal learning environments for all students. All state school students must keep mobile phones switched off and "away for the day" during school hours. Wearable devices, such as smartwatches, must have notifications switched off so that phone calls, messages and other notifications cannot be sent or received during school hours.

The procedures that will be followed at Maryborough West State School in relation to student use of mobile devices are as follows:

- Devices must be switched off and stored at the school office on arrival and collected on departure from the school.
- Devices will not be allowed on excursions or camps under any circumstances.
- Parents wishing to contact their children may do so through the school.

Devices will be confiscated under the following circumstances – they are discovered in a student's possession without appropriate permission, or they are found in school grounds. Confiscated devices will be required to be collected by a parent or carer from the school office.

Parents/Carers do not have permission to record or capture any footage unless it is within the context of a school event or celebration.

** Devices are stored and used at the owner's risk. No liability will be accepted by the school in the event of the loss, theft or damage of any device unless it can be established that the loss, theft or damage resulted from the department's negligence.

MUSIC

Classroom Music at West is a developmental music program based on the Kodaly and ORFF methods of teaching music. Lessons incorporate voice development; movement to music; listening to musical excerpts; performing and composing with percussion instruments, recorders and ukuleles. Current technology is also used to further develop the children's musical knowledge.

Lessons also incorporate the elements found in Dance and Drama. Students at West currently work towards an end of year Musical Production where all elements of the Performing Arts come together.



PARENTS AND CITIZENS ASSOCIATION

"Research shows that children perform better at school when their parents are involved in their education."

What is the P&C?

The Parents and Citizens Association (P&C) is a group of interested parents, caregivers, neighbours, grandparents, community members who get together to help develop and improve Maryborough West State School.

When does it meet?

Date, time and venue are advertised in the school Newsletter, and are agreed upon at each year's AGM held in February/March.

Why join the P&C?

Actions always speak louder than words when it comes to valuing your child's learning. Joining the P&C is one of the best ways to show your children how much you value their education and how interested you are in what they do. By joining the P&C you are showing your children how committed you are to helping students and your school community.

A lot can and has been achieved through the P&C and school working together towards common goals. To continue the great work, P&Cs need people, from all walks of life and with a range of talents, who are committed to delivering great outcomes for our children and school. Everybody has a role to play and your ideas will be heard. The more people involved, the more exciting and successful it will be.

What does a P&C do?

The P&C is about people – people just like you – parents, carers and community minded people who want to help their school. You work very closely with your school, building a stronger school community, where all children benefit.



The functions of a P&C are:

- To foster generally, community interest in educational matters;
- To encourage closer cooperation between the parents, members of the community, the staff and students of the school;
- To provide advice and recommendations to the Principal on issues & concerns in respect to the student body and the general operations and management of the school;
- To provide or assist in the provision of financial or other resources, services for the benefit of students of the school;
- To participate in any committee or other body comprising members of the school and wider community which will contribute to the general benefit of students attending the school.

How you can help

Are you interested in contributing your thoughts on school policy; do you have an hour or two to spare to assist at special events; can you find 1 hour once a month to attend a P&C meeting? These are all ways you can be part of your schools P&C.

There are a number of ways to be involved

- Just by joining the P&C you add your voice to what's happening in the school;
- Attend P&C meetings;
- Classroom helper;
- Committee executive position or general committee member.

You can contribute opinions on

- Positive School-Wide Behaviours;
- Student Dress Code;
- School Routines;
- P&C Budget;
- School Surveys.

What if I'm too busy?

All members of the school community are welcome to participate to the level in which they feel comfortable with a meeting a month, a few hours a week, taking tasks home to do, donating money or resources instead.

I'm too shy to go to meetings

The P&C welcomes everyone as it is a great way to meet different people with a common interest, to improve Maryborough West School resources and facilities and to make it the best place for all students to learn.

PARENT INVOLVEMENT

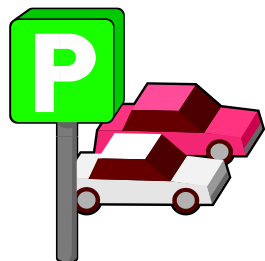
Parent helpers play a vital role in our school. Opportunities will arise throughout the year for training and development. Teachers will detail specifics to each year level. Parent participation is welcomed in classrooms from Prep to Year 6.

Encouraging support from Working Parents

Many parents work, and although they cannot be a parent helper, still offer valuable assistance. Here are some ways working mums and dads have helped:

- Arranged for demonstrations of their kind of work,
- Brought samples of their products to school, eg. Bricks, signs etc.
- Told about their occupation, eg. Veterinary Surgeon.
- Offered to make teaching aids, cut up laminating or cover new books,
- Make financial donations to the P&C Association for school resources.

PARKING



All schools experience high traffic flow at drop off and pick up time. All families need to work together to ensure students and their families are safe. All road rules must be adhered to. There is **NO** vehicle access in the school grounds for parents/carers/wider school community.

Staff car parking is provided in the school grounds to assist with the street car parking at peak times. Staff car parks are not an access point for parents and students. Please ensure that you or your children do not use the car parks to walk through. These are not pedestrian areas and the safety of everyone is a priority.

Parking is available in Churchill Street behind our school oval as well as opposite our Prep classrooms in North Street. Limited street parking is available on Ariadne Street.

Please observe road rules and drive safely in our school zones. We ask you to only use Disabled parking if you have a current permit displayed on your vehicle.

PREP TRANSITION

Our "Prep for Prep" Program is available to future Prep students to help build school readiness.



Sessions will build language, name writing, pre-literacy, pre-numeracy, social skills, fine and gross motor skills and general knowledge.

There are lots of engaging activities for children and their families to participate in.

Currently our Prep for Prep Program runs every alternate Monday and Thursday mornings 9:30 to 10:30am for 4 weeks during Term 4.

PROHIBITED ITEMS & UNACCEPTABLE BEHAVIOUR

Students and parents/carers are not permitted to bring any of the following items to school:

- Pets (including but not limited to birds, dogs, cats, reptiles) - unless prior approval from the Principal is obtained (Assistance dogs accepted)
- Non-prescription drugs or illicit substances
- Matches/cigarette lighters (students), visible matches/cigarette lighters (adults)
- Cigarettes, alcohol or electronic cigarettes
- Pocket knives or knives to prepare food in lunchboxes
- Steel rulers
- Pocket computer games
- iPods/iPads/mobile phones (unless adhering to the school policy of dropping at school office and collecting after school)
- Chewing/Bubble gum or softdrink (students only)
- Correction fluid (correction tape is permissible)
- Deodorant in pressurised containers (aerosol cans)
- Inappropriate literature (including but not limited to clothing, magazines, DVDs)
- Any item that could be considered a weapon
- Permanent marking pens (Teachers who require students to use these stationery requirements will supply the items)
- Trading cards (unless a member of a supervised club)

Any student in possession of these items regardless of the intent, will be in breach of our school's Student – Code of Conduct and the Principal may take disciplinary action including suspension or exclusion. Any parent/carer in possession of these items (excluding MP3/mobiles) will be asked to leave the school grounds and if appropriate reported to the police.

Any parent using a device to record or photograph at school (except in appropriate circumstances such as assembly/school events) will be referred to the police.

QPARENTS

QParents is an app that provides a convenient way for parents to communicate with their school. As a parent, you can view your child's information and also submit changes to some of their details.

The information that can be viewed online includes report cards, attendance records and timely access to invoices and payment details.

Parents will also be able to update their child's details, pay invoices online and let the school know of changes to normal routine, such as when their child is unwell.

Once your child commences enrolment at our school, an invitation is sent by the school seeking you to register with QParents. Once registration is approved by the school access is then available to your child's details.

A QParents information sheet is included in our Enrolment Pack. This information sheet provides the steps to successfully registering for the app.

Please see our office staff for more information.

RELIGIOUS INSTRUCTION

Queensland state schools embrace a multitude of cultural, religious and non-religious beliefs. Under the *Education (General Provisions) Act 2006*, schools are to provide Religious Instruction (RI) if approached by a faith group seeking to provide RI and students of that faith attend the school.

RI informs students about the beliefs and values of a particular religion. It is delivered by volunteers of a faith group using instructional materials approved by that faith group. RI is required to be consistent with legislation and Department of Education policies and procedures.

All RI instructors must hold a Blue Card and participate in compulsory Student Protection and Code of Conduct training. RI instructors are only entitled to deliver the RI program outlined below. A school staff member will be present during the delivery of RI.

Participation in RI is not compulsory. Any student (except Prep students) may participate in RI if a parent has provided written instructions to the school.

Students are allocated to RI based on information provided by parents on the completed [Application for Student Enrolment](#) unless other written instructions have been provided to the school.

Note: *This consent remains in effect unless the parent informs the school otherwise in writing.*

A description of the RI available is provided below.

Arrangements for Programs:	Cooperative Arrangement
Participating Faith Groups:	Baptist Churches of NSW; Australian Christian Churches; Church of Christ
Name of Authorised Program:	"God Space" - Burst

Parents of student participating in these programs will be advised if a faith group requires funds to cover the expense of materials used in RI.

Students who are not participating in RI will be provided with other instruction in a separate supervised location. Other instruction must relate to part of a subject area already covered in class and may include:

- personal research and/or assignments
- revision of class work such as creative writing or literacy and/or numeracy activities which could include online programs currently accessed by the students of that school (i.e. Mathletics, Reading Eggs)
- wider reading such as independent reading appropriate to the student.

Parents will be advised of any changes to the RI and other instruction programs to ensure they are able to make an informed decision on their child's participation.

RESPECTFUL RELATIONSHIPS

It is important that all adults work together respectfully and model appropriate interactions for the children enrolled in our school.

SCHOOL HEALTH SERVICES

Treatment through the School Dental Service is available for children 4 years old to Year 10 students. West School Dental Clinic is currently staffed on a part-time basis, by a Dental Therapist, Dental Assistant and visiting Dental Officer.

For Children's Toothache or Dental Emergency please phone Children's Oral Health Call Centre on 4122 8861.

For all other enquiries please phone West School Dental Clinic on 4123 4445 or if unattended, phone Central School Dental Clinic on 4123 4441.



SMOKING



The Queensland Government has passed regulations banning the use of smoking products, including tobacco and electronic cigarettes.

Smoking is banned in all enclosed and outdoor areas at state and non-state schools in Queensland including primary, secondary and special education facilities – and for five metres beyond the boundary of school land (including car parking areas).

SPORTING HOUSES AND COLOURS

The school has four Sporting Houses:

Gordon	Gold
Lawson	Red
Kendall	Blue
Paterson	Green



All students in the one family are allocated the same Sports House. Students will be advised of their house or you can check at the school office.

Sports House shirts can be worn every Wednesday and for major school sporting events.

STUDENT - CODE OF CONDUCT



The Student – Code of Conduct is presently being reviewed in consultation with staff, students and parents.

The current 2020-2023 Student – Code of Conduct is available in hard copy to every family, and is also available for download from our school website.

The Maryborough West State School Student – Code of Conduct is embedded in the beliefs that behaviour can be explicitly taught and learnt, that a school community focussed on positive behaviours maximises learning opportunities and all interactions and relationships within the school context matter.

Born of our school's motto, "Semper Fidelis" (Always Faithful), our Behaviour Code is referred to as the "Faithful Four". The "Faithful Four" are **Safety, Effort, Respect and Self-Responsibility**. Signage referring to this Behaviour Code, featuring our school mascot, a blue owl named "Wirak", is clearly evident in every learning area within the school, on giant coloured pencils near the office and emblazoned across a school building.

Weekly assemblies contain a focus area of behaviour for explicit instruction and this focus area is the subject of a weekly class lesson. Each fortnightly newsletter has a dedicated section for updates on PBL news. Support for this explicit instruction is accessed through a variety of resources and strategies such as the HI_FIVE approach (pictured) and Reboot strategies (social-emotional).

Our school's systemic approach to providing a safe and supportive environment for all is outlined in our **Student – Code of Conduct**. This document outlines how this school acknowledges appropriate behaviour, corrects inappropriate behaviour and manages "crisis" scenarios in which exhibited behaviours become unsafe and unmanageable in a particular context.

A copy of the current 2020-2023 school's **Student – Code of Conduct** has been included with our school enrolment package and is also available on the school website for your information and perusal. Also outlined in this plan are our school's Bullying and Cyber-Bullying policies.

Parents and Carers play the predominant role in teaching their children how to behave appropriately and accept consequences while working in partnership with the school to support their children.

STUDENT COUNCIL

Representatives from Years 3 to 6 are elected to be class representatives on the Student Council.

Student Council meets fortnightly to discuss activities that Student Council will organise and address issues/concerns from the student body. The group provides a ready access to and from students and staff.

Staff members and the School Principal coordinate these meetings and assist with activities.

STUDENT DRESS CODE

Maryborough West State School is a strict uniform school. We have the support of our Parents and Citizens Association to promote 100% adherence to the uniform. Our student dress code consists of an agreed standard and items of clothing.

The student dress code assists in providing a safe, supportive teaching and disciplined learning environment by:

- Ready identification of students and non-students at school;
- Eliminating distraction of competition in dress and fashion at school;
- Fostering a sense of belonging;
- Developing mutual respect among students through minimising visible evidence of economic or social differences.

All students are expected to wear an **approved** Maryborough West uniform when:

- Attending or representing their school;
- Travelling to and from school;
- Engaging in school activities out of school hours.

Sanctions for non-compliance with the student dress code may include:

- Preventing the student from attending, or participating in, any activity for which the student is representing the school; or
- Preventing the student from attending or participating in any school activity that is not an essential school educational activity.

Upon receipt of a written request by a parent, alternative short-term arrangements may be granted to accommodate special circumstances.

At no time should students wear inappropriate dress to school. Inappropriate dress refers to clothing or apparel worn by students that is deemed to be:

- Offensive;
- Likely to disrupt, or negatively influence normal school operations;
- Unsafe for student or others;
- Likely to result in a risk to health and safety of student or others; and be
- Outside the guidelines specified for a particular event eg. Free Dress Days.



GIRLS SUMMER UNIFORM

Shirt – collared polo shirt with school badge (see photo)

Royal blue shorts, skirt or skort

Dress – non-iron royal blue and white polyester in 1cm check

Sports Shirt – in the colour of student's House on Wednesdays only

BOYS SUMMER UNIFORM

Shirt – collared polo shirt with school badge (see photo)

Shorts – royal blue shorts

Sports Shirt – in the colour of student's House on Wednesdays only

BOYS AND GIRLS WINTER UNIFORM

A royal blue cardigan/jacket/sweatshirt and royal blue trackpants

SPORTS HOUSE UNIFORM

Sporting House shirts are only to be worn on Wednesdays or organised House Sports Event Days. All other days, students must wear their light blue shirt with school badge.

FOOTWEAR

Shoes – black, closed in, firm fitting: lace-up or Velcro

Joggers – black or white preferred

Socks – white

Tights – navy colour can be worn with dress during cooler months

HATWEAR - ** Please note: caps and visors are not permitted **

A “no hat – no play” policy is endorsed by the school community.

Combinations include:

- Bucket hat
- Royal blue slouch hat
- Royal blue legionnaire cap
- Broad brim hat

JEWELLERY

Jewellery items accepted for school wear include:

- 2 sleepers (including huggy style sleepers)/plain gold or silver stud earrings for each ear for both boys and girls.
- A watch and signet ring may also be worn.
- Neck chains of religious, cultural heritage or sentimental value may be worn providing they are not worn outside clothing.

Students may be required to remove jewellery for safety reasons during specific lessons eg. Science, HPE and at sporting events and activities. Jewellery is worn at the owner's risk. No liability will be accepted by the school in the event of the loss, theft or damage of any jewellery.

UNIFORMS ARE AVAILABLE FROM:

OTHER

- Brightly coloured, fancy joggers, canvas or slip-on shoes are NOT acceptable footwear.
- Representative Sports Uniforms are only to be worn on a Wednesday (Maryborough District Sports, Wide Bay, State etc)
- Hooded/patterned jumpers, board shorts, leggings of any colour and denim wear (eg jeans) are NOT part of the school uniform and cannot be worn to school.
- Make-up, nail polish, acrylic/artificial nails and noticeable dyed hair are NOT part of our school uniform. These are not permitted at any time. Instant removal (where appropriate) will be expected and enforced by school staff.
- Hair should be kept neat and tidy with appropriate accessories (light blue or royal blue), conservative hairstyles are the accepted fashion. Girls' hair that is longer than shoulder length, should be secured in a ponytail, bun, plait or braid. It should not be worn out.
- Facial studs/sleepers of any type are NOT permitted at any time.
- Sunscreen (non-coloured) may be worn and is also available in each classroom at school.

PERFORMING ARTS UNIFORMS

For students in the **Instrumental Music (Strings Orchestra and Concert Band) and Choir Programs**, the formal and casual Performing Arts uniforms are hired to you from the school. Parents/carers need to provide footwear - fully enclosed black shoes with plain black laces with black socks or kneehighs.

Hair should be neat and tidy with appropriate accessories (light blue hair ribbon is available from the school office for 50c per ribbon).

Students not wearing the FULL Performing Arts uniform will not be permitted to participate in the event.



STUDENT LEADERSHIP

School and Vice School Captains, House and Vice House Captains, Performing Arts and LOTE Leaders are elected each year. School Leaders for 2025 will be selected from our current Year 5 students.

These School Leaders are involved in a number of leadership activities which includes assemblies, speeches, presentations, community events and Student Council Representation.

Student leadership building is also encouraged through participation on Student Council and involvement in peer tutoring programs.

Year 6 Students have the opportunity to be Peer Mediators to enhance lunchtime sports and activities and are identifiable by a badge and brightly coloured vest (provided at lunchbreaks).

STUDENT REPORTING & PARENT/TEACHER INTERVIEWS



Semester reports are issued at the end of each semester (eg June and December). Parent/Teacher Interviews are offered twice per year and communicated by class teachers via Class Dojo.

You are encouraged to consult with your child's class teacher on a regular basis. Other systemic and national reports are issued separately.

Dates of formal Parent/Teacher Interviews will be advised each year and vary from class to class based on teacher availability.

Generally interviews are held at the end of Term 1/start of Term 2 and then again end of Term 3/start of Term 4.



STUDENT WELFARE

The school is involved in the "Adopt-A-Cop" Program. Our "Adopt-A-Cop" is Constable Sam Nabaa.

Police Officers regularly visit our school to discuss various aspects of safety and assistance with the children. They are also regularly involved in school functions.



Fire Brigade Officers visit each year to conduct a Fire Safety Education Program with students in our Junior School. Our school Chaplain supports students/staff/families and is employed at our school 3 days per fortnight.

SUNSMART POLICY

Maryborough West State School is a SunSmart School. The following policy has been developed in consultation with the school community. The SunSmart Policy is consistent with our school's caring ethos as it attempts to ensure that our children enjoy life without the consequences of skin cancer. It aims to achieve this through:



- Awareness of the dangers of excessive exposure to the sun.
- Consistent modelling of "sun wise" behaviour by staff and other adults.
- Organisation and procedures minimising the amount of exposure to the sun experienced by students whilst at school and at school related activities.



We recognise that children are more inclined to adopt the above precautions on a lifelong basis when they are educated regarding the dangers of excessive exposure to sunlight and when sound habits are formed at an early age.

We therefore set the expectation that these procedures will be followed at school and reinforced in appropriate ways. Parents play an important role in teaching sun-safe behaviours to their children on a daily basis.

SWIMMING

We offer Learn to Swim classes with qualified instructors throughout the year to all classes.

Although there is a subsidy provided by the government, parental financial contribution is also required for participation.

Our school encourages all students to participate in the swimming program as it is part of the school curriculum.



TOILETING



All students who enrol at our school should be able to undertake independent toileting.

If your child has a toileting accident, you will receive a phone call from the school to come and assist your child.

We recommend for younger students to carry a spare set of clothes in their school bag.

WIRAK WEST

Our school mascot, Wirak West, the wise owl from lands afar, visits our school for special events.

He also promotes our school in the local community.

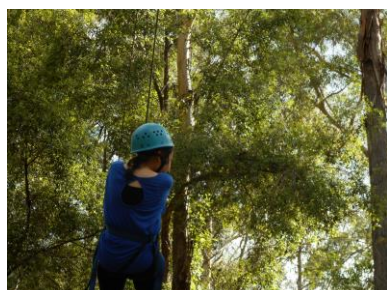


WET WEATHER



When wet weather makes the use of our playground impractical during the break, the lunch break is shortened and/or alternative indoor options are implemented.

YEAR 6 CAMP



Each year we offer a two-night, three-day camp for students in Year 6. This camp is an extra-curricular activity and a cost of approximately \$250 is involved for participating students.

We have found these camps to be highly engaging, relationship building and a way for children to grow in their independence.

You are encouraged to contact the Business Manager if you have any difficulties with



meeting the payments by the due date. Students unable to attend will be provided with a program to complete at school under the direction of another teacher not on camp.

Attendance at camp is dependent upon students having displayed safe and responsible behaviour throughout their enrolment.

Students attending camp will be expected to display safe and responsible behaviour at all times according to the Maryborough West's Student Code of Conduct.

YEAR 6 GRADUATION



Each year, usually in the last week of Term 4, Year 6 students celebrate with staff and their parents by having a graduation ceremony.

After dinner award presentations and speeches are made, followed by dancing and fun.

This is supported by our P&C Association and many school staff also attend to wish the Year 6 cohort well in their transition to high school.

YEAR 6 SHIRT

Year 6 students have a special senior shirt which can be worn throughout the year. This shirt is additional to the regular uniform and is a memento for students in their final year at Maryborough West State School.

Information is sent home with details for your consideration during Term 3 to students in Year 5.

These shirts are ordered in bulk and ready for the commencement of their final year of primary school.

These shirts are not considered our formal uniform and cannot be worn on excursions, school photos or any school representative event. It is therefore essential that Year 6 students still have a formal school shirt and sports shirt available all year.

SCHOOL HISTORY

The locality of Maryborough West State School (Newtown) was known as "over the creek", "the bush", "German Town", "New township" (as opposed to Old Township, the original settlement), and finally Newtown.

The actual site of the school was part of an area known as the Police Paddock.

Originally a tidal creek ran through the present Queen's Park and branched into three streams which ran from Kent, Alice and Richmond Streets. Because Newtown was on the other side of this system it derived its first title of "over the creek". Later German settlers moved into there giving the area the title of German Town.

It finally became known as Newtown as larger parts of the original holding were sold and developed for residential settlement.

The first school at Newtown was a private school at the corner of Pallas and Churchill Streets. The school was a slab hut and the teacher was Mrs Sutcliffe. It was impossible for this school to educate all the children in the area for two reasons, space and cost. The first move to have a school built at Newtown to cater for all children came in December 1880 when a public meeting was held for the purpose of establishing a Branch Primary School in North Maryborough (Newtown). The meeting was held in the Primitive Methodist Church in Walker Street and was chaired by the Rev. Addison. In his address to the meeting, he stressed that many of the children in Newtown were too young to walk the distance to the school in Kent Street, and that, the school was already overcrowded. He said "it was imperative to establish a school at Newtown. Mr Stupart, a local businessman, who had also helped establish the Albert school, moved that the necessary steps be taken to establish a school. This was carried unanimously.

The school was one large building without partitions for separate classes. It was built to accommodate one hundred and twenty (120) children. The first day enrolment totalled two hundred and twenty-two (222) children, which had increased by the end of the week to two hundred and thirty-eight (238) children.

Over the time there have been many changes and additions to our school buildings and grounds.

1886 Official opening of the school.

- 1896 A play shed was constructed and immediately used to house classes. 350 students now attended the school. Class sizes averaged 68.
- 1911 Buildings from the Aldershot State School were transported by bullock dray to West when it was closed.
- 1952 "A" Block was officially opened, 452 students now attended the school. Classes as large as 64 still existed.
- 1961 Quadrangle bitumened.
- 1966 "B" Block as we know it was constructed.
- 1969 "B" Block was enclosed underneath making more classrooms.
- 1973 The library was commenced and the tennis courts relocated to their present position.
- 1976 The Preschool centre was opened.
- 1977 Lights and fans were installed throughout the school.
- 1979 A Dental Clinic was opened at the school.
- 1983 The Activities Hall was officially opened.
- 1985 SEDC was officially opened.
- 1993 A new storage shed was completed in July.
- 1994 A new teaching block was opened known as Block F.
- 1997 As part of "Building Better Schools" Project, 12 classrooms were upgraded – verandahs enclosed.
- 1998 Resource Centre computers networked for Internet and Email through the Connect Ed Program; Curriculum Computer enhancement program - iMac computers and printers purchased; Garden projects completed and Shade Sails for Quadrangle area erected.
- 1998 External Painting of Preschool and Activity Hall and a new fence and safety entrance gate at Preschool Centre completed.
- 1999 Total School cabled for the Internet; IBM Computers, Printers; Data Projector scanner were purchased.
- 2000 Paving completed end of Block B.
- 2001 Painting & upgrade flooring Boys Toilet; New School Switchboard; New Classroom furniture; Federation Pathway.
- 2002 New Administration Centre Officially Opened.
- 2003 Family named pavers Activity Hall entrance; Preschool – Internal painting, carpet, flooring, and Shelving; SEU – Carpet, flooring.
- 2004 Shade cover over multipurpose court erected; Air conditioning to modular. Internal Painting of SEU. Roof replacement A Block.
- 2005 Internal painting Block A. Carpet replacement to 4 classrooms.
- 2006 Block A windows tinted, new extension to ECDP building, Modular building painted internally and externally and new carpets installed, School Oval redeveloped through "Investing in Schools" Grant, New prep building delivered ready for 2007.
- 2007 Extension to Junior Covered Play area. Year 2 play equipment and Rainwater tanks purchased. Library courtyard concreted. Block B windows tinted. Carpet replacement to 2 classrooms and Library re-carpeted. Roof replacement Block B. Official commencement of Prep at Maryborough West.
- 2008 Equipment upgrades including Technology for the upgrade to MOE and Data Projectors. Carpet replaced in Rooms 42 and 3. 4 shade covers replaced. Pavers at North Street entrance replaced by concrete.
- 2009 New "Grant Byrne" covered walkway completed between Prep and main school.
- 2010 (Building the Education Revolution) - Library/Technology Centre and Outdoor Learning Area and NSP (National School Pride Project) - refurbishment of B Block and F Block and installation of Interactive Whiteboards (12).
- 2011 (BER) – Sports Complex; installation of Interactive Whiteboards (7); Upgrade old library to Teaching Learning Centre (TLC).
- 2012 Wireless Internet upgraded in F Block and installed in A Block and ECDP; installation of additional Interactive Whiteboards.
- 2013 New school signage; landscaped area in front of Admin; external painting of F Block/Admin, A Block and B Block; carpet replaced in Activity Hall; refurbished Bridge area; replaced guttering; re-roofed cleaners/infants sport shed; re-screwed prep roof; replaced fencing wire to North/Yaralla streets; new timber surrounds to Prep play area and replaced with sand.
- 2014 Replacement of Year 1/2 Playground and ECDP Playground; creation of a Bush Tucker garden near B Block; refurbished ECDP and A Block kitchens; replace guttering on covered link from F to B Block; replace roof of the covered link from A to B Block; replacement of carpet in Admin Office foyer and hallway; replace bitumen area outside B Block classrooms with concrete; resurfacing of top carpark in Ariadne Street; replace and extended concrete in Churchill Street driveway.
- 2015 Removal of Modular building; repairing of water mains; telephone upgrade; wireless upgrade; replace pavers around Administration building.
- 2016 Water upgrade, new Prep playground installed, painted stairwells in Block B, replace seamless flooring to infants boys toilets, painted verandah Prep B.
- 2017 Replace roof in 1/2 Area, replace louvres in lower B Block, repair termite damage in Prep room, repair A Block windows.
- 2018 Construction of STEM room in A Block, replace roof on Activity Hall, relining of Sports Complex roof, construction of off street car park outside Prep in North Street.
- 2019 P&C funded air-conditioning of Prep classrooms; airconditioned Library Seminar Room; ECDP refurbishment; B Block internal repaint; replacement of Prep guttering.
- 2020 Air conditioning of classrooms; P&C and Lions funded air conditioning in the TLC; electrical upgrade; P&C funded blinds on walkway of 2nd storey A Block; P&C funded portable chairs for sports days; solar program.
- 2021 New cisterns and taps across the school; upgraded bubblers across the school; new roof on F Block; painting on Level 1 – A Block internal; B Block disabled toilet facility.
- 2022 Painting on Level 2 – A Block internal, replace timber retaining wall tops on 3 gardens in 1/2 Area, replace cupboard and sink in lower B Block, painting of TLC fence.
- 2023 New Years 3-6 playground erected; timber seats replaced outside school office.
- 2024 N



painting of ground floor



am building; re



Time Out

Keeping your child and other kids healthy!

- Information for a number of infectious conditions that may require¹ exclusion of children from school, education and care services.
- Additional public health *recommendations* that apply to children and adults.
- To assist medical practitioners, schools, preschools and childcare facilities to meet the public health *requirements¹ and recommendations.*

*Refers to contagious conditions as per the Public Health Regulation 2018.

1. Observing the exclusion period meets the intent of the Public Health Act 2005 for a person to be non-infectious. See schedule 4 of the Public Health Regulation 2018 for a complete list of contagious conditions and their exclusion criteria.

2. Doctors should notify the local Public Health Unit as soon as possible if children or staff are diagnosed with these conditions. Refer to page 2 for Public Health Unit contact details.

Condition	Person with the infection	Those in contact with the infected person (The definition of 'contact' will vary between diseases)
*Chickenpox (varicella)	EXCLUDE until all blisters have dried, and at least 5 days after the onset of symptoms. ¹	EXCLUSION MAY APPLY EXCLUDE non-immune pregnant women and any child with immune deficiency or receiving chemotherapy. Advise to seek urgent medical assessment. <i>Contact your Public Health Unit for specialist advice.</i> Also see Shingles information below.
Cold sores (herpes simplex)	NOT EXCLUDED if the person can maintain hygiene practices to minimise the risk of transmission. Young children unable to comply with good hygiene practices should be excluded while sores are weeping. Sores should be covered with a dressing where possible.	NOT EXCLUDED
Conjunctivitis	EXCLUDE until discharge from eyes has ceased unless a doctor has diagnosed non-infectious conjunctivitis.	NOT EXCLUDED
*COVID-19	EXCLUDE until symptoms have resolved, normally 5–7 days.	NOT EXCLUDED
Cytomegalovirus (CMV)	NOT EXCLUDED pregnant women should consult with their doctor.	NOT EXCLUDED pregnant women should consult with their doctor.
Diarrhoea and/or Vomiting including: <ul style="list-style-type: none"> • amoebiasis • campylobacter • cryptosporidium giardia • rotavirus • salmonella • *gastroenteritis but excluding: <ul style="list-style-type: none"> • *norovirus • shigellosis • toxin-producing forms of E.coli (STEC) See advice for these specific conditions below	Exclusion periods may vary depending on the cause. EXCLUDE a single case until the person, has no symptoms ¹ (includes vomiting if applicable), is feeling well and they have not had any loose bowel motions for at least 24 hours or if the person has confirmed norovirus exclude for at least 48 hours. ¹ EXCLUDE all persons who prepare or serve food until they have not had any diarrhoea or vomiting for 48 hours. NOTE: If there are 2 or more cases with diarrhoea and/or vomiting in the same location, which may indicate a potential outbreak OR a single case in a food handler, notify your Public Health Unit. Diarrhoea: 3 or more loose stools or bowel movements in a 24 hour period that are different from normal and/or escapes a child's nappy. <i>See information below if norovirus is confirmed or considered likely as the cause of diarrhoea and vomiting.</i>	NOT EXCLUDED
*Enterovirus 71 (EV71 neurological disease)	EXCLUDE until written medical clearance is received confirming the virus is no longer present in the person's bowel motions. ¹	NOT EXCLUDED
Fungal infections of the skin and nails (ringworm/tinea)	EXCLUDE until the day after antifungal treatment has commenced. (No exclusion for thrush).	NOT EXCLUDED
Glandular fever (mononucleosis, Epstein-Barr virus)	NOT EXCLUDED	NOT EXCLUDED
*German measles (rubella) ²	EXCLUDE for 4 days after the onset of rash ¹ or until fully recovered, whichever is longer. Pregnant women should consult with their doctor.	NOT EXCLUDED pregnant women should consult with their doctor.
*Haemophilus influenzae type b (Hib)	EXCLUDE until the doctor confirms the person is not infectious and has completed 4 days of appropriate antibiotic treatment. ¹ <i>Contact your Public Health Unit for specialist advice.</i>	EXCLUSION MAY APPLY <i>Contact your Public Health Unit for specialist advice.</i>
Hand, foot and mouth disease	EXCLUDE until all blisters have dried.	NOT EXCLUDED
Head lice	Exclusion is not necessary if effective treatment is commenced before next attendance day (i.e. the child does not need to be sent home immediately if head lice are detected).	NOT EXCLUDED
*Hepatitis A ²	EXCLUDE until at least 7 days after the onset of jaundice; ¹ OR for 2 weeks after onset of first symptoms, including dark urine if there is no jaundice. If a person is asymptomatic <i>contact your Public Health Unit for Specialist advice.</i>	NOT EXCLUDED <i>Contact your Public Health Unit for specialist advice about vaccination or treatment for children and staff in the same room or group, children transferring to another centre and new enrolments.</i>

Condition	Person with the infection	Those in contact with the infected person*
Hepatitis B and C	NOT EXCLUDED cover open wounds with waterproof dressing.	NOT EXCLUDED
Hepatitis E	EXCLUDE until at least 2 weeks after the onset of jaundice.	NOT EXCLUDED
Human immunodeficiency virus (HIV/AIDS)	NOT EXCLUDED cover open wounds with waterproof dressing.	NOT EXCLUDED
Influenza and influenza-like illness	EXCLUDE until symptoms have resolved, normally 5–7 days.	NOT EXCLUDED
*Measles ²	EXCLUDE until the doctor confirms the person is not infectious but not earlier than 4 days after the onset of the rash. ¹ <i>Contact your Public Health Unit for specialist advice.</i>	EXCLUSION MAY APPLY NOT EXCLUDED vaccinated or immune contacts. EXCLUDE immuno-compromised contacts (including those receiving chemotherapy) until 14 days after the appearance of the rash in the last case. EXCLUDE non-or incompletely vaccinated contacts, without evidence of immunity. <i>Contact your Public Health Unit for specialist advice.</i>
Meningitis (bacterial)	EXCLUDE until well and has received appropriate antibiotics.	NOT EXCLUDED
Meningitis (viral)	EXCLUDE until well.	NOT EXCLUDED
*Meningococcal infection ²	EXCLUDE until the treating doctor confirms the child is not infectious and at least 24 hours of appropriate antibiotics have been completed. ¹ <i>Contact your Public Health Unit for specialist advice.</i>	NOT EXCLUDED <i>Contact your Public Health Unit for specialist advice about antibiotics and/or vaccination for close contacts.</i>
Molluscum contagiosum	NOT EXCLUDED	NOT EXCLUDED
Mumps	EXCLUDE for 5 days after onset of swelling. Pregnant women should consult with their doctor.	NOT EXCLUDED pregnant women should consult with their doctor.
*Norovirus	EXCLUDE until no symptoms and no loose bowel motions for 48 hours. ¹	NOT EXCLUDED
Roseola, sixth disease	NOT EXCLUDED	NOT EXCLUDED
Scabies	EXCLUDE until the day after treatment has commenced.	NOT EXCLUDED
School sores (impetigo)	EXCLUDE until 24 hours of appropriate antibiotics have been completed. Cover sores on exposed areas with a waterproof dressing until sores are dry, and encourage handwashing.	NOT EXCLUDED
Shiga toxin-producing E.coli (STEC)	EXCLUDE until diarrhoea has stopped and 2 samples have tested negative. <i>Contact your Public Health Unit for specialist advice.</i>	EXCLUSION MAY APPLY <i>Contact your Public Health Unit for specialist advice.</i>
Slapped cheek syndrome, fifth disease (parvovirus B19, erythema infectiosum)	NOT EXCLUDED pregnant women should consult with their doctor. Note: Children are contagious until 24 hours after the fever resolves. Rashes generally occur after the infectious period has passed.	NOT EXCLUDED pregnant women should consult with their doctor.
Shigellosis	EXCLUDE until there has been no diarrhoea or vomiting for 48 hours. <i>Contact your Public Health Unit for specialist advice.</i>	EXCLUSION MAY APPLY <i>Contact your Public Health Unit for specialist advice.</i>
Shingles (herpes zoster)	EXCLUDE all children until blisters have dried and crusted. EXCLUDE adults if blisters are unable to be covered. NOT EXCLUDED in adults if blisters can be covered with a waterproof dressing until they have dried.	EXCLUSION MAY APPLY <i>Contact your Public Health Unit for specialist advice, including advice for pregnant women and any person who is immuno-compromised (including receiving chemotherapy).</i>
Streptococcal sore throat (including scarlet fever)	EXCLUDE until 24 hours of appropriate antibiotics have been completed.	NOT EXCLUDED
*Tuberculosis (TB) ²	EXCLUDE until written medical clearance is received from the relevant Tuberculosis Control Unit.	NOT EXCLUDED
*Typhoid ² and paratyphoid fever ²	EXCLUDE until appropriate antibiotics have been completed. ¹ Stool sample clearance will be required, <i>contact your Public Health Unit for specialist advice.</i>	EXCLUSION MAY APPLY <i>Contact your Public Health Unit for specialist advice.</i>
*Whooping cough (pertussis) ²	EXCLUDE until 5 days after starting appropriate antibiotics or for 21 days from onset of cough AND confirmed that they are not infectious. ¹ <i>Contact your Public Health Unit for specialist advice.</i>	EXCLUSION MAY APPLY for contacts of an infected person. <i>Contact your Public Health Unit for specialist advice regarding exclusion of non-or incompletely vaccinated contacts.</i>
Worms	EXCLUDE until diarrhoea has stopped for 24 hours and treatment has occurred.	NOT EXCLUDED

This is an assistive tool, it is not intended to replace clinical assessment, management or judgment.

If you have any medical concerns, contact your healthcare provider or 13 HEALTH (13432584)

For further advice on the information within this poster, contact your nearest Public Health Unit via 13Health or at www.health.qld.gov.au/system-governance/contact-us/contact-public-health-units

Further information on recommendations:

- Communicable Diseases Network Australia (CDNA) guidelines <https://www1.health.gov.au/internet/main/publishing.nsf/Content/cdnasongs.htm>
- National Health and Medical Research Council publication: infectious diseases in early childhood and education and care services, 5th edition www.nhmrc.gov.au/guidelines-publications/ch55
- Queensland Department of health Communicable Disease Control Guidance <http://disease-control.health.qld.gov.au>



Use this QR Code to access a digital copy of this poster or visit www.health.qld.gov.au/public-health/schools/prevention

2025 School calendar Queensland state schools

DECEMBER 2024	JANUARY	FEBRUARY	MARCH	APRIL
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W T F S 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
MAY	JUNE	JULY	AUGUST	SEPTEMBER
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
OCTOBER	NOVEMBER	DECEMBER	JANUARY 2026	FEBRUARY 2026
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

- School holidays
- Public holidays
- Staff professional development/student free days
- Part public holiday after 6 pm

There are 194 school days in 2025.

Semester 1, 2025 commences for teachers on 23 January and for students on 28 January 2025.

STAFF PROFESSIONAL DEVELOPMENT DAYS

Staff professional development days for teachers are 23 and 24 January, 16 and 17 April and 5 September 2025. Schools are able to decide when they undertake the required hours for professional development for the flexible days, as long as they are on the flexible days, in the school holidays or out of school hours.

PUBLIC HOLIDAYS

Queensland public holidays are set by the Industrial Relations Minister.

Public holidays for local show days are not shown due to diversity of dates across the state.

FINAL DATES FOR STUDENT ATTENDANCE

21 November is the final date for Year 12 attendance for receipt of a Senior Statement. 28 November is the final date for student attendance in Years 10 and 11.

Some schools in regional, rural and remote areas will close for the summer holidays on 5 December.

The information in this calendar was correct at the time of publication but may be subject to change.

For more information and the latest version of this calendar, visit

www.education.qld.gov.au



**Queensland
Government**



Lunchbox choices

smart
CHOICES

Aim for at least one food from each of the five core food groups in the lunchbox

Grain (cereal) foods, mostly wholegrain and/or high fibre varieties

- Wholegrain bread and bread rolls
- Wholegrain cereals
- Wholegrain pita/pocket bread
- Lavash or Turkish bread
- Fruit bread
- Rice cakes
- Pikelets, muffins and scones

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

- Reduced fat milk
- Soy milk (or other cow's milk alternative) with added calcium
- Reduced fat cheese
- Reduced fat yoghurt

Vegetables and legumes/beans

- Salads – tomatoes, carrots, cucumber, celery, lettuce, sprouts, corn on the cob
- Vegetables – stir-fried, corn on the cob, carrot sticks, capsicum slices, snow peas
- Reduced fat potato salad or coleslaw
- Small can of baked beans

Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

- Sliced cooked lean meats – lamb, ham, chicken, roast beef, turkey
- Boiled eggs
- Tuna/salmon
- Legumes including baked beans, chickpeas, lentils, butter beans, kidney beans



Fruit

- Fresh whole fruit
- Fruit salad
- Canned fruit in natural juice
- Dried fruit (30g serve, or 4 dried apricot halves or 1 1/2 tablespoons sultanas)



More healthy lunchbox ideas

smart
CHOICES

- Wraps, rolls and sandwiches
- Pita bread/English muffin pizzas
- Noodle, rice or pasta dishes
- Sushi, rice paper rolls
- Frittata or quiche
- Cheese and wholegrain crackers
- Dip and vege sticks
- Corn on the cob
- Air-popped popcorn
- Bottle of water
- Milk poppers
- Yoghurt, custard
- Fresh and frozen fruit

