Dear Parents and Carers,

Since the last newsletter our school has been a very busy place with a number of events taking place. This has included the following events; Twilight Concert, Year 2 Camp, Years Prep, 1, 2 and 3 Spelling Bee Finals, Pirate Day fundraiser, Queensland Reader’s Cup Final. All of these events, added to the ongoing learning expectations in the classroom, makes for a great place to be.

**YEAR 2 CAMP**

**SPELLING BEE**

**PIRATE DAY**

**READER'S CUP**

**TWILIGHT CONCERT**

Last Wednesday evening all of our school performance groups showed their talents to an audience of parents, grandparents and community members. Just under one third of our total student population performed, with students from Year 2 to Year 6 performing. Well done to all of the students who performed. They did themselves, their teachers and their parents proud.

**QUEENSLAND READER'S CUP**

Last Thursday Mrs Maunder and Ms Lissa accompanied 4 students, Zane Cavaliere, Madeline Cavanagh, Cameron Hollis and Hannah Britton to the St Lawrence’s School in Brisbane to compete in the Queensland Finals of the Reader's Cup. The students had to read a number of books leading up to the final and then had to answer a number of questions as a team, competing against 18 other schools from around the state. The competition was conducted in rounds with our students gaining equal first place in a number of rounds. The final result saw the students in 7th place out of 18 after the last round. Well done to all involved. Thank you to IGA North Mackay who donated $500 towards the cost of the trip.

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**NO TUCKSHOP**

**THURSDAY 10TH SEPT & FRIDAY 11TH SEPT**

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**DATE CLAIMER**

Book Fair…………………..Mon 7th–Fri 11th Sept
Interhouse Spelling Bee…………….Tues 8th–Fri 11th Sept
Tuckshop Closed…………………..Thurs 10th & Fri 11th Sept
P&C Meeting………………………..Wed 16th Sept
Last Day Term 3………………………Fri 18th Sept
First Day Term 4……………………..Tues 6th Oct
PIRATE DAY FUNDRAISER
Last Friday the student council conducted a gold coin donation fundraiser to support the Pirate Day Theme to find a cure for brain cancer. The student council raised $274.45. As part of the day students and staff dressed in pirate theme and the student council members read pirate stories to various class groups. Thank you to Mrs Borresen and the student council for your efforts in organising this fundraiser.

INTERHOUSE SPELLING BEE
Last year we introduced our Champion House competition where we combine the results of a number of school events based on house points achieved. Part of this competition is our Interhouse Spelling Bee. So far we have completed the Years Prep, 1, 2 and 3 finals. Years 4, 5 and 6 finals will be held next week. Congratulations to the following students who have earned 1st, 2nd and 3rd places for their respective year levels.

<table>
<thead>
<tr>
<th>Prep Results</th>
<th>Year 1 Results</th>
<th>Year 2 Results</th>
<th>Year 3 Results</th>
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<tbody>
<tr>
<td>1st</td>
<td>Arnav Kaushik</td>
<td>Mickal Jensen</td>
<td>Rhiana Sturma</td>
</tr>
<tr>
<td>2nd</td>
<td>Bailey Robertson</td>
<td>Ocky Goss</td>
<td>Caei Rose</td>
</tr>
<tr>
<td>3rd</td>
<td>Alan Brooks</td>
<td>Emilia Hollis</td>
<td>Ruby Cox</td>
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(Cont’d)
SUN SAFETY

Our school is a sun safe school and we have a rule that all students must be wearing a BROAD BRIMMED HAT, preferably a school hat at any time away from their classroom. We also have a ‘no hat, no play’ philosophy and policy. From the beginning of Term 4 this means for students that exact message - ‘NO HAT, NO PLAY.’

Therefore if a student is at school without a hat on their head during break times, they will not be permitted to play anywhere. So without a hat students will be required to sit under the building or sit under the covered area in the case of the Preps, 1s and 2s while other children are playing. It is vitally important for children’s health and wellbeing that they are wearing a hat at all times when they are away from their classrooms. Please support the school by ensuring that your child comes to school every day with their school hat on their heads.

DO YOU HAVE A CHILD STARTING SCHOOL IN 2016?

Our school wants to ensure your child and family enjoy a warm welcome to our community and a positive start to school. A successful transition to school is more than a great first day. It is your child feeling welcome, safe and confident in their new school environment. Please contact us to discuss how we can support your child’s transition to school. The Ready Set Go program is an ideal way to begin a smooth transition to school. Contact the school office for more information.

INDIGENOUS ENGAGEMENT FAMILY - CHILD/REN HOMEWORK ACTIVITIES PROGRAM

This program is for the Indigenous children of Mackay North State School to participate in. It is held in the Library - every Monday and Tuesday 2:45pm - 3:45pm

Please feel free to bring your children. Supervision is required by a parent/guardian or an adult family member to come on your behalf eg. Grandmother, Grandfather, Uncle or Aunty (not an older sibling) but it has to be family. If you or another adult family member can’t help supervise, AT LEAST ONCE A WEEK, your child/ren will not be able to participate in this program.

Light refreshments will be supplied. All parents with children attending need to fill out an enrolment form before the program commences.
HOW TO RAISE A CHILD TO BE A GIVER
By Michael Grose

Young children are egocentric by nature. As any three-year old knows only too well the world revolves around them. “I want…” “Give me…” “It’s mine!” and other variations are the mantras for this age group. This self-centredness is developmental, which means its something they grow out of…or they’re supposed to.

Here are five practical ways to develop a sense of generosity in kids:

1. Expect kids to help
With families shrinking, kids get fewer opportunities than before to help at home. With this in mind expect your kids to help without being paid. Regular chores and activities that benefit others such as setting the meal table or helping a younger sibling get dressed teaches them that their contribution is valuable and very much required.

2. Think ‘gang’
It’s a quirk of modern life that parenting is an individual endeavour. “What’s in the best interest of my child?” has replaced “What’s in the best interest of the family?” as a key parenting principle. Encourage children to make allowances for each other which may mean everyone watches a sibling’s special concert rather than some children missing it because ‘it’s boring!’ ‘We put ourselves out for each other’ is a wonderful family strength that often needs to be reinforced by parents.

3. Don’t let them get away with meanness
Children wear L-Plates when it comes to behaving generously. They don’t always get it right, which means that parents as the wise adults need to remind children when their words and actions are intolerant or mean-spirited, or when they need to put their own needs behind the needs of others.

4. Develop a sense of other
Children and teenagers don’t live in a bubble. The socialisation process demands that kids be accountable for their poor behaviours. “What does this social situation reasonably require of my child at his or her age and stage of development?” is a great question to ask yourself to develop a sense of other, rather than entitlement in kids.

5. Encourage giving
During the Victorian bushfires a few years ago I heard the story of a nine-year old whose mum went into his bedroom to growl at him for being up too late. She found him busy emptying his moneybox into little plastic bags, ready to donate at the school bushfire appeal next day. There were plenty of stories like this showing the generosity of Australian kids, we just need to encourage them in everyday life, rather than wait for a tragedy, to give their generosity a kick start. You can begin by encouraging them to give toys, books and clothes away when they have finished with them, or doing a good deed for a neighbour or friend.
Respect for others is one of the most important lessons that we want to teach our students at Mackay North State School. To learn respect children need to be able to see the adults in their lives show respect to each other. It is important that parents/caregivers, as well as school staff, show respect when dealing with each other. It is a way that we create a safe school environment for staff, volunteers, students, parents/caregivers and visitors.

People who enter the school grounds and are hostile or aggressive, this includes using abusive or profane language and threats to school staff or volunteers, students or other parents/caregivers, will not be tolerated.

It is an offence under the Education Act for one adult to insult another adult at a school in the presence or hearing of a student. It is also an offence for a parent to approach and admonish or question the child of another family.

The Education Act provides the Principal with the authority to provide a written direction requiring a person to immediately leave the school premises and not re-enter for a period of time. Conditions may also be placed on a person’s entry to the school premises.

If a member of the school community has an issue or concern the appropriate protocol is to make an appointment with a staff member, outside of student learning times, to discuss the matter in a calm manner. If the matter cannot be resolved the matter should be referred to the principal in the first instance.

All members of the school community are asked to abide by these protocols so that schools can maintain a safe supportive environment for our students to learn.

On Wednesday afternoon we had an unfortunate incident at our school involving adults. This resulted in our school being placed into lockdown in order to ensure the safety of our students and staff. The lockdown was swift and effective with students and staff doing an impressive job. Part of our lockdown procedure also involves calling the police who were in attendance quickly. The matter was quickly resolved with students and staff remaining safe and unharmed.

Students returning to school will be congratulated on their response to the lockdown and reassured that it is a safe place to be, to continue with learning and playing and being together.
BEING ON TIME

Has our culture written off the importance of being punctual as insignificant and inconsequential? Are we really that incapable of handling ourselves and managing our time as adults with all the gadgets of technology known to man?

Embracing punctuality is more than just an admirable trait; it introduces you to a brand new way of living that you will love! You feel content and happy with yourself rather than frustrated and guilty.

Being punctual is the right thing to do while being late adds unnecessary stress to your life. (From “The Importance of Being Punctual” [http://www.prolificliving.com/the-importance-of-being-punctual/])

Teaching punctuality and being on time to our children, is paramount to setting them up to succeed in life. It is important to be on time for appointments, engagements, functions, events, work and school.

Ensuring your children are on time for school alleviates the stress of not being organised and having to try to quickly ‘catch up’ to what the class are doing.

The ideal time to arrive at school each day is 8:30am so that bags can be unpacked and equipment organised ready to start the learning day when the bell rings at 8:45am.

Children arriving at 9:00am or later are missing valuable learning time and also interrupting the learning of others in the class as they enter the room and disrupt the flow of the lesson in progress.

Please help your children arrive at school by 8:30am each day so that learning time is respected for all students.
A child’s success in many areas, including school, can be affected by having a healthy school lunch. Packing a healthy school lunch for your child will benefit your child in many ways.

When we eat healthy and maintain a healthy body weight, there is less of a risk of developing chronic health problems, such as diabetes or cardiovascular disease. Eating healthy and regular physical activity can lead to a healthy body weight, which can help promote a positive self-esteem and this often leads to being able to take on new challenges and learning.

School lunches should be healthy and nutritious to enable children to focus and concentrate on learning. Foods high in sugar give a burst of energy followed by a feeling of lethargy that often leads to children finding it difficult to settle and focus on learning tasks. Scholastic.com suggests whole grains, fruits, vegetables, and lean sources of protein. A healthy lunch can give children the energy they need to stay focused, pay attention in class, and learn the information presented to them in their classes after lunchtime.

What would a good school lunch look like? Sandwiches, wraps or crackers with a nutritious filling such as cheese, salad, meat or even vegemite is sustaining, and a good slow release energy food that allows children to focus for longer. Fruit and vegetables cut up and combined with other things can make them interesting; celery with peanut butter and sultanas.
# School Lunch

## Grain
- Pita pockets
- Mini bagels
- Wraps
- Tortilla's
- Bread
- Dinner rolls
- Panini Bread
- Hoagie roll
- English muffin
- Cereal
- Muffins
- Rice
- Quinoa
- Pasta
- French Bread

## Protein
- Egg
- Peanut Butter
- Seeds
- Lunch Meat
- Leftover Meat
- Hummus
- Beans
- Tuna
- Almonds
- Pistachios
- Cashews
- Sesame Seeds
- Tofu
- Trail Mix
- Ham

## Vegetable
- Carrots
- Celery
- Cucumbers
- Olives
- Peppers
- Beans
- Peas
- Sprouts
- Salsa
- Broccoli
- Cauliflower
- Lettuce
- Spinach
- Squash
- Cabbage

## Fruit
- Apple
- Orange
- Banana
- Pear
- Strawberries
- Dried Fruit
- Applesauce
- Fruit Juice
- Grapes
- Berries
- Mango
- Peaches
- Melon Balls
- Apricots
- Mandarin

[www.superhealthykids.com](http://www.superhealthykids.com)
Snack Options

Mix and Match

- 1 cup of berries
- 1 medium fruit (banana, apple)
- 2 small fruits (clementines, kiwis)
- 1 cup of juice
- 1 cup of carrots, cucumber, broccoli, pepper, cherry tomatoes
- 2 stalks of celery
- 2 tbsp of salsa
- 1 cup of milk
- 1 container of yogurt
- 1 cheese string
- 1 oz of cheese
- 1 wedge of laughing cow cheese
- 1/2 cup of cottage cheese
- 10 almonds
- 12 pistachios
- 1/4 cup dried fruit (raisins, craisons)

- 12 pieces of dried fruit (banana, apricot)
- 1 tbsp of peanut butter, almond butter, Nutella etc
- 2 tbsp of jam
- 1/4 cup of granola
- Granola bar
- 2 tbsp of hummus
- 1 hard boiled egg
- 1 slice of toast
- 1 thin bagel
- 1 english muffin
- 1 crumpet
- 2 mini croissants
- 2 rice cakes
- 1 serving of snack crackers
- 1 bag of popcorn
- 1 calorie snack pack
- 1 cup of cheerios
- 20 teddy graham
- 2 reduced fat Oreos
- 2 graham crackers

searching-for-a-purpose.tumblr.com
HOLIDAY TIME

The end of Term 3 is fast approaching. That means holiday time is upon us and you have 2 weeks of enjoying the company of your children. The holidays are a good time to strengthen connections and renew relationships within the family. It’s a great time to turn off mobiles, computers, televisions and PlayStations and take time to focus on your family.

I hope you all have an extremely enjoyable holiday break and look forward to seeing you at the beginning of Term 4 – Tuesday 6th October.

CLASS WEEKLY ATTENDANCE AWARDS

Although we still have quite a lot of absences across the week throughout the school, people are improving in health. I’m looking forward to Term 4 being our best ever with regards to attendance.

Congratulations 1J, 1M, 1/2B and 2BH for fantastic attendance during weeks 7 and 8.
Christmas has come early for the Special Education Program!

Last week Mr and Mrs Thomas (parents of Vincent) kindly donated some fantastic learning resources for the SEP to use with the students of our school. These resources include gross motor, sensory and curriculum items – even a Wii!!!!!! What a great reward’s day we can have with the Wiss we now have!

Thank you so much Thomas family.

Below, I have included a parent’s reflection reprinted from Autism Queensland’s current newsletter. I am always learning from families and how they enjoy their children. I hope other families may be touched by reading a parent’s perspective and experience of nurturing a child who has been diagnosed with a disability.

**HAPPY FATHER’S DAY** (A Dad’s Voice)

Father’s Day is an extra special day for me, as my ASD/Aspergers son was born on that day 26 years ago, the best Father’s Day gift one could ever receive. Of course we didn’t know then that he would be diagnosed with ASD/Aspergers down the track. It never altered how I (or his Mum) thought of him. He was our little boy, he had issues and we would strive to be the best parents we could for him like we would with any child. Could we have done more for him, a question that I often ask myself and sometimes struggle with? We did so much, and spent so much time but was there just something else we could have done to make his life even better. I am sure this is a question lots of us Dads think at times.

As his Dad, there were frustrating times and trying times for me, but there were also plenty of happy times. He may have had autism, but that didn’t change how I could be a Dad to him. I worked an hour outside of Mackay so it was my wife that would be the one that took our son to most of his therapy appointments during the day, but I was still very much part of therapy at home and often arranged to be there for special meetings with educational professionals. Patience was important as he often took so much longer to grasp skills. I am a patient person, but I felt for him and admired him for his persistence when he would try and try and sometimes still not get success for quite a time. I learn fairly easily but shy away from doing things I don’t do well. I am impressed with his perseverance in mastering some things he has struggled with. Also, he seems prepared to give anything a go regardless of how bad it turns out.

I don’t believe I was any different sort of Dad just because he had autism. Play had more purpose and meaning, but it was still fun. Being a Dad with “gardening duties” often meant he would help me in the garden, a very normal part of life where Dads pass on to their sons skills for their lifetime. After years of therapy and play our son has grown into a young adult that his Mum and I are very proud of. He continues to learn from life experiences and knowing his parents are there for him if he needs clarification and advice.

We continue to encourage him to try new things and understand those around him, but also to appreciate his uniqueness and the freshness in his interpretation of things at times. As a Dad, I still feel frustrated for him that things are still hard for him and there is nothing much I can do about it, regardless of how much structure and assistance we give. I think back to the things I was doing at his age and I look at the things others his age are doing that he is not. I’m sad about some, happy about a few! I am concerned he is more of a spectator during the best years of his life though. He is a good friend, and being a home body, is usually around for a chat or to give a hand. He doesn’t pretend to be someone he is not. What you see is what you get. He is incredibly honest.

Ultimately I am there for him when he needs to be heard, to care for him and to guide him when needed and most importantly be his mate.

Helen Parker
The Mackay North Primary Reader’s Cup team had the opportunity to travel to Brisbane to compete in the State Finals recently. On finding out the great news, we set to work making and selling icy-cups to help with fund-raising. Many people helped us with this, with donations as well making and selling. A big thank you for your kind donations and to Mrs Birrer, Miss Jodie and Mrs Caldow for your help!

Our trip started at the airport, where Cameron Hollis, Zane Cavaliere, Hannah Britton, Madeleine Cavanagh, Miss Jodie and myself flew to Brisbane, then caught the airtrain into Brisbane city. We walked to our VERY nice hotel and then quickly caught a taxi to the St Laurence’s College where the Finals were being held.

Our school went exceptionally well, winning the first round and coming an overall 7th out of 18 Schools! To celebrate our success we dined at the Pancake Manor and to Cameron’s surprise – YES it is possible to have pancakes for dinner!

The following morning we visited the Dinosaur Discovery exhibition at the Queensland Museum and were fortunate enough to hear some of our favourite authors speak, Emily Rodda and the very funny Andy Griffiths. Zane and Cameron also had their own novels signed by Emily Rodda which was a highlight of the trip for them.

Somehow or another we kept ending up in the QUIET CARRIAGE of the train, which was no problem at all for Madeleine and Hannah, but a bit more difficult for Zane and Cameron.

Just before we got on the plane to fly home, we saw Miss Jodie sprint on ahead to get to the Krispy Kreme donut stand. Luckily for us she didn’t buy ALL the donuts and some were left for us!

Overall we had a great time and I am happy to report that we had glowing comments about the behaviour and manners of our students from flight attendants to the motel staff and the museum gift shop cashiers.

We would like to express our gratitude to the Evans Avenue IGA and the Mackay North P&C for their kind donation to our team. It was a fantastic opportunity and something the children will remember always.

Jacqui Maunder
The “Boyz Business” program is almost complete ending with nutrition and physical health. A celebration and presentation of certificates will be in on Tuesday 15th September.

Our breakfast program “Good Start,” is proving to be very successful and it is wonderful to gain feedback from teachers who say it is making a definitely noticeable difference to the children's attentiveness. Having said that - we are still in need of donations of spreads eg. Strawberry Jam, Blackcurrant Jam, Vegemite, Promite, Cheesy Spread and Honey. These are all very popular.

The “Lunch Box Club” has had a slow start. Like any program, the children who have been coming have really enjoyed it. Last week we had craft time where they made jetfighter planes, lavender bears and key holders just to name a few. The last one for this term will be on Wednesday 16th September.

Next term I hope that we can get the volleyball going and continue with playground activities including Snakes & Ladders, Twister, skipping and elastics.

If you have too many plastic shopping bags at home, the cleaners will be more than happy to take them off your hands.

Any that you wish to donate to the school, please leave at the office.

Wendy and the Team
PLEASE CONSIDER VOLUNTEERING
The P&C Association cannot function properly without the help of parents and volunteers. Your contribution however large or small is invaluable, both to our school and our students.

NOTICE OF PRICE INCREASES FROM TERM 4
Due to the costs involved in running the Uniform Shop and Tuckshop, we advise that as of Tuesday 6th October 2015 there will be a price increase to both uniform and tuckshop prices.
New prices for uniforms will be advised and a new Tuckshop price list will be sent home with your student.

Next meeting - 6pm Wednesday 16th September
WE NEED YOU
If you would like to join or know more about our P&C Association and our activities, please feel free to join us at our Monthly P&C Meeting held on the third Wednesday of each month, at 6pm in the school Library.

TUCKSHOP CLOSURE
The Tuckshop will be closed on Thursday 10 September and Friday 11 September as Bec will be attending professional development on those days.

PLEASE BE MINDFUL
With our P&C volunteers being scarce, please remember that most of our current P&C workers are volunteers. They are parents of students just like you, with child/ren, families, work and other commitments. Whilst they endeavour to fulfil their roles on behalf of the P&C, sometimes other things take priority.
If you can help out the P&C as a volunteer, as a one off or on a continued basis in the Tuckshop or Uniform Shop, please contact Bec at the Tuckshop, the office to leave your details or email: pncsecretary.mnss@outlook.com.

Every year the P&C Association works hard with the help of volunteers to hold and run events (eg. Red Days, mother/father day stalls, movie nights or discos), as well as operate the Tuckshop and Uniform Shop within our school. We would like to say thank you to those who have volunteered as it is greatly appreciated. The funds raised from these endeavours provide or assist in the provision of financial or other resources or services for the benefit of your students at our school.

“Volunteers don’t get paid: not because they’re worthless, but because they’re PRICELESS.”
Ready Set Go is a pre-prep program to assist children and parents to best prepare for the curriculum and learning expectations of the upcoming Prep Year. Any children starting Prep next year are welcome to attend regardless of which school they will be attending.

Purpose of the Program:

♦ To provide an orientation and skill based program to help prepare our future students for the Prep Curriculum in the year ahead.

♦ To model and provide activities and ideas for parents to work on with their children at home to ensure that they have the best opportunity to succeed in the Prep Year.

♦ To foster and build relationships between teachers, students and parents prior to the commencement of the school year.

♦ To provide opportunities for our future Prep students to interact with one another and build relationships prior to commencing school.

If you are interested in attending please complete an enrolment form and return it to the school office. You do not have to attend every session. Please remember that students must attend with an adult, but this may be grandparents or other parents who are attending.

We look forward to meeting you and your child!

Prep Team
ALWAYS TELL SOMEONE YOUR PLANS...(4Ws + H)

WHO...you are with
WHAT...you are doing
WHERE...you are going or have been
WHEN...you left
HOW...you are travelling

• FEELING UNSAFE remove yourself. Always safety first.
• LISTEN to your body. Trust & act on your instincts.
• BE ALERT & AWARE ditch your headphones & be aware of your surroundings.
• AVOID walking alone & shortcuts. Walk with a mate.

If you have any information call Crime Stoppers 1800 333 000