Good afternoon Parents and Caregivers,

Welcome back to Term 4. This is another busy term for everyone involved with our school. I look forward to the challenges that this term will bring and also the celebrations that we will be able to share over the next ten weeks.

While this is the term that leads up to the Christmas holidays and during the term we have a number of celebration events, it is not a time for individuals to take their eyes off the ball, which is the main game at our school – working hard to learn and improve. It is vitally important that everyone continues to have high expectations of themselves with respect to work and play at school. This way you can guarantee to maximize your personal outcomes.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 13</td>
<td>Eisteddfod – MECC: Recorder Band – 8:00am, String Ensemble – 12:00pm, Concert Band – 12:00pm.</td>
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<tr>
<td>October 19</td>
<td>Pupil Free Day - NO SCHOOL</td>
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<tr>
<td>October 22</td>
<td>Eisteddfod – MECC: Senior Choir – 6:00pm</td>
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<tr>
<td>November 2</td>
<td>Eisteddfod – MECC: Junior Choir – 8:00am</td>
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<td>October 30</td>
<td>Day for Daniel</td>
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<td>November 2</td>
<td>Year 4 Camp – Kinchant Dam</td>
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<td>November 6</td>
<td>Year 5 Leadership Day</td>
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<td>November 11</td>
<td>Remembrance Day</td>
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<tr>
<td>November 24-27 &amp; December 1-4</td>
<td>Years 4-6 Swimming lessons – Pioneer Pool</td>
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<tr>
<td>November 30</td>
<td>Year 6 Kinchant Dam Day</td>
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<tr>
<td>December 1</td>
<td>Year 6 Orientation Day – Mackay North State High School &amp; Pioneer State High School</td>
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<tr>
<td>December 1</td>
<td>Years 3-6 Awards Night</td>
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<td>December 3</td>
<td>Christmas Carols Evening</td>
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<tr>
<td>December 8</td>
<td>Year 6 Graduation Evening</td>
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<tr>
<td>December 9</td>
<td>Years 3-6 Swimming Carnival</td>
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<tr>
<td>December 10</td>
<td>Behaviour Rewards Day</td>
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<tr>
<td>December 13</td>
<td>Last day of school year</td>
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</table>
Remember there are 4 rules at Mackay North State School that we all need to be mindful of at all times. These rules are:

- Be Responsible
- Be Respectful
- Be Safe
- Best Effort

Remember it is as simple as ABC!
Attendance (A) + Behaviour (B) = Curriculum Success (C)

MACKAY EISTEDDFOD TIMETABLE FOR NORTH’S EVENTS
Eisteddfod time is upon us once more and details of our performances have now been finalised. For all events, children are required to wear the cultural uniform. This can be coordinated through Mrs Jodie Hunt in the music room.

STATE WIDE PUPIL FREE DAY
Parents please be aware that Monday 19th October is a whole-of-state pupil free day. No schools will be operating on that day as teachers will be involved in Professional Development activities.

CLASS GROUPINGS FOR 2016
It’s that time of the year again when we start to look at what our school numbers are going to be in the upcoming year. We then need to look at what our class groups will possibly be. If parents would like to discuss issues concerning where students may be placed in 2016, please contact the office to arrange an appointment with me.

These meetings are not about parents requesting specific teachers for their children, but rather an opportunity for you to pass on information that may be relevant to us when we are looking at our class grouping mixtures.

During next week you will receive an email with a link to a quick survey about returning to Mackay North State School in 2016. This survey will only take a few minutes to complete but it will give us valuable information to assist with our forward planning for next year.

TEACHER TRANSFERS
On the last Thursday of Term 3, Education Queensland released the transfer information to all schools.

Mackay North State School only had one teacher transfer out during this round. Miss Anita Aaltten has been transferred to Biggera Waters State School. We would like congratulate Anita and offer her the best of wishes for her future career.

The following transfers in to Mackay North State School are:

- Calista Butler from Seaforth State School – Mackay Whitsunday Geographic Area
- Amy Llewellyn from Kin Kora State School – Gladstone Geographic Area
- Catherine McKinnon from Trinity Beach State School – Cairns Geographic Area
- Nicole O’Shea from Corinda State School– Metropolitan West Geographic Area

To the incoming staff, we trust that you will find your time at our school rewarding, both on a personal and professional level.

Stephen Bobby
WELCOME BACK

I hope that you have all enjoyed quality time with family and friends relaxing, catching up and having fun over the holiday break.

Term 4 has begun extremely well, with students focussed and attending to learning from 8:45am on Tuesday morning. They are to be commended on how well they entered the term, thanks to the support from their parents and carers.

I look forward to a positive, productive term ahead.

UNIFORM REMINDERS

Our students are proud to be here at Mackay North State School and with your help they are able to show their pride by wearing a correct uniform.

Black and gold school shirts should be worn with black shorts, skirts or skorts. No tights or bike pants. Shoes should be black or white, not coloured. Socks should be white. Hats should be black school hats or sports house colours with sports shirts, not coloured hats. Hair should be neat and tidy with no extreme cuts, styles or colours. Jewellery is plain studs or sleepers and a plain watch.

Thank you for allowing your child to feel part of our school community by ensuring they have the correct uniform to wear to school. This makes an enormous difference to their self-confidence and feeling of belonging.

(Cont’d)
DEVELOPING POSITIVE LEARNERS

As parents we all want our children to do well and feel good about themselves and their attempts. There are things we can do as parents to help our children improve their confidence and therefore their learning.

Showing our children that we believe in their potential and telling them that we know they can succeed can help build their confidence. With more confidence they are able to set higher expectations for themselves and this assists them achieving better results.

Children with positive attitudes are more likely to persist and learn through challenges. Encouraging our children to accept and learn from their mistakes and keep trying even if they find something difficult is an invaluable life lesson. We should praise our children for their efforts and progress, particularly when they are showing persistence.

Talking openly with our children about their day and current age appropriate events, enables them to connect, feel valued and leads to better educational outcomes.

Parents who read out loud regularly with their children help them to do better at school. (OECD, 2011b, p.4) Reading with our children is the best way to teach them to read and to simply enjoy books.

Research suggests that when schools, families and community groups work together to support learning, children tend to do better in school, stay in school longer and have positive attitudes toward school. (Epstein, & Sheldon, 2006.) As parents, having a positive attitude towards school and teachers and becoming involved in the school community in some way (morning reading, tuckshop helper, volunteering for P&C run events) will lead to ensuring that our children are supported to reach their full potential.
CLASS WEEKLY ATTENDANCE AWARDS

Illness came at a high cost to our attendance in the final week of Term 3. With everyone rested from the holiday break, we have hopefully broken the illness cycle and look forward to a greatly improved attendance rate for the remainder of the year.

Attendance every day is important for children to have the best opportunity to learn, improve and achieve their best.

Congratulations 1M and 5/6S for winning the Great Attendance award for the final 2 weeks of term 3.

Mackay North SS News

Week 9 Attendance Award

<table>
<thead>
<tr>
<th>PB</th>
<th>PM</th>
<th>PS</th>
<th>1J</th>
<th>1M</th>
<th>1/2B</th>
<th>2A</th>
<th>2BH</th>
<th>2MJ</th>
<th>3W</th>
<th>3/4H</th>
<th>4E</th>
<th>4HJ</th>
<th>5B</th>
<th>5/6S</th>
<th>6F</th>
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<td>10</td>
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<td>12</td>
<td>9</td>
<td>6</td>
<td>4</td>
<td>14</td>
<td>13</td>
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</table>

Week 10 Attendance Award

<table>
<thead>
<tr>
<th>PB</th>
<th>PM</th>
<th>PS</th>
<th>1J</th>
<th>1M</th>
<th>1/2B</th>
<th>2A</th>
<th>2BH</th>
<th>2MJ</th>
<th>3W</th>
<th>3/4H</th>
<th>4E</th>
<th>4HJ</th>
<th>5B</th>
<th>5/6S</th>
<th>6F</th>
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<td>15</td>
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<td>9</td>
</tr>
</tbody>
</table>
Term 4, already!
A great thing about Term 4 is that we welcome back Mrs Debbie Smith after six weeks away. Students and staff have all missed Miss Debbie and her quiet, effective ways so we are very delighted to have her 'back on deck.'
You may also have wondered if you have seen Mrs Fettell around the school!! Yes, you have seen Mrs Fettell. Mrs Daniel is on leave for three weeks and this meant we could have Mrs Fettell back with us for this time. Some of the classes have had Mrs Fettell’s help prior to this as she has been regularly volunteering in classrooms each week – as one of the students asked, “Is Mrs Fettell unretired now?”

An attribute we try to work on with our students is RESILIENCE – that is “the capacity to recover quickly from difficulties; toughness.”

Resilience is a 21st Century parenting concept that every parent needs to understand.

Many of our students ‘drop their bundle’ when things don’t pan out as they had hoped.

Michael Grose has an informative five minute YouTube clip [https://youtu.be/n86EHCkD57I] taken from a recent “Today” show interview. In this clip he talks about “Raising kids that thrive with confidence and resilience.”

Michael Grose points out the following thoughts……

Some children are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.
Resilient kids share four basic skill sets -
1. Independence
2. Problem-solving
3. Optimism
4. Social Connection

**Building Resilience**

From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your children by:

1. **Having a positive attitude yourself.** Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.

2. **Look for teachable moments.** Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

3. **Make kids active participants in the family.** Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

4. **Build kids coping skills.** There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.

**Want more Resilience-building ideas?**

You’ll get plenty of great Resilience-building ideas and parenting advice at Parentingideas Club.

**Want to build your Resilience-building skills?**

Simply join the parenting ideas club ... and get expert advice at every stage of your child’s development.
Eisteddfod!

Eisteddfod season is upon us. There are a number of students who have not yet returned their permission notes. These were due before the holidays and need to be brought in as soon as possible.

Below are the details for each groups’ Eisteddfod performances.

<table>
<thead>
<tr>
<th>Group</th>
<th>Date</th>
<th>Arrive</th>
<th>Uniform</th>
<th>Finish</th>
<th>Transport</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recorder Band</td>
<td>Tuesday 13th October</td>
<td>8:00am</td>
<td>Black shorts or skirt, black and gold school shirt, white socks and black shoes.</td>
<td>TBC</td>
<td>Cars to school</td>
</tr>
<tr>
<td>Concert Band</td>
<td>Tuesday 13th October</td>
<td>12:00pm</td>
<td>Black pants (no tights or jeans), white shirt and black vest, white socks and black shoes.</td>
<td>3:30pm students to be picked up from MECC</td>
<td>Nil (the school is covering the cost of the bus)</td>
</tr>
<tr>
<td>String Ensemble</td>
<td>Tuesday 13th October</td>
<td>12:00pm</td>
<td>Black pants (no tights or jeans), white shirt and black vest, white socks and black shoes.</td>
<td>2:00pm</td>
<td>Cars to school</td>
</tr>
<tr>
<td>Senior Choir (Yr 4,5,6)</td>
<td>Thursday 22nd October</td>
<td>6:30pm</td>
<td>Black shorts or skirt, black and gold school shirt, white socks and black shoes.</td>
<td>TBC</td>
<td></td>
</tr>
<tr>
<td>Junior Choir (Yr 2/3)</td>
<td>Friday 23rd October</td>
<td>8:00am</td>
<td>Black shorts or skirt, black and gold school shirt, white socks and black shoes.</td>
<td>school bag, lunch, water bottle</td>
<td>Nil (the school is covering the cost of the bus)</td>
</tr>
</tbody>
</table>
Big Sing!

Congratulations to Impana Bennur, Felicity Case, Matilda Daniel, Jazmyn Gervinas, Layla Korneliussen, and Maya Turnbull on their participation in the 2015 Big Sing. The girls were part of a 100 voice choir who workshopped for three days with guest conductor Mr Paul Jarman and produced a fantastic performance at the culminating concert. A big thank you to Ms Jill Green, Mrs Linda Miller, Mrs Jenny Milles and Mrs Elsbeth Scotford, the organisers and supervising teachers for this amazing event!

Back row: Felicity Case, Maya Turnbull
Middle row: Jazmyn Gervinas, Matilda Daniel
Front row: Layla Korneliussen, Impana Bennur

FACT:
ONE OF THE ONLY ACTIVITIES THAT ACTIVATES, STIMULATES, AND USES THE ENTIRE BRAIN IS MUSIC

Jodie Hunt
The Watdjin Munimuni Dancers would like to thank Mackay ATSICHS for sponsoring their shirts.

**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.

Two fathers and two sons enter a shop and spend $1.50 each. The shopkeeper only charges $4.50. What happened to the rest?
UNIFORM SHOP
The Uniform Shop is open every Wednesday.
from 8:00am - 9:30am
and 2:00pm - 3:30pm

WANTED
Any unwanted plastic shopping bags can be left at the office.
The cleaners are always in need of them.
Thank you
Wendy & the cleaning crew

PUPIL FREE DAY - Monday 19th October 2015
Camp Australia have opened bookings for the Pupil Free Day on Monday 19th October 2015.
To book your child into care please log into the parent portal at www.campaustralia.com.au or call our Customer Care Team on 1300 105 343 for assistance.
New families can register by going online and creating an account. Just enter your school name, and instructions will be provided on how to register.
*Please note that we must receive a minimum of 18 bookings for the Pupil Free Day to go ahead. Please ensure that you book in before 11/10/15. If we have not received the required number of bookings parents will be notified on 12/10/15.
In the second last day of Term 3 at the Netball Gala Day our Mackay North State School senior team came 2nd. Our junior team were the winners in their age division. Junior team players were Betty Pomee, Karlia Bennet, Libby Schill, Moorea Alberts, Charlotte Case, Paige Pittman, Kaylee Arnold, Tiffany Falzon and Tia Brick-Binsiar.

Jorja Fayers-Howroyd was voted the Best and Fairest player in the 11C Netball Division.

Congratulations to all players who represented our school.

The junior team coach Mr Williams with a very happy team of winners.

If anyone has any Lego they would be able to donate to the school, it would be very much appreciated.

All donations will be gratefully accepted at the office.

ICY CUPS FOR SALE

Every Wednesday from 2:45pm
At Prep S

We are collecting donations of SMALL plastic disposable cups and cordial. All donations gratefully accepted. Please deliver to PS classroom.
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**

**EVERY WEDNESDAY**

1:30 TILL 2:45

**TERM 4**

- October 21st
- October 28th
- November 4th
- November 11th
- November 18th
- November 25th

We offer....

* Experienced and welcoming staff
* A well-resourced centre.
* Activity/Information packs
* Involvement with specialist lessons

Technology including interactive whiteboards and ipads.

An educationally rigorous and stimulating program that caters for all

**PRINCIPAL**

MR STEPHEN BOBBY

**DEPUTY PRINCIPAL**

MRS DI SCHMIDT

Mackay North Primary School
Harvey Street
Mackay Q 4740

Phone: 49 400 333
Fax: 49 400 300
Webpage:
www.macknortss.eq.edu.au
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