Dear Parents and Caregivers,

ENROLMENTS

Our current enrolment is 398 students. We have a total of 16 classes with class sizes being between 24 to 26. These sizes are optimal for the delivery of quality learning where we can all give of our best effort to grow and improve to be the best that we can be.

6FB - Mrs Finch & Mrs Butler

5/6H - Mrs Heel

5S - Mrs Saunders

5S - Mrs Saunders

date claimer

Prep–Yr 2 Swimming………….19,23,24,29 Feb & 1st Mar
Welcome Back Dance ……………..Thurs 18th Feb
Grip Leadership Day…………………………….Tues 23rd Feb
P&C General Meeting…………………..Wed 16th Mar
Behaviour Rewards Day……………………..Thurs 24th Mar
Last Day of Term 1…………………………….Thurs 24th Mar
First Day of Term 2……………………………Mon 11th April
Rats of Tobruk Ceremony…………………………….Mon 11th April

PHONE 07 49 400 333
FAX 07 49 400 300
EMAIL: the.principal@macknortss.eq.edu.au
ADDRESS: Harvey Street
PO Box 3012
North Mackay QLD
The safety of our Mackay North students is absolutely paramount and remains a top priority of all staff. With this in mind, we ask parents not to park in the stop, drop and go zone or call child/ren across to the car park. Please come across from the carpark and walk your child back with you to your car.

The large double gates on Willis Street are for deliveries and service vehicles which occur periodically throughout the day. For student safety we ask that you do not walk through these gates at the beginning or end of the school day.

Thanks for your help with this.

ARRIVAL AT SCHOOL

Parents are reminded that students who arrive at school before 8.30am should wait in the area designated to their class until their classroom is open.

No students should be on our school site before 8.00am in the morning, unless attending Before School Care, as we are unable to adequately supervise these students. Before and After School Care is available for parents who need to drop off their students before 8.00am.

Teachers will open up classrooms at 8.30am to give students an opportunity to prepare for the day – sharpen pencils, hand in communication books and notes, prepare their desk, visit the toilet, fill water bottles etc. There should be no students or parents in classrooms before 8.30am unless a prior appointment has been made with the class teacher. If you could reinforce this message with your children it would be greatly appreciated.
COLLECTING STUDENTS FROM SCHOOL

It is wonderful to see so many parents eagerly waiting to collect their kids at the end of school.

The following are a couple of reminders about collecting students from classrooms of an afternoon.

√ Please wait outside the classroom (teaching block) to collect your child. Please also keep doorways clear of traffic as classes are often returning to their class just before 2:45pm to clean up and get ready to go home. This will reduce distractions for our students and teachers and allow all students to exit safely and smoothly at the end of the day. Parents are welcome to enter our classrooms after students have vacated to talk with teachers.

√ Children being picked up must wait inside the school grounds until a parent/caregiver arrives to collect them.

√ When leaving the school ground, please use the small gates. The double gates on Willis Street are not for pedestrian traffic. Using these gates as exits compromises the safety of our students. We want our Mackay North students to develop safe habits including using designated footpaths and thoroughfares.

√ Please encourage your child/ren to cross the road using the traffic supervisor if you are using the Harvey Street gate at the front of the school.

√ Students riding bikes or scooters should exit (and enter in the morning) through the gate on Evans Avenue, near the Hall. Bikes and scooters are to be pushed within the school grounds.

BIKES AND SCOOTERS

It is very important that all bikes and scooters ridden to school are placed in the bike racks behind the Dental Clinic and locked securely. Recent attempts have been made by members of the public to take bikes from our bike racks and we would like to avoid any such losses.

Ensure ALL bikes and scooters are locked up EVERY DAY.

STUDENT LEADERSHIP PARADE

This Friday morning we will be presenting our student leader badges to our student leaders for 2016. This parade will begin at 8:45am in the school hall in place of our regular parade. Our new adopt-a-cop, Constable Tracey Van Der Heyden, will also be inducted during the parade.
WELCOME BACK DANCE

This Thursday, weather permitting, we will have our Welcome Back Dance for 2016. This will be held on the basketball court with dancing to commence at 6:00pm. All students from Prep to Year 6 have been practising their dance with Miss Balchin, our physical education teacher. Students will perform their dance for parents and then invite parents to join in the dance with them. Please feel free to bring a picnic dinner to share with your family on the lawn as you sit back and enjoy the evening.

HELPING KIDS BE BRAVE (from Parenting Ideas Insights by Michael Grose)

Anxious kids, like worriers and sensitive types, benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears. Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression. As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience. It’s important to understand that anxiety is not something to be afraid of. As Dr Schniering says, “It’s a normal emotion and an important part of how we engage with the world.” Experiencing some anxiousness in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It’s not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

Dr Schniering says, “As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with everyday life.” I would also add that when children become overwhelmed by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child’s school.

Before looking at helpful practices, let’s quickly list some practices that are unhelpful for parenting anxious kids:

♦ Fixing kids’ problems.
Jumping in too soon only increases anxiety and doesn’t enable kids to build their capabilities.

♦ Allowing avoidance.
Letting kids escape new or fearful situations validates their fears.

♦ A ‘get over it’ attitude.
There’s a difference between “You can do this!” and “For goodness sake, get over it!” The latter often comes from parent impatience and stress.

(Cont’d)
Now for the helpful parenting practices for kids who are anxious. These include:

1 Skilling towards bravery
Help kids face their fears by skilling them, e.g. Look around for a friendly face when you go to scouts. You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2 Scaffolding towards bravery
Rather than avoidance allow kids to face their fears in stages, e.g. Let’s go to the party for an hour then I’ll pick you up. By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3 Be empathetic, not sympathetic
There is a difference. Empathy shows you understand how they feel; sympathy can be maudlin, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, “I know how you feel but I also know you can do this.”

4 Creating opportunities for independence
Competency is the enemy of anxiety. Building children’s self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5 Model bravery
If you want kids to be brave then you go first. Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids. (Good leadership is basically about staying calm in stressful situations.) Modelling also shows them how fears of new and unknown social situations, and even specific fears such as going to the dentist, can be handled positively. It’s worth noting that most kids grow out of their anxiety given attentive brave parenting. As a general parenting strategy I recommend that you take a strength-based approach (which is what I’m banging on about all the time) and focus on building children’s strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.

P & C ASSOCIATION

Our P&C is currently in caretaker mode as we look to fill the positions of president, vice president and secretary. We ask that you consider joining our P&C either in an executive position or just as a member to support our school community.

The next P&C meeting is to be held at 6:00pm in the library on Wednesday 16th March.
If you are interested in joining our P&C in any capacity but are unable to make the meeting, please let us know in the office.
At the start of our fourth week back at school the excitement of students is still evident – very busy people getting on with life at school. While visiting classrooms this week, our students have impressed me immeasurably. Our students enthuse keenness to learn and how happy they were to be in that class. Their personal learning goals for 2016 certainly show that they plan to have a great year – both academically and socially. This is the theme right across our school. Children and teachers are doing a great job.

Remember - you have children who are capable of achieving greatness with their education, but they cannot do this alone. You have to help them, encourage them and support them to always do their best at school.

A simple strategy to achieve this is called “2 Stars and a Wish,” which means - give your children two forms of praise + a helpful hint eg – when you are listening to your child read their home reader each evening – praise them using this type of strategy. “The way you sounded out those difficult words was fantastic and I liked the way you used your voice to make the story more exciting. Next time we read remember to have a pause when you see a full stop.”

TERM 1 PARENT/TEACHER INTERVIEWS
To have the opportunity to discuss your child’s progress is invaluable to fully understand the academic achievement and needs of your child and to enable us to work together to achieve the best possible outcomes for your child. During Term 1 this option will be available to all parents during Weeks 8 and 9. Some classroom teachers may have already begun this process. A booking form will be sent home later this week for parents to indicate suitable times.

PREP PHOTOS
The Daily Mercury will be producing a special publication “My First Year 2016,” which will feature a class photograph of our prep students and their teachers, and other schools across the region. It will be inserted into the Daily Mercury on Wednesday 23 March. Photos will be taken on Monday 22 February.

ORGANISED – OUR “WHAT WE WANT TO BE” FOCUS FOR WEEKS 4 - 6
Our current focus word is ORGANISATION. Being organised is an important skill to develop. Being organised allows us to do the things we have to do in a more timely and efficient manner. Learning to be organised can be challenging for some people. We encourage our students to begin developing this skill from Prep.

Learning means being guided and reminded, so parents and teachers play an important role.

(Cont’d)
Parents can help their children with organisational skills by assisting them to get ready for their day:

- help them pack their school bag with all they will need for the day (home bag, Communication Book, hat, lunch and water bottle)
- supervise them unpacking their bag when they arrive at school (ensuring everything is put in the correct place)
- assisting them to get their desk ready for the day and begin their first task of the morning

Once children learn organisational skills they become more independent. This independence and knowing that they can do things for themselves develops self-confidence and positive self-esteem which we all need in order to be successful in what we do.

***Every Day Counts!***

1 or 2 days a fortnight doesn’t seem much but .......

<table>
<thead>
<tr>
<th>If your child misses</th>
<th>That equals.....</th>
<th>Which is...</th>
<th>And over 13 years of schooling that’s.....</th>
<th>Which means the best your child might perform is.......</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day per fortnight</td>
<td>20 days per year</td>
<td>4 weeks per year</td>
<td>Nearly <strong>1.5 years</strong></td>
<td>Your child [ ] Other children [ ] Equal to finishing in Year 11</td>
</tr>
<tr>
<td>1 day per week</td>
<td>40 days per year</td>
<td>8 weeks per year</td>
<td>Over <strong>2.5 years</strong></td>
<td>Your child [ ] Other children [ ] Equal to finishing in Year 10</td>
</tr>
<tr>
<td>2 day per week</td>
<td>80 days per year</td>
<td>16 weeks per year</td>
<td>Over <strong>5 years</strong></td>
<td>Your child [ ] Other children [ ] Equal to finishing in Year 7</td>
</tr>
<tr>
<td>3 day per week</td>
<td>120 days per year</td>
<td>24 weeks per year</td>
<td>Nearly <strong>8 years</strong></td>
<td>Your child [ ] Other children [ ] Equal to finishing in Year 4</td>
</tr>
</tbody>
</table>

Exemplary Behaviour ...... Exemplary Teaching & Learning ...... Exemplary Relationships ...... Exemplary Outcomes

At Mackay North State School, Kids Matter Everyday! Every Week! Every Year!
CLASS ATTENDANCE AWARD
WEEK 2 AND WEEK 3

In weeks 2 and 3, ALL classes were above 92% for attendance. Let’s make a concerted effort to aim for greater attendance next week! **REMEMBER – Every Day Counts!!**

Give your child the best chance to succeed by ensuring that they are at school, on time, each and every day.

Congratulations to 2HB and PM who were our Week 2 winners! Both of these classes had 100% attendance. WOW! Keep up the great work!

2HB kept the ball rolling (and their eyes on the prize) for Week 3 and won the attendance award again with 98% attendance.

<table>
<thead>
<tr>
<th>Week 2</th>
<th>PM</th>
<th>PS</th>
<th>1B</th>
<th>1MB</th>
<th>1/2 M</th>
<th>2HB</th>
<th>2L</th>
<th>3MJ</th>
<th>3O</th>
<th>3W</th>
<th>3/4 M</th>
<th>4W</th>
<th>5O</th>
<th>5S</th>
<th>5/6 H</th>
<th>6FB</th>
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<tr>
<td>Away</td>
<td>0</td>
<td>3</td>
<td>9</td>
<td>7</td>
<td>5</td>
<td>0</td>
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<td>7</td>
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<td>%</td>
<td>100</td>
<td>97.7</td>
<td>92.5</td>
<td>94.2</td>
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<td>94</td>
<td>96.5</td>
<td>94.2</td>
<td>98.5</td>
<td>95</td>
<td>99</td>
<td>98</td>
<td>97.5</td>
<td>94.4</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 3</th>
<th>PM</th>
<th>PS</th>
<th>1B</th>
<th>1MB</th>
<th>1/2 M</th>
<th>2HB</th>
<th>2L</th>
<th>3MJ</th>
<th>3O</th>
<th>3W</th>
<th>3/4 M</th>
<th>4W</th>
<th>5O</th>
<th>5S</th>
<th>5/6 H</th>
<th>6FB</th>
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<tr>
<td>Away</td>
<td>4</td>
<td>6</td>
<td>9</td>
<td>12</td>
<td>7</td>
<td>2</td>
<td>10</td>
<td>6</td>
<td>9</td>
<td>8</td>
<td>4</td>
<td>8</td>
<td>3</td>
<td>3</td>
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<td>%</td>
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<td>96</td>
<td>93</td>
<td>97</td>
<td>97</td>
<td>92.5</td>
<td>91.5</td>
</tr>
</tbody>
</table>

Congratulations to all for steering themselves in the right direction for...
Hello again Mackay North families.

Coming to Mackay in Term 2 is a free programme called the PEACH Program. What is the PEACH Program?— please see the details below………………

Get your family active and eating well

Families in Mackay can now sign up the free healthy lifestyle program called PEACH™ - Parenting, Eating and Activity for Child Health. Registrations are open now for a group commencing in Term 2.

The program is fun for kids and helps parents and carers make healthy eating and activity a part of everyday life. It is available to families with children in primary school and consists of 10 group sessions that run for 90 minutes each.

Parent sessions will cover topics such as nutrition skills, reducing screen time and being more active as a family. While the parent sessions are taking place, children enjoy active play with a trained child physical activity facilitator.

What: PEACH (Parenting, Eating and Activity for Child Health) program
When: Running weekly in Term 2
Where: Probably Emmanuel College, Baxter Drive, Mt Pleasant. If you wish to book attendance please phone the 1800 263 519 phone number and they can confirm the venue.
Cost: FREE

The program is funded by the Queensland government and being delivered statewide by the Queensland University of Technology.

To enrol into the PEACH™ program please contact free call 1800 263 519 or visit www.peachqld.com.au

Until next time, Helen Parker
Hello Parents and Carers,

By now your child would have made their first visit to the school library and borrowed a book with their class. Each teacher will communicate the classroom borrowing day to you. This will be a regular part of the weekly routine, allowing independence in choosing a book to take home to share with you. Please encourage them to return it regularly to get the most out of our beautiful books available. Please also ensure your child has a waterproof library bag.

Ideally we would love our students to read quality literature every day, but we all know the cost of books is quite steep, so to help provide this opportunity we encourage students to visit the library either before or after school with a parent. When you do this we will allow your child to borrow an extra 2 books, with you as the parent assuming extra responsibility for those loans.

Library is open for borrowing with parents at these times:

8.20 am - Monday to Thursday
2.45pm - Monday, Wednesday and Thursday

We would love you to visit us at these times for extra borrowing!

Jacqui Maunder & Sandi Birrer
**Instrumental Music:** String Ensemble rehearsal has changed to 1st lunch on Tuesdays to allow Wakakirri rehearsal to use the Tuesday morning time slot.

**Choir and Recorder permission note:** Reminder to members of these ensembles to return their permission notes to Mrs Hunt ASAP.

**Choral Festival**

*Tickets will be on sale soon at the MECC. Families and friends wanting to attend the performance need to book their tickets early as they sell out fast!*

## COMPULSORY REHEARSALS

<table>
<thead>
<tr>
<th>Sunday 13th March</th>
<th>Monday 14th March</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong> MECC</td>
<td><strong>Location:</strong> MECC</td>
</tr>
<tr>
<td><strong>Arrive Time:</strong> 1:45pm</td>
<td><strong>Transport:</strong> students will travel by bus to the MECC and back</td>
</tr>
<tr>
<td><strong>Finish Time:</strong> 4:30pm</td>
<td><strong>Time:</strong> depart from school at 10:15am and arrive back at approximately 2:30pm</td>
</tr>
<tr>
<td><strong>Wear:</strong> appropriate free dress</td>
<td><strong>Wear:</strong> school uniform</td>
</tr>
<tr>
<td><strong>Bring:</strong> afternoon tea and water bottle</td>
<td><strong>Bring:</strong> afternoon tea and water bottle</td>
</tr>
</tbody>
</table>

## THE PERFORMANCE - Monday Evening 14th March at MECC

**Arrival Time:** 6:45pm - students seated by 7.00pm for rehearsal with the Community Choir

**Uniform:** School Uniform – black shorts/skirt, black and yellow school shirt

**Concert Finish Time:** approx. 9:00pm

**Cost:** The cost for each performer will be **$17**. This covers their $10 participation fee and the cost of the bus for the Monday rehearsal. Students will not be permitted to participate in the choral festival performance unless they have returned their permission form and paid the choral festival fee by Friday 4th March.

**Tickets** can be purchased through the MECC: Adults $24.50 and concession $12.00.

*Please purchase your tickets early as they sell out quickly and we’d hate for you to miss out.*

## Rehearsal timetable

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>BWP</td>
<td>Strings</td>
<td>Choir</td>
<td>Recorder</td>
<td>*Choir</td>
</tr>
</tbody>
</table>

(Cont’d)
Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything ~ Plato

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DETAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TERM 1</strong></td>
<td></td>
</tr>
<tr>
<td>Choral Festival – rehearsal</td>
<td>Choir: Sunday 13th March 10:30am-2:00pm MECC</td>
</tr>
<tr>
<td>Choral Festival – rehearsal</td>
<td>Choir: Monday 14th March 10:30am – 2:00pm MECC</td>
</tr>
<tr>
<td>Choral Festival – performance</td>
<td>Choir: Monday 14th March 7:30pm MECC</td>
</tr>
<tr>
<td><strong>TERM 2</strong></td>
<td></td>
</tr>
<tr>
<td>Rats of Tobruk</td>
<td>Recorder Ensemble: Monday 11th April 9:00am</td>
</tr>
<tr>
<td>School ANZAC Ceremony</td>
<td>Recorder Ensemble: Friday 22nd April</td>
</tr>
<tr>
<td>ANZAC Day March</td>
<td>Recorder Ensemble: Monday 25th April</td>
</tr>
<tr>
<td>Fanfare</td>
<td>String Ensemble/Band: Tuesday 7th June</td>
</tr>
<tr>
<td>Instrumental Camp</td>
<td>Selected students: 19th – 22nd June</td>
</tr>
</tbody>
</table>

Mackay North SS News

Jodie Hunt

Week 3: Students of the Week

Week 4: Students of the Week
ATSI HOMEWORK PROGRAM

**DAYS:** Mondays & Tuesdays  
**TIME:** 2:45pm - 3:45pm  
**WHERE:** Library

You or a designated adult family member eg. grandmother, grandfather, uncle or aunt (*not* an older sibling) **MUST** attend. Light refreshments will be supplied.

All parents with children attending will have to fill out an enrolment/contract form before they participate in the program.

---

**BARGAIN**

**SCHOOL SOUVENIR TEA-TOWELS**

**AT THE OFFICE**

**Only $5**
Dear Parent / Guardian,

The best gift any parent can give a child is the love of good books and the joy and benefits of reading.

Our school is participating in Scholastic Book Clubs this year. Twice a term during the school year a Book Club catalogue will be sent home with a different selection of books offered.

Each order helps earn free books and teaching materials for the school (we earn 20% of the total order as Scholastic credit for the school to spend), however there is never any obligation to order.

You’ll find award-winning books, as well as old and new favourites. The books span a wide range of children’s reading levels and interests and they are inexpensive (some books cost as little as $2).

Our preferred method of payment is an online payment system called LOOP (Linked Online Ordering & Payment platform). LOOP is a fast convenient and safe way to place orders without the need for cash handling and/or paper forms.

All orders that are placed through LOOP will be automatically and directly linked to the School Book Club account for submission to Scholastic. Information on how to make an order through the LOOP online system can be found on the Scholastic Book Club catalogue, or visit the Scholastic website http://www.scholastic.com.au/scholastic.com.au/schools/bookclub/ and go to “Parent Payments,” then select “Book Clubs PAY NOW.”

Any and all sensitive payment information used on LOOP is kept private by Scholastic and not disclosed to our Book Club organisers or the school.

We would like to encourage all parents and guardians to use the new LOOP system for the above-mentioned benefits. Should you require assistance using this system, we encourage you to contact us for help.

Alternatively, you can return the order form to the school with payment.

The books will usually arrive around a week after the Book Club due date.

Thank you for your continuing support of our School Book Club.

Regards,

Book Club Organiser
satakeazuki@hotmail.com
0406 581 771
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.