Dear Parents and Caregivers,

GET INVOLVED WITH OUR P&C

Getting involved with our Parents & Citizens Association (P&C) can be a rewarding and enjoyable experience, but many people may be unsure of how it works. If you’ve never been involved in a P&C before, the Quick Guide for P&C Executive Officers is a great way to get familiar with what they do and how you can help out. The guide sets out the roles and responsibilities of members in an easy-to-read format. The Quick Guide for P&C Executive Officers is available for download at: http://education.qld.gov.au/parents/pdf/quickguide-pc-executiveofficers.pdf

The 2015 P&C Annual General Meeting (AGM) will be held on Wednesday 18 February in the library commencing at 6pm.

GREAT RESULTS GUARANTEE

Continuing on from the inaugural Great Results Guarantee in 2014, our school will again receive additional funding in 2015 to better support our students and improve their outcomes. Our school has commenced reviewing our programs and refining our 2015 Great Results Guarantee with evidence-based strategies and actions to improve literacy and numeracy. There is already a strong degree of alignment between our school’s Explicit Improvement Agenda, the work already commenced in literacy and numeracy and the Great Results Guarantee.

CAR PARKING AND CHILD SAFETY

I know there is not a single parent in this school who would knowingly put their child in harm’s way.

However, parents are doing this every afternoon by ignoring basic road rules and child safety when using various car parks around our school. Currently we have parents who double park in the Willis Street car park area. We have parents who stop and alight from their vehicle in the STOP, DROP & GO zone. I also observed a parent the other day walk their child across Harvey Street, away from our designated crossing zone. All of these situations could potentially create a dangerous situation for children trying to get across the road to their parent’s car.

A lot of these situations could be avoided if parents use the STOP, DROP & GO the way it’s designed to be used. All parents need to be considerate of other drivers who are in the same situation trying to pick up their child from school and to get away from here as quickly as possible in the afternoon. I have spoken to the Queensland Police Force about how this could be better managed and they have said that they are happy to do some “drive bys” around school closing time in the afternoon to assist parents in the adherence to the road rules. As I said in the beginning - No one in this school would like to see a child injured through a car accident. Considering other drivers by obeying the rules of the road around pick up time would be greatly appreciated.

(cont’d)
STUDENT LEADERSHIP PARADE
This Friday morning we will be presenting our student leader badges to our student leaders for 2015. This parade will begin at 10.00am in the school hall.

THERE WILL BE NO REGULAR PARADE AT 8.45am.
Parents are most welcome to come along and watch their child receiving their badges and then remain after parade for photo opportunities.

This Thursday weather permitting, we will have our Welcome Back Dance for 2015. This will be held on the basketball court and will commence at 5.30pm. The P&C will be selling steak burgers, sausage on bread, soft drinks, water, chips and chocolates. Dancing will begin at 6.00pm. All students from Prep to Year 6 have been practising their dance with the physical education teacher. Students will perform their dance for parents and then invite parents to join in the dance with them.

Please mark this on your calendar as a time to come up to the school for an enjoyable get together.

WEATHER – if the Weather Bureau informs us that we are going to have a wet evening we will make the decision early in the day and communicate this to parents through the Skoolbag App and children will be informed by their teachers.

Welcome Back Dance – Thursday 19th February
Food on sale from 5.30pm
Dancing begins at 6.00pm

SKOOLBAG APP
Our school app that can be downloaded for free for either Apple or Android phones is an important way we communicate information to parents. If you have not taken the opportunity to download this app please do so to receive important regular updates. Also over the next few weeks we will be adding further functionality to the app through menu additions. eForm is a new addition which will be further utilised in the future. Currently there are forms available if there is a change of contact details or a child is absent from school. You can use the eForm to communicate this information with the school. Just complete the form on your phone press the submit button and that information is then sent to the school for our records. Please take advantage of this method of communication.

(cont’d)
5 GOLDEN RULES FOR PARENTING SUCCESS IN 2015

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 5 golden rules to guide you along your parenting journey in 2015:

1. Build confidence
With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instill a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

2. Build developmental knowledge
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine-year-old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

3. Swim against the tide
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

4. Be brave
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

5. Add emotional intelligence to your parenting mix
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.

Michael Grose

Stephen Bobby
ROUTINES AND BOUNDARIES

We all operate best with routines and boundaries because we know what we have to do and when it has to be done.

Children in particular require routines and boundaries in their lives. Routines help develop basic work skills and time management. Setting boundaries and expectations for children can assist in building life skills that include; patience, problem solving, resourcefulness, responsibility and self-discipline. Routines and boundaries give structure that make children feel safe and secure. This security brings happiness and a positive sense of worth to young people’s lives.

This is not to say, of course, that children will not try to manipulate routines or push the boundaries. Part of growing up is to explore and develop. Slow subtle changes to boundaries can be made as children mature and are ready for more responsibility and freedom.

During their school years it is important that children have a regular routine with things at home, such as bedtime, breakfast and homework time. These routines all benefit the child’s ability to focus and learn to the best of their ability and that is what we all want for our children.

WHAT YOU WANT TO BE PROGRAM

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.

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) and assisting them 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.
We all want our children to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

Our first attendance award for 2015 (week 2 data) goes to a class who had only one student away on one day for the entire week. Well done! How many more classes can we get to equal or better this?

This week our 2015 Student Councillors attended the GRIP Leadership Conference. One of the topics covered was what it takes to be a good leader.

The students were perfectly behaved and did our school proud.

Rose Borresen
Student Council Coordinator
FINGER GYM

We have commenced a Finger Gym program in the SEP this term for students who require additional support with their fine motor skills. This program is offered in 3-4 sessions per week and students are participating very well. The program covers skills including cutting, pencil to paper activities, fine motor coordination, strengthening activities for hands and muscles and sensory and planning skills. In addition to focusing on fine motor skills, the program also promotes the development of school readiness skills such as:

- Organise work space and tools
- Maintain a sitting position
- Be aware of other people and their needs
- Follow visual and auditory directions
- Ask for help if needed
- Initiate and complete the task
- Problem-solve and actively investigate cause and effect situations
- Transition from one task to another
- Maintain attention
- Risk take or have a go

‘Fingergym Fine Motor Skills School Readiness Program’

Kerrod Wood  Tamiya Sabatino  Jai Deuget
Billy Reed  Alicia Allford  Zion Mann

(cont’d)
Homework can be a challenging task for many busy family households, especially those with students with a disability. Many of our students feel stressed, overwhelmed and exhausted after a day at school. However, introducing and maintaining a positive ‘homework routine’ can alleviate some of this apprehension.

Here are a few ideas to try:

- Find the right time and place (not straight after school, give them time to relax, have a drink and eat before tackling homework)
- Keep homework short with specific start and stop times
- Provide a space that gives limited distractions and enhances success (kitchen table, desk)
- Remove obvious distractions ie: turn off television, remove devices (unless they are being used constructively as part of the homework)
- Break the homework down into more manageable tasks
- Set specific goals for the work set such as read five pages of their reader then answer five math questions
- Stay involved BUT avoid doing the work for them
- Give regular small rewards (eg tick off list of ‘jobs’ completed and give sticker)
- Be POSITIVE and supportive throughout
- Discuss options of presentation with your child’s teacher (eg type out spelling words on computer, spell words on ipad and record/playback for the teacher)
- Provide a motivation such as controlled access to a special interest (eg FIRST homework, THEN 30 minutes of Lego).
- Communicate concerns/success with the teacher.
- Celebrate success with your child!

STUDENT OF THE WEEK

Congratulations to Caine Bamberry and Devin Davis who were awarded with Student of the Week Awards early this term. Both boys have demonstrated a positive start to their year with excellent effort and behaviour. Well done!
We are looking for information for descendants of the first 37 students who enrolled on 23rd March 1915.

We are asking anyone with information on the following people to contact the school.

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<th>CHRISTIAN NAME</th>
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<td>Harold Ernest</td>
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<td>James (Father Robert)</td>
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<td>HILL</td>
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<td>BRADFORD</td>
<td>Arthur</td>
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Don’t forget:

SCHOOL BANKING IS EVERY WEDNESDAY

The School Banking program provides children with an opportunity to make deposits into their personal Commonwealth Bank Youthsaver account at school each week. The program is about how often your child makes deposits, not how much they deposit.

Taking part in School Banking is easy

You can get involved in the School Banking program by opening a Commonwealth Bank Youthsaver account at any Commonwealth Bank branch, over the phone on 132221, or via NetBank if you are an existing customer with NetBank access. Remember to take in identification for you and your child (driver’s licence and birth certificate). You will receive a Dollarmites wallet and deposit book that your child will use to participate in the program. If your child has an existing Commonwealth Bank Youthsaver account they can start banking straight away. They just need to bring their deposit wallet. If your child has misplaced their Dollarmites deposit book or deposit wallet, they can request a new one from either the local branch or contact the School Banking Co-ordinator.

When your child makes their first deposit at school they will earn their first Dollarmites token and our school will also receive $5 commission and 5% on every deposit made through the school (to a maximum of $10 per individual deposit).

Thank you for supporting our school and helping to teach your child the benefits of saving regularly.

If you do not wish your child to participate in religious education, please send a note to the school office.
Service Name: Mackay North OSHC
Date: 13/02/2015
Phone: 0404 797 802

Week 3 Already!

To help get your family back into the swing of things, here are some tips that you might find handy for easing your children into after school care.

**Tips for helping children (and parents) feel comfortable in after school care:**

1. Give your child as much advance warning as you can that they'll be coming to After School Care.
2. Pop into the program with your child to meet our Camp Australia team and find out what kind of activities they can look forward to.
3. Speak with the Camp Australia Coordinator if your child is nervous, and let us know how your child felt after their first visit.
4. If there is something in particular your child would like to play when they are in our care, encourage them to let us know.

**What we've been up to in the past fortnight!**

**WOW!** What a Fortnight! BUGS, BUGS, BUGS. Last week we had a theme of bugs, we collected some unusual bugs as well as made some bug art, our highlight of the week was our bug diorama, created by the children with some 3d bugs. The children loved this Activity!

This Week has been all about sustainability, we had Fiona come visit us from Mackay Regional Council, she is the environment educator, we learnt all about recycling and what numbers mean what on the different types of plastic, what colour bin to put the recycling in, what not to recycle and the highlight of the visit was when Fiona showed us her Worm farm, and how to look after it. We each received a gift from Fiona too.

On Thursday morning after this experience, we had two of the children bring us some worms from home, to put in our worm farm. What a great fortnight we have had!

**What we have planned for the next fortnight!**

We are excited for our next fortnight, we are looking to have a sports week and a mystery week, if you know of any sports coaches that would like to come see us one afternoon and teach us all about their sport we would love to hear from them. We also have one of our children that is in a basketball rep team, giving us some basketball lessons on Wed 18th Feb, we are looking forward to max's expertise and learning how to SLAM DUNK, DRIBBLE, and many more sweet moves!

We're here to make after school care visits the best experience possible – for you and your child.

If you have any questions about the program – please feel free to drop by, meet the team and see what happens in after school care first hand.

The Camp Australia Team

Jade and Lyn.
North Mackay Little Athletics

Ages 3 – 16yrs Track & Field
Sign On Day
Sunday, 1st March. 9am-12pm
Pioneer State High School – On the Oval

Come and join the family fun & fitness, where your personal best comes first!

https://www.facebook.com/northmackaylittleathletics

*For more details call us on 0428 213 293

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You enter a deserted house late at night. Inside there is an oil lamp, a gas fire and a stove full of wood. However you have only one match.

Which should you light first?

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CLUE:

CONTACT NAME: ______________________ CONTACT NUMBER: ______________________

LOCATION: ______________________ START DATE: ______________________ TIME: ______________________

EMAIL: ______________________ WEB: ______________________

ADDITIONAL INFORMATION

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You enter a deserted house late at night. Inside there is an oil lamp, a gas fire and a stove full of wood. However you have only one match.

Which should you light first?

---

CLUE:

CONTACT NAME: ______________________ CONTACT NUMBER: ______________________

LOCATION: ______________________ START DATE: ______________________ TIME: ______________________

EMAIL: ______________________ WEB: ______________________

ADDITIONAL INFORMATION
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.