Dear Parents and Caregivers,

Every Day Counts – really!

The importance of school attendance for all students cannot be overstated. There is a link between student attendance at school and student learning outcomes. In basic terms, students with strong school attendance have improved chances of academic success than students who do not attend school regularly. This is simply because students in attendance at school are being exposed to more teaching and learning experiences than those who are away from school. Your child or children will achieve better when they attend school all day, every school day.

Along with our intention to ensure no “unexplained” absences in 2016, we also have a goal for a 95% or better attendance rate in 2016. At present we are achieving 93.6% attendance for the year.

To give you an idea of just how important every school day is, please consider the following:

- **One day absent a fortnight** for each fortnight of the year, adds up to twenty days absent (or four weeks) for a year – over 13 years of schooling, this is the equivalent of missing nearly one and a half years of schooling, or finishing in Year 11.
- **One day absent a week** for each week of the year, adds up to forty days absent (or eight weeks) for a year – over 13 years of schooling this is the equivalent of missing over two and a half years of schooling, or finishing in Year 10.
- **Two days absent a week** for each week of the year, adds up to eighty days absent (or sixteen weeks) for a year – over 13 years of schooling this is the equivalent of missing over five years of schooling, or finishing in Year 7.
- **Three days absent a week** for each week of the year, adds up to one hundred and twenty days absent (or twenty-four weeks) for a year – over 13 years of schooling this is the equivalent of missing nearly eight years of schooling, or finishing in Year 5!
Over the past three years our school community has worked hard to improve our daily attendance. See the graph below to show our improvement.

![Daily Attendance Graph](image)

**Basketball Court Upgrade**

Well done to the P and C Committee for being successful in gaining a Community Gaming Benefit Fund Grant for over $20000 to resurface the basketball court. This work will begin on August 9. The work will include sealing the cracks in the surface, levelling the ‘bird bath’ dips in the court and then resurfacing the court with Playpave Multi-sport” acrylic system for Multi-sport. See the CAD diagram below for an idea of what it will look like.

While this work is occurring the basketball court will be out-of-bounds and access to G Block will be limited to the doorway at the Hall end of the building.
The Benefits of Parent Involvement in Education

It takes a community to educate a child! Education starts at home from birth and continues through the school years and into adulthood. Starting school is just one step along the journey. It’s not a time for parents to handover the responsibility for education to teachers. Teachers and schools are just part of the picture. Parents need to be heavily involved in the school to gain the most benefit for their children. “Heavily involved in school” is not talking about P and C Committees, tuckshop helpers or other school roles. It’s talking about engaging with your child’s learning on a daily basis.

It’s doing the:

1) home readers nightly
2) talking about children’s daily learning
3) ensuring assessment tasks are completed
4) keeping regular contact with your child’s teachers to discuss any areas to assist with your child’s growth, development and academic journey

Benefits for the Children

Below is a research article that discusses the benefits everyone gains from parent involvement in education. Remember it’s our role as parents to give our children the best head start in life.

Taking an active role in their daily learning is a great head start because:

1) children tend to achieve more, regardless of ethnic or racial background, socioeconomic status, or parents' education level.
2) children generally achieve better grades, test scores, and attendance.
3) children consistently complete their homework.
4) children have better self-esteem, are more self-disciplined and show higher aspirations and motivation toward school.
5) children's positive attitude about school often results in improved behaviour in school and less suspension for disciplinary reasons.
6) fewer children are being placed in special education and remedial classes.
7) children from diverse cultural backgrounds tend to do better when parents and professionals work together to bridge the gap between the culture at home and the culture in school.
8) high school students whose parents remain involved usually make better transitions and are less likely to drop out of school.
Benefits for the Parents

1) Parents increase their interaction and discussion with their children and are more responsive and sensitive to their children’s social, emotional and intellectual developmental needs.

2) Parents are more confident in their parenting and decision-making skills.

3) As parents gain more knowledge of child development, there is more use of affection and positive reinforcement and less punishment on their children.

4) Parents have a better understanding of the teacher’s job and school curriculum.

5) When parents are aware of what their children are learning, they are more likely to help when they are requested by teachers to become more involved in their children’s learning activities at home.

6) Parents’ perceptions of the school are improved and there are stronger ties and commitment to the school.

7) Parents are more aware of, and become more active regarding policies that affect their children’s education, when parents are requested by school to be part of the decision-making team.

Benefits for the Educators

1) When schools have a high percentage of involved parents in and out of schools, teachers and principals are more likely to experience higher morale.

2) Teachers and principals often earn greater respect for their profession from the parents.

3) Consistent parent involvement leads to improved communication and relations between parents, teachers and administrators.

4) Teachers and principals acquire a better understanding of families’ cultures and diversity and they form deeper respect for parents’ abilities and time.

5) Teachers and principals report an increase in job satisfaction.

Benefits for the School

1) Schools that actively involve parents and the community tend to establish better reputations in the community.

2) Schools also experience better community support.

3) School programs that encourage and involve parents usually do better and have higher quality programs than programs that do not involve parents.

Mackay North SS News

Mackay North State School

Ready Set Go.... A transition to Prep

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 to all students.

Principal
Mr Stephen Bobby
Deputy Principal
Mrs Di Schmidt

Mackay North Primary School
Harvey Street
Phone: 49 400 333
Fax: 49 400 300
Webpage:
www.macknortas.eq.edu.au

Every Wednesday
1:30 TILL 2:45

Term 3
August 10th
August 17th
August 24th
August 31st
September 7th

Term 4
October 19th
October 26th
November 2nd
November 9th
November 16th
November 23rd

Ready Set Go is a pre-prep program to assist our 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 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 that are attending.

We look forward to meeting you and your child!

Prep Team
The “What You Want to Be” value that we are focusing on at school at the moment is **resilience**. This is a value that we teach and promote in our students as it enables them to cope with diversities, small and large, in their lives. 

*From Parenting Ideas by Michael Grose*

**Resilience** is a 21st Century parenting concept that every parent needs to understand. Some kids 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 - independence, problem-solving, optimism and 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 kids 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.

**10 best phrases to teach resilience to your kids**

<table>
<thead>
<tr>
<th>#</th>
<th>Goal</th>
<th>Phrase</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Fun</td>
<td>“Come on, laugh it off”</td>
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<tr>
<td>2</td>
<td>Contain thinking, perfectionism and anxiety</td>
<td>“Don’t let this spoil everything”</td>
</tr>
<tr>
<td>3</td>
<td>Distraction</td>
<td>“Let’s take a break”</td>
</tr>
<tr>
<td>4</td>
<td>Handling worry and asking for help</td>
<td>“Who have you spoken to about this?”</td>
</tr>
<tr>
<td>5</td>
<td>Offering hope</td>
<td>“I know it looks bad now but you will get through this”</td>
</tr>
<tr>
<td>6</td>
<td>Positive reframing</td>
<td>“What can you learn from this so it doesn’t happen next time?”</td>
</tr>
<tr>
<td>7</td>
<td>Acceptance</td>
<td>“Don’t worry – relax and see what happens!”</td>
</tr>
<tr>
<td>8</td>
<td>Perspective</td>
<td>“This isn’t the end of the world”</td>
</tr>
<tr>
<td>9</td>
<td>Flexible thinking</td>
<td>“You could be right. But have you thought about …”</td>
</tr>
<tr>
<td>10</td>
<td>Taking action</td>
<td>“What can we do about this?”</td>
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</tbody>
</table>

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.
According to the authors of “Best Books for Kids” the top 10 benefits of reading are:

1) Kids who read often and widely get better at it
2) Reading exercises our brains
3) Reading improves concentration
4) Reading teaches children about the world around them
5) Reading improves a child’s vocabulary and leads to more highly-developed language skills
6) Reading develops a child’s imagination
7) Reading helps kids develop empathy
8) Children who read do better at school
9) Reading is a great form of entertainment
10) Reading relaxes the body and calms the mind.

Reading is such an important skill for our students and the more they read, the more they benefit from it. Encourage your children to read all the time, and at the moment, record all they are reading on their Premier’s Reading Challenge reading record sheet. They have until the 26th August to complete this challenge and return their record sheet to school.

Below are the totals for each class that have been handed into the office so far. There may be some that have been handed into class teachers that have not come to the office yet.

<table>
<thead>
<tr>
<th>Class</th>
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<th>1B</th>
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<th>4W</th>
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<th>5/6H</th>
<th>6FB</th>
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<tr>
<td>1/2M</td>
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<td>4</td>
<td>8</td>
<td>2</td>
<td>4</td>
<td>9</td>
<td>1</td>
<td>3</td>
<td>7</td>
<td>2</td>
<td>6</td>
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</table>

1/2M are currently the class to beat, with just under half their class having completed the challenge. Keep reading and handing in those sheets!
AGE APPROPRIATE PEDAGOGY

Our Prep classes are using quality texts along with engagement in play to excite our prep students about writing. Last week Prep S read a text about dinosaurs and decided that they wanted to make a museum. They brainstormed all of the things a museum would have and chose the task that they wanted to be involved in to create their museum. They then set about creating, making and writing to begin the process of building their museum.
Our Dress Code Policy states - The Mackay North State School Parents and Citizens Associations of Mackay North State School in consultation with parents has established a dress code for all students attending the school.

Knowing this, it is concluded that in enrolling your child at this school, you too accept and will support this policy.

**PURPOSE OF A DRESS CODE POLICY:**

The School Decision Making Group believes a school dress code:

* Gives the students a sense of unity, belonging and pride in their school, which assists in building school and team spirit.
* Ensures that students are safely dressed for school activities and the environment.
* Minimises competition between students to wear more expensive or fashionable clothing and the pressure on parents to purchase this type of clothing, whilst encouraging equity among students.
  ♦ Clearly identifies Mackay North State School students from other students who may come into the school.
  ♦ Fosters and enhances the public image of the school.

The Policy goes on to outline our uniform requirements.

**CLOTHING**

### Summer Dress Code
- Shirt/Top – Gold school shirt
- Shorts/Skirt/Skorts – Black
- White Socks, Covered shoes.
- Broad brimmed hat or Legionnaires hat - Black

### Winter Dress Code
- As per summer uniform – exception Black ‘Track’ pants
- Gold or Black winter tops or school Jacket
- Broad brimmed hat or Legionnaires hat - Black

### Sports Dress Code
- Shirt/Top – Collared shirt in team colour
- Shorts/Skirt/Skorts – Black
- White Socks, Covered shoes.
- Broad brimmed hat or Legionnaires hat - Black
- **Joggers and socks to be worn with sports uniform.**

*Bike shorts/tights are to be worn at Athletic Carnivals only.*
FOOTWEAR AND HEADWEAR

- Appropriate footwear - (no thongs, massage sandals, Ugg boots, reefs or high platform shoes are permitted).
- Covered, lace up footwear must be worn at all times. Canvas or other material, and slip-on shoes are not acceptable as school footwear.
- Shoes should be black or white with no colours on the shoe, including the laces. Socks should be white.
- Alternative footwear may only be worn with the express permission from the Principal. This will only be agreed to in the case of medical conditions discussed between Parents/Guardians and the Principal.

In the interest of health and sun safety, hats are compulsory for all outdoor activities. This includes 1st and 2nd Breaks. A wide brimmed hat is the only acceptable hat. Caps are not permitted or recognised as hats. (It is preferable that students wear the style of hats sold in the Uniform Shop).

JEWELLERY

Students become very distressed when they lose or break jewellery. Jewellery can also be an item that is a fashion statement or can cause inequity amongst the students. It is therefore preferred that no jewellery or valuables be worn or brought to school. If jewellery is worn to school the following dress codes should be complied with:

- In the interest of safety, earrings should be of the small sleeper or stud variety.
- Only a single stud or sleeper in each ear is permissible.
- Only inexpensive wrist watches should be worn. Then if they do get lost or broken they are easily replaced.
- It is preferred that chains, necklaces and bracelets (hand and ankle) not to be worn as they are easily broken. (Medic-alert bracelets are of course acceptable).

MAKE UP AND/OR COLOURED NAIL POLISH is not appropriate or acceptable.

Our school colours are black and gold and our students proudly wear these colours to identify as students of our school. Thank you to parents for ensuring that other colours are kept for outside of school wear and encouraging our students to continue to wear only school colours to school.
CLASS WEEKLY ATTENDANCE AWARDS

The ever changing weather has resulted in many of us falling ill over the past few weeks. Unfortunately this has affected our attendance at school with many classes unable to maintain our target of 95% or above attendance. We look forward to more stable weather to allow those with colds and flu to recover and return to school.

Congratulations to 1/2M for 99.2% attendance in Week 2 and 2HB with 100% attendance in week 3! Well done to all of those healthy students.

Mackay North SS News

deputy principal

(Cont’d)

Attendance Award

Week 2 – 1/2M
Week 3 – 2HB

WEEK 2 ATTENDANCE

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WEEK 3 ATTENDANCE

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Hello again Mackay North Families,

All Abilities Mackay have advised us of an upcoming event that may be of interest to families who have a school aged child diagnosed with a disability. This is not an All Abilities Mackay event though – it is organised by Sugar City Con. Please read the information below carefully. There is a link to get your ticket. Contact details for the organisers is on the bottom of her email, just scroll down.

Sugar City Con 2016 is a one day event.
Details of the Special Stars Event for children with disabilities and their families of the region are
Date: Saturday 13th August 2016,
Time: 9am-10am
Venue: Big Shed, Mackay Showgrounds.

Sugar City Con writes,
“We have special guests coming in between 9am – 10am to say hello. These guests will be welcome to stay after 10am when the main event begins. There will be plenty to do in the hour, with kids’ rides, face painting, colouring in, competition and video gaming. There will also be plenty to buy and plenty to eat.

This link is for you to pass onto your network for these stars. We only ask that this link not be made public, so that the event is kept special. Tickets are only available online. Unfortunately, if families turn up at the door at 9am, they will be turned away until 10am.
The criteria is: that regards to any child who is attending school (primary or high school), and has an eligibility for an ELP, including disability categories of autism spectrum disorder, hearing impairment, intellectual disability, physical impairment, speech-language impairment and vision impairment, or children who are diagnosed with any of the disability categories above but not yet attending school.

Should you have any questions, please do not hesitate to contact myself”.

Toni-Lee Munro President & Vendor Coordinator Sugar City Con Inc. 0488419703

http://sugar-city-con.simpletix.com/Event/27399/Sugar-City-Con-2016-Special-Ev/
Website: http://sugarcitycon.com/
FaceBook: https://www.facebook.com/SugarCityCon?fref=ts#
Twitter: @SugarCityCon

Now for my App of the Fortnight – well it is actually a You Tube clip called “Marvelous Max.”
Marvelous Max is a 3 minute animated video for Primary School kids. The aim of the video is to create more awareness of autism spectrum disorder. “Marvelous Max” is a free resource available to Australian Schools and is free to register if you would like to join and access the resources.

Marvelous Max Link to You Tube clip

Until next time, Helen Parker for the SEP Team
Congratulations to all Mackay North participants at last week’s Mackay District Track and Field Selection Trials. Eleven students were invited to participate in the trials representing Southern Suburbs including: Troya Doyle (5th 800m), Jazmyn Gervinas (5th High Jump), Natalia Giblett (800m); Felicity Case (Shot Put); Tia Brick-Binsair (7th 800m); Heidi Scott (Shot Put), Tyrone Southgate (5th Long Jump) – William Barba and Alexis McVean were unable to attend the trials. Two of our girls performed well enough to be selected into the Mackay team to travel to Rockhampton for a two day carnival on 22nd and 23rd August. Well done to Edith Aitken who placed 2nd in 10 years Shot Put and 4th (reserve) in 200m, and Anna Crossan who came a very close 3rd in 10 years Long Jump.

What a fantastic effort!

We look forward to hearing about their experiences at the Capricornia Trials soon.

Toni Balchin
UPCOMING EVENTS...

**Mackay Orchestra and Bands Competition (MOB)** will be held over the weekend of the 13\textsuperscript{th} and 14\textsuperscript{th} August. All members of our String Ensemble and Concert Band will be performing at this event. It is very important that we have all members of both ensembles present so that each group can perform their best.

**Rats of Tobruk** will be held on Friday the 16\textsuperscript{th} August. Our recorder ensemble will be joining with the Victoria Park SS recorder ensemble to perform the Anthem and Hymn for this event.

<table>
<thead>
<tr>
<th><strong>Semester 2 Cultural Calendar</strong></th>
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<tr>
<td><strong>EVENT</strong></td>
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<tr>
<td>Wakakirri</td>
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<tr>
<td>Mackay Orchestra and Bands Competition</td>
</tr>
<tr>
<td>Rats of Tobruk Ceremony</td>
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<tr>
<td>Twilight Concert</td>
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<tr>
<td>Big Sing</td>
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<tr>
<td>Eisteddfod</td>
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<tr>
<td>Year 3-6 Awards Night</td>
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<tr>
<td>School Concert</td>
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<tr>
<td>Christmas Carols Evening</td>
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<table>
<thead>
<tr>
<th><strong>Rehearsal timetable</strong></th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td>BWP</td>
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*Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything ~ Plato*
Story in a Box Art Competition

To help celebrate Book Week this year, the library is holding an art competition. Your mission, if you choose to accept, is to make a story scene in a box (a Diorama) of any book you choose!

This is a diorama of “The Little Mermaid”

There is another example in the library of “The Very Hungry Caterpillar”

To enter, you will need:

* A box (a shoebox is good or any other box you find)
* Craft items, colours, paint etc.
* Your imagination!

There are lots of picture books that would look great as Dioramas. Come and visit the library to have a look and start thinking about what you could create! We would love to see your entries!

Please have on the box, the title of your book you chose, and your name nice and clear.

Your entry must be at the Library by MONDAY of week 7 for display during book week. There will be a Lower School winner (P-2) Middle School winner (Year 3 & 4) and Upper School winner (Year 5 & 6). There will be a prize for each group and the winners announced in Week 8.
DON’T MISS OUT!
HELP RAISE FUNDS FOR
Mackay North State School

fundraising made easy

YOU GET ALL THIS FOR JUST $20

PLUS THE CHANCE TO WIN $1500

10 x 13 inch family portrait

Keyring

NSW Permit No. 1775-1946899 Visit - www.advancedlifestudios.com.au for the full terms and conditions

Location: Mackay North State School
Date: Thursday, 25 August 2015

Contact: Carol Harris, 0447 753 285
Email: carolandcaro@hotmail.com
All bookings and payments are to be made online
Northside Uniting Church
Community Fair 2016

Saturday
13th August
9:00—1:00
Cnr Fleurs Way & Bedford Road

Children’s Area
with games, activities
and Face Painting

Merry Go Round

BBQ

Candles

Plants & Produce

Pre-loved Jewellery

Displays

Car Wash

Bottles and Mystery Boxes

Vintage Cars

Highland Dancers

The Choir of Unheard Voices

Northside Quartet

Iona West

Starlet Royales

Mackay Pipe Band

JUMPING CASTLE

Books, CDs & DVDs

Trash and Treasure

PRE-LOVED CLOTHES

Devondale Morning Tea

Homemade Goodies/Handcrafts

Donuts

Desserts

Entertainment

Mackay City Band

Entertainment

Highland Dancers

Northside Quartet

Iona West

Starlet Royales

Mackay Pipe Band

community
The Student Resource Scheme was introduced to Mackay North State School for 2016 and covers the annual subscription fees to the ICT programs and reprographics supplied throughout the year. The purpose of the scheme is to provide parents with a cost effective alternative through reduced prices gained from the school's bulk purchasing practices.

The cost is $50 per student. If you have opted or wish to opt for this scheme, payment is due at the office now and can be paid in full or in part payments.

SCHOOL SOUVENIR TEA-TOWELS

ONLY $5
SACRAMENTAL PROCESS 2016 / 2017
ST JOSEPH’S CATHOLIC PARISH OF NORTH MACKAY & NORTHERN BEACHES

Initiation of the Sacraments of School Aged Children (8yrs)

Reconciliation (First Confession), Confirmation, First Eucharist

INFORMATION SESSION

DATE: Thursday 18 August 2016
VENUE: St Joseph’s School Hall, Canberra Street, North Mackay.
TIME: 7.00 pm

Parking available behind St Joseph's Church & St Joseph's Parish Centre Car Park, 21 – 23 Grendon Street, North Mackay.

For further details, contact Parish Office 4957 4855
Monday to Friday 9:00am – 12:00pm.
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.