Good afternoon Parents and Caregivers,

TERM 3

Another very busy term is drawing to a close. We have had many opportunities for our students on the academic, cultural and sporting fronts. The Year 6 trip to Sydney/Canberra was a fun and very memorable learning experience for the group who were able to attend. Camps for Prep to Year 3 were also unforgettable moments in students' lives. Wakakirri, twilight concerts, chess championships, jump rope, ICAS competitions, Life Education and book week activities were among the many other activities that our students are fortunate to have offered to them to participate in. All of this is on top of the focussed classroom learning that takes place every day in our quest for maximum improvement for every student.

Next term is shaping up to be just as busy, with Eisteddfod performances, swimming lessons for Years 3 to 5, camp for Years 4 and 5, our bi-annual concert, Awards night, Graduations nights for Year 6 and 7 students, swimming carnival and the Christmas carols, just to name a few things. Students will also be applying themselves to learning and achieving their very best prior to the end of semester report cards.

Thank you to parents who have ensured their children attend school regularly and are on time and ready for learning each day. This makes a huge difference to their attitude and ability to do their job (learn) to the best of their ability. I look forward to this continuing next term.

(Cont’d)
HOLIDAYS

With the holidays fast approaching, we need you to look out for our school during the break. If you see anything suspicious, please remember to call the School Watch number - 13 17 88.

READY FOR SCHOOL

During the holidays we ask that you take time to ensure your child is ready to begin term 4. Do they need any new pencils, erasers, colouring pencils, etc? Do they have the correct uniform, including black or white shoes with no coloured laces? Have they got the correct haircuts for starting back at school? We thank you in advance for giving your child a head start with their learning by being ready to learn.

Remember that reading is an important lifelong skill that needs to be practised every day to remain good at it. Continue to read with and to your child over the holiday break.

CLASS WEEKLY ATTENDANCE AWARDS

TERM 3
Week 7 – 2/3MH
Week 8 – 4/5B

CONGRATULATIONS
However, for the child with ASD who may thrive on the routine and structure of the school day, holidays may be stressful and challenging. For example, removing the predictability of the school routine could result in increased anxiety and challenging behaviours. Challenging behaviour can occur when children are not sure what to do with their time or when they do not know what is expected of them.

Of course, not every child with ASD will find the school holidays stressful. Time away from the demands of the classroom can be a positive experience for some children and the return to school after a period of 'down time' at home can be the greatest challenge. It is important that children are prepared for the move back to school as this usually provides some amount of stress to most children.

Parents may worry that they are required to plan fun-filled and entertainment packed events every day of the holidays. School holidays do not need to be filled with activities at every hour of the day or require parents to spend large amounts of money or resources. There are a range of strategies that you can put in place and resources you can access to assist in ensuring school holidays are relaxing and enjoyable for all. Most important is the need to consider, plan and prepare for activities, outings or routines that suit your child, your family and the time and resources you have available.

Some time also needs to be set aside to prepare for the new school term or year so that the family is prepared, equipment and uniforms are organised and when possible, routines have been practised. (Cont’d)
Mackay North SS News

When planning and choosing holiday activities for your child and your family it is important to consider:

1. the type of activities, routines and environments that are usually successful for you and your family
2. the number of activities, routines and environments you and your family will be comfortable with (eg. are there opportunities to revisit or repeat activities rather than having a new experience everyday, how much time will you have, how much time is required for transition activities)
3. how you will prepare and plan these holiday activities including preparing your child for any changes due to the activity
4. the routines and equipment which will help make these activities more successful.

THE FOLLOWING TIPS MAY BE USEFUL FOR PLANNING THE HOLIDAY TIME:

♦ It is important not to overwhelm yourself or your family with copious amounts of activities. Remember to timetable in opportunities for relaxing at home, having a break, and some time for your child to access preferred or calming activities each day.

♦ Try to include your child/ren in the process of choosing, planning and recording on the calendar. For some children this may be selecting an event or outing, for others it may be selecting a fun activity for afternoon play. You may also wish to provide a choice within boundaries such as offering two or three activities for your child to choose from.

♦ If you are planning an activity that is at a new location, is a new experience or novel in any way, it is important to prepare your child as much as possible for the experience. There may be specific rules children will need to follow and it is important to prepare children in advance (eg. "At the movies, we use our whisper voice and we sit in our chair while the movie is playing").

♦ When you leave the house during the holiday period to go on an outing, be sure to pack items to keep children entertained in case you are stuck in lines or need to wait.

Items might include:

♦ familiar snacks and drinks
♦ communication aids
♦ fidget toys
♦ engaging activities or distracters
♦ reinforcers or rewards.
As school holidays draw to a close, some children may be excited about going back to school while others may be anxious and worried. Below are some useful ideas and tips that may be useful to prepare your child for the new term of school.

- Few days before school is due to start, establish a count down on your holiday calendar.
- go through pencil case and make sure all pencils are sharp and ready for work
- bake items for school lunches and freeze
- drive past or to the school
- If your child is not excited about returning to school, have an exciting meal or activity planned for the afternoon of the first day of school so that there is something to look forward to.
- Try to get back into the 'school time' meal and sleep routines several days before school starts.
- Try to have a quiet day at home before school resumes to ensure that your child is well rested and ready for the new school term.

If you are concerned about your child's anxiety on the first day of school, make sure you communicate this to school and discuss potential strategies to assist your child with this transition back to school.
Hi everyone,

FREE FUN
Hope all of you are looking forward to the school holiday break, although this can be a hectic time for parents. Make sure you and your children have lots of fun with physically active outings. Look out for Freebie children holiday programs, connect with other parents and have turns taking them. Parks, picnics, skate bowls, swimming and push bike riding are just some of the things that are inexpensive.

VOLLEYBALL
We have not had volleyball for the last two weeks as it was photos one week and this week the school had other activities for the children. Thank you to all the faithful players who supported this activity. Hopefully during 2015 we can continue. Children who are going to high school next year can suggest this sport to their Chaplain at their new school. If you would like to take this sport further, Google the Volleyball Club in Mackay.

GLOW GIRLS CLUB
We had our ‘Glow Girls Club’ for the last time this year and seemed to increase from 28 to 40 girls. I believe with the feedback and ratings the girls gave, we will be able to gain funding to improve GLOW for the grade 6 girls next year. Thank you GLOW GIRLS!

I really believe ‘Boyz Business’ next term is going to be a very encouraging and fun program which will be a bit different, of course, to the girls.

DRUM BEAT PROGRAM
The girls who took Drum Beat Program forms home, please return them to the school office this week or the first week in the new term at the latest. We really need ten girls for the program to be run.

BIBS ‘N’ BOBS
By the way, remember to look for your secret recipes, remedies, fix its and craft ideas for kids. I am also looking for nutritious, budget recipes for families and lunch box ideas for your growing school children. I will put the Bibs ‘n’ Bobs’ box at the office window so you can place them in it. Remember - this is going to be used to fundraise for different things for the school that will benefit your beautiful angels.

BREAKFAST PROGRAM
Next term we will continue to run a breakfast program so any food donations are welcome.

Mews from your Chappy
Cost effective active activities for your children around Mackay.

Take a walk on the wild side!
23rd Sep 2014 - 25th Sep 2014
2 sessions a day...10.00 - 12noon or 2.00 - 4.00pm
Tuesday 23rd September
Wednesday 24th September
Thursday 25th September

(Cont’d)
All children will receive a Nature Play passport and get to complete a mission or two...such as a 'Worm’s Eye View,' 'Bush Sculpture,' ‘Pond Dip,' ‘Garden Sounds' or ‘You’re a Scavenger.’

Meet at the Meadowlands Amphitheatre and take a walk with Maya and Friends to the Brigalow Belt and the Regional Forests sections of the Botanic Gardens. Maybe you will see a Boobook owl (pictured), a platypus or Noisy Pitta?

The Nature Play Passport to an Amazing Childhood is all about getting kids outside to run, jump, climb, splash, invent, imagine, play and be an outdoors kid. Have some green time instead of screen time.

Each group is limited to 10 school aged children (5 years and older) Payment with Bookings by Friday 19th September..... ensures your child attendance. Cost $5.00 each (Bookings essential)

Contact Botanic Gardens 49527300 or email botanic@mackay.qld.gov.au for more information.

*Pond dip... Take a net and head down to the water. Scoop along the water’s edge with your net and see what you can find. If you have a white plastic dish, take it along so you can empty out your catch and take a closer look. What can you see? Take photos or draw pictures so you can go home and identify the insects and fish.

FREE THINGS FOR YOUR CHILD TO DO OVER THE HOLIDAYS

ARTSPACE
Discover the arts and culture of the Mackay region when you visit Artspace Mackay, the regional art gallery and museum in the centre of the city. Celebrate the arts through an ever changing array of exhibitions drawn from local, interstate and international collections which showcase the talents of Australian artists. Enjoy lunch or coffee at the Foodspace Cafe which overlooks the green gardens of the Mackay Civic Centre Precinct.

BLUE WATER LAGOON
Enjoy the tropical weather at the free three-tiered lagoon providing free fun for the whole family at Bluewater Lagoon. Located overlooking the picturesque Pioneer River in the heart of Mackay’s City Centre, the facility covers an area equivalent to three 50 metre swimming pools providing a safe year round stinger-free environment for kids and adults alike! Key features include a spectacular waterfall connecting the two main lagoon areas and a children’s water playground where kids will have a ball with a drop-bucket and wading pool. Barbecue facilities and cafe are located on site.

BLUEWATER TRAIL
Get out and explore this great region along the Bluewater Trail. Take a leisurely stroll or scenic bike ride along the award winning shared pathway whilst taking in much of the region’s natural beauty.

Six of the region’s key attractions sit along the trail including the beautiful Mackay Regional Botanic Gardens, Sandfly Creek Environmental Walkway, Catherine Freeman Walk, the free three-tiered Bluewater Lagoon aquatic facility, Bluewater Quay (with barbecue facilities) and Iluka Park (with an all abilities playground).

HERITAGE WALK
The city Heritage Walk highlights some of Mackay’s magnificent turn-of-the-century architecture. A must for any visitor, the 90 minute walk includes many buildings that are listed with the National Trust, including the Mackay Court House and Commonwealth BANK facade. Phone 1300 130 001 for walk times.

You can also participate in a 45 minute Heritage Walk on your own with a booklet or with a group at Mackay Cemetery on Cemetery Road, West Mackay. Take a closer look at the history of the Mackay region between 1862 and 1883 for an insight into the lives of the Pioneers of Mackay

MACKAY ENTERTAINMENT AND CONVENTION CENTRE
There’s always something happening at the MECC and its worthwhile checking their website to see what free activities or festivals are currently on offer. From food and wine festivals, to school holiday workshops for kids, there is definitely something for everyone to enjoy there when visiting Mackay.

NEW LIFE CHURCH ACTIVITY CENTRE
For the little ones, New Life Church on Evans Street just up the road from our school, have an indoor activity centre with a coffee and food shop. You can even book for birthday parties. They are very reasonable so check it out.

HAVE FUN! STAY SUN SAFE! BE HEALTHY! SEE YOU TERM 4

Jacquie Mcilwraith (Alias Ms Mack)
Our Centenary Fair is set for

Saturday, 6 June 2015!

Applications for outside entertainment and market stalls will open soon. We would love to give preference to friends and parents of the school, so if you have a small business or club you would like to promote, or have a band, dance group or similar, please contact us or come to the next P&C Fair Meeting/Morning Tea – 9am, Tuesday, 7 October (first day back).

Well you can! A car boot sale and market day has been planned for Saturday, 8 November 2014 in the school grounds. Why not have a bit of a sort out over the holidays and see what you have to sell. Small home based business also welcome! Bookings open soon.

Check out this site for some great tips -

Did you know?

The uniform shop is open Tuesday from 8.15 to 9am, and order forms are available at the office and tuck-shop.

Over the holidays the Mackay North State School P & C Facebook page will be launched - if you’d like to contribute, let us know!

P & C Executives – email -pandc@macknortss.eq.edu.au
GYMNASTICS

School holiday fun for primary school aged children at Mackay Gymnastics:

- Wednesday 24 September & Friday 26 September
- Wednesday 1 October & Friday 3 October
- Snow Wright Court 9.30 a.m. – 11 a.m.
- Cost only $16.50 per child

A great way to get children active and out of the house

Numbers are limited so please book

Gymnastics – it’s FANTASTIC

Contact Mackay Gymnastics 4942 0032 or email admin@mackaygymnastics.org.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