Dear Parents/Carers,

Principal’s report – Week 8

This week marks the National Day of Action against Bullying and Violence. At our school we aim to create a safe and supportive school community for everyone. Sometimes it can be difficult for parents to know what to do when their child talks to them about bullying.

Parents are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

If your child talks to you about bullying:

1. Listen calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they have told you their story, ask questions and get more details if you need to: Who, What, Where, When etc. Although you may have some strong emotions about your child’s experience, keep calm to avoid more distress to your child.

2. Reassure your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, “That sounds really hard to deal with” or “No one should have to put up with that” or I’m so glad you told me.”

3. Ask your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find a solution is a better option. It helps them to feel they have some power in the situation.

4. Visit www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different situations.

5. Contact the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child’s teacher and if you need, ask to meet with the principal. Contact the school immediately if you have a concern about your child’s safety.

6. Check in regularly with your child. Keep the conversation going. It can take time to resolve issues so check in regularly with your child about their experiences and feelings. Your ongoing support is important.

Prep Upgrade

We are very happy with the work occurring to improve our Prep play and eating area. Work will continue to beautify and improve this area over the coming months. Thanks to our P&C for their support of this project.

Hats

It is vitally important that children bring a hat to school every day. We have a strict rule that children cannot play or work in the sun without a hat. In recent weeks we have had a number of students unable to participate in Physical Education lessons. This is causing disruption to the planning of our teachers and the learning of our students. Please ensure that your child has a hat with them every day to ensure their full participation in all school activities.
ICT LEVY
Each year we ask that parents contribute a modest fee of $20 per student to cover the cost of 2 important programs that assist student reading and mathematics skills. The Reading Eggs and Mathletics programs are individualised for every student and can be accessed at home as well as at school. We ask that if you haven’t already done so, please bring the levy to school as soon as possible so that we can ensure every child has access to these important programs. Students will be invoiced in Term 2 for outstanding fees.

STUDENT ABSENCES.
In line with the Education Act regarding compulsory attendance, it is necessary for Parents/Caregivers to provide a letter of explanation, or phone the school, regarding their child’s absence from school. To date this term, we already have a large number of unexplained absences which Education Queensland will require us to report on. If your child is absent for any reason, please advise with a note on their return to school, or phone call to the office.

Our new phone system is set up to record your student’s absence. When you ring the school number, just press 1 on the keypad and record student’s absence details. If you wish to use this option, this will save you forwarding notes to the Class Teacher.

MARCH
◆ Mac Jiro Cheng
◆ Marsha Elpa
◆ Neyshan Hall
◆ Jaylm Peepe
◆ Madison Hearne
◆ James Attard
◆ Joshua Bustillo
◆ Lain Doyle
◆ Joseph Penola
◆ Cory Samson
◆ Martchie Clemente
◆ Anuksha Everest

STUDENT OF THE WEEK
WEEK BEGINNING 09/03/2015
PREP: Altamash Alam
Altamash always strives to do his very best.

YEAR 1/2: Reyshan Dela Cruz
Wow Reyshan! What a terrific week you have had! You have an amazing brain! Thank you for being in our room.

YEAR 2: Kingston Grigg
For working hard on LEM phonics. Superb listening!

YEAR 3/4: Hao Dong
Excellent work in reading and comprehension during WAVE time! Well done Hao!

YEAR 4: Jacob Looman
Improved efforts in competing written work.

YEAR 5: Juliana Delmo
Great work with online lessons.

YEAR 6: Dan Kevin Asuncion
Great development in his role as School Captain.

STUDENT OF THE WEEK
WEEK BEGINNING 16/03/2015
PREP: Alyssa Benson
What a fabulous student you are! Keep up the great work!

YEAR 1/2: Leana Cuasay
Leana we are so very lucky to have you in our classroom :) You are always doing your best!

YEAR 2: Jayden Samson
For the brilliant work you put into writing a clear recipe. Well done!

YEAR 3/4: Neyshan Hall
Congratulations on great reading and comprehension! Well done Neyshan!

YEAR 4: Janah Dela Cruz
Fantastic attitude towards everything she does.

YEAR 5: Andrei Mariano
Fabulous work with your profile and voki!

YEAR 6: Laurence Cuasay
Laurence is a conscientious student who sets a great example to all around him.
P&C MEETING
Our next Meeting will be held on Tuesday 21st of April 2015 at 9:30am in the shaded area outside Prep Classroom. P&C meetings will now be held the 3rd Tuesday of every month at 9:30am, with morning tea provided, younger children are welcome to attend, please bring something to amuse them during the meeting such as colouring-in etc. I encourage you to attend our meeting with any ideas you have, every idea is considered.

EASTER RAFFLE
Our Easter raffle tickets have been sent home. Please make sure you return any unwanted tickets back to school so we can endeavour to try and sell any remaining tickets. Tickets are $2 each, and are to be returned to the Tuckshop by no later than 9am 30th March. We appreciate your support.

MOTHER’S DAY FUNDRAISING MEETING
We would like to invite anyone interested in creating gifts for Mother’s Day to come along to our meeting next Thursday 26th March at 9am, to discuss items for our Raffle and Stall items. We would like to say a special thank you to Tina and her team at Hair Asylum, on Victoria Street, who have kindly donated 1st Prize for this raffle.

STUDENT BANKING
This year’s theme is outer space…..
Students are to drop their deposit books and money into Miss Debbie in the office, between Monday and Thursday Morning. From here your student banking co-ordinator Cassie Stone will collect them, and finalise deposits and return the deposit books to school. This is the only way I can guarantee that banking can happen every week. I am very sorry if this is of any inconvenience to anyone, but as I no longer have another co-ordinator, and my work commitments, this is the only fair way to continue. If you student is due for a reward I will put a slip in their deposit book and they can choose their reward. Reward counts continue from last year, so if you were up to 9 deposits then your first deposit this year will earn you a Reward. Thank you.

NOTICE BOARD
Please check our noticeboard for all the latest P&C news…

FACEBOOK PAGE UPDATE
For those of you who have Facebook, we now have a new Facebook page. We encourage you to join our page, as it is here you will get lots of important information that’s happening at our school. Search MACKAY CENTRAL STATE SCHOOL P&C ASSOCIATION, this page is updated regularly with things happening at school. This is the best way to stay up to date.

Get your family active and eating well
Local families can now sign up the free healthy lifestyle program called PEACH™ - Parenting, Eating and Activity for Child Health. Registrations are now open for a group to commence in Mackay term 2, 2015.

The program is fun for kids and helps parents and carers make healthy eating and activity a part of every-day life. It is available to families with a child aged between 5-11 years who is above a healthy weight their age.

It consists of 10 group sessions that run for 90 minutes each. The first 9 sessions are held weekly within the school term. Ongoing individualised family support is offered through the second half of the program ending with one final group session.

Some of the topics covered include nutrition skills, relationships with food and eating, changing family lifestyle behaviours and making healthy eating affordable. While the parent sessions are taking place, children enjoy active play with a trained child physical activity facilitator.

The program is funded by the Queensland government and being delivered by the Queensland University of Technology. If you would like more information about the PEACH™ program or to register please contact free call 1800 263 519 or visit www.peachqld.com.au