

# Manly West State School

## Active Minds, Bright Futures

### Newsletter



**NEWSLETTER – THURSDAY, 13 OCTOBER 2016**

#### **Principal's Message**

##### **False Report made to Police**

The Queensland Police investigated a report made yesterday that a teenage person dressed as a clown was seen in Melaleuca Park. This report was later found to be made up by a student who has been watching too much of the nonsense about clowns on social media recently. School staff, however, did use this opportunity to remind students on how to walk or ride safely to/from school.

##### **Learning to Play Together**

Children learn through playing games with each other and some of these games require props such as toys and playing cards. Children are encouraged to use the equipment provided at school for their learning and their lunchtime play. Please ensure your children do leave their special toys at home because these can become lost or broken. Many children are bringing playing cards such as pokemon cards to school and this is ok! It is providing opportunity for children to practise talking and collaborating in a group. However, trading these cards can lead to conflict and so trading is not to take place at school.

##### **Our Multipurpose Court and Art Studio Celebration**

The Court is open, the Art Studio is complete and we are celebrating! Families are invited to a FREE evening BBQ on 14 October from 5.00-6.00pm. Local tennis guru Ian Malpass and his team of tennis coaches will be on hand for some fun and tennis games for children and adults. A hands-on art activity will also be available in the Art Studio. Book this date into your diary to celebrate with us!!

##### **2017 School Captains ... Speak Out!**

An inspiring group of young people graced our hall stage on Monday afternoon to present their speech for the role of school captain in 2017. Congratulations to each of them on a job well done. Year 3-6 students and staff voted for their top four from the nineteen speeches. Next week ten of the students from this group will move on to participate in a fishbowl problem-solving task in front of a panel of current school captains and community leaders. We wish them luck with this next challenge.

##### **Reminder**

To accommodate public holidays and the captain speeches, we will have one more Friday morning parade will at 8:50-9:20am next **Friday, 21 October** for the presentation of Principal, Learning Behaviour and other key awards. Specialist lessons will go ahead as per usual (including swimming) with individual students attending the parades to receive their awards.

Kind regards

Lisa Morrison (Principal)

Our aim - every day, in every classroom, every child learning and achieving!

## From the Office

### Payments Due:

Prep to Year 6 Dance Cart	\$25.00	<b>Overdue!!</b>
Prep Reef Experience Puppet Show	\$6.00	Due by Friday, 21/10
Year 4 to 6 Interschool Sport Gala Day	\$7.00	Due by Tuesday, 25/10

### Enrolling for 2017?

To all families enrolling for any year level in 2017, you are encouraged to complete an enrolment form (in catchment) or an out-of-catchment expression of interest form as soon as possible. An enrolment form can be found on our school website or collected from the school office. For all new families enrolling in 2017, we would like to invite you to a school tour and information session on:

- Tuesday, 25 October from 9:00 to 10:00am

### Prep 2017 Date Claimers:

Transition sessions will be held from 10:00 to 11:00am on the following Tuesdays – 18/10, 25/10, 1/11. Interviews will be held on Saturday, 5/11. Parents will be notified of times.

***If your child currently attends Manly West SS, there is no need to re-enrol for 2017.***

### Plan Ahead ...

To assist you in planning ahead, there is a **PUPIL FREE DAY** on Monday, 17 October.

## From Around the School

### Can you help please?

Do you have any working but unwanted smart phones at home? The ICT committee would love donations of old android or apple smartphones to use in classrooms. Please ensure you remove anything you wish to keep from the device before sending it in, as we will be wiping them clean and installing a small number of apps applicable to our needs. Any chargers you don't need, please send them in too. Please drop them off to Miss Goodwin's classroom – D Block or to the Office. Thanks for your donation!

### School Banking

Thursday is school banking day. Put your yellow wallets in the classroom bank bag and bring it to the tuckshop. Redeem 10 tokens for a Reward Item (while stocks last), Bag Tag, Eraser Pen, Skipping Rope, Handheld Fan, Wriggly Worm toy, Tin Moneybox, ET DVD, Frisbee or Vortex Rocket.

Gold Certificate for making 30 deposits: Well done Olivia Asquith.

Silver for 20 deposits: Theo Fechner, Chase Herson, Charlotte Galea, Blake Roberts, Emily Harrison, Conor Griffin, Emily Richardson, Kaden Conti and Brooke Currie.

Bronze for 10 deposits: Jayden Bayliss, Denby Archer and Ryan Smith.

Australia Zoo competition drawn 11/10/16.

The Prize Lights competition drawn 12/10/16.

Winners will be notified by phone and in writing.

The Term 3 Goodie Bag competition will be drawn at assembly Monday, 24 October. Don't worry if you didn't have an entry form stapled to your deposit book, all students who made 3 or more deposits in Term 3 have automatically gone into the draw.

The last day for banking and orders will be Thursday, 1 December 2016.

Thank you for supporting school banking.

## Tuckshop

Do you have a little bit of time you can spare, even if it's only once a week, or once a month? The Tuckshop is in urgent need of volunteers. Please see Bev or Tania if you can help.

## Library News

Book Fair is coming is Manly West! Mark your calendar for Tuesday, 25 October to Monday, 1 November. This is a great opportunity to do some Christmas shopping. Scholastic Book Fair provides a range of books, posters, and novelty items for sale for all ages. Every purchase will assist Manly West State School to provide resources for our Library.

## Swim Club

The season has started ... check out our Facebook page ... Manly West Manta Rays Swimming Club. **If you would like to sign up for this upcoming season and were unable to make the sign on days, email us at [mwmantarays@gmail.com](mailto:mwmantarays@gmail.com) and we will only too happy to assist you.**



Splash!! Yes, it's time for the swimming season. Pull out the togs, dust off the swim cap and goggles and get on down to the pool. We have lessons on Mondays and Wednesdays after school as well as Squad training before school on Tuesday and Thursday mornings. Get your little one ready for swimming carnivals toward the end of the term and all that summer fun at the beach and local swimming pools. Call Matthew & Rachel 0401 440 359 or email [swim@baysideswimschool.com.au](mailto:swim@baysideswimschool.com.au) for class times and details about our classes.

## PE News

Every year, a "Schools with Pools" Swimming Carnival is held where schools in our district compete against each other ... this year, it's on Friday, 11 November. Let's have all swimmers training hard from September so we can get nominate biggest and best team together. And for the keen swimmers out there looking forward to the school swimming carnival mark these dates on your calendar: the Junior Swimming Carnival is on Wednesday 23 November, the Senior Swimming Carnival is on Friday 25 November and our Prep students will have their own carnival during their normal PE time on Friday 2 December.

Total Football Academy will be running an **after school soccer program** during Term 4 for Prep to Year 4 pupils. Registration forms have been sent home. The program starts on Wednesday, 19 October, 3.15pm - 4.15pm. To sign up online visit [www.totalfootballacademy.com.au](http://www.totalfootballacademy.com.au) or call Danny Morton on 0473 344 778. Find us on Facebook for wet weather information and special offers.

## It's Disco Time!

**DATE:** Thursday, 27 October  
**TIME:** Prep to Year 3: 5:00 to 6:00pm  
Year 4 to Year 6: 6:15 to 7:30pm  
**THEME:** COME DRESSED IN FLURO !!

Look out for the flyer coming home with prices and further details.

## P&C News

Our next meeting is next Thursday, 20 October at 6.30pm in the Admin Block Staff Room.

## From the Guidance Officer



Mental Health is a positive state of wellbeing used to describe emotional and social wellness. It involves feeling positive about ourselves, the people and events in our lives, and being able to live life to our fullest capacity.

The World Health Organization defines mental health as “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

Our mental health influences everything we do:

- How we think, feel and behave
- The way we relate to other people
- The way we respond to the challenges of everyday life; and
- How we cope with events such as changing jobs, having a baby, raising a child, relationship difficulties, retirement, loss and physical illness,



Things to do to improve your mental health:

- Exercise daily – at least for 30 minutes
- Eat healthy foods – avoid drinking too much coffee, eating too much fat, and sugars
- Visit your doctor regularly to ensure good health
- Build a community around yourself – having people to talk to makes life happier and more enjoyable
- Keep busy and involved – in family, school, work, leisure
- Drink plenty of water
- Have adequate sleep – restful sleep. If you snore or have sleep apnea see your doctor
- Seek help if you are feeling down, don't let the blues take over you
- Be kind to yourself – do things that you enjoy eg. a relaxing bath, take a movie, go to dinner
- Do things for other people – not only will they benefit but it is a boost for you as well
- Practise thinking good thoughts, avoid bad thoughts
- Watch comedy shows, seek out humour, laugh loudly



Mental health is an essential part of our overall health and affects our physical health; as our physical health also affects our mental health. It is also strongly related to our behaviour, particularly our social behaviour and relationships with others. So put the effort in and work to be mentally healthy.

*Adapted from: Austn Network for Promotion, Prevention and Early Intervention for Mental Health*

If you would like further information or to find out what services are available see your Guidance Officer at the school.

*See a list of the Services available at the end of the newsletter.*

## Community News

As we have for many years, the School Dental Service still provides **FREE Dental Treatment** to **all** school students up to Year 10 as well as to those 0 to 4 year olds and Year 11 and 12 students who hold a Health Care Card or receive the Child Dental Benefits Scheme. Call 1300 300 850 to book an appointment at a clinic near you.

Do you need help with school costs? The Smith Family offers **Savers Plus**, a program you can join that will match your savings, dollar for dollar, up to \$500 for educational costs such as uniforms, text books, excursions/camps, music tuition, instrument hire and more. To find out if you are eligible, contact David Smith on 3115 6202 / 0417 436 183 or email [david.smit@thesmithfamily.com.au](mailto:david.smit@thesmithfamily.com.au)

Interested in playing **Futsal**? 5-a-side indoor soccer is being played at a club near you. Competitions start in September of ages 3 and up, Juniors and Adults. Register at [www.qldfutsal.com](http://www.qldfutsal.com) or phone 1800 FUTSAL.

**MILO T20 Blast is coming to a Club near you from 5.30pm on Friday, 14 October – 2 December.** Register at [playcricket.com.au](http://playcricket.com.au). Click on the “Where Can I Play” box, and type in Wynnum Manly Cricket Club. For further information, contact Jason Bragger on 0417 303 951.

Moreton Bay Environmental Education Centre is holding an event from 1 to 4pm on 8 October to help Bayside girls from Year 6 prepare for high school. **High School Hacks for Girls** includes topics such as what success in high school looks like, how to set yourself up for success, how to stay connected. Key Presenter is Liz Anderson, Director, Psychological Solutions, Belmont. Gold coin donation on entry, refreshments provided. Visit <http://sibayside.wixsite.com/highschoolsucces>.

Wynnum Juniors **Touch Rugby League** season commences at Iona College Oval on 10 October for girls and boys aged 6-15 years. For further information or to register, phone 3393 3482 or email [admin@trlredlands.com.au](mailto:admin@trlredlands.com.au)

BABI Youth & Family Service are holding their next “**Parenting & Enjoying Teenagers**” 7 week evening program from 10 October to 21 November at 34 Bay Terrace, Wynnum. Bookings are essential, so phone 3393 4176.

## Calendar

### **Friday, 14 October**

Parade, 8.50am

Multipurpose Court and Art Studio Opening and BBQ, 5:00pm

### **Monday, 17 October**

**PUPIL FREE DAY**

### **Monday, 24 October**

Dance Cart, Prep to Year 6

## **Providers to Support Mental Health**

Agency	Service	Ph	Contact
Beyondblue	Advice/support for depression/anxiety/suicide	1300224636 Chat line	<a href="https://www.beyondblue.org.au">https://www.beyondblue.org.au</a>
Reachout	To help young people get through tough times	Chat forums on line	Reachout.com
Kids Helpline		1800551800	
Lifeline	Counselling/crisis support	131114	
Sane Australia	Information and resources for people with mental illness	1800187263	<a href="http://www.sane.org">www.sane.org</a>
Domestic Violence	Support/ counselling	1800 811 811  Mensline: 1800600636	<a href="mailto:mail@dvconnect.org">mail@dvconnect.org</a>
Family and Child Connect	Direct families to services	133264	<a href="http://www.familychildconnect.org.au">www.familychildconnect.org.au</a>
Parent Support	Variety of issues counselled by telephone support Offers Triple P sessions over phone Referral advice Provision of tip sheets (About raising babies, health services, family activities, financial <b>help</b> , legal advice, aged care, education, and jobs)	1300301300 Telephone counselling Helpline/email access	<a href="http://www.parentline.com.au">www.parentline.com.au</a>  <a href="https://www.qld.gov.au/families/">https://www.qld.gov.au/families/</a>  <a href="mailto:parentline@kidshelp.com.au">parentline@kidshelp.com.au</a>  <a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a>
Mental Illness fellowship	Support/ networking	1800985944	<a href="http://www.mifa.org.au">www.mifa.org.au</a>
Relationships Australia		1300 364 277	<a href="http://www.relationships.org.au">www.relationships.org.au</a>
Children of parents with a mental illness	Tips/ carer support/ advice		<a href="http://www.copmi.net.au">www.copmi.net.au</a>
Mensline		1300789978	
Health Direct	To talk to a Registered nurse (24 hr service)	1800022222	
Family drug Support Helpline	Alcohol and drug related issues	1300368186	