Moore Park State School
Newsletter

Term 4 Week 2
11th October 2016

<table>
<thead>
<tr>
<th>Term 4</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Week 2</td>
<td>10/09 – 14/09</td>
<td></td>
<td></td>
<td></td>
<td>OptimINDS Team departs for National Finals</td>
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<tr>
<td>Week 3</td>
<td>17/09 – 21/09</td>
<td>Student Free Day</td>
<td>Parade – 2.30 p.m.</td>
<td>Student Banking</td>
<td>Opening of the</td>
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<td></td>
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<td>OptimINDS Team returns</td>
<td>Presentation Night for</td>
<td>Religious Instruction</td>
<td>Supervised Crossing –</td>
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<tr>
<td></td>
<td></td>
<td>from National Finals</td>
<td>Bundaberg North SHS - 7pm</td>
<td></td>
<td>9 am</td>
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<tr>
<td>Week 4</td>
<td>24/09 – 28/09</td>
<td>&quot;Moore Reading, Moore Stories, Moore Fun&quot;</td>
<td>Year 4 Camp – Boyne Island – depart</td>
<td>Year 4 Camp – Boyne Island - return</td>
<td>Religious Instruction</td>
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<td>Day of Excellence – Yrs 4-6 Prep Orientation – Day 1</td>
<td>Student Banking</td>
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<td>Religious Instruction</td>
<td>Day for Daniel</td>
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<tr>
<td>Week 5</td>
<td>31/09 – 4/10</td>
<td>&quot;Moore Reading, Moore Stories, Moore Fun&quot; Year 5 Camp - departs Year 6 Camp - departs</td>
<td>Parade – 2.30 p.m.</td>
<td>Student Banking</td>
<td>Religious Instruction</td>
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<td></td>
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<td></td>
<td>Year 5 Camp – returns</td>
<td>Year 6 Camp - returns</td>
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PRINCIPAL: Ann McCullough

Dear Parents/Caregivers

OptiMINDS
Good luck to the OptiMINDS Team – students and teachers, who travel to Brisbane for the National Finals Competition this week end. Do your best and enjoy this fantastic opportunity. I am sure you will do our school proud.

Safety Issues
Snakes are on the move. Please take care with your little ones when dropping off or picking up students – please keep them out of the gardens. Teachers have talked to students regarding what actions to take when they see a snake at school ie STOP, Back Off and Report to an adult or older student. The school then rings a snake catcher to remove the snake.

Let’s keep our kids safe
Day for Daniel is coming up on the 28th October. Stranger Danger (Recognise, React and Report) and Cybersafety lessons will be conducted in the coming weeks for students. For more information contact: The Daniel Morcombe Foundation

Change to Notification of Absence from School
Commencing this term the school has received funding for an Attendance Officer whose daily duties include contacting parents or caregivers if the school has not been notified of a student’s absence and a reason for the absence by 9.00am.

For this reason it is important that parent or caregiver phone contact details are up to date. If you have changed your phone contact details could you please notify Admin at your earliest convenience.

Notification of absence can be made by leaving a message on the school answering machine (41306111), by ringing directly to the school before 9.00am (41306111) or by email to absences@mooreprkss.eq.edu

Have a great week!
Regards,
Ms Ann McCullough

2016 ATTENDANCE DATA

<table>
<thead>
<tr>
<th>Term 4 Attendance Data</th>
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<tbody>
<tr>
<td>Week</td>
</tr>
<tr>
<td>1</td>
</tr>
<tr>
<td>Average</td>
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**Week 1 Attendance Data**

<table>
<thead>
<tr>
<th>Class</th>
<th>Attendance %</th>
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<tbody>
<tr>
<td>Prep</td>
<td>90.1%</td>
</tr>
<tr>
<td>1</td>
<td>92.7%</td>
</tr>
<tr>
<td>2</td>
<td>94.7%</td>
</tr>
<tr>
<td>3</td>
<td>93.4%</td>
</tr>
<tr>
<td>4</td>
<td>92.7%</td>
</tr>
<tr>
<td>5</td>
<td>95.7%</td>
</tr>
<tr>
<td>6</td>
<td>95.6%</td>
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Average = 93.7%

**STAR STUDENTS**

This fortnight’s Star Student Value is **RESPECT**. Star Student Awards are an important part of Moore Park’s Positive Behaviour for Learning Program. They recognise students that exemplify the values that form our three rules of SAFETY, RESPONSIBILITY and RESPECT.

Teachers and students will be focusing on lessons and activities dealing with non compliance issues and not following instructions at school.

**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.

**P & C NEWS**

The P&C will again be holding a pie/sausage roll day on **Wednesday the 19th of October**. An order form has been sent home with every child. Please make sure that all order forms are handed in to the office by the morning of **Friday the 14th of October** as no late orders can be accepted.

The uniform shop is still open every Wednesday morning with a range of second hand clothing of various sizes and brand new hats for sale.

**SAUSAGE SIZZLE**

Our delicious Sausage Sizzle is available every Friday for $1.50.

**PREP ENROLMENTS FOR 2017**

Children eligible for Prep are born after 1/7/11. Complete details and return this tear-off section to the school office.

Child’s name: __________________________

Child’s Date of Birth: ______________________

Boy or Girl ______________________

Parent’s names: __________________________

Address:________________________________

________________________________________

Phone: _________________________________

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