From the Principal

I respectfully acknowledge the Traditional Custodians of the land, the Yugambeh and Jagera people and recognise that this area has always been a place of teaching and learning.

I extend my respect to the Elders, past, present and emerging for they hold the memories, the traditions, the cultures and hopes of Aboriginal and Torres Strait Islander Peoples.

This week I would like to share with you the importance of taking care of our children’s mental health and wellbeing. Adults sometimes look back on their childhood as a time when they were always happy, but life’s ups and downs are a part of childhood too. Children need to build resilience skills to be able to both enjoy good times and deal with hard times.

Helping children learn how to manage life’s ups and downs and build their coping skills supports their mental health and wellbeing now and into the future. Feeling good protects mental health and wellbeing.

Did you know that experiencing positive emotions such as joy, pleasure and having fun are essential experiences for building and maintaining a healthy mind across our whole lives?

Skills and qualities that help children cope with life’s ups and downs:

- Trust - that the world is safe and that there are caring people to help them.
- Belief - in their ability to do things for themselves and achieve their goals.
- Feeling good - about themselves and feeling valued for who they are by their parents and carers.
- Optimism - that things generally turn out well.
- Ability to manage their feelings, thoughts and behaviours.

Children develop these skills and qualities and learn to keep a balance over time, initially through their experiences in coping with small stresses with help from supportive adults. When bigger stresses come along, even though at first they might feel quite distressed, children can draw on what they have learned about helping themselves to cope and feel better. Looking to others for support continues to be an effective way of coping.

How are your child’s resilience skills developing? Resilience is the ability to cope with life’s ups and downs.

Children’s resilience is enhanced when they:

- are loved by someone unconditionally
- have an older person outside the home they can talk to about problems and feelings
- are praised for doing things on their own and striving to achieve
- can count on their family being there when needed
- know someone they want to be like
- believe things will turn out all right
- have a sense of a power greater than themselves
- are willing to try new things
- feel that what they do makes a difference in how things turn out
like themselves
• can focus on a task and stay with it
• have a sense of humour
• make goals and plans, both short and longer term.

Feeling optimistic and hopeful are key parts of mental health and wellbeing.

If you have concerns about your child’s mental health, please contact our Guidance Officer: Jade Peardon or the Deputy Principal for your child’s year level: Prep & 1 Lynne Kendall, 2 & 3 Kelly Roberts, 4 & Ext. Omen Facto and 5 & 6 Tracey Walker.

Parent/Teacher interviews – Tuesday 6 September
Information regarding parent/teacher interviews will be distributed very shortly. You will receive a letter explaining the process for booking interviews and also a student card for your child/ren. Should you have any trouble booking an interview, please contact our offices for assistance. Take the time to have an interview with your child’s teacher/s to ensure that we are all working together to achieve the best education for our students. Also use this time to update our information on your child/ren by making any corrections on the student card that is sent home and returning it to the office. If you have an email address, please include it on the student card.

Absences – Every day counts
During the cooler months attendance has again become an issue, parents are reminded that children must attend school on every school day unless they have a reasonable excuse for being away, such as illness. Visiting family, being tired, or starting holidays early are not good reasons to be away from school. More information on the importance of regular school attendance is available at www.education.qld.gov.au/everdaycounts/docs/parent-fact-sheet.pdf

Remember if your child is absent from school you need to contact the school either by: phone 3386 5333, email absence@mabelparkss.eq.edu.au or a note to the teacher.

Book Week Parade
Book Week Parade is here again this Friday 26 August. Our book week parade is always a fun way to show the importance of reading. I’m looking forward to seeing the amazing array of costumes on display. I know our students love the day. Be sure that your children are reading every night at home.

P&C Meeting
Our next P&C meeting is this Thursday 18 August at 3pm in the library. Please come along for a chat and an opportunity to hear all of the things happening in and around the school.

Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>18 August</td>
<td>P &amp; C Meeting, 3 pm</td>
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<tr>
<td>24 August</td>
<td>Prep Readiness Sausage Sizzle</td>
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<tr>
<td>26 August</td>
<td>Bookweek Parade</td>
</tr>
<tr>
<td>29 August</td>
<td>Year 3 Swimming Lessons</td>
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<tr>
<td>30 August</td>
<td>Year 5 Starlab Incursion</td>
</tr>
<tr>
<td>6 September</td>
<td>Parent Teacher Interviews</td>
</tr>
<tr>
<td>11 October</td>
<td>Prep Readiness Program Begins</td>
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From the Junior Campus Deputies

Reading@Mabel Park State School is a key focus of the children’s classroom learning. This is the best **homework** that you can do with your children every day.

**Reading ideas - Prep to Year 3**

While your child is engaged in a variety of reading activities at school, it is also important to encourage your child to read outside the classroom.

Here are some ideas that may help you support your child’s reading development:

- talk with your child about the things they like to read - picture books, books about dinosaurs, ‘how-to-make’ instructions, catalogues, signs, computer games
- ask your child to retell their favourite stories
- read with your child each day if you can - before bed, first thing in the morning, whenever it is convenient for the family
- ask questions while reading to your child to check they understand what they are reading such as *Why do you think that happened? What do you think will happen next?* and *Why do you think the author included that part in the story?*
- give your child time when they get stuck on a word - take it slowly - encourage your child to read on to get the overall meaning or tell them the word
- let your child see you reading
- read and write with your child in their first language
- visit the local library and encourage your child to choose reading material that they will enjoy
- collect books and display reading materials in your home such as books, newspapers, magazines
- point out printed words found at home and in your child’s local environment including long, short, funny or interesting words
- share with your child a range of electronic materials such as websites, email, text messages, computer games
- share with your child a range of visual texts such as photos, illustrations, cartoons, comics
- make books or other reading materials with your child about topics of interest or shared experiences - a holiday photo album, a book about insects, signs for their bedroom
- create a special place for your child to read, write or draw
- make a message board or space at home and encourage your child to read and leave messages for other family members
- create word walls in places where your child spends a lot of time such as their bedroom
- carry a book or magazine with you when you are out - waiting at the doctor, waiting for the bus.
Little Big Book Club
The Little Big Book Club is an early literacy program for 0-5 year olds. The Little Big Book Club website includes an extensive list of suggested reading material for children of all ages.


Mabel Park State School - Library Borrowing
The children are encouraged to use the school library for borrowing books, before or after school. This encourages the children to become independent library borrowers.

**The morning library times for borrowing are 8:00am to 8:30am and the afternoon times are 2:40pm to 3:00pm.**

When the students borrow books, they have three opportunities to receive a prize for borrowing including:

- Weekly prize - drawn on parade
- End of term there is a book prize.
- End of the year there is a prize for the student that has borrowed the most books for the year.

We look forward to seeing you all at Book Parade – to enjoy the love of books together.

From the Middle Campus Deputies

**School Bus – Code of Conduct**
All students travelling to and from school via public transport are required to follow a Code of Conduct. This aligns very closely with our Mabel Park STAR expectations to be Safe and Responsible. Students who breach the Code of Conduct by failing to act appropriately either on buses or whilst waiting at bus stops could have consequences applied including suspension/loss of bus pass. If your child catches the bus to or from school, please speak with them about appropriate behaviour on public transport.

**Opti-Minds**
On Saturday 27 August, a number of students from year 3, 4, 5 and 6 will be representing Mabel Park State School in the Opti-Minds Challenge at Marsden State High School.

The Opti-MINDS Challenge is an opportunity for all those with a passion for learning & problem solving to showcase their skills & talents in an exciting, vibrant & public way.

Opti-MINDS provides for the demand for sophisticated, educational & motivational opportunities. The rapidly increasing & widespread involvement of thousands of participants throughout Queensland & internationally, demonstrates that Opti-MINDS is not only a valuable & worthwhile investment in the education of our citizens, but is also an integral part of our collective future.

We wish our Opti-Minds students all the best for the upcoming challenge day. Special thanks to Mrs Finlay and Ms Zietch for giving up their time before school, during break times and on the weekend to allow our students to be part of Opti-Minds 2016.
**NAPLAN Student Reports**

All students who participated in the NAPLAN tests will have an individual report of their results sent home in the coming weeks. Individual student reports are not provided for the NAP sample assessments.

NAPLAN individual student reports provide information about what students know and have achieved in the areas of reading, writing, language conventions and numeracy. They also provide information on how students have performed in relation to other students in the same year group, and against the national average (over one million students participate in NAPLAN tests each year) and the national minimum standards.

- Year 3 student reports show bands 1 to 6, and the national minimum standard is band 2
- Year 5 student reports show bands 3 to 8, and the national minimum standard is band 4

The student’s result in each area (reading, writing, spelling, grammar & punctuation, and numeracy) is marked on the common assessment scales.

**Parent/Teacher Interviews Term 3 2016**

Parent/Teacher interviews will be conducted for all year levels from 3:00pm – 7:30pm on Tuesday 6 September 2016. Interviews will be of 10 minutes duration and will be held in the Resource Centre, Performing Arts wing and Science wing on the Junior Campus. We recommend parking in the Borman Street or Windsor Street carpark. Appointments can be booked beginning Monday 22 August 2016.

For these interviews we are using the internet-based booking system ‘Parent Teacher Online’ (PTO). Using this system, you will be able to book the interview times that best suit you from any internet connected computer. Should you not have internet access, please contact the school on 33865333 for assistance.

Please access the system as follows:

- You will need your child’s EQ ID for the registration process. The **EQ ID is located at the top of this letter.**
- Go to our school website [www.mabelparkss.eq.edu.au](http://www.mabelparkss.eq.edu.au)
- Click on the ‘PTO’ link located in ‘Calendar and news’
- Click ‘register for use’ – (This is necessary when you use the ‘PTO’ system. Do not login at this stage)
- After registration you will receive an email to your nominated email address containing your login details
- Login to ‘PTO’ using the details provided in the email and book appointments for parent/teacher interviews

Please note the following points:

- When you log on, the system displays only your own child/ren
- You will only see time slots that are available at the time you are using the system. As time slots are booked, those time slots are no longer displayed as available. ‘PTO’ prevents double booking of interviews.
- When you have finished with bookings, you can print a report in time order. You can log in at any time until closing to edit your bookings. Closing date and time are as follows: Monday 5 September at 5pm.
- A map of the interview venue is available on the ‘PTO’ website accessible via our school website www.mabelparkss.eq.edu.au
- If you have any difficulty using the system, please contact the school office.

**Triple P – Positive Parenting Program**

**100+ SEMINARS WITH MORE TO COME**

It's never been easier to get free parenting support in Queensland! Right now there are more than 100 free positive parenting seminars for parents, grandparents and carers to attend in more than 35 locations across the state. From Cairns to Coomera to Cooroy – Triple P has Queensland parents covered. To find a seminar that suits you (and to register) visit www.triplep-parenting.net. You can also do Triple P in a group, online, one-to-one, over the phone, or DIY with a workbook – visit the website for information on these options too.

**PARENTING MAGAZINE JUST FOR QUEENSLAND**

Triple P's new Queensland-only parenting magazine is hot off the press. The Tippaper has everything you want to know about Triple P in Queensland and more! And the great news is, the Tippaper is available online.

**TRIPLE P ONLINE – YOUR PERSONAL PARENTING COURSE**

Strapped for time? Can't get to see a Triple P provider face-to-face? Prefer to do Triple P in the privacy of your own home? Triple P Online is the way to go. More than 8000 parents from across Queensland are already doing the eight-module program including football star, father-of-four and Triple P ambassador Corey Parker who says: "We’re always learning as parents, and Triple P's a great way to do that." It's easy to find out more and sign up for Triple P Online.

**SPECIAL GUESTS TO ATTEND ANNIVERSARY SEMINAR IN BEENLEIGH, LOGAN**

It's shaping up to be one of Triple P's greatest parenting seminars! World parenting expert and Triple P founder Professor Matt Sanders is coming to Logan on Tuesday, August 23 to present his **Raising Confident, Competent Children** seminar. It'll mark one year of free Triple P in Queensland and, to celebrate, Logan local and Triple P Ambassador Corey Parker will be there! So head on down to Beenleigh Events Centre from 6.30pm (for a 7pm start).
Library News

BOOK WEEK PARADE

FRIDAY

26 AUGUST 2016

9AM

PARADE AREA

SEE YOU THERE!!!
Advertisements and Notifications

MABEL PARK STATE SCHOOL

Prep Readiness Program

Children born between
01/07/2011 - 30/06/2012

PRE PREP PROGRAM STARTS
11TH OCTOBER 2016

Come to Mabel Park State School Junior Campus for a sausage sizzle on the 24th August at 1:45pm. Bring your child’s birth certificate and complete an enrolment pack.

To register your interest in the Mabel Park State School Prep Readiness Program, please contact or visit our Administration Offices or call 3386 5333 or email enrolments@mabelparkss.eq.edu.au
The theme this year is...

Road to Rio
2016 Olympics

All Prep – Year 3 students will participate in a range of different activities of their choice.
Younger siblings welcome with an accompanying parent.

You’re invited to
Mabel Park State School’s
Early Years Celebrations

Activities include:
- Olympic Torch construction
- Medal making
- slime play, disco, bubbles, police office visit...
...and so much more!

The tuckshop will be open to purchase food and drinks

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Technology Classes for Teens

Robotics Workshops: LEGO® .EV3
Experience .EV3 or NXT LEGO® Robotics for aged 9-16.
- Logan Central
  Fri 5 Aug to Fri 9 Sep - 3pm

Robotics Community Showcase
LEGO® .EV3
Join participants from the libraries’ .EV3 workshops for an introduction to what .EV3 can do and afternoon tea.
- Logan Central
  Fri 16 Sep - 3pm

RoboCreations
Fire up your imagination and create robotic masterpieces. We will be using LEGO® .EV3 and other platforms to build and explore different forms of robotics.
For ages 10-17 only

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<thead>
<tr>
<th>Location</th>
<th>Schedule</th>
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<tbody>
<tr>
<td>Hyperdome</td>
<td>Sat 13 Aug and Sat 10 Sep - 2pm</td>
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<tr>
<td>Logan North</td>
<td>4th Saturday of the month (24 Sep, 22 Oct) - 2pm</td>
</tr>
<tr>
<td>Logan West</td>
<td>3rd Thursday of the month (18 Aug, 15 Sep, 20 Oct) - 3:30pm</td>
</tr>
<tr>
<td>Marsden</td>
<td>1st Friday of the month (5 Aug, 2 Sep, 7 Oct) - 3:15pm</td>
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</tbody>
</table>

Bookings essential. Call or register online: http://loganlibraries.org/events_calendar
HOW TO SET YOUR CHILD UP FOR SUCCESS

FREE Triple P Seminar
Raising Confident, Competent Children
With Triple P founder PROF. MATT SANDERS

Want your child to have the best chance at school and in life? Get the ideas that could change your child’s future (for the better) in this 90-minute seminar for parents, carers and grandparents of children up to 12 years. It’s free from the Triple P – Positive Parenting Program and the Queensland Government.

You’ll get simple strategies to help you teach your child to:

- Show respect
- Be considerate
- Communicate well
- Get on well with others
- Solve problems
- Become independent

Where:Beenleigh Events Centre
Corner of Kent Street & Crete Street,
Beenleigh
When: Tuesday August 23
7pm – 8.30pm
(Come early for free tea & coffee)
Cost: Free

“"We’re always learning as parents, and Triple P’s a great way to do that. See you at the seminar.”

Corey Parker

SIGN UP NOW!
WWW.TRIPLEP-PARENTING.NET