Principal’s Message

I acknowledge the Yugumbir people as the traditional custodians of the land on which we are gathered and pay respect to the Elders both past and present.

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 well
- can focus on a task and stay with it
- 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.

(Source: KidsMatter)
2015 Parent Opinion Survey
Thank you very much to the parents who have responded and returned the annual 2015 Parent Opinion Survey (POS) that went home last week to randomly selected families. The DET mandated survey is confidential and an important component of parent engagement for schools. The POS helps us with our future planning and improvement and the information contained in recent POSs will be extensively used in our School Review Planning during Term 4 this year.

Mabel Park State High School Logan Leaders Breakfast
Our School Captains and Vice Captains Kiara, Charlie, Kya and Ranil, along with their parents and teachers were invited to attend the MPSHS Logan Leaders Breakfast last Friday. Not only were they treated to breakfast, they had the great fortune of hearing presentations focussing on leadership from the MPSHS Principal Mr Michael Hornby, our Minister for Health and Ambulance Services the Honourable Cameron Dick MP, as well as MPSHS past student Andrew Glikidis who now has a successful career in engineering. It was an inspiring morning for our students and definitely has them looking forward into their futures.

Upcoming Events

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<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>20 August</td>
<td>P &amp; C Meeting, 3pm</td>
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<td>25 August</td>
<td>Prep Lone Pine Excursion</td>
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<td>26 August</td>
<td>MPSHS year 5 Open Day</td>
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<td>26 August</td>
<td>MPSHS Parent-Teacher Information Session, 4:30pm-5:30pm</td>
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<td>28 August</td>
<td>Book Week Fancy Dress Parade</td>
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<td>27 August</td>
<td>Trash or Treasure</td>
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<td>2 September</td>
<td>Taste of Culture</td>
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School Attendance
As mentioned in our previous newsletter, our revised school goal for attendance is 95%. The table below shows attendance data for all classes on the Middle School Campus.

**WEEKLY ATTENDANCE GRAPH for MIDDLE SCHOOL CLASSES (Week 5 Update)**

- Class with the best attendance - Year 5/6CW
- Class with the most improved attendance – Year 4JN

Congratulations to both classes on their achievement and sincere thanks to all our teachers who provide great support in this area. In addition, the attendance levels for all classes will be on display in the office foyer each week so all members of our school community can track a class' progress.

**Mathematics and Science Expo – Thursday 20 August at Mabel Park State High School**
Up to seventy of our year six students will have the opportunity to participate in the expo this Thursday. It is a great chance for our students to view the exploration of light and colour through a range of ‘hands on’ activities and demonstrations.

Teachers will accompany students over to the high school during the second session on Thursday.
**When:** Thursday 12.50 pm – 1.30pm (Week 6)
**Where:** Science Block (J Block) MPSHS – the first courtyard is the entry point.
**Who:** Students interested in Maths and Science (also MSA scholarship).
**What:** Exploration of Light and Colour…Interactive activities and demonstrations.
Mabel Park State High School Open Day for Year 5 students, teachers and parents – Wednesday 26 August
The day for students and teachers will run from 9.30am until 2.00pm. During the day the students will be able to experience various high school subject areas, facilities and specialised programs by participating in the following activities: SCIENCE, JAPANESE, HOME ECONOMICS, MANUAL ARTS and MUSIC.

The day will be followed by a Parent – Teacher information session commencing at 4.30pm and concluding at 5.30pm.

Year 5 students will bringing home a note and flyer this week advising parents about the Open Day and the information session for parents.

Ashgrove Literature Festival – Wednesday 26th August at Ashgrove State School
The Ashgrove Literature Festival is a fantastic opportunity for our students to meet and speak with authors, attend specialist workshops and produce and showcase their own creative skills.

Twenty-five students from Year 6 have been invited to attend the workshops. Through the generosity of our local member Shannon Fentiman, who is covering the costs of transport, our students will be able to attend the festival absolutely free.

We look forward to hearing some great stories from all the various events that our students will be attending over the next two weeks.

Be safe, play safe and talk in positive ways
Over the past two weeks at parade we have discussed our STAR expectations at school and have had two focusses of the week. ‘Be safe, play safe’ and ‘talk in positive ways’ have become very important messages on the Junior Campus as I am spending much of my time talking to students about their safety, their play and their interactions at school, especially prior to 8:30am each day. Prior to school starting each day, there are no teachers on duty and the expectation is that the students sit down and wait near their classrooms for the 8:30 am bell. To ensure that students are be safe prior to school, I ask that if you are here with your child that you sit with them or that you do not send or drop your child off to school until 8:20 am.

2016 PREP Enrolments
Enrolments for 2016 Prep are open and we are advising our community to ‘get in quick’. Our lovely office ladies have the enrolment forms ready to be picked up or alternatively you can always access an enrolment form from our website www.mabelparkss.eq.edu.au . When enrolling your child for Prep, you will need to bring in your child’s birth certificate as we are required under the Education Act 2006 to sight this document. We also look forward to seeing many of our future Preps at Prep Readiness in Term 4.

Scooters, skateboards, bikes and helmets
Just a reminder that scooters and skateboards are not to be ridden, nor brought, to school. When students ride a bike to school, they must wear a helmet and it is strongly recommended that the bike is securely locked.

Early Years Day
Our Early Years will be held this term and, as you can imagine we are all very excited about the activities and the special guests we have attend each year. This will be our sixth Early Years day and for those of you who have attended all five, they seem to be getting better and better. Please be sure you come along and join in all the learning and fun your child experiences. Pop this date in your diary and we look forward to seeing you all there – Friday 11 September!
It is important that students are on time and ready to learn every day. Please make the effort to ensure your child/ren is/are ready for learning by being at school by 8.30am. One way to help your child/ren get ready for school is to have **visual cues** to support them to get ready for school independently. Here are some examples:

**Getting ready for school**

1. Go to the toilet.
2. Get dressed.
3. Have breakfast.
4. Brush teeth.
5. Brush hair.

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<thead>
<tr>
<th>Ready for School</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Wake Up</td>
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<td>Make bed</td>
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<td>Wash face</td>
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<tr>
<td>Get dressed</td>
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<td>Eat breakfast</td>
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<td>Brush Teeth</td>
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<tr>
<td>Do hair</td>
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<tr>
<td>Gather school</td>
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<tr>
<td>Gather lunch/money</td>
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<tr>
<td>Put on shoes</td>
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**Individual Curriculum Plans**

Individual Curriculum Plans are part of Education Queenslands P-12 curriculum, assessment and reporting framework. They are used to document decisions regarding accessing a different year-level curriculum and achievement standard in one or more learning areas. This ensures that students’ needs are being met and they are being provided with opportunity to learn and demonstrate their knowledge at the level they are working at. Your child’s teacher/s will be contacting you to discuss this plan.

**School Wide Positive Behaviour Support**

Students who receive Gotchas throughout the term are presented with a Gotcha Certificate for excellent behaviour in the playground.

- **Gold Gotcha (20):** NA
- **Silver Gotcha (15):** Ryan H
- **Bronze Gotcha (10):** Elly K, Mia V, Jahvarne L, Logan M

**Weekly Awards**

- Prep: Loper S, Deontay F, Ontavia I, Rivaleigh C, James T, Ezakiel T
- Year 1: Epa T, Zachariah R, Latai V
- Year 2: Kortinee S, Blake M
- Year 3: Sajad D, Leveni P, Marie M, Kahu J
- Year 4: Tyrone MB, Lal Rin D, Bryson B, Khi E, Hannah J
- Year 5: Lio S, Mohamed A, Kalani K, Alex K, Montana B
- Year 6: Masae S, Shaniqua D, Brooklyn B, Blake H, Daniel B, Ana D
- Extension: Felise M, Drew L, Stephanie S, Anaheira S
- Music: Brittny O
- PE: NA
Advertisements and Notifications

**BOOK WEEK PARADE**

**FRIDAY**

**28 AUGUST 2015**

**9AM**

**PARADE AREA**

SEE YOU THERE!!!
Southern Stars Baseball Club
Regency Dr, Regents Park
Sign on day 22 August 2015
9am to 2pm
Contact Karen Gallpen 0421 773 768
All age groups from Under 8 to Under 20 & seniors

When: Wednesday 25 August 2015
4:30pm—5:30pm
Where: Library

For more information please contact:
Ross McMillan—Head of Junior Secondary
mcm1@eq.edu.au or 3489 2333
### Term 3, 2015

<table>
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<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>Breakfast Club Junior Campus Morn Club 8–9:30 am</td>
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<td>Breakfast Club Middle Campus Morn Club 8–9:30 am</td>
<td>Breakfast Club Junior Campus Morn Club 8–9:30 am</td>
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<td>Get Connected Morning Tea 9:30 am (after assembly) Resources Centre</td>
<td>Chilly Tuesdays Breakfast Club 7:30 am–9:30 am</td>
<td>Get a GoodStart 9 am–10:30 am</td>
<td>Get a GoodStart 9 am–10:30 am</td>
<td>Our school's NAIDOC Expo is on Friday the 31st July 2016</td>
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<td>Community in the Classroom 9–20:00 am DATES TO BE ADVISED</td>
<td>Community in the Classroom 9–20:00 am</td>
<td>Community in the Classroom 9–20:00 am</td>
<td>Community in the Classroom 9–20:00 am</td>
<td>Community in the Classroom 9–20:00 am</td>
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<tr>
<td>Get a GoodStart 8:00 am–8:00 pm Undercover area near staff corridor</td>
<td>8:00 am–8:00 pm</td>
<td>8:00 am–8:00 pm</td>
<td>8:00 am–8:00 pm</td>
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<tr>
<td>Would you like to see me? I am at the school from Monday—Thursday and can normally be found in either H Block of H Block on the Junior Campus</td>
<td>Jane Mail Community Hub Leader Email: <a href="mailto:jmail@qld.edu.au">jmail@qld.edu.au</a></td>
<td>Trash or Treasure Wednesday 28th August 2016 ALL DAY</td>
<td>Trash or Treasure Thursday 27th August 2016 ALL DAY</td>
<td>For more information please contact Jane Mail on 3366 3333 or <a href="mailto:jmail@qld.edu.au">jmail@qld.edu.au</a></td>
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<td>Taste of Culture Wednesday 2nd September 2015 5–6:30 pm</td>
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