



To the Point

05/ 2015 25th February 2016

Hi Everyone,

Student selected for Cumberland Sports: Term one each year there is several school sport selection trials. Our school is part of Cumberland Sub-District and this forms part of the Mackay District through to Capricornia Region and State Representative level. Congratulations to the students on their selection into the Cumberland soccer team.

Breakfast club 8am every day: Thank you staff and parents for providing a piece of toast to our hungry students prior to the start of a day's learning. Breakky club now runs every day at 8am through to about 20 minutes past 8 over at the hall canteen. If you have a morning spare and would like to help serve the children then more hands makes for light work!

New \$35 000 play equipment being installed this week: Last year we applied for and received a State Government Gambling Fund Grant to build a new playground for our senior year 5 and 6 students. We are very excited that the successful application is actually being installed this week.

Last week's attendance figures as 'Every Day Counts!': Mr McDowall has been away sick so we will collect the figures for week 4 and this week to announce on parade in week 6. I am very pleased children are coming to school regularly and parents are booking key appointments for after school. Thank you for ensuring our students are at school most days.

Parent Teacher meetings held: Over the past few weeks we have had getting to know you Parent Teacher afternoons. As we are in week five of term one already and you may have been unable to meet your class teacher to discuss new routines and expectations, then I encourage you to make an appointment to catch up with the class teacher soon.

Remember children, to be a good writer you have to practice telling a story on paper that is interesting for the reader. Set the scene at the start of the story. Happy writing!

Rod Finney

- School clean up day Fri 4th March
- ASTI health check Fri 4th March 8:30am—Library
- P&C Sausage Sizzle 5th March 8am—3pm

Slade Point

STUDENT AWARDS

Dante, Mia, Kahlia, Isabel,
Seth, Mason, Abbey,
Jamie-Lee



COMING EVENTS FOR TERM 1

- ★ **P&C Sausage Sizzle** — 5th March 8am — 3pm at Bunning's
- ★ **Clean up schools day** — Friday 4th March
- ★ **Monday Munchies** — Monday 7th March
- ★ **Bravehearts** — Thursday 10th March Prep—Year 5
- ★ **Choral Festival** — Monday 14th March MECC

Clean up Schools Day

Medical forms have gone out to the students in year 4, 5 and 6. Clean up schools day is **Friday 4th March**. Please return your medical form to your teacher ASAP. No form, no leaving the grounds.

Any parents who can help, please see your class teacher.

MOBILE LIBRARY



Mobile Library bus comes to our school fortnightly on a Wednesday at 1st break. The bus will be back on **Wednesday 2nd March**. If you would like your child/ren to visit the bus, please grab an membership form from the office to complete. **If you're already a member of the Mackay Council Library, please bring your library card. **Whoever attends the mobile library must come to the office to collect an office pass to attend the mobile library. No pass, no mobile library!**

CHORAL FESTIVAL—MUSIC

Choral Festival (Sladey Singers) **March 13 — 14**, permission notes and participation \$20 due to Mrs Miller by **Friday 26th February**.



STUDENT ABSENCES

It is an Education Qld requirement that all students are accounted for each and every school day.

If your child/ren is going to be absent for any reason for any part of the day you must notify the school. Please ring the student absent line before 9am on 49657 360. Admin will be contacting parents/caregivers daily after 9am if you haven't contacted the office if your child/ren are absent. If you got a missed call, please write a note to the class teacher for the next day explaining why they were absent.

If your child has an unexplained absence you will receive an unexplained absence letter from your child, please complete the form and return it to the office. Thank-you Admin

PLAYGROUP

Playgroup is every **Wednesday 9am until 11am in B Block classroom** downstairs. Children age from 0 –5 are welcome to attend. Grab an enrolment form from the office or at arrival. Hopefully we will see you next week!



ATSI HEALTH CHECK

Medical forms have been handed to the some Indigenous students only who need another check up and preps. The check up in on **Friday 4th March 8:30am** in the library. Please hand in the forms by **Wednesday 2nd March**.

DENTAL VAN NOTES

A Medical History/Consent form has been issued to your child/ren and must be fully completed with Medicare card details on the back and signed by a parent/legal guardian and returned to the school office in the box that is labelled **“School Dental forms” by Friday 4th March 2016. (under the green box in the office)** **If forms are returned late there is no guarantee your child can be seen by the dentist.** Dates to be advised when the dental van will arrive at school. Further enquires please phone 0409 064 344.



BUNNING'S SAUSAGE SIZZLE P&C



The first **P&C Bunnings BBQ** is on **Saturday March 5th**. It will be held at Bunnings North Mackay. We require up to 8 parents to share the workload. 3 people minimum per shift. Setup 7:30am. Start 8am. Close 2:30-3pm. Shift 1: 7:30-10am. Shift 2: 10am-12:30pm. Shift 3: 12:30-3pm. Please contact Michael McGrath at mhmcgrath@bigpond with the time you are available to help. Thank you in advance for your support in 2016.

P & C NEWS

Welcome to 2016 Parents and caregivers. The P&C AGM will be held at the School Administration on **Monday March 7th at 6pm**. The AGM will be followed by the first monthly meeting for the year. All executive positions (President, Treasurer, Secretary) and support positions (Fundraising Co-ordinator) will be available. Nomination forms can be collected from the office if you wish to nominate a position. The P&C looks forward to getting your support for 2016.

CHAPLAIN NEWS

Understanding school refusal: As well as starting school, some children may have problems with returning to school. One serious issue families may have to deal with is school refusal, which occurs when a child refuses to go to school and involves a fear of attending school or anxiety about leaving home.

What is school refusal? Most children are occasionally reluctant to go to school or have some anxiety about school activities like camp. School refusal is when a child experiences significant difficulty attending school, and it can result in prolonged absence from school.

When faced with the prospect of having to attend school, the child can become quite distressed about going to school. They may cry, scream, or display tantrum-like behaviour. School refusal is different from truancy in that the child is staying at home with the knowledge of the family and despite their best efforts to enforce attendance. It is also different from school withdrawal – which refers to a situation where the family keeps the child at home for various reasons (eg to support a family member who is ill).

What are the signs of school refusal? Some of the signs of school refusal can include: tantrums, clinginess, dawdling or running away before school, tearfulness before school or repeated pleas to stay at home, frequent complaints of illness before or during school, such as stomach aches, headaches, dizziness or fatigue, difficulty attending school after weekends, holidays, school camps or sports days, long, unexplained absences from school, periodic absences or missed classes for which no explanation is given.

What causes school refusal? Working out the exact cause of school refusal is difficult because there are often a lot of reasons why a child might refuse school. It is important to understand and address underlying issues when supporting children to return to school or attend consistently.

The following factors might be involved in school refusal: anxiety around being separated from significant parents or carers difficulties with transition, such as moving to a new school, returning to school after a long absence due to illness or entering/exiting primary school peer issues, such as social isolation, bullying or conflict with friends difficulty or conflict with teachers academic problems or learning difficulties traumatic events, such as family illness, grief, parental separation/divorce.

What are the consequences of school refusal? School refusal is a serious issue and it's important to act early because, if unmanaged over time, it may affect a child's mental health and wellbeing. Long absences mean that children miss out on important parts of the curriculum, which is detrimental to their learning and development.

A week can be a long time in the playground, so frequent absences might jeopardise children's social relationships.

School refusal can also create conflict and strained relationships within families as a result of disruptions to their routines, and might even affect income as parents or carers forgo work to stay home with the child.

How can families help manage school refusal? Families can reduce or manage school refusal with the support of their school, and in some cases, mental health professionals.

Some strategies include:
working with schools to understand why the child might be refusing school
working with the school's wellbeing team as well as professionals within the broader community to support the child using a united approach
maintaining close contact with schools, even during extended periods of non-attendance
working with schools to implement a morning routine that conveys expectations of school attendance
working with schools to consider a flexible timetable to support a graduated return to school - that is, allow the child to attend for a short time as a first step, and then gradually build up to a full school day.

Chappy Lyn