

## ISSUE NO 15

[www.fitzgerass.eq.edu.au](http://www.fitzgerass.eq.edu.au)

### 2016 Diary Dates...

**13<sup>th</sup> – 21<sup>st</sup> Oct:** Eisteddfod at MECC  
**17<sup>th</sup> Oct:** Student Free Day  
**17<sup>th</sup> Oct:** P&C Meeting 5:30pm  
**17<sup>th</sup> Oct** – Student Free day  
**Oct 21<sup>st</sup>**- Spell-a-thon final collection.  
**25<sup>th</sup> Oct** – Musica Viva School Performance  
**10<sup>th</sup> Nov** – Spectacular Performance  
**14- 18<sup>th</sup> Nov-** Book Fair  
**7<sup>th</sup> Dec** – Report cards to go home  
**8<sup>th</sup> Dec** – Year 6 Graduation Dinner Dance  
**9<sup>th</sup> Dec** – Last day of school.

### Student Absence Line: 49656360

This service is available for parents reporting their children's absence from school. Please clearly state their name, class and reason for absence. All absences are recorded for teachers.

## 12 October 2016

### From the Principal's Desk

Welcome back to busy term four everyone, a special welcome to our new families and staff. New teaching staff for this term are Mrs Rebecca Brown, Mrs Paula Pierotti and Mrs Katherine Cook.

A big well done to our students who are participating at the Eisteddfod. Our bands, choirs and drama groups perform over the coming fortnight. Our junior concert band gained a 2<sup>nd</sup> place in their section yesterday.

Our students are preparing themselves for the annual Spectacular. The seating ticketing order form is to be returned by Wednesday 19<sup>th</sup> October. We look forward to an excellent night of entertainment from our students.

Sent home last week was the Enrolment Intention Form for 2017, if you could assist by completing the form and returning it to the school office by Friday 21<sup>st</sup> October. Thank you.

A reminder that next Monday, October 17<sup>th</sup> is a student free day for the staff. On this day the Prep families for 2017 are invited to an open morning from 9:30-10:30. If you know of families who are interested in attending our school for next year, have them contact the school for enrolment details.

The monthly P&C meeting will be held on Monday 17<sup>th</sup> at 5:30. You are most welcome to attend.

Congratulations to our cultural scholarships winners to Mackay North State High School for 2017, Amy Young and Athalia Garcia. Amy and Athalia will be presented with their scholarships at a special ceremony next Wednesday at North High.



Amy Young



Athalia Garcia

### North High Scholarship Winners

Enjoy your week.

Mike Anderson  
Principal.



### **Foyer Display**

In semester 1, year 6C and 6D had to design a Watercraft that was capable of transporting passengers and cargo during rescue operations

following a natural disaster. The design had to use the technology processes of investigation, ideation, production and evaluation. This process was documented in a Technology Portfolio. Students followed their plan to create their Watercraft which was then tested in a large container of water. A 500 g weight was also placed on the vessel to simulate passengers. The students always enjoy this process as it is very "hands-on".

### **News from the Library**

Save the Date! "Christmas in Australia Book Fair" will be held from the Monday afternoon 14<sup>th</sup> November to Friday morning 18<sup>th</sup> November! What a fantastic opportunity to get all of your Christmas shopping done all at the one place, with fantastic presents for the whole family. This year we will have a wish basket for the students to place one book that they would like to see in our school library, this is an opportunity for the students to select books and make our library their own.

This season's Book Fair will be an exciting celebration full of fun activities and hundreds of books students want to read. If you have some time to help us plan or conduct our next Book Fair, please pop into the library or drop me an email ([jstua19@eq.edu.au](mailto:jstua19@eq.edu.au)) identifying where you would like to help out. Ideas

include: Advertising; Decorating; Setting up the Fair; Helping shoppers at the Fair; Cashiering or Packing up the Fair. Your help and assistance will be appreciated.

### **Digital Technology News**

A huge congratulations to our Young ICT Explorers! As you are no doubt aware our Year 6 Fitzgerald students won 1<sup>st</sup>, 2<sup>nd</sup> and Student Choice prizes. Each child received a Visa card today at a special presentation for our students and we are thrilled to announce that our first prize winners have been asked to enter their project in the 2<sup>nd</sup> Annual YICTE National Finals Event in Sydney on 26<sup>th</sup> November– we will be entering this as a video submission. This is a prestigious event and it is a tremendous achievement to be recognized in this way. Congratulations to all of the students, parents and siblings who came along and supported us. Innovation and STEM are what it's all about at

the moment and the students of Fitzgerald are definitely demonstrating their leadership and talents!



### **From the Guidance Officer**



Queensland

Mental Health Week

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 Alexia Wotherspoon

Guidance Officer at the school.

### **Trading Cards**

A reminder to parents that students are NOT to bring any form of trading cards to school please.

### **Sports Notices**

**Mackay School Sport Netball Gala Day**

Congratulations to our school netball team on their recent achievements at the Mackay District School Sport Netball Gala Day. The team played 6 games on the day and won 5 of their games, to finish 2<sup>nd</sup> in their pool. Well done girls!

**Steve Jackson Rugby League Gala Day**

Congratulations to our Under 11 Rugby League team on their recent achievements at the Steve Jackson Rugby League Carnival. The team won 5 of their 6 games and finished up the tournament as runners up. Well done team!

### **I.C.A.S English and Mathematics Competition**

A number of our years 4 – 6 students participated in recent English and Mathematics competitions gaining Credit or Merit levels. Congratulations to the following students –

#### **English**

Riley Bruce	Credit
Maison Marlow	Merit
Livia Rays	Credit
Owen Waples	Merit
Karli Davis	Credit

#### **Mathematics**

Blake Adams	Credit
Riley Bruce	Credit
Cael Goff	Credit
Rylan Palframan	Merit
Lachlan Burgess	Credit
Xander Insch	Credit
Ryley Smith	Merit

**Attendance Certificates Awarded:** Congratulations to the students who received certificates celebrating high attendance for Term 3. Overall 276 children achieved attendance of 97% or greater, while 106 of these children did not miss a day during the term. Year 5 had the greatest percentage of children, with 46% of the cohort achieving 97% or higher attendance. Well done and remember every day counts.

#### **'Better, richer, more interesting writing' by Sue**

**Hamilton-Smith, Master Teacher** -Our teachers are encouraging better, richer and more interesting writing from students across all of the year levels. Factual report writing requires powerful research. Persuasive writing requires point of view with an edge. Narrative writing requires imagination. All writing requires rich language. All writing needs to make sense. Cooper Frith of 3C has retold some of the story of 'The Cat in the Hat' from the perspective of the fish, using the 'Seven Steps to Writing Success' Step 6, Ban the Boring Bits.

I told Sally and Conrad not to listen to that Cat in the Hat. I don't want to die! That silly Cat in the Hat!! But they didn't listen to me. Do you know why? Because he never does. I don't like him. He is always dressing up in crazy costumes and I don't like his dangerous actions. He is a crazy cat!

#### **Finance News from the office**

Statements for outstanding school fees will be sent home next week. At this stage of the year fees should have been paid in full. Please make arrangements to clear these as soon as possible. Contact the office if you would like to make arrangements to pay your fees off.

**Notice to Year 5 Parents** – Going home this Friday is an Expression of Interest form for those parents who are interested in having their child in the laptop class in 2017. Forms are to be returned by Monday 24<sup>th</sup> October.

**P & C Notices** -There is lots happening currently for Fitz P&C and the committee would like to particularly thank parents and children for their support of the various P&C fundraising activities this year, both

financially and in terms of your time. The next P&C meeting will be held at 5:30pm on Monday 17<sup>th</sup> October in the staff common room (Note: meeting is still going ahead despite student free day). All are welcome, and especially to the upcoming meeting as we discuss *priority P&C projects* to benefit the Fitz school community in the next period.

**Spell-a-thon:** Spelling tests have been completed, so please return completed sponsorship forms and collected money as soon as possible. All forms must be returned to the school whether sponsors have been raised or not. The final deadline for forms and money is *October 21st*, after which time prizes will be calculated for presentation on parade, November 4<sup>th</sup>.

**Pizza Day:** A form went home this week for term 4 Pizza Day, which will be held on *Monday 31st October*. The idea is to offer something a bit different for the children, as well as raising money for school projects.

**Tuckshop Survey:** The P&C is looking to continue to improve the school tuckshop service in 2017. In light of this, there has recently been a Tuckshop survey sent home. We would appreciate your honest feedback and opinions, and look forward to incorporating your thoughts. Due to office: Friday 14<sup>th</sup> October.

#### **Tuckshop Convenor Positions for 2017**

As part of the process of continuing to improve the school tuckshop service, there will be some re-structuring of roles within the canteen in 2017. As such, expressions of interest for the positions of Tuckshop Managing Convenor and a Tuckshop Assistant for 2017 are now being sought. See the separate note attached with this newsletter. A position description is available at the office. Applications close 3.00pm Friday 21<sup>st</sup> October 2016.

#### **Tuckshop Talk**

Welcome back to another term of school.

#### **Roster:**

Thurs 13<sup>th</sup> – Tamika Cook  
Frid 14<sup>th</sup> – Maise Greaves\Tamika Cook  
Tues 18<sup>th</sup> – Robyn Adams  
Wed 19<sup>th</sup> – Debbie Adams  
Thurs 20<sup>th</sup> – Tamika Cook  
Fri 21<sup>st</sup> – Mary Maloney\Tamika Cook  
Tues 25<sup>th</sup> – Robyn Adams  
Wed 26<sup>th</sup> – Debbie Adams

We no longer sell gelato cups. Also spaghetti, sold on Thursday is now meatballs and spaghetti.

#### **'100% Participation in the Premier's Reading Challenge 2016' by Sue Hamilton-Smith, Master Teacher**



Pictured here are some of the 1B students enjoying their ice block reward for being one of the classes who achieved 100% participation in the 2016 Premier's Reading

Challenge. 6B also successfully achieved the 100% class participation goal. Congratulations to these classes and their awesome parents and teachers!