

## ISSUE NO 12

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

### 2015 Diary Dates...

ICAS – Maths

**August 12:** Year 3

Excursion

**August 10-13:** Year 4 Bike Education

**August 14:** School Disco

**August 17:** Book Week and Science Week

**August 17-20:** Year 4 Bike Education

**August 26:** Year 1

Excursion

**August 27:** Prep Excursion

**August 31-Sept 2:** Year 4 Camp

**Sept 7 – 17<sup>th</sup>:** Prep – Yr 3 swimming

**September 18:** Last day of term

### 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 August 2015

### 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 Mr Katherine Cook.

A big well done to our students who are participating at the Eisteddfod. Our concert band gained a ..... Our bands, choirs and drama groups perform over the coming weeks.

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.

Sent home last week was 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 all sponsorship forms and money for the school spell-a-thon is to be handed into the school office by October 21<sup>st</sup>. Thank you for your support.

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 Thursday 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.



Enjoy your week.

Mike Anderson

Principal.F

## Foyer Display



This semester, 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 kids 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

9-15  
October 2016

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.

## 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 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.

**Finance News from the office**

Money has been received through the bank on 16/11/2016 to order a Spectacular DVD, unfortunately we do not know who it is from.

Payment reference is Direct CR 128594 NAB Transfer School DVD for \$35-00. Please check your record and let us know if it is you.

**P & C Notices**

**Tuckshop Talk**

**Community Notices**

**Our newsletter can now be viewed on the school website [www.fitzgerass.eq.edu.au](http://www.fitzgerass.eq.edu.au).**