

## From the Principal's Desk

### 2015 Diary Dates...

**20 Feb:** Year 6 Elections  
**23 Feb-6 Mar:** Life Education Session  
**27 Feb:** Safety Circus  
**10 Mar:** P&C Meeting  
**13 Mar:** School Disco  
**16 Mar:** Arts Council-Resistance  
**20 Mar:** Cross Country  
**21 Mar:** Harmony Day  
**22-23 Mar:** Choral Festival  
**30-31 Mar:** Anti-Smoking Workshops-Yrs 5&6  
**23-31 Mar:** Parent/Teacher Interviews  
**29-31 Mar:**  
**1-2 Apr:** Parent/Teacher Interviews  
**30 Mar-2 Apr:** Anti-Smoking Workshops-Yrs 5&6  
**2 Apr:** Easter Hat Parade  
**3 Apr:** Good Friday  
**20 Apr:** Term 2 Commences  
**25 Apr:** Anzac Day

### Student Absence

**Line: 49656360**  
 This service is available for parents ringing their children's absence from school. Please clearly state their name, class and reason for absence. All absences are recorded for teachers.

Congratulations to our School Leaders and Monitors for 2015. Our leaders are to be invested into their positions at a special parade in early March.

### 2015 School Leaders and Monitors

House	Jabiru	Brolga	Kingfisher	Eagle
<b>Boys Captain</b>	Riley Whitestyles	Jhett Bates	Philip Collins	Koby Allen
<b>Girls Captain</b>	Elarna Kennel	Brooke Vella	Takiah-Lani Buchanan	Ebony Columb
Student Council		Sports Monitors		
Trista Nelson Amber Vella Jacinta Harris Charlotte Meads Baylin Moy Jack McCubben Byron Ashfield-Smith Joseph Garcia		Sheridan Donovan Tiana Pompey Shaye Plumley Brittney Wellby Riley Le Garde Harry Denlay		
System Monitors				
Elin Challenger Amber Wright Jessica Gallagher Jack Wicks Jesse Langford Zipporah Gagai Hailey Wallace Emily McLennan Tara Forbes Josephine Westcott				

Class photographs for our prep students will appear in The Daily Mercury on Wednesday, 25<sup>th</sup> March.

Thank you to our parents and teachers for your support of the parent-teacher information sessions held recently. We do recognize the importance of communicating with each other at our school. Further opportunities can take place by arranging an interview at a mutually acceptable time or at the parent-teacher interviews that are planned for the end of this term.

The A.G.M of the Parents' and Citizens' Association will be held on Tuesday, 10<sup>th</sup> March at 5:30pm in the staffroom. We look forward to your attendance at this important meeting.

Enjoy your week.



Mike Anderson  
Principal.

## Staff Profile



My name is Angela Hardgrave and I am teaching Year 3C this year. I have moved up to North Queensland from Brisbane and I am really enjoying living in Mackay. I am happy to be a part of such a vibrant and welcoming community and I look forward to a successful

and fulfilling year.

## Foyer Display



The Preps have settled into school life at Fitzgerald. They have been very busy learning the school rules and routines, making new friends and

learning lots of new concepts. They are full of enthusiasm and ready to embrace the rest of the school year.

## From The Guidance Officer – Alexia Wotherspoon

### **Tips to Get Back Into The School Routine**

Over the Christmas holidays it is great to let go of some of the routines and rigid schedules we need for school. However, like so many things in life, back-to-school time is an exercise in regaining balance. So here are some tips for making the transition a little smoother:

1. Make a conscious effort to re-establish regular mealtimes and talk about their day.
2. Teach your children how to plan and pack a healthy lunch so they (and you) can be more independent.
3. Take them grocery shopping so they can pick out healthy foods for their lunch. The more children are involved and making choices, the fewer power struggles you'll get into. They will also establish healthier habits and lifestyles, which will follow them into their adult years.
4. Have a positive attitude towards your child's learning, teacher and school.
5. Have them plan a way to remember their homework, lunch and backpacks each day.
6. Establish routines for when they will do their homework, play, eat, and do other activities. The goal is to complete responsibilities while maintaining balance, using good time management skills.
7. Encourage them to organize their bags each day.
8. Have children choose no more than two after-school activities per season, so they don't overdo themselves. Maintaining balance requires setting priorities and making choices.

Effective transitions happen gradually and help prepare children for the impending change. By involving them in the planning and giving choices about how the change occurs, they will manage the transition and change better. They'll also learn important life skills and be more independent, responsible and confident.

## **FREE LIFE EDUCATION PARENTS INFORMATION SESSION**

Students will be participating in a Life Education Program between 23 Feb – 6 Mar. There is a free parent information session on 23 February at 2pm in the Life Education Van.

## Sports Notices

### **Capricornia Swimming Trials**

Congratulations to Ethan Banks who has been selected in the Mackay Swimming team to compete in the Capricornia swimming trials in Rockhampton. We wish Ethan all the best for these upcoming trials.

### **Cowboys Visit**



We had Ben Hannant and Sam Hoare visit from the Cowboys football team last week to share information about how they 'Eat Well', 'Play Well' and 'Stay Well'. They

also delivered a message about the importance of sleep and talking to your mates. Students were given the opportunity to learn how these sportsmen keep themselves fit and healthy.

## Learning Literacy

**Help your child with maths** by Sue Hamilton-Smith, Master Teacher

You are invited to attend a 'Help Your Child With Maths' workshop to be held from 5.30pm – 7.00pm on Wednesday 4 March in the Fitzgerald State School Hall Foyer. During this information session, Townsville-based educational consultant, Tierney Kennedy, will outline the Five Critical Number Concepts that need to be understood to help build a strong mathematical foundation for the future, provide tips for helping to improve your child's understanding of maths and how they can be more effective problem solvers. Tierney will also provide information about the Australian Curriculum: Mathematics and what this means for your family. Tierney believes that Mathematics is often the subject that many parents shy away from, so will provide suggestions for things that parents can do at home to help make maths fun and a part of everyday life. This workshop is a part of a three day visit to Fitzgerald State School, during which Tierney will also share her knowledge of mathematics with our teachers, teacher aides and students. You might like to have a look at Tierney's 'Back-to-Front Maths' website, where there are ideas for babies and toddlers as well as how parents can help students in lower, middle and upper primary. For example, did you know that counting isn't necessarily a sign of mathematical thinking? Pointing at objects or pictures and counting them does not necessarily mean that a child knows how many there are. Gathering a given number of objects is much more important than continue existing collections.

Please give your name and contact details to the Fitzgerald SS office or send an email [shami40@eq.edu.au](mailto:shami40@eq.edu.au) if you are interested in attending the 'Help Your Child With Maths' workshop. No cost, bring a friend. Tea and coffee provided.

<http://www.backtofrontmaths.com.au/free-resources-and-information/parents-portal>

## **Fitz High 5**

What is Fitz High 5?

'Fitz High 5' is a whole school approach to build social skills and develop resilience. It is an integral part of the Values Program and shapes the School Code of Behaviour. This 5 step problem solving strategy can be used in the classroom and in the playground to diffuse potential conflict situations. IGNORE, TALK FRIENDLY, WALK AWAY, TALK FIRMLY, REPORT.



## **Statements for 2015**

Statements have been sent home. Payments are now due.

Thank you to those who have paid or are making payments.

A reminder that the Life Education Program will be conducted from 23 February to 6<sup>th</sup> March. The cost is \$6.00. If you have not yet paid your fees, you will need to forward the amount to the school prior to the event.

Please do not hesitate to contact the school office if you wish to avail yourself of the many payment options we have available.

## **Drop Off and Pick Up**

We are aware that drop off and pick up areas around the school are very hectic in the morning and after school. Please exercise patience when using these areas. Do not park and walk away from your car in this area.

Our students' safety is our major concern and if everyone practises care and patience, hopefully we will have no incidents. These are council car parks and we are extremely lucky to have them.

As part of our TravelSmart initiative we would encourage parents to use the football field car parks as a great drop off/pick up point. This would ease congestion around the school and would be a great form of exercise for the students just a reminder that the top carpark is not available for parent parking before or after school.

## **Wet Weather**

Please ensure your child brings a raincoat or umbrella to school during wet weather and a hat everyday.

## **Mobile Phones**

It is recognised that students may need phones for security purposes for before and after school. Bringing them to school is not encouraged because of the potential for theft and general distraction and/or disruption associated with them and should only be brought as an imperative need for a student directly after school. However, if they are brought to school, they must be turned off and left at the school office for collection at the end of the day. Students have been alerted to this rule via class teachers, parades and newsletters.

## **Belongings**

Please ensure all items belonging to students are clearly marked with the student's name. It makes it easier to return lost items to the students.

## **Accidents/Illness**

In the event of an illness or accident involving your child, parents will always be contacted. For serious illness or injury, when a parent or guardian cannot be contacted, an ambulance and or medical attention will be sought. **It is therefore absolutely essential that all families provide up to date and accurate details of your**

**phone contacts.** Should any contact details change please advise the school office **promptly?**

## **Medication - Expectation of Parents**

It is reasonable to expect parents/guardians to undertake the following in relation to the administration of medication and/or management of health conditions.

- Request the school in writing to administer prescribed medication or to assist in the management of a health condition.

## **Free 'Student Advantage' Microsoft Office 2013 Suite**

Students of Fitzgerald can now download a free copy of the Microsoft Office 365 Suite. This provides students with a subscription to the full versions of Word, Excel, Powerpoint, and OneNote. Please encourage students to visit the Learning Place (<http://education.qld.au/learningplace/>) to access a step by step guide and download the link.

## **Tuckshop Talk**

As we are now in the fourth week of school everyone should have the new Tuckshop menu. Please note there are price changes as well. As of now if your child does not have the correct money we will not be able to supply the whole order. Please also order the correct lunches on the right day. A bag must be used for each break i.e. one for morning tea and one for big lunch. Tuckshop bags are available to buy for \$0.10 each. Playwater is not available anymore and has been replaced with LOL. We still need help so if you have time to volunteer we would like to hear from you.

## **ROSTER:**

Thurs 20<sup>th</sup> – Help Needed

Fri 21<sup>st</sup> - Help Needed

Tues 24<sup>th</sup> – Robyn Adams

Wed 25<sup>th</sup> - Sharon Purnell, Robyn Adams

Thurs 26<sup>th</sup> – Robyn Adams, Luisa Bisual, Alma Hawdon

Fri 27<sup>th</sup> – Aretha Lion, Nicole Best

Tues 3<sup>rd</sup> March – Robyn Adams

Wed 4<sup>th</sup> – Robyn Adams

Antoinette & Daneal

## **Community Notices**

**Fitzgerald Hockey** - returning players sign-on day on Fitzgerald Oval Wednesday, 25<sup>th</sup> Feb at 3:30pm  
contact Antoinette Westcott on [Antoinette@mortonlawyers.com.au](mailto:Antoinette@mortonlawyers.com.au) or 49575112

**North Mackay Little Athletics** – sign-on day  
Pioneer State High School Oval Sunday, 1<sup>st</sup> March  
9am-12pm

**Slade Point Athletics Club** – sign-on day  
Cath Freeman Oval, Slade Point. Sunday 1<sup>st</sup> March  
1pm – 3pm

**Mackay Denture Centre** – supplying custom made sports mouthguards for children playing contact sport  
(07) 4951 2499

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