



# Mount Warren Park State School Newsletter No. 16 Thursday 8 October 2015

Ph: 3382 9333 Fax: 3382 9300  
[www.mtwarrenss.eq.edu.au](http://www.mtwarrenss.eq.edu.au)  
email: [the.principal@mtwarrenss.eq.edu.au](mailto:the.principal@mtwarrenss.eq.edu.au)



## From the Principal

Welcome back to Term 4, 2015 and what a busy and productive term it will be, lots of great things happening in our school, make sure you take every opportunity and don't miss a day of what's on offer.

Firstly I would like to apologise for the fact that I will not be able to be with you for the start of the term. Unfortunately I have some urgent health issues which I need to take care of, at this stage I will be away for the first four weeks. However, this could be extended depending on medical tests and subsequent treatments.

Mrs Bec McGuren (Mrs Mac) will be Acting Principal during my absence; I know that as a community you will make her feel welcome throughout her stay at our school.

*John Bosward, Principal*



## Positive Behaviour for Learning (PBL) - Term 4 Weekly Expectations

### Week 1: At Mt Warren Park we are SAFE at all times - (Lesson 1)

- I keep my whole body to myself.
- I use seats for sitting on.
- I use the High 5 to solve conflict.

### Week 2: At Mt Warren Park we are SAFE at all times - (Lesson 2)

- I remain in my designated area.
- I use equipment appropriately and safely.
- I walk safely on correct pathways.

### Week 3: At Mt Warren Park we are RESPECTFUL at all times - (Lesson 1)

- I use my whole body to listen.
- I follow adults' directions.
- I am polite by looking and listening.
- I use polite words.
- I use a courteous tone of voice.

# School Musical: *Annie and The Wizard of Oz*



## From the Deputy Principals

### Welcome Back

We hope everyone had a fantastic holiday with just the right amount of fun and relaxation! Welcome back to a term 4 that has lots in store! Year 5 will be gearing up for their camp, our year six students will have graduation on their mind and with, Primary All Schools Touch, Transition Day, Prep Orientation, and a multitude of amazing classroom activities taking place, we're sure the ten weeks of this term will flash by in no time. It is great to know that the learning, growing and enjoyment of all the wonderful things we do at Mount Warren Park will be as strong as ever.  
Welcome Back Everyone!

### School Uniforms

Now that the warmer weather is here we have noticed an exceptionally high proportion of our students wearing full school uniform. Congratulations to all of these students and thank-you for making our school look great.



### Transition Afternoon – Circle the Calendar!

On Monday the 7<sup>th</sup> of December our school will conduct a transition afternoon where students are promoted to their classroom year level for 2016. This year both Windaroo Valley SHS and Beenleigh SHS will be holding their orientation days on the 7<sup>th</sup> of December so that afternoon will be our opportunity to promote the rest of our school into their 2016 classes from 2:00p.m. until the end of the day. This transition allows the children to know their teacher, classroom, and classmates for next year and allows them to feel comfortable when returning to school in 2016.

### Gala Sports Day



Good luck to all of our competitors who will, we're sure, do Mount Warren Park proud and will certainly have fun at our Gala Sports days starting on Friday the 9<sup>th</sup> of October (This Friday). Please ensure that if your child is competing, they have all necessary safety equipment for their required sport and that they wear their hat, sunscreen, have a water bottle and school uniform for their events.

### Senior Cards and Badges

Our year 5 students have now begun the first step in their school leadership journey with the initiation of our school Senior Badge program. By successfully completing their senior card before the 2nd of November the children will be presented with a school senior badge and be eligible to nominate for School Leadership positions in their final year of primary school.



The senior badge is a very important aspect of our school's leadership expectations and we strongly encourage the children in year 5 to set themselves high goals and expectations in order to display the following criteria:

- ⇒ very high level of leadership skills
- ⇒ consistent adherence to *School Rules*
- ⇒ very high level of responsibility and willingness to commit to activities associated with the role
- ⇒ very well developed communication and people skills
- ⇒ involvement in community service
- ⇒ very high level of personal presentation – always wears school uniform with pride
- ⇒ willingness to commit to and participate in school activities including willingness to work behind the scenes to set up and clean up from activity days
- ⇒ regular attendance at school

### Morning Rules

Please assist us by reminding your children of the importance of following our school's morning rules: Children are to sit and wait quietly in the tuckshop covered area before 8:25am when the Deputy Principals take them to the hall. Supervision is provided in the hall until the first bell, where children will be dismissed and must be in classrooms on the second bell. Children are not to wait outside classrooms unless they are directly supervised by their parent or carer/giver!

### Year 6 Graduation Ceremony – It's Now a Daytime Event!



This year seems to be flying by so quickly that it won't be long before we will be recognising our graduating year 6 students on their journey to high school. We just want to remind parents that our Graduation Ceremony will be a daytime event this year. The ceremony will be held on Thursday the 10<sup>th</sup> of December beginning at

9:00am and concluding with coffee and cake with the children from 11 to 11:30am. Everybody is welcome.


### Update of Information

If you have recently changed any personal details please ensure that you inform the school of any new information. It is important that our records are kept accurate so as to enable us to contact you quickly in the event of an emergency. Additionally it is important to advise the school of any medical conditions that your child may have developed in order for us to support them at school effectively if an emergency arises.



### Prep 2016 Orientation Evening – Tuesday 13<sup>th</sup> October, 6pm

Our Prep 2016 information evening is scheduled for Tuesday 13 October. Prep teachers, P&C members and school staff will be present to share information about the Curriculum, school routines and processes and preparing your child for their first year of school. The evening will commence at 6pm and will be held in the Auditorium. Babysitting will be available on the night, however, please note that there is limited space for and the activities available are suited to children of pre-prep age, not baby/toddler ages. Flyers are available from the office.



# Mt Warren Park State School

## Prep 2016 Orientation Night

Tuesday 13 October 2015  
6:00pm  
School Hall

**Facilitator:** Melissa Bailey, Deputy Principal

- Getting Your Child Ready For School
- Early Years Curriculum
- P & C Presentation –  
Including information regarding the  
Uniform Shop and Tuckshop.
- Meet the Teachers

For an enrolment appointment contact  
school administration on 3382 9333.

LIGHT REFRESHMENTS AVAILABLE

CHILD MINDING AVAILABLE (4-5 year olds)

### Parade Performances

Our whole school parades on Monday are always an entertaining and informative occasion and everyone is welcome to attend. Below is the roster for class performances for this term:

### Parade Performances Term 4

WEEK	DATE	CLASS	WEEK	DATE	CLASS
1	5 Oct	Holiday	6	9 Nov	3B
2	12 Oct	--	7	16 Nov	2C and Junior Dance
3	19 Oct	Pupil Free Day	8	23 Nov	1C
4	26 Oct	5B and PD	9	30 Nov	1D and Mini Dance
5	2 Nov	PB	10	7 Dec	No Parade



## NEW PAYMENT OPTION - BPOINT

Parents will notice a change to the way they can pay school invoices. The new payment method of BPoint is now available as an online payment system. BPoint can be accessed via **ANY** Computer or Smart Phone. Payments accepted via Mastercard or VISA and is a secured payment method. Parents can log into: [www.bpoint.com.au/payments/dete](http://www.bpoint.com.au/payments/dete). Once you have logged in you will need the information from the school invoice to complete the BPOINT payment page. Please refer to the instructions on the extra sheet accompanying this newsletter. Spares are available from the office.



## Cash Collection Procedures – Cash Window

The Cash Window is located in the Admin Block. We offer several methods of payment being cash, cheque, EFTPOS, B-Point (see above) and Internet Banking. The cash window will be **OPEN every Tuesday, Wednesday and Thursday from 8am to 10am.**

**Late Payments** - It is a solid requirement that all events be paid for by the due date which is stated on all permission / information notes sent home to parents.

Late payments cannot be accepted under any circumstances so please keep updated by checking our newsletter each fortnight.

**Refunds** - Refunds can only be given in part. This means if there is bus travel involved for the event this is **NOT** refundable. Whether your child attends or not the buses have been booked and need to be paid for. You must complete a "Refund Request" Form available from Administration.

**Payment Due Dates** - Every fortnight payment reminders are printed in the "General News" and "Dates To Remember" sections of the school newsletter (this is also available on our website).



**Year 2** - Beenleigh Historical Village excursion. 2C and 2D on Wednesday 21 October and 2A and 2B on Thursday 22 October. Full payment of \$6 must be made by Thursday 15 October. Notes and invoices have been sent home already.

**Year 3 and 4 Swimming Lessons** - The Learn To Swim Program for our Year 3's and 4's will commence on Monday 16 to Friday 27 November. The children go everyday for 10 days (10 lessons in two weeks). Full payment of \$80 is due by Thursday 5 November. Notes and invoices have been sent home already.

**Year 4** - Roald Dahl theatre show – "Revolt Rhymes and Dirty Beasts" on Friday 23 October. Full payment of \$18 is due by Thursday 18 October. Notes and invoices have been sent home already.

**Year 5** - Emu Gully Camp from Monday 23 to Wednesday 25 November. Notes and invoices have been sent home already. Full payment of \$280 is due by Thursday 12 November. If you made an advance payment prior to receiving an invoice, please contact the school office and request staff to apply the credit.

**Year 5 and 6 Gala Day Sports** - Basketball, Boy's Touch Football and Softball. Full payment of \$40 was due YESTERDAY, Wednesday 7 October.

**Year 6** - Dreamworld excursion on Thursday 26 November. Notes and invoices have been sent home. Full payment of \$42 (\$17 + PASS) is due by Thursday 5 November.

## Commonwealth Bank School Banking Update – Please Read

Concerns have been raised regarding the 'Cosmic Light Beam Torch' reward item due to the inclusion of four button batteries that can be accessed by unscrewing the back of the torch. Whilst this reward has been independently tested and deemed to meet relevant product standards the Commonwealth Bank have made the decision to proactively withdraw this item from the School Banking Rewards Program. Parents/Guardians are requested to dispose of any 'Cosmic Light Beam Torches' their child may have already received as part of the Rewards Program. Students who have previously received a 'Cosmic Light Beam Torch' are welcome to redeem an alternative reward item.

## CanTeen National Bandana Day – Thursday 29 October \$4

On Thursday 29 October the Student Council will be holding a fundraiser called 'Bandana Day' for CanTeen. Please show your support by purchasing a bandana to wear on this day. They will be on sale from Thursday 22 at first break at the Tuckshop Undercover Area. The cost is \$4 and ALL money raised will go to CanTeen. Thank you to everyone who supported Crazy Hair Day last term. We raised over \$200 from this fundraiser!

## FROM THE GUIDANCE OFFICER

### ANXIETY

*'a feeling of worry, nervousness, or unease about something with an uncertain outcome'*.

With a definition like this who doesn't get anxious?

Did you know....

Sometimes it can be helpful to have some level of anxiety. It helps us get ready for exams, and motivates us to perform. It helps us avoid dangerous situations or reminds us to prepare for new situations. It helps us to be prepared and often to do our best.

If you are feeling anxiety you might feel uncomfortable, physically unwell (butterflies in your stomach, heart racing, wanting to vomit or go to the toilet). You might feel overwhelmed, frightened or even a sense of panic (this can be very useful if that assignment is due tomorrow). All these feelings are normal and most of us experience them at some time in our lives. Don't panic if your child is demonstrating these symptoms especially at the end of term, while having to speak in public or when awaiting his report card.

When does anxiety go beyond the norm?

If you are seeing anxiety that is 'excessive or unreasonable, marked and persistent' and interfering significantly with one's normal routine, then it is time to consider whether the anxiety has reached the level of a disorder. When feelings and thoughts become: more intense and overwhelming; thoughts are unhelpful or irrational and unable to be controlled; and the person is unable to do what they need to do; and these thoughts and feelings are interfering with relationships, then anxiety becomes a disorder, and it is time to seek help.

Anxiety is a part of life but it should not become your life. There are many causes to anxiety of which familial history of anxiety is often a common element, but anxiety can occur for lots of reasons. One in six people experience anxiety so it is a common issue.

There are 5 types of anxiety disorders:

- Generalised Anxiety Disorder (GAD) – excessive worrying about many aspects of one's life
- Obsessive Compulsive Disorder (OCD) – Thoughts and fears are obsessive and rituals are performed in order to cope eg. continually checking if the iron is off; excessive hand washing
- Panic Disorder – panic attacks are periods of intense fear or anxiety even when there is no good reason. Symptoms may include sweating, breathing difficulties, loss of control
- PTSD – Post traumatic stress disorder – A disturbing event may trigger this and the person may have flash backs, disturbed dreams and mood changes. Many soldiers or refugees experience this, but a single incident can trigger this for anyone
- Social Phobia – fear of being humiliated, embarrassed or criticised and may affect one's ability to speak or eat in public, being assertive and sticking up for oneself
- Specific Phobias – e.g. intense fear of spiders, the dark, injections. One or more can occur at the same time

If you believe that the feelings of anxiety are ongoing and affecting day to day living, and are unable to be controlled, then you or your love one needs to seek help.

Tips to help along the way

- Talk to someone e.g the Guidance Officer, the doctor, a friend or family member
- Stay physically healthy: eat healthy food, drink water, exercise daily
- Work out ways to minimise the stresses in your life without having to avoid them
- Have a massage, yoga, facial or other treats

Who better to look after you than yourself but be open to help if you need it. Often others see our needs before we do.

Contacts:

- Beyondblue 1300 22 4636 [Beyondblue.com](http://Beyondblue.com)  
<https://www.beyondblue.org.au/the-facts/anxiety>
- Lifeline 13 11 14
- Kids Helpline 1800 55 1800

Adapted from Beyondblue

Jacqui Lather, Guidance Officer

## PE News

### Gala Day Term 4 Begins This Friday - 9th October

Family and friends are most welcome to come and support our school teams.

Games will begin at 11.00am and conclude at approximately 2.15pm. Please ensure students wear full school uniform and suitable footwear for their sport. Students are reminded to bring a sun safe hat, water bottle, sunscreen and all safety equipment suitable for their sport. Students are also reminded to wear no jewellery or fingernail polish.

### Venues for 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> 30<sup>th</sup> October and 6<sup>th</sup> November

- Softball – **Bill Norris Oval – Cnr Boundary Rd and Logan St Beenleigh.**
- Touch Football – **Noyer Park, Beenleigh Beaudesert Rd Windaroo**
- Girls Basketball – **Mt Warren Park State School**
- Boys Basketball - **Windaroo State School, Mt Warren Blvd**

### Year 3 and 4 Swimming Program

Mt Warren Park State School will be again in 2015 conducting the school year 3 and 4 Swimming program in Term 4. Our program will be conducted by qualified and experienced swimming instructors. The program will include both swimming safety and stroke correction and improvement. As this is a major outcome in the curriculum we strongly encourage all students to participate.

The swimming program will commence on Monday 16 November 2015 and conclude on Friday 27 November 2015. The program will run for one 45 minute lesson each day over a total of two weeks. The total cost of the program will be \$80.00. This cost covers bus travel and pool admission and a qualified instructor for forty-five minutes over 10 lessons.

REMINDER: If you would like your child to participate in the school swimming program, please complete the permission slip and medical form the students received prior to the holidays and return to your child's class teacher by **Friday 23rd October 2015.**

**Full payment is due 5<sup>th</sup> November** however, advance payments can be made now. Paying in instalments is recommended and encouraged.

## Dates To Remember

Monday 21 September to Friday 2 October Spring Vacation (2 weeks)	
Monday 5 October	Labor Day Public Holiday
Tuesday 6 October	Term 4 Commences
Wednesday 7 October	Year 5 & 6 Gala Sport \$40 DUE TODAY
Tuesday 13 October	Prep 2016 Orientation Evening (6pm HALL)
Thursday 15 October	Year 2 Historical Village DUE TODAY \$6 Year 4 Roald Dahl Show DUE TODAY \$18
Monday 19 October	<b>PUPIL FREE DAY</b>
Wednesday 21 October	2C & 2D Beenleigh Historical Village \$6
Thursday 22 October	2A & 2B Beenleigh Historical Village \$6
Friday 23 October	Year 4 Roald Dahl Theatre Show \$18
Thursday 5 November	Year 6 Dreamworld \$42 DUE TODAY Year 3 & 4 Swimming \$80 DUE TODAY
Thursday 12 November	Year 5 Camp \$280 DUE TODAY
Monday 16 to Friday 27 November	Year 3 and 4 Swimming Program \$80
Monday 23 to Wednesday 25 Nov.	Year 5 Camp Emu Gully \$280
Thursday 26 November	Year 6 Dreamworld \$42 (\$17 + PASS)
Monday 7 December	Whole School Transition Afternoon High School Orientation Day (Year 7 2016)
Thursday 10 December	Year 6 Graduation from 9am
Friday 11 December	Final School Day for 2015
Monday 14 December 2014 to Friday 22 January 2016 Christmas Vacation	
Monday 25 January 2016	School Commences for 2016
Tuesday 26 January 2016	Australia Day Public Holiday

# NEW TUCKSHOP MENU OUT NOW!

Next Meeting

## P & C News

The next P & C Meeting will be held on Wednesday 14 October from 6:30pm in the Staffroom. Everyone is welcome.

### Tuckshop News

**NEW MENU for Term 4** - Our new Term 4 2015 Menu should come home with your child today. It will commence from next Monday 12 October. Please note there has been a couple of price increases due to our suppliers increasing their prices. Our profit margin is always kept to a minimum but to keep such high and healthy standards price rises are inevitable. Please note the new daily specials for the term too. Spares menus are available from the Tuckshop and Admin and you can also download them from the website.

**EFTPOS** - Payments can be made by Cash or EFTPOS - **A minimum purchase of \$10 must be made.** To guarantee your child gets exactly what they want we recommend that you order their lunch through the bag ordering system. Various items are available over the counter but we cannot guarantee hot food will be available unless it is ordered.

### Breakfast Menu – NOT AVAILABLE AFTER 8:30am

Even though it is not printed on the 2015 Menu we do offer a small breakfast menu that can be purchased before school up until 8:30am. Please do not ask for Breakfast Menu items from 8:30am onwards as refusal often offenders.

### Uniform Shop News

**Open Hours** - 8:00am – 9:00am Monday, Wednesday and Friday mornings and 2:15pm to 3:15pm every Wednesday afternoon. Payment can be made by cash or EFTPOS only, we CANNOT accept cheques.

**SALE** - Old style track jackets, Size 12 & 14. **NOW ONLY \$10.**

**Secondhand Uniforms** - If you have any uniforms at home that your children no longer wear or fit into and if they are good enough for someone else to use please drop them into either the office or the uniform shop as we are always in need of secondhand stock.

### NO CREDIT FACILITIES

It is policy that the Uniform Shop and Tuckshop **CANNOT** offer credit to parents, students or staff. So please avoid an awkward situation by not asking staff for credit. Thank you.

*Creating Better*

Established in 1994 and providing quality education in the Beenleigh area for twenty years

**What we offer**

- ▷ OP Maths (B and C)
- ▷ OP Science - Physics, Chemistry, Biology
- ▷ Bring your Own Device
- ▷ Gifted and Talented Program
- ▷ Athletics Course Extension
- ▷ Music Excellence
- ▷ Trade Training Centre in Hospitality
- ▷ Instrumental Music
- ▷ Japanese
- ▷ Early Child Hood Studies (1/2/3)
- ▷ Tourism Studies
- ▷ Photo Imaging Studies
- ▷ Traineeship and Apprenticeship Options
- ▷ Certificate Courses in Construction, Fitness, Hospitality, Outdoor Recreation and Business

# Enrolments Year 7 - 2016

Join our United Community

**Windaroo Valley State High School is taking  
Expression of Interest for Enrolments for Year 7, 2016 now.**

If you have not submitted your Expression of Interest for Enrolment to the Windaroo Valley State High School office, please submit your form ASAP.

**Due to the recent introduction of an Enrolment Management Plan and catchment area, available spots are filling up fast.**

Important dates to remember for enrolments

All students and parents are required to participate in an enrolment interview before their enrolment is confirmed. Enrolment evenings for 2016 Year 7 enrolments will be held throughout the year for parents and students to have an opportunity to discuss school policies, expectations, to ask questions and have a one on one discussion with a member of staff.

**The last enrolment evening will be held on:**  
**Wednesday 21st October 2015**

Please contact the school office to make your appointment, or book via the online booking system -SOBS:  
<https://sobs.com.au/p/parent.php?logoff=true>

Enrolment Enquiry contact details

For further details regarding enrolments please contact the Enrolments officer.  
Enrolment phone enquiries: 3804 2330  
Enrolment e-mail enquiries: [enrolments@wvhigh.eq.edu.au](mailto:enrolments@wvhigh.eq.edu.au)