Friday, 11 September 2015

**Dates to remember**
Friday 18th September Last day of Term 3  
Tuesday 6th October First day of Term 4

**Principal News**

Dear Parents,

It’s hard to believe we are in Spring and the weather is certainly heating up. Don’t forget that next week is the last week of Term 3. School finishes on Friday 18th September and will resume again Term 4 on TUESDAY 6th October. Don’t forget that Monday 5th October is a gazetted public holiday. (Remember this was Labour Day moved from the month of May).

Our computer lab is currently being refurbished and all reports are that the contractors should be finished for the start of Term 4. I would like to thank all students, staff and parents for their patience and understanding in relation to this refurbishment.

Our grade 5 & 6 camp students have come back from their amazing excursion a little more confident reassured and world-wise.

The grade 6 students have only 11 weeks of primary school left. Takeaway the 2 Mondays in Term 4 for the Public Holiday and the Pupil Free Day (Monday week 3 Term 4) and they will only have 9 Mondays of primary school. I would suggest a little scary for some students and parents. Please remember to hand your enrolment forms into the High School as soon as possible.

In weeks 2 and 3 of Term 4, Mr Love, Mr Ryan and Mrs Craven’s class will be participating in the Learn to Swim program. Mrs Gray will distribute permission slips and information early in Term 4. I can’t believe that Term 4 is just around the corner.

Our teachers are currently conducting parent/teacher interviews and we want your involvement. Parent/teacher interviews are a great way for teachers and parents to connect and discuss the important points of your child’s academic, social/emotional and physical development. Teachers like you and your child to know how they are going and what things can be done to enhance school learning. The relationship between teacher and parent is probably one of the most powerful positive relationships that have an effect on your child’s student learning outcomes. Please use this time wisely and positively so the relationship between school and home is positive, mutually supportive and productive.

We are missing a Green/Turquoise Avanti mountain bike with a red helmet. The bike was left at school last Friday night and disappeared that night. If you have any information regarding this lost bike please come to see me. This bike belonged to one of our Year 4 girls and she uses it to ride to school. Any information is welcome.

**Week 8 Student of the week**

Prep: Caitlyn for outstanding reading and always working well in class.  
Prep1: Hunter Baird for excellent efforts solving part-part-whole addition problems.  
Year 1/2: Peyton Thorburn for enthusiastic application to learning fractions.  
Jet-Tyler Hall for his commitment to solving and working through maths problems.
Year 2/3: Jack Ireland for applying himself to write factual information in his writing.
Year 3/4: Thomas Mantell for writing a great retell and using interesting language. Great stuff, Thomas!
Year 4/5: PJ for maintaining a high standard of work and sustaining it all week.
SEP: Hayley Toby for consistently working well to achieve all goals in mathematics and literacy. Well done!
A special mention to our year 5/6’s who have had a fantastic week at school while their peers are on camp at Tallebudgera. Brooke, Tait, Elliot and Christopher did a commendable job of running parade today without our regular school leaders. Well done kids!

P&C News

A big thank you to all our volunteers who gave up their time to help out at the Fathers Day Stall last Thursday. Not only did we raise around $300 for the school, but I’m sure quite a few children went home happy to have bought a little present for their loved one. An especially big thank you to Sarah Palmer for her hardwork in getting things organised for the stall.

Please note, there will be NO SEPTEMBER P&C MEETING. Instead we would love to see you all at our October meeting on the 15th October at 3.30pm in the RIC building.

Have a safe and happy school holidays, see you in Term 4.

Your friendly P&C Committee

Sports Update

On Sunday 23rd and Monday 24th of August, 40 students from the Douglas District travelled down to Cairns to participate in the Regional Athletics Carnival. The wet weather didn’t deter our athletes, who proved to be fierce competitors on both days. They were a force to be reckoned with and demonstrated outstanding talent, effort, determination and sportsmanship. I was extremely proud of every one of you and you should all feel a massive sense of achievement to have made it to that level.

A huge congratulations’ goes to:
- Reagan Crees (Mossman) who came 1st in Long Jump, 100m and 200m sprints.
- Beryl Gibson (Mossman) who came 2nd in 200m sprints and 4th in 100m sprints.
- Jamaica Seare (Abay) who came 1st in High Jump.
- David Neller (Wonga) who came 3rd in 200m sprints.

All four athletes will travel down to Townsville in October to compete in the 2015 State Championships.

We wish you all the very best of luck!!!
Laura Gray
**Girls on the Ball Super Camp**

Cairns Basketball Association

**Where:** Cairns Basketball - 289 Amulder Street, Manurita

**Date:** Wednesday 21st & Thursday 22nd of September, 2023

**Age Group:** 8 to 12 years

**Time:** 9:00am to 3:00pm

**Cost:**
- Per Day: $55
- 2 Day Package: $110
- Early Bird 2 Day Package Special: $90 (registered before Friday 11th September)

**Inclusions:**
- Girls on the Ball Program
- Fundraising and training with professional coaches
- Guest visits from Taipans and Dolphins representative players
- Morning and afternoon tea provided by Subways
- Lunch provided by Subways

**Fees:**
- $55 per day
- $110 for 2 days

**Contact:**
- Phone: 07 4091 2143
- Email: community@taipans.com
- Website: www.cairnsbasketball.com

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**School Holiday Activities**

**Wednesday September 23rd**

Make a Dream Catcher

**Wednesday September 30th**

Make a Reef Diorama with sound effects

**10.30 - 11.30am**

Mossman Library

**4099 9496**

**Bookings Essential**

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**Mossman Riverside Leisure Park**

Karin Barnes

**SWIM SCHOOL**

Learn to Swim Program
- Squad Program
- All levels
- Junior Lifeguard Course
- Aquatic Fitness Classes

**ENROL NOW**

**Jukebox Gym**

Memberships available

@ Mossman Swimming Pool

**07 4098 2627**

mossmanleisurepark@bigpond.com

www.mossmanriversideleisurepark.com.au
R U OK? Day is a national day of action dedicated to encouraging all Australians to ask family, friends and colleagues ‘Are you OK?’ The day is held on the second Thursday of September (10 September in 2015).

R U OK? Day is designed to target the whole population, to help all people understand the role they can play in supporting those grappling with a problem, big or small. Most people don’t openly share their feelings, particularly if they are struggling. The best thing we can all do is regularly talk to the people we care about. Schools are often the hub of a community. As well as touching base with our colleagues, staff in schools often have a connection with members of the extended school community.

It is natural for people who are feeling anxious or overwhelmed to also feel isolated and lonely. As well as assisting people to see they are not alone, encouraging people to check on family, friends and colleagues has many benefits.

Discussing a problem out loud can help them feel less overwhelmed. Asking for another person’s perspective about a problem can also help identify potential solutions. It’s ok to say “I’m not ok” and it’s ok to ask for help.

The following 4 step process is recommended:-

1 Ask R U OK? - start a general conversation, preferably somewhere private. Ask open ended questions - ‘What’s been happening? How are you going?’ ‘I’ve noticed that…What’s going on for you at the moment?’ ‘You don’t seem like yourself and I’m wondering are you OK?’

2 Listen without judgement - guide the conversation with caring questions and give them time to reply - ‘How has that made you feel? How long have you felt this way? Have you talked to anyone about this?’

Don’t rush to solve problems for them.

Help them understand that solutions are available when they are ready to start exploring these.

3 Encourage action - summarise the issues and ask them what they plan to do - ‘What do you think might help your situation?’

Encourage them to take one step, such as see their doctor.

4 Follow up - Put a note in your diary to touch base or call them in one week. Ask if they’ve managed to take that first step and see someone. If they didn’t find this experience helpful, urge them to try a different professional because there is someone out there who can help them.

Dealing with denial? If they deny the problem, don’t criticise them. Acknowledge they’re not ready to talk. ‘I understand that you don’t want to talk about it but call me when you’re ready to discuss it.’

Say that you are still concerned about changes in their behaviour and you care about them. Ask if you can enquire again next week if there’s no improvement.

R U OK? is an independent, not-for-profit organisation committed to providing focus and leadership on suicide prevention by empowering Australians to have open and honest conversations and stay connected with people in their lives.

The national day of action aims to increase public awareness and understanding about the link between connection, community, wellbeing and suicide prevention. Programs are designed to provide ongoing education and information about ways to support each other through life’s ups and downs.

www.ruokday.com

www.happyschool.com.au  Facebook HappySchoolStaff  info@happyschool.com.au