Scottville State School

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Great state. Great opportunity.
28th May 2015

**Principals Message**

As the colder months arrive at Scottville please ensure our students are wrapped up warm and that personal hygiene is thought of. We have had some gastro and colds coming through our classrooms and we are aware that students can catch colds and illnesses easily in the school environment. Let's be Flu Fighters!

Our teachers are at this point, beginning the process of writing reports. Reports will be distributed on Wednesday the 24th of June, the last week of school Term 2.

Reporting is part of communicating with parents and building the school-parent partnership to improve student learning. School reporting processes are clear and transparent for parents, so they understand:

The learning expectations for the student, the student’s achievement against expected standards

How well the student is engaging with the expected learning.

How the student may be able to improve.

In addition to providing written reports at least twice a year, schools offer parents opportunities to discuss their child’s educational performance at the school with their child’s teacher (s). Parent interviews at Scottville will take place early in Term 3.

**Our school camp to Charters Towers is 21-24 July**

Year 4-6 students should have received their expression of interest form. This week the camp Itinerary, equipment list and medical details form will be distributed.

The cost of the camp has been subsidised by our wonderful P&C and at this point we are planning further fundraisers to reduce the cost further. At this point in time the cost is at the $40 mark. We hope to reduce this cost in the coming weeks. There will be a parent meeting on the 10th June at 2.45pm at the school hall. Look for your camp updates in our newsletter.

**There will be a Student Free Dress Day on Friday the 12th June to raise funds for Senior School Camp.**

The theme is Thunder and Lightning.

**Homework Club**

Our homework club is on every Tuesday afternoon from 2.30pm to 3.45pm for Year 3-6. Homework club is an opportunity to gain extra support as well as a time to be creative and discover new interests. No registration is necessary. Students do need to be picked up after the club, as they will not be allowed to walk home.

**Register now**

**Tuesday 2.30 - 3.30**

for Prep - Year 2

**Thursday 2.30 - 3.30**

for Year 3 - 6

Afternoon tea is provided

**THIS IS A FREE PROGRAM.**

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**DATE** | **ACTIVITY** | **WHO**
---|---|---
08/06/2015 | Queens birthday Public Holiday | Everyone
12/06/2015 | Spinal Visit | Everyone
15/06/2015 | School Cleaners Day | Cleaners
17/06/2015 | Scottville Athletics Day | Everyone
19/06/2015 | RSPCA visit | Everyone

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**See our notice boards for up and coming events and information**

Our behaviour focus for the coming week is Be Responsible

Be Responsible is about being accountable for your actions. At Scottville the expectations around learning, student relationships and learning, is that of being responsible for one's own well-being while learning and becoming responsible and caring for others.

I keep my books and desk tidy.

I take my green bag home everyday to read everyday.

I put my lunchbox in the fridge.

I put my jumpers and clothes in my bag.

I am responsible for returning the sports gear I use.

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**Register now**

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**Be Respectful**

**Be Responsible**

**Be Safe**

**Be Committed to Learning**

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**Every Day Counts. Our goal is 95%**

**We achieved 92.8% in Week 6—T2**

<table>
<thead>
<tr>
<th><strong>Prep</strong></th>
<th><strong>Year 1</strong></th>
<th><strong>Year 2</strong></th>
<th><strong>Year 3</strong></th>
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</thead>
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<tr>
<td>92.8%</td>
<td>89.6%</td>
<td>90.1%</td>
<td>97.4%</td>
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<table>
<thead>
<tr>
<th><strong>Year 4</strong></th>
<th><strong>Year 5</strong></th>
<th><strong>Year 6</strong></th>
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<tr>
<td>84.2%</td>
<td>95.7%</td>
<td>96.2%</td>
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**Regards**

**Rowan Coffey**

Principal
5 mental health habits to promote in kids

Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result, they learn better and have more friends as well.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that can come with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common kind.

Having good mental health doesn’t mean that kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result, they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are five basic mental health habits that you can consider right now:

1. Sleep: Sleep is the one of the building blocks of mental health and well-being. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!!!!! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single, most powerful strategies to improve kids’ ability to cope with stressful or changing situations is to ensure they get enough sleep.

2. Exercise: When my mum told me all those years ago to turn the television off and go outside and play she didn’t know that she was promoting good mental health. She just knew that physical activity was a good thing for an active, growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

3. Help others: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to others and to help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

4. Talk: A problem shared is a problem halved! Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiety. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child or young person has a problem let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help you get a clearer picture of how they may be feeling.

5. Relaxation: Make sure your child or young person has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching-off may benefit from practising meditation or mindfulness, but most kids just need to have the time to chill out, and they’ll relax quite naturally.

These five habits are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits don’t get overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore them or trivialise them. Talk to your children and tie these activities to their mental health but do so in your own way and in your own timeframe.

Second, assess which of these five essential habits need your attention and make some adjustments over time to push the pendulum back, if necessary, in favour of your child’s mental health.
WEEK 5 TERM 2
Student of the Week: Yrs - 4/5/6 - Delta Phillips
Prep/Yr 1 - Jayme-Lee Chapman
Yrs 2/3 - Makayla Grant
Principal’s Award: Safety Awards:
HPE: Pride in the Classroom Award - Year 4,5,6
Gotcha:
Gotcha:
Gotcha:
Aaron Barrett, Hayden Honnery & Bailee Hanlon-Davis

WEEK 6 - TERM 2
Student of the Week: L to R
Yrs 2/3 - Clay Colls
Prep/Yr 1 - Jade Goldston
Yrs - 4/5/6 - John Villegas
Principal’s Award: Safety Awards:
HPE: Pride in the Classroom Award Yr Prep - One
Gotcha:
Karmen Fisher, Matilda Colls, Hayden Honnery
Are you a safe buddy?? I am!
WHITSUNDAY TOUCH TRIALS

On the 22nd May, 5 boys and 5 girls attended the Touch Football trials with teacher Mr Scott Lenti. Once the children had played and the selection was made, the following results were obtained.

Jordyn Carmody - selected for Northern Region Touch Football trials

Madison Fisher - selected for possible and probable's.

Decy Jones - selected for possible and probable's.

A big congratulations goes out to all children who put their hand up and participated and a big thank you to the Mums and Dads, friends and Grandparents who took the time to drive to Bowen for the selection. A big thank you to Mr Lenti for taking the time to train the participants each week. You make our school proud.

WALK TO SCHOOL DAY

Fruit Platters kindly donated by IGA

A big congratulations goes to Jordyn Carmody for making the Whitsunday Touch Football team. Jordyn will now participate in the Northern Region Touch Football Trials in Charters Towers on the 14th and 15th June 2015. We are excited for her and wish her the very best in her trials.

“GO JORDYN!!!!”
Great day
St John Bosco
Thank you!!!
We urgently need volunteers for the Bowen River Rodeo (Can you spare a few hours?)

Gate: Thursday - 11am - 2pm, 2 - 5pm & 5 - 9 pm.
Canteen: Saturday - 9am-10.30am & 10.30am-12 noon.

Please call Karla on 0438 718 799

Funds raised by P & C in 2015 have allowed P & C to donate $50.00 per student to go towards the Charters Towers School Camp for 2015. A big round of applause for their dedication and generous donation!

THOUGHT OF THE WEEK

‘Life is like a game of tennis; those who don’t serve will seldom win.’