27th August 2015

Principals Message

It’s nearly here, Scottville’s family cricket day is on Saturday the 5th of September. No matter how you may choose to get involved in supporting our school community, our cricket day is an easy and fun way to support your school. I look forward to seeing you there to enjoy a great day of fun, food family and friends.

You may have noticed a few new gardens around the school lately. Our Kids Matters flowers are also beginning to bloom as a new addition to our Bee rules. The kids matters flowers are a pictorial representation of our work within the Education Queensland mental health initiative to support the Social Emotional Learning (SEL) in our school. As we develop our approach to supporting our students emotional wellbeing the flowers will symbolise our whole school approach to simply asking ‘R U OK?’

Prep open days and Transition days

Our ‘Get Ready for Prep’ program will be run in term 4.

We would like to invite new families for 2016 to visit on our open day on Tuesday the 13th October as well as invite you to our transition days during October and early November. If you would like to arrange a different time to visit our school, please do not hesitate to call our office on 4785 5288 during school hours and arrange a meeting.

Year Writing Booster – Brisbane School of Distance Education

Some of our Year 4 students are taking part in a 10 week online writing booster. The students involved have achieved satisfactory marks in English this year, so as part of our improvement agenda to always target further growth. This program will support student improvement in writing. Good Luck!

Relationships Australia

It is with pleasure that I can once again welcome Relationships Australia in to our school. Relationships Australia will be running a girls group for Year 5 and 6 students during Term 4. Details of the program will be distributed early in Term 4.

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY</th>
<th>WHO</th>
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<tbody>
<tr>
<td>04/9/15</td>
<td>Teacher Aide Day &amp; Fathers Day Stall</td>
<td>Everyone</td>
</tr>
<tr>
<td>05/09/15</td>
<td>P &amp; C Cricket Day</td>
<td>Everyone</td>
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<tr>
<td>06/09/15</td>
<td>Fathers Day</td>
<td>Everyone</td>
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<tr>
<td>09/09/15</td>
<td>P &amp; C Meeting</td>
<td>Everyone</td>
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<tr>
<td>18/09/15</td>
<td>A+Day and last day of Term 3</td>
<td>Everyone</td>
</tr>
<tr>
<td>05/10/15</td>
<td>First day of Term 4</td>
<td>Everyone</td>
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Furniture for Tender

We have 2 x RED 3 seater lounge chairs, sturdy base in good condition available for tender. Ideal for beach hut or patio. The chairs were in our library so have never been outside. Tenders to the office by close of business 4th September 2015. All reasonable offers will be considered.

Saturday Sport

This Saturday is the last Saturday sport session for Term 3. It is also the last session for AFL. I would like to thank Dean for his work with the children who participated in AFL for kids and we look forward to seeing him again next Year.

Sporting Schools last session for Term 3 will be WEEK 9 Thursday the 10th of September

Regards
Rowan Coffey
Principal

See our notice boards for up and coming events and information

Our behaviour focus for the coming week is “Be Respectful.”

I can play on the playground safely
I walk on the concrete.
I walk carefully up and down the stairs.
I wash my hands after going to the toilet.

Attendance - Every Day Counts

Every Day Counts. Our goal is 95%  
We achieved 91.0% in Week 7 t3

<table>
<thead>
<tr>
<th>Prep</th>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
</tr>
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<tbody>
<tr>
<td>82.9%</td>
<td>87.9%</td>
<td>96.1%</td>
<td>91.9%</td>
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<tr>
<td>Year 4</td>
<td>Year 5</td>
<td>Year 6</td>
<td></td>
</tr>
<tr>
<td>93.3%</td>
<td>91.0%</td>
<td>96.3%</td>
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Be Respectful             Be Responsible
Be Safe            Be Committed to Learning
Every Day Counts. Our goal is 95%  
We achieved 91.0% in Week 7 t3
Prep Enrolments 2016

Prep is the first year of school and provides the foundation for your child's education. It is a full-time program held in primary schools.

Children attend Monday-Friday, generally from 8.30am-2.30pm.

Children must be 5 by 30 June in the year they enrol.

Check the table below to see when your child can start Prep.

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<tbody>
<tr>
<td>1 July 2008 to 30 June 2009</td>
<td>Year 1</td>
<td>Year 2</td>
<td>Year 3</td>
<td>Year 4</td>
<td>Year 5</td>
</tr>
<tr>
<td>1 July 2009 to 30 June 2010</td>
<td>Prep</td>
<td>Year 1</td>
<td>Year 2</td>
<td>Year 3</td>
<td>Year 4</td>
</tr>
<tr>
<td>1 July 2010 to 30 June 2011</td>
<td>Kindy</td>
<td>Prep</td>
<td>Year 1</td>
<td>Year 2</td>
<td>Year 3</td>
</tr>
<tr>
<td>1 July 2011 to 30 June 2012</td>
<td>Kindy</td>
<td>Prep</td>
<td>Year 1</td>
<td>Year 2</td>
<td></td>
</tr>
<tr>
<td>1 July 2012 to 30 June 2013</td>
<td>Kindy</td>
<td>Prep</td>
<td>Year 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 July 2013 to 30 June 2014</td>
<td>Kindy</td>
<td>Prep</td>
<td></td>
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</table>

Enrolment age variations

Parents enrolling their child in school have the option of an early or delayed start. Enrolment age variations may be due to a child's development and readiness, and could improve their ability to learn.


Delayed start to Prep

It is not compulsory for your child to attend the Prep year as soon as they are old enough—5 by 30 June in the year they enrol. You can delay their entry by 1 year if you feel they are not ready, but when they start school, they should still start in the Prep year. Parents who decide to delay their child’s start in Prep may choose to keep their child at home, or in an: Early childhood education and care service (http://www.qld.gov.au/education/childcare/parents/types/pages/services.html) Early Childhood Development Program (http://education.qld.gov.au/schools/disability/early-childhood-development-services.html)—for children with disability.

Students with disability

All children are entitled to attend the Prep Year at their local state school. Schools provide support services to assist students with disability so they can be included in local Prep classes.
Choose Scottville State School for your child’s Prep Year in 2016!

Come to our Prep Open Day on Tuesday, 13th October 2015 from 8.30am – 10.30am!

Your child is eligible to attend our Transition to Prep Days

Transition to Prep Days are important so your child can attend school and become familiar with their classroom, teachers and routines.

At Scottville, we know that early reading predicts high school graduation. Ask us about our reading programs on the day.

Please make an appointment for a personal tour.

Scottville State School
21 Eleventh Avenue
Scottville, Qld. 4804
Phone 07 4785 5288
Principal: Mr Rowan Coffey
Choose Scottville State School, a friendly school, for your child’s Prep Year in 2016!

Your child is eligible to attend our Transition to Prep Days.

Transition to Prep Days are on Tuesday 20th, 27th October & 5th November 2015 from 9.30am – 10.30am and are important so your child can attend school and become familiar with their classroom, teachers and routines.

Upon enrolment, you will receive a free book: ‘Getting off to a good start’.

At Scottville, we know that early reading predicts high school graduation. Ask us about our reading programs on the day.

Please make an appointment for your personal tour.

Scottville State School
21 Eleventh Avenue
Scottville. Qld. 4804
Phone 07 47855 288
Principal: Mr Rowan Coffey
Students of the week:
Annabelle Simpson, Elly Colls, Bodhi Carmody
Safety: Joanna Villegas, Lily West, Boyd Ramage
Principals Award: Aaron Barrett
HPE: Bailee Hanlon - Davis
GOTCHA: Cooper Groocock
Pride in the Classroom: Yr 4-6

Students of the Week:
Jakob Chapman, Skyra Goody, Matilda Colls
Safety: Nate Hanlon, Alana Goody and Angel Morgan (absent)
HPE: Jade
Principals Award: Alexie Collett
GOTCHA: Claudia Lee
IMPACT Booster project—Round 2 SOLVE IT! Certificates
Jordyn Carmody, Robert Diprose, John Villegas
Classroom of the Week: Prep/One
WILL AND SNOW WHITE GET MARRIED

On Thursday 20th August the Scottville State School Prep - 3 classes attended a performance brought to us from the Proserpine Entertainment Centre called Snow White and the Seven Cool Dudes. An eager Will Jones put up his hand to marry Snow White for the day. The show was about Stranger Danger with a dwarf and many strange and scary animals added in to the set. A great review from the children and staff alike.

SCOTTVILLE, SCOTTVILLE, HOW DO YOUR GARDENS GROW???

Our wonderful grounds staff and parents have helped our Garden Club to revamp our gardens. With drought tolerant plants, mulch, pruning and TLC, they are looking much better. Many thanks to John, Jo and Lyn. Awesome job.

‘SSP’ IS HAPPENING AT SCOTTVILLE STATE SCHOOL.

Where Speller’s are Spelling, Readers are Reading and Writers are Writing.

We are taking pictures in our mind of speech sounds, visualising them, recognising them and using them.

SCOTTVILLE VISITS WITH ENTERTAINER ‘STIG WEMYSS’

On 21st August, our Yr 4-6 were entertained by Stig Wemyss at the community centre for his Book Week tour. A big thank you to Whitsunday Regional Council who donated the bus for us to travel to this wonderful experience.
On Wednesday the 26th August, the students took part in Jump Rope for Heart! It's a great fundraiser to keep our kids hearts healthy and keeping them active while raising funds for the heart foundation. The students really got into it, even attempting some tricks and a select few with some wild dance moves whilst skipping! Just a reminder that the completed Jump Rope for Heart forms will need to be returned to the office by this Friday the 28th.

This Saturday is our final Saturday sport for the term. This weekend, kicking off at 8:30am will be a Parents vs Students AFL game. Hope to see you there!

NAB AFL AUSKICK for Term 3 comes to an end on Saturday 29th August in the Collinsville Community for Term 3, 2015! It's on this Saturday at Scottville State School oval. 8.30 am. This will be our last one for Term 3 so don’t miss out.

Many thanks to the donations from GLENCORE this years NAB AFL Auskick was FREE!!!

JACK WINS COLOURING COMPETITION

Congratulations goes to Jack Grocock for winning the CSHS Bacon Busters colouring competition for his age group.

Ms Marissa Keaney from the Collinsville Post Office presented Jack with his winning prize on parade. Well done Jack!!
UPCOMING EVENTS - SAVE THE DATES!!!!

5th September - P & C Cricket Day - Scottville State School
Saturday 5th September, 2015. Nominate your teams now. Please support your School by coming along to watch the days events, it's a great family day out.

17th October - P & C Golf Day - 12 noon. Collinsville Golf Club

**A HUGE Thank You to Gordon's Welding Service for kindly donating this Cowboys Jersey to our P & C to raffle.

BIG ‘Thank You’ s ’ goes to those parents & staff who volunteered their time to help in the canteen at Bacon Busters. Brian & Lyn West, Kristie Gordon, Desley Chapman, Barbara Diprose, Karen Brunker & Rowan Coffey and to the Carmody/Thompson family for donating the wooden table for Senior Class - Year 6.

It looks amazing.

RAFFLE - COWBOYS WOMEN IN LEAGUE JERSEY

Signed & Framed Cowboys Women In League Jersey. Please return your tickets to the School Office. Raffle will be drawn on Saturday 5th September.

P & C Fathers Day Stall
will be held on Friday 4th September, 2015 at first break.

Kids remember to bring your money along to buy Dad a special gift.

CSCSC Inc. SUNDAY CHARITY BINGO

This Sunday 23rd August 11am Bowls Club.

Daffodil day special $10,000 in 55 calls

NOW 55 calls each week every week until won)

$2,222 in 60 calls & $222 in 55 calls

Wear yellow.

Prize for one supporter.

Give Generously

THOUGHT OF THE WEEK

You have BRAINS in your HEAD.
You have FEET in your SHOES.
You can STAND by your OWN DIRECTION and CHOOSE.
~ Dr. Seuss
SCOTTVILLE STATE SCHOOL
P & C ASSOCIATION

FAMILY CRICKET FUN DAY

*NOMINATION FORM*

Saturday 5\textsuperscript{th} September 2014
Arrive at 9.00 am

Team Name: ______________________

Team Contact Person: ___________

Contact Phone: _________________

REMEMBER - Teams to be 7 a side, with at least 2 female players.

Please Return This Form Via Fax or in person by

Friday 28\textsuperscript{th} August Fax: 07 4785 5631
Here are 15 healthy ways to manage your emotions that you can pass on to your children.

**1. Breathe deeply**
The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady,' which indicates deep (and low) breathing.

**2. Find a favourite relaxation exercise**
There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

**3. Use a positive reappraisal**
Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may find it as a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

**4. Use positive, REALISTIC self-talk**
Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that.” “This will stress me out big time.” “I’m no good at...” I know I have. I talk myself into feeling stressed out.

Next time you catch yourself talking yourself out or something downplay the negative with something realistic but more positive. Something like “I’ve done it before and I survived. So I should be able to do it again.”

Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That’s what emotional management is about.
Exercise
Exercise releases endorphins, nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising, when we really need it. Let’s face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even playing a game outside with the kids is the very thing you need to feel better.

Distract yourself
A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s a highly recommended strategy for natural worriers! It’s amazing how much better a situation will seem after a short break.

Longer term strategies
7 Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

Make physical activity a habit
How much do you move during the day? 10,000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going to getting anywhere near to close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

Meditate to stop those thoughts
If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parenting ideas recommends meditation as a life skill that will help you balance to your emotional state.

Let me entertain you!
Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It’s unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

Find spirituality or something bigger than you
It’s no coincidence that most sustainable cultures have an aspect of spirituality present – that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we’ve become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

Modify the situation
Ever lay in bed stewing over a problem or situation and worked your self into a real knot. Suddenly you feel overwhelmed. I’ve done this often. The best solution for me is to get to work on the problem, rather than stew over it. Plan that talk, make that difficult phone call, have that difficult conversation. Action is a great antidote to worry.

Change your goal
Sometimes our emotional state is giving us a message – that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

Get support from others
Asking for help takes many forms, it may be simply having someone at work you can offload your worries to or when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiety you maybe experiencing.

Seek professional counselling
We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become ‘unstuck’. A well-known song by US singer Kenny Rogers went, “You’ve got to know when to hold ‘em, know when to fold ‘em and know when to walk away,” I’d like to add another line, “You’ve got to know when to get some help,” Seeking help is something we are getting better at as a community, but we still have a long way to go until it accepted and normalised.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren’t aware that they are emotional management techniques.

What would you like your kids to say?
There are plenty of healthy ways to regulate our emotional states, but often we simply default to unhealthy, unhelpful ways out of habit or because we know no other ways.

If someone asked your children in thirty years time to articulate the lessons they learned from you, hopefully they’ll be able to recount some of the right ways outlined above rather than pull out strategies from the 7 wrong ways list.
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