Dear Parents, Caregivers and Staff,

ANZAC DAY THANK YOU: Our students demonstrated strong community spirit at our ANZAC assembly and the Cotton Tree ceremony and public march. This special day was well attended by students and families. We appreciate your ongoing support.

NAPLAN: Year 3 and Year 5 families are reminded that NAPLAN will occur during Week 5 of Term 2. The students will complete the National Assessment Program for Literacy and Numeracy (NAPLAN) from Tuesday, 10 May 2016 to Thursday, 12 May 2016. The Friday will be used for catch up tests in cases of absence. Every week at Mountain Creek State School is about enjoying learning and building strong relationships. This includes the NAPLAN week, so please ensure your children view it as a regular school week to enjoy. If you have any questions or concerns, you can read an information sheet located at: [http://www.nap.edu.au/verve/_resources/NAPLAN_2015_Parent_information_brochure_web.pdf](http://www.nap.edu.au/verve/_resources/NAPLAN_2015_Parent_information_brochure_web.pdf)

Fun Run Day: After working around weather and numerous other school events, the Fun Run was successfully completed this week. This event was lots of fun for students as well as providing a selection trial for our Cross Country team. Congratulations to Cawley House who are the crowned 2016 Fun Run Champions. They were pushed hard by the Curry House, but in the end prevailed with a strong finish in many events. A full list of place getters is on the HPE Noticeboard in the undercover area. Well done to all students on their participation. Caring and Sharing was evident as students cheered on their friends.

A big thanks goes to our HPE staff, facility officers, support staff and teachers who supervised the day. Also, we thank our P and C Association who had volunteers available this week and at last week’s sausage sizzle. The sponsorship is progressing well and we look forward to making announcement about our fundraising tally later in the term. A huge thanks to all the mums, dads and relatives who came to support our fantastic students.

Rob Van den Heuvel
Principal
### MCSS 2016 ANZAC DAY CEREMONY

#### MCSS CALENDAR OF EVENTS

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>P and C Meeting</td>
<td>Thursday 19 May 2016</td>
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<tr>
<td>Walk to School Safely Day</td>
<td>Friday 20 May 2016</td>
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<tr>
<td>Year 6 Zenith Information Session - MCSHS</td>
<td>Monday 23 May 2016</td>
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<tr>
<td>School Disco</td>
<td>Friday 27 May 2016</td>
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<tr>
<td>Nambour Show Holiday</td>
<td>Friday 10 June 2016</td>
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<tr>
<td>Whole School Assembly</td>
<td>Tuesday 21 June 2016</td>
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**Date Claimer:** Movie Night

**Date Claimer:** MCSS 2016 Japan Trip 15 September - 24 September 2016
Skateboards at School

Skateboards should not be brought to school. They create accident and theft hazards by being unsecured objects. These recreational devices are best used at home or in designated skating areas.

Walk to School Safely Day - Friday 20, May 2016

It’s time again when we will be joining many schools across the Sunshine Coast in the Council’s annual Walk to School Safely Day. Our school will have two designated meeting points and we encourage parents and caregivers to walk with us however, the children will have adult supervision at all times. Please click here and learn about the meeting points, departure times and the healthy breakfast that will be available to order from the tuckshop. Last year we had almost 200 children involved. Let’s try and beat this in 2016!

Student Safety while Riding to School

We have recently received some feedback from parents regarding some unsafe practices by students while riding to school. Riding a bike is a great way to get to school however, it’s a good idea to accompany your child until you are confident they have the necessary skills to get there safely.

- If your child rides to school show them the safest possible route.
- If your child is in primary school they should ride on the footpath rather than the road (it is legal in Queensland for cyclists to ride on the footpath).
- Educate your child on why not to: ‘double’ other children, ride no more than two abreast.
- Ensure your child always rides on the left hand side of the road and follows road rules.
- Brightly coloured shoes and clothing help motorists see children.

A flag and a red reflector at the back of the bike and a white reflector at the front will also help motorists see children.

**Wearing bike helmets:** Make sure your children have correctly fitted bike helmets for proper protection. Police issue fines for helmets not worn or incorrectly worn. A correctly fitted bike helmet stays securely in place and does not move backwards or forwards when the child moves their head.
Health and Physical Education News

2016 Cross Country/Fun Run

What a cracking day it turned out to be on Tuesday for our Fun Run / Cross Country. After a scare in the morning with a quick passing shower it was all systems go when our Prep students came out to run. For their first time ever running in an event like this our Prep students showed us what the Fun Run was all about! They did a fantastic job! They stopped and helped other students who had fallen over, stopped and waved to Mum’s and Dad’s as well as give the thumbs up to anyone and everyone that cheered them on. It didn’t matter where they finished, they just had FUN! This was brilliant to watch.

It was great to see that this started with the Preps and continued on for the rest of the day in all age groups. It was great to see students in all year levels set a goal and achieve that goal in both the Fun Run and Cross Country. Personally I would like to congratulate all runners in both the Fun Run and Cross Country from Prep to Year 6 for giving it a red hot crack, doing the best they could and running it in the right spirit.

In what was a very tight finish between all of the Sports Houses it was Cawley being crowned the 2016 Inter-House Cross Country Champions! Congratulations Cawley. Lastly, good luck to the 28 students who were selected in our MCSS Cross Country Team to participate in the Coastal District Trial on the 16th May 2016 at Currimundi S.S.

Rugby Union Sign on

Click here for information or collect a application form from the office

Stanley River Excursion

Year 4 had an amazing time at Stanley River Environmental Education Centre last week. The classes were split into three groups and spent a day each experiencing a much harder life, making us connect with our History lessons more. The students and teachers were welcomed off the bus with many important pieces of information (toilets and coffee)! We then charged ahead with making our own morning tea damper which cooked to perfection in the campfire while each group ventured off into an activity, leaving us to smell the damper from afar.

Indigenous games were a real hit with strength and strategy skills useful, especially for Garumba (a wrestling game) and Goori (a kangaroo hunting game). We soon learnt that some us would go hungry if we didn’t work at it! Once we had cracked open the damper fresh from the camp oven, and smothered it in butter and golden syrup, we again moved onto more activities. Our favourites were EVERYTHING!
Hi Everyone,

I thoroughly enjoyed catching up with many of you parents at the Cross Country this past week. It was a lovely day and the weather seemed to hold up pretty well. I also enjoyed running with Mr Van den Heuvel and the students in some of the races however, I have to say I am definitely starting to feel my age.

The Sporting Schools Program kicks off next week with soccer (Years 3 and 4) beginning on Tuesday from 3 - 4pm and golf (Years 5 and 6) on Thursday from 3 - 4pm. Permission slips need to be handed in before commencement of these sessions so please make sure you have received them and handed them back in.

The Shine session last week included watching a movie called “The Little Princess”. It’s an older movie but definitely a must see. There were a few people shedding tears during the movie (including myself and some of the leaders). The movie has lots of wonderful themes and messages running through it (i.e., friendships, everyone is unique and special, following your dreams, etc.) The Shine Girls were also spoilt with lollies, popcorn and cold drink which they really enjoyed.

Thank you all for your feedback re the Circle of Security Program as well as the hands on parent cyber safety program. I appreciate it and I will be sending out more information soon regarding the dates for these programs.

There are lots of MCSS families going through difficult times (i.e. illness, financial or work related) at the moment. The Chaplaincy Service have been busy delivering a number of frozen meals, food parcels and vouchers to these families. I want to encourage you all, that if you know of someone who is doing it tough, please lend them a helping hand. Maybe make them a meal, or offer to help them by mowing their lawn or provide some other practical support. Even a note or a letter saying that you are thinking of them helps people and makes them feel cared for and loved. We all need that. We have a very special community of kind and caring people and it is important that we help and support each other during these tough times.

Wishing you all a relaxing and enjoyable weekend. God Bless.

Chappy
Confident Thinking: Self-esteem is an important part of confidence. Having good self-esteem means accepting and feeling positive about yourself. Confidence is not just feeling good but also knowing that you are good at something.

Particular ways of thinking are very important for building confidence. Helpful ways of thinking include:
- Believing that, if you try, you can succeed;
- Finding positive ways to cope with failure that encourage having another go;
- Enjoying learning for its own sake by competing with your own performance rather than that of others;
- Making sure that goals are achievable by breaking down large tasks or responsibilities into small steps;
- Being ready to help when necessary, without taking over.

How Parents and Carers Can Help: Confidence improves though building on small successes. Parents and carers can help by:
- Explaining to children that skills develop with practice;
- Encouraging children to persist when they don’t succeed straight away;
- Praising effort, persistence and improvement.

Have a great week.

Louise Blanch
Guidance Officer

ASSEMBLY AWARDS

Once again our presentation of awards for Being Safe, Being Responsible and Being Respectful were a highlight of our assemblies last week. Kai from 6H received his award for being a good listener. Kai had to leave his post behind the laptop briefly to receive his award as he is one of our Year 6 students who run our audio visual equipment at assemblies each fortnight. Well done Kai! Our other recipients were Bryce, Ava and Ayden and mums Kate and Hayley with their daughters Abbey and Ruby. Well done to everyone!
Mothers Day Stall

Held outside the **One Stop Shop**
Gifts priced between $2.00 and $5.00
Times - 8.00am - 8.45am
**Wednesday 4th May 2016** - Preps and Year One ONLY
**Thursday 5th May 2016** - All students
**Friday 6th May 2016** - All students

School Banking

Just a short note from School Banking. Term 1 was a busy time for the banking team with many eager bankers saving their money. Term 2 is off to a great start also. A lot of students are well on their way to earning their entry into the draw to meet the Irwin family at Australia Zoo. Well done! I also want to remind everyone about the new rewards that have been released for this term, the handball and bag tag, so there are now four rewards to choose from. Keep up the great effort, bankers!

Entertainment Books

The new 2016/2017 Entertainment Books are available now! Why not make this part of your mothers day gift?

Choose from the traditional **Entertainment™ Book** or the NEW **Entertainment™ Digital Membership**, which puts the value of the Book into your iPhone or Android smartphone!

Each membership has hundreds of 50% off and 2-for-1 offers for restaurants, cafés, attractions, hotels, shopping, groceries and travel and contains over 2,000 offers that you can use whenever you like until 1st June 2017.

**PLUS Mountain Creek State School retains 20% of the price of every Membership sold which goes towards our fundraising!**

The books are available from **Café Connect and the One Stop Shop** or


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![Café Connect Menu](image)
Learning goals, rating scales and student feedback using the ASoT framework.

Building skills to improve spelling and writing.

Social and Emotional Well-being through Kids Matter and Positive Behaviour for Learning

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**Term 2 Helping Hands Activity**  
(MCSS After School Care Program)

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**Helping Hands Presents**  
**MY BIRD HOME!**

All children will spend the first few weeks constructing their hardy timber enclosure using small hand tools. Once constructed, the Bird Box will be painted and natural camouflage added. During the final weeks a night vision camera will be added to bring live images from the bird box!

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<tr>
<th>Program Times</th>
<th>Monday 16/05</th>
<th>Monday 23/05</th>
<th>Monday 30/05</th>
<th>Monday 06/06</th>
<th>Monday 13/06</th>
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<tr>
<td>Prep to Year 6</td>
<td>3.30pm-4.45pm</td>
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For more information or to book onto this exciting 5 week program please contact;  
Mountain Creek Helping Hands on 0427 554 866 or email  
mountaincreek@helpinghandsnetwork.com.au

Booking forms are also available from the school office and Helping Hands service.

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1. Reduces stress  
2. Improves mood  
3. Lowers blood pressure  
4. Improves breathing  
5. Reduces perceived pain  
6. Boosts immune system  
7. Improves sense of rhythm  
8. Promotes learning in children  
9. Forges comforting memories  
10. Promotes communal bonding  
11. Provides comfort  
12. Motivates  
13. Empowers people  
14. Promotes well-being