

# MOUNTAIN CREEK STATE SCHOOL

Newsletter

27 January 2022



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**Absentee phone line—5452 3490**

Available 24/7. Leave a message and admin will retrieve the message before school.

## PRINCIPAL'S MESSAGE:

Welcome to our first newsletter for 2022, while we haven't officially started the term I would still like to keep you informed of what is happening for this year.

My name is Greg Ferdinands and I have moved to Mountain Creek State School from Golden Beach State School. I have been Principal of Golden Beach State School for the past 15 years and am excited about the opportunity Mountain Creek State School offers to me. I am hopeful I get the opportunity to stay at Mountain Creek State School for just as many years.



Mr Greg Ferdinands

**School works**—We currently still have workmen on site upgrading the fire hydrant system on our ovals. Hopefully this work will be completed before students return.

**Classes**—At this stage classes will begin on Monday 7 February 2022 as per planned. Students will be straight into learning for Term 1. Your child's class teacher/s will be in touch with you shortly.

**COVID in schools** - Some parents have been raising concerns in relation to potential COVID-19 vaccinations, testing, and wearing facemasks in schools. Currently there is no COVID-19 vaccination program underway in Queensland state schools and we have been assured by Queensland Health that there are no plans to mandate COVID-19 vaccinations for school children.

If, in the future, Queensland state school students are included in the roll-out of COVID-19 vaccines on school sites, it is expected that the program would be managed by an authorised immunisation provider (not the school). In line with current practice, vaccinations would only be given to students who have their parent/carer's consent to receive them.

In relation to COVID-19 testing and wearing facemasks at school, there are no current requirements about these matters that impact students in primary schools. Going forward, the Department of Education will continue to follow the lawful directions of the Queensland Chief Health Officer and will work with Queensland Health as required.

Information about the requirements for school-age children can be found on the Queensland Government website at <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed> and on the department's website at <https://qed.qld.gov.au/covid19/>. If there is a positive case identified at our school an alert will go home to all letting you know. It will not be regarded as a close contact and students and parents will be asked to monitor their own health and stay away if unwell.

Thankyou for the warm welcome I have received so far and I look forward to us working together.

**Greg**  
**Principal**



## VIDEO CALL WITH JAPANESE SCHOOL

This year Year 6 students will connect for the first time with students from Mukaimachi Elementary school via a video call. Last year students wrote a profile about themselves and added it to a big box of goodies that we sent to Japan. Students at Mukaimachi were excited to see our Creeker mascot toy, the lollies and to read all about us! When MCSS Year 6 students arrive back at school they will find a similar communication waiting for them.

In early March Year 6 students will connect with students from Mukaimachi Elementary School using Microsoft Teams. Students will be able to see one another in real time and communicate in Japanese and English.



Year 6 families will soon receive a Project Consent Form by email. Please read this form and print and complete the last two pages at home if possible. Printed copies will be available from the school in the first week of classes. The completed and signed form is required for all students who participate in the video call.

If you do not receive this email or want to know more about this project please contact me by email – [alaw106@eq.edu.au](mailto:alaw106@eq.edu.au)

Mukaimachi Elementary School is in a small town called Mogami, which is in Yamagata Prefecture, in north-western Japan. We look forward to learning a lot more about Mogami and our new friends from Mukai-Machi Elementary

## SWIMMING—YEARS 1, 2 AND 3

Swimming lessons will commence in the week starting Monday 7 February 2022 (Term 1) for Years 1, 2 and 3 and run for 5 weeks. Letters have been emailed home to parents today. Alternatively you can access the information and permission note by [clicking here](#). Would you please complete the permission form and return to the Office or email to [AdminMCSS@mtncreekss.eq.edu.au](mailto:AdminMCSS@mtncreekss.eq.edu.au), and arrange payment by Wednesday 2 February 2022, or prior to commencement of the program. You will receive an invoice by separate email shortly.

## DISTRICT SWIMMING TRIALS

Due to current COVID requirements, the Department is not supporting unnecessary mass gatherings, particularly where events can be organised through alternative measures.

As such, the following decisions are in place regarding district and regional swimming trials for 2022.

1. No district swimming trials to be conducted
2. No combined district swimming 'time trials' to be conducted
3. The regional swimming trials are to be a 'Direct to Region' event for 2022. Districts will select their teams using paper nominations only.

As a result of these guidelines, a 'paper nomination' process is currently being finalised. This process and the specific forms that our students require in order to nominate for the regional swimming trials will be forwarded to all districts by the end of this week. As soon as we receive these forms they will be emailed out to parents.



## WELCOME TO OUR NEW CREEKER TEACHERS

### GREG FERDINANDS—PRINCIPAL

Hello all, my name is Greg Ferdinands and I am really excited to have the opportunity to be Principal at Mountain Creek State School. I have moved from Golden Beach State School of which I had been Principal for the past 15yrs. Prior to that I was Principal in North and Western Queensland. My family and I moved back to the Sunshine Coast in 2007. I have 4 children who have now all finished school. My passion in education has always had a sport focus as well as supporting all children in their access to the best education possible. I love seeing children achieve in whatever pathway they choose, be it academic, the arts, sport etc. I look forward to being part of the Mountain Creek community.



### CODIE IDDLES—YEAR 1

Hi! My name is Codie Iddles and I am very excited to join the Year 1 teaching team at Mountain Creek State School this year. I have just moved to the Sunshine Coast after spending 4 years living and teaching in Mount Isa. Prior to that I taught at Lawnton SS in North Brisbane. I have a passion for learning through play and can't wait to see what I discover with my class this year. When I'm not at school I can often be found mountain biking, hiking or relaxing at the beach, always with my toddler and husband in tow. Make sure you come and say hello as I am so excited to meet you all!



### ANDREW MORRISON —YEAR 3

Hello! My name is Andrew Morrison and I am pleased to have joined the awesome Year 3 team at Mountain Creek State School this year. Previous to Mountain Creek, I spent 8 years teaching at Dakabin State School and 28 years teaching at schools across the Top End of the Northern Territory. My favourite subjects are English and Science. I love rugby League especially my beloved Manly Sea Eagles, cricket (Go the mighty New Zealand Black Caps!), chilling to heavy metal music and involving myself in my greatest passion, the Star Wars universe. When not teaching I love to garden! I am really looking forward to my time here at Mountain Creek and working with my Year 3 padawans!



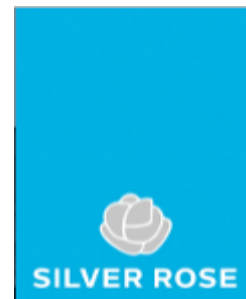
## 2022 TERM 1 DATE CLAIMER

Event	Date
Swimming Years 1, 2 and 3	From Monday 7 February 2022
Sibling Photo Packs Order Deadline	Friday 11 February 2022
School Photos	Tuesday 15 and Wednesday 16 February 2022
Year 6 Camp—Tallebudgera	Monday 21 February to Friday 25 February 2022



## SCHOOL PHOTOS

School photos will take place on Tuesday 15 and Wednesday 16 February 2022. Please note sibling packs **MUST be ordered before Friday 11 February 2022.**



### Ordering your school photos online



#### Photo Days

Mountain Creek State School

Photo Day(s):

Tuesday  
15th February

Wednesday  
16th February



#### How to Order

Go Online

[silverrose.com.au](http://silverrose.com.au)  
Schools > Online Ordering  
Order Code

**XMCSS22**

#### Sibling Photos

Sibling photos must be ordered before:  
11/02/2022



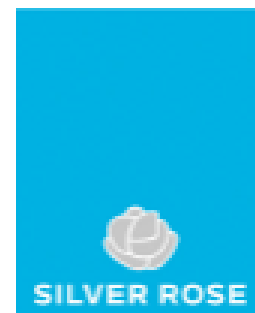
#### Delivery

Your photos will be despatched approximately by Term 1 Week 10

#### Late Orders

Orders placed after 23/02/2022 incur a \$9 late fee and will be despatched in approximately 8 weeks

We communicate directly with you online and have your photos delivered back to your school





## LOCK UP YOUR BIKES

If your child is riding their bike to school we recommend that they lock their bike up to help prevent theft. We have 3 designated bike areas. (in the corner off the main oval, behind N block and next to A block).

Here are some simple tips when locking up your bike:

1. Choose the right lock
2. Always lock your bike to a solid object that it cannot be lifted over.
3. Make sure what you **lock** your **bike** to cannot be cut.
4. **LOCK** your bike according to value - frame first, then back wheel, and finally front wheel.



## PACKING A HEALTHY LUNCHBOX

When children eat well they behave better. They are also able to concentrate for longer. Packing a healthy school lunchbox will help them to learn and be happy at school.

*Pick and mix one tasty option from each of the five core food groups to create a healthy lunchbox every day:*

1. **Fruits e.g. fresh, frozen, pureed and canned in natural juice.**
2. **Vegetables, legumes and beans.**
3. **Milk, yoghurt, cheese and alternatives.**
4. **Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans.**
5. **Grain (cereal) foods.**
6. **Plain water .**

### 7 steps to a healthy lunch box

1. **Make time to prepare. Write a shopping list to make sure fresh fruit and vegetables, milk and yoghurt, bread and crackers are available.**
2. **Shop wise and save money. Buy seasonal fruit and vegetables to ensure good quality and value for money.**
3. **Make your own snacks.** Build snack packs from fresh ingredients bought in bulk.
4. **Look after the environment.** Put sandwiches and other items in reusable containers instead of plastic.
5. **Choose a mix from the 5 food groups** - grains, fruit, vegetables, dairy and proteins.
6. **Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink.**
7. **Keep it cool.** In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

[Click here](#) to download your free copy of the *Pick & Mix 1-6* poster to give away or display.

## FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achieve4ever Program to support a whole-school approach to healthy eating.

## FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p><b>FRESH FRUIT</b></p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Banana</li> <li>• Mandarin</li> <li>• Orange quarters</li> <li>• Passionfruit halves (with spoon)</li> <li>• Watermelon, honeydew, rockmelon chunks</li> <li>• Pineapple chunks</li> <li>• Slices</li> <li>• Pome</li> <li>• Neectarines, peaches, Apricots</li> <li>• Strawberries</li> <li>• Cherries</li> <li>• Kiwifruit halves (with spoon)</li> <li>• Pear</li> </ul> <p><b>MIXED FRUIT</b></p> <ul style="list-style-type: none"> <li>• Fruit salad</li> <li>• Fruit kebabs</li> </ul> <p><b>DRIED FRUIT</b></p> <ul style="list-style-type: none"> <li>• Dried fruit, nut, popcorn mixes*</li> </ul> <p><b>TINNED FRUIT/SNACK PACKS/CUPS</b></p> <ul style="list-style-type: none"> <li>• In natural juice (not syrup)</li> </ul>	<p><b>FRESH CRUNCHY VEGIES</b></p> <ul style="list-style-type: none"> <li>• Corn cobs</li> <li>• Carrot sticks</li> <li>• Capsicum sticks</li> <li>• Green beans</li> <li>• Cucumber sticks</li> <li>• Celery sticks</li> <li>• Snow peas</li> <li>• Tomatoes (e.g. cherry and Roma tomatoes)</li> <li>• Mushroom pieces</li> </ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"> <li>• Hummus</li> <li>• Tomato salsa</li> <li>• Tatziki</li> <li>• Beetroot dip</li> <li>• Natural yoghurt</li> </ul> <p><b>SALADS</b></p> <ul style="list-style-type: none"> <li>• Coleslaw and potato salad (reduced fat dressing)</li> <li>• Mexican bean, tomato, lettuce and cheese salad</li> <li>• Pasta/pasta salad*</li> </ul> <p><b>BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>• Grilled or roasted vegetables</li> <li>• Wholemeal vegetable muffins or scones</li> <li>• Vegetable slice (with grated zucchini and carrot)</li> <li>• Popcorn</li> </ul> <p><b>SOUP</b> (In small thermos)</p> <ul style="list-style-type: none"> <li>• Pumpkin soup</li> <li>• Potato and leek soup</li> <li>• Chicken and corn soup</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Calcium-enriched soy and other plant-based milks</li> <li>• Yoghurt (frozen overnight)</li> <li>• Custard</li> </ul> <p><b>Tip:</b></p> <ul style="list-style-type: none"> <li>• Freeze the night before to keep cool during the day</li> </ul> <ul style="list-style-type: none"> <li>• Cheese cubes, sticks or slices</li> <li>• Cottage or ricotta cheese</li> <li>• Cream cheese</li> <li>• Tatziki dip</li> </ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Wholegrain cereal, low in sugar</li> <li>• Vegetable sticks</li> <li>• Rice and corn cakes</li> <li>• Wholegrain wheat crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Tinned tuna or salmon in springwater</li> <li>• Lean roast or grilled meats (e.g. beef, chicken, kangaroo)</li> <li>• Falafel balls</li> <li>• Lean meat or chicken patties</li> <li>• Tinned tuna or salmon patties</li> <li>• Lentil patties</li> <li>• Lean deli meats (e.g. ham, slices, chicken)</li> <li>• Boiled eggs</li> <li>• Boiled beans (canned)</li> <li>• Tofu cubes</li> <li>• Hummus dip</li> <li>• Lean meat or chicken kebab sticks</li> <li>• Peanut butter*</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>• Wholegrain sandwich, roll, pita or wrap bread with salad</li> <li>• Rice and corn cakes</li> <li>• Wholegrain wheat crackers</li> <li>• Side salad</li> </ul> <ul style="list-style-type: none"> <li>• Vegetable fritata</li> <li>• Skinless chicken drumsticks</li> <li>• Savoury muffin or scones (e.g. lean ham, cheese and thalipot)</li> <li>• Homemade pizza with lean roast or deli meats and vegetables</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>• Side salad</li> <li>• Steamed or roasted vegetables</li> </ul>	<p><b>MAINS</b></p> <ul style="list-style-type: none"> <li>• Wraps</li> <li>• Sandwiches</li> <li>• Rolls</li> <li>• Toasted sandwiches</li> </ul> <p><b>Tip:</b> Use breads such as wholemeal, multigrain, rye, sourdough, lavash, white fibre-enriched soy and linseed, herb, rye, bagels, focaccias, fruit bread and English muffins.</p> <ul style="list-style-type: none"> <li>• Pasta dishes</li> <li>• Rice, quinoa or couscous dishes</li> <li>• Noodle dishes</li> <li>• Sushi</li> </ul> <p><b>SAVORY BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>- Homemade pizzas</li> <li>- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)</li> <li>- Vegetable based muffins</li> <li>- Pasta or noodle bake</li> </ul> <p><b>SWEET BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>• Fruit loaf</li> <li>• Wholemeal nut based muffins</li> </ul> <p><b>SNACKS</b></p> <ul style="list-style-type: none"> <li>• High fibres, low sugar cereal (e.g. muesli)</li> <li>• English muffins</li> <li>• Crackers</li> <li>• Crisps/spreads</li> <li>• Rice cakes</li> <li>• Corn thins</li> <li>• Wholemeal scones</li> <li>• Pilelets</li> <li>• Crumpets</li> <li>• Hot cross buns (no icing)</li> </ul>	<ul style="list-style-type: none"> <li>• Take a water bottle (for refilling throughout the day)</li> </ul> <p><b>Tip:</b></p> <ul style="list-style-type: none"> <li>• Freeze overnight to keep foods cool in lunchboxes</li> </ul> <p><b>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</b></p> <p><b>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</b></p>

For more information about healthy eating and for many tasty recipes, visit the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>



\*Check your school's policy regarding the use of nuts and products containing nuts.



## P AND C NEWS

The P&C are excited to kick off the new school year and have many fun activities planned for this year to bring our wonderful school community together. Watch this space and our [P&C facebook page](#) for further details.

Congratulations to the lucky winners of the Christmas Raffle, we hope you enjoyed your prizes over the Christmas break.

### SCHOOL SUPPLIES

As you head out to purchase items for school and sport, please remember to attach your rewards program to the school to earn points for Mountain Creek State School. You can do this at School Locker and Rebel Sports as well as Containers for Change.

Old Uniform collection is still happening at the tuckshop for the remainder of Term 1. Please return any WASHED old uniforms along with a gold coin donation for the shipping fees.

### TUCKSHOP

The Tuckshop is open and ready for students, please remember to order through [Munch Monitor](#), Sushi needs to be ordered with 24 hrs notice. Did you know you can order multiple days at once? This might save time in the mornings! To order online please register with Munch Monitor.

1. Go to [www.munchmonitor.com](http://www.munchmonitor.com) and follow the steps to register using the following details:
2. Username **mountaincreekss** Password **munch4557**
3. Then follow the following 4 easy steps:
4. Step 1: Create a **Parent Profile** by entering information about yourself
5. Step 2: Add your **Student(s)** to your account
6. Step 3: Transfer money to your account by clicking the **Account Top-up** button
7. Step 4: Click **My Orders** and you're ready to place orders

Please reach out to the P&C if you want to volunteer an hour or 2 this year. We would love to have you!

[pandc@mtncreeksseq.edu.au](mailto:pandc@mtncreeksseq.edu.au)

### OUTSIDE SCHOOL HOURS PROGRAM

Our Outside School Hours Program (OSHC) is off to a fantastic start with many children participating in our holiday program. Spaces are still available for before and after school care if you need it. Please [click here](#) for the enrolment link on the school website.

Please watch this space for more details about our first P&C meeting for the year, we love to welcome new faces and families to have involvement in bringing our community together to achieve great things for our children.

**Catherine Sinclair**  
**P&C Liaison Officer**  
**Mountain Creek State School**



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