

# MOUNTAIN CREEK STATE SCHOOL

Newsletter

19 May 2022



## Contact Details:

Phone: (07) 5452 3444

Fax: (07) 5452 3400

Address: Lady Musgrave Drive, Mountain Creek 4557

Postal Address: PO Box 623, Buddina Qld 4575



**Absentee phone line—5452 3490**

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

## PRINCIPAL'S MESSAGE:

Welcome to Week 5 of Term 2.

### COVID update

There are no changes to our current operating practices.

### School Business

Well done to our Year 3 and 5 students who have just completed NAPLAN for 2022. The results of how students went should come out in Term 4.

Unfortunately, due to the wet weather the Under 8's Day that was planned for Friday 20 May (this Friday) has been postponed to Friday 3 June 2022. Hopefully our grounds will be drier by then.

Congratulations to the following students who recently competed at the Coastal District Cross Country. All the MCSS students excelled themselves in sweltering conditions on a tough course which they all finished.

- Alex R placed 1<sup>st</sup> in 11yrs Girls
- Elisha W place 1<sup>st</sup> in 12yrs Girls
- Jacob R placed 4<sup>th</sup> in 12yrs Boys

They will now go on to the Regional competition.

This weekend our hall will be used for the Federal Election as a polling booth.

Due to the predicted showers forecast for this Friday we have regrettably decided to cancel our Walk To School Day for 2022.

Until next time,



Mr Greg Ferdinands

## MY FIRST YEAR 2022

**My First Year: The smiling faces of our 2022 preppies.** The Sunshine Coast Daily has just released the cute faces of all the Sunshine Coast Preppies in their online gallery. The Daily will be running their special edition paper on Friday 27 May 2022 which will include our prep photos.



The online gallery is now live and can be seen by [clicking here](#).



## YEAR 6 TO 7 HIGH SCHOOL INFORMATION

Our local State High Schools run a variety of transition activities that give Year 6 students and their families opportunities to become familiar with their new school, processes and procedures, teaching and leadership staff and to meet future fellow students in the year prior to their commencement at high school.

If you have not yet thought about your child's enrolment into high school in 2023 we suggest that you begin by visiting the High school web sites and checking their catchment maps to determine if your child is within their catchment. Below are website details and other important enrolment dates (where available).

<b>Mountain Creek State High School - 07 5457 8333—<a href="https://mtncreekshs.eq.edu.au/">https://mtncreekshs.eq.edu.au/</a></b>	
Year 7 General Enrolments for 2023 Applications due	Friday 27 May 2022
<b>TRANSITION DAY—YEAR 6 INTO YEAR 7 (Applications must be received by Friday 19 August 2022 to participate in this day)</b>	
Student Orientation/Transition Day at high school	Thursday 1 September 2022
Catch up Orientation sessions (for students who missed main orientation day)	TBA
<b>ZENITH AND STEM PROGRAMS</b>	
Combined Zenith and Stem Program Parent Information Evening	Monday 23 May 2022
Zenith and Stem Program applications close	Friday 27 May 2022
Notification of Acceptance	Term 4 2022
<b>YEAR 7 SCHOLARSHIPS 202</b>	
Year 7 Scholarship Applications due	Friday 15 July 2022
Notification of success	Term 4 2022
<b>Chancellor State College - <a href="https://chancellorsc.eq.edu.au">https://chancellorsc.eq.edu.au</a></b>	
Year 7 General Enrolment packs available	YES
Exemption enrolments for students residing out of catchment open	TBA
Enrolment packs for 2023 available from	TBA
Parent Community Information Session	TBA
Student Orientation/Transition Day at high school*	TBA
<b>T</b>	
Year 7 General Enrolment for 2023 due	Now
Parent Community information session	<a href="#">Parent Information Session video</a>
Student Orientation/Transition Day at high school*	Day 1: Thursday 23 June 2022 Day 2: Thursday 15 September 2022 Day 3: Thursday 1 December 2022
Students Auditioning for Special Programs	Thursday 18 August 2022

Please note that these dates are accurate at the time of publishing and may change at any time.





## FREE DRESS DAY FOR UNICEF

Tomorrow, 20 May 2022 we will have our international fundraiser. We will be raising money for UNICEF (UNITED NATIONS CHILDREN'S EMERGENCY FUND). Student Council received a signed letter from 4T and Miss Tailby asking if we could have a fundraiser for the children who are suffering in the Ukraine war against Russia since February 2022.

We unanimously agreed.... UNICEF provides support for CHILDREN AND THEIR FAMILIES who are separated from their loved ones living in absolute poverty with no water and no sewerage and with little food.

We ask all the students and staff to wear yellow and blue to represent the colours of the Ukraine flag. The Sunflower is also the national flower of the Ukraine so if you have any clothes with these on them, feel free to wear them. We also ask that you 'BUMP UP' your donation for such a worthy cause. We hope that our donations can help the children in Ukraine.

## SAUSAGE SIZZLE VOLUNTEERS NEEDED

The P&C are putting on a sausage sizzle on the morning of the Election (this Saturday) and we would love a few volunteers to help between the following times:

- 7:30am - 9:30am
- 9:30am - 11:30am

Please email [lquar15@eq.edu.au](mailto:lquar15@eq.edu.au) if you can spare a couple of hours. All monies raised will go towards the Student Council projects this year.

## DENTAL VAN NEWS

Don't forget to return your dental consent forms to school! (Often forms are left in school bags for weeks).

The School Dental Service is a FREE service to all students at Mountain Creek State School. Consent forms have been issued to all students in Years 1, 3, 4 and 6. (Years Prep, 2 and 5 will be offered the service next term).

If you have misplaced your form and would like your child to see the school dental service or, if your child is having toothache please call us on 0407695226 for an appointment.

For further information please feel free to contact us on 0407 695 226. Janelle, Sarah and Debbie (Your Dental Service Staff for 2022)



## WEARABLE ART

On Monday lunchtimes you will find Miss Louise demonstrating how to use various materials to create wearable art, which can then be used by the students to create their own pieces of wearable art. If you were then to walk past P Block on a Monday afternoon you would be amazed at the Wearable Art pieces that are coming together.

Students from Year 4-6 have been busy gathering materials to recycle and reuse: plastic bags, bin liners, bubble wrap, brochures, newspapers, bottle tops and more!

All these items are being transformed into tops, skirts, hats, capes and dresses. Students are very excited to finish their garments and model their creations at the Wearable Art Fashion Parade on Thursday 23 June (Week 10)!



## SCHOOL GARDEN

The students in N Block and a few happy helpers have been working towards getting the school garden back to its former glory. We started last year with 45R and the current 4T have kicked it off again.

Bunnings kindly donated a voucher for compost and seedlings for this term, but I am chasing a few items to create a lovely space while we wait for Bunnings to come on board in a bigger way next term.

**Soooo....**

- If you have an old wheelbarrow that needs replacing (or know someone who is a tradie), please send it our way- they make AMAZING herb beds.
- Also, if you know (or maybe have a friend who knows) how to correctly prune citrus trees to improve the fruit quality, I would LOVE to hear from you!

The best times to catch up is between 8:00- 8:30 any morning, or 2:45 Monday or Thursday.

Later on I'll be asking any generous souls for some after hours help and checking for other free or cheap stuff- please keep an ear out for anything your friends may be throwing out.

**Many thanks**

**Ruth Tailby and the current 4T**



## VOLUNTEER WEEK 2022

National Volunteer Week (NVW) is Australia's largest annual celebration of volunteering and will be held on 16 – 22 May 2022. This year the theme for National Volunteer Week 2022 is Better Together. Volunteering brings people together; it builds communities and creates a better society for everyone.

We would like to thank our lovely volunteers for all their generosity, selflessly giving up their time for our students. Our volunteers can be found in:

- Support A Reader
- Story Dogs
- Chappy's Breakfast
- Shine/Honour Program
- Teacher Aides
- Tuckshop

Phil Wood has been a volunteer as MCSS in the Support A Reader Program for 20 years. This is what she has to say about her role—"I am good at motivating children to read, I take a sincere interest in them. Things they like and who they are. What works for me is: affirmation, repetition, enjoying what they are reading, encouraging reading with expression and, most importantly, TO LAUGH!



## 2022 TERM 2 DATE CLAIMER

Event	Date
FREE DRESS DAY—For UNICEF—Children in Ukraine	Friday 20 May 2022
MCSHS Zenith/STEM Information Evening	Monday 23 May 2022
MCSHS Zenith/STEM Applications Due	Friday 27 May 2022
MCSHS Enrolment Applications Due	Friday 27 May 2022
School Disco	Friday 27 May 2022
Class 5/6S Excursion—Air Museum	Friday 27 May 2022
Ice Cream Week	Monday 30 May—Friday 3 June 2022
Prep to Year 2—Under 8's Day	Friday 3 June 2022
<b>SCHOOL CLOSED—SHOW DAY HOLIDAY</b>	<b>Friday 10 June 2022</b>
Wearable Art Fashion Show	Tuesday 14 June 2022

## THE BENEFITS OF SINGING

All the students are learning 3 songs to perform at our Whole School Parade on Thursday 23 June (Week 10). The benefits of singing include:-

**Singing lowers cortisol and relieves stress and tension, which relieves anxiety and the feeling of loneliness.**

**Singing boosts confidence.** The **release of endorphins** gives singers a positive feeling and an energy boost..

**Singing is a mindful activity.** So much is going on in your body and mind when you sing that when you are singing you are fully focused on it. This allows you to 'turn off' your stream of consciousness and live completely in the moment, distracting your mind from negative thoughts, focusing on the sound, the action, the breathing, the feeling and the pleasure of song. **Mindfulness** has been shown to have many benefits, including reducing stress and increasing focus.

**Singing improves social bonding and social cohesion.** Research has shown that group singing (no matter the quality of the results) is an excellent **icebreaker** and has even been shown to **synchronise the heartbeats** of those people singing together.

**Singing together creates a strong sense of community and social inclusion.** Singing with others enhances the possibilities of empathic relationships and generates a positive group identity.

**Singing helps you believe in yourself.** Through the journey of learning a new skill, engaging with others and performing (even if it's just within the confines of the group itself), you begin to believe in yourself more and in your power to succeed having long-term impacts in other aspects of your life.

**Singing provides an unthreatening way to express emotions.**

**Singing strengthens the immune system.** Immediately after singing, studies have shown that singers had **higher levels of the protein Immunoglobulin A**, an antibody known to benefit the immune function of mucous membranes. **Research** has also shown that the increased airflow in your lungs during singing also lessens the likelihood of bacteria flourishing in your upper respiratory tract.

**Singing improves breathing.** When you learn to sing, you learn to breathe well, use your diaphragm and increase your oxygen intake and **lung capacity**. According to research, this improved breathing and knowledge of the breath also helps people deal with anxiety and panic attacks.

**Singing is an aerobic activity and increases overall health.** It exercises major muscle groups in the upper body, helping to improve the efficiency of your cardiovascular system and encourages you to take more oxygen into your body, leading to increased alertness.

**Singing stimulates the vagus nerve.** Connected to the vocal cords and the back of the throat, the vagus nerve is the longest cranial nerve in the body, connecting the brain to various organs. A key part of the parasympathetic nervous system, the vagus nerve influences breathing, digestion and heart rate among other things.

**Singing helps with pain.** In **studies conducted with people suffering chronic pain**, singing has been shown to alleviate the pain symptoms for not just immediately afterward but for up to 6 months later....

.... AND IT'S FUN !!



## MCSS CROSS COUNTRY TEAM

The MCSS Cross Country Team competed at the Coastal District Cross Country Carnival at The Big Pineapple on Thursday 5 May 2022. All of the 23 runners tried their best and ran fantastic races! 3 of our runners placed in the top 6 for their age groups and gained selection into the Coastal District team. Congratulations to:

- Alex R — 1<sup>st</sup> 11 Years Girls
- Elisha W — 1<sup>st</sup> 12 Years Girls
- Jacob R — 4<sup>th</sup> 12 Years Boys

These students will now compete at the Regional Cross Country Trials at the Maroochydore Cricket Club on Tuesday 31 May 2022. Good luck at the Regional Trials!



## QLD ATHLETICS ALL SCHOOLS CROSS COUNTRY

Three of our students went to Toogoolawah to compete in the Queensland Athletics All School Cross Country on Saturday 7 May 2022. Any student aged 6-19 years, of all abilities, can compete without a qualifying time.

- Skye R. — 2<sup>nd</sup> 9 Year Girls
- Quade C. — 17<sup>th</sup> 11 Year Boys
- Jacob R. — 24<sup>th</sup> 12 Years Boys

Congratulations Creekers for representing Mountain Creek and for some great results in such a competitive competition.



## MCSS RUGBY LEAGUE TEAM

Congratulations to our Rugby League team who, on Friday 6 May 2022 competed in the Mountain Creek SHS Primary School Rugby League Carnival. The team played 5, twenty-minute games against Pacific Paradise, Brightwater, Buddina and Buderim. The boys had a fantastic day and displayed a lot of skill and determination. Congratulations to Euan G who was named Players' Player and Eli J who was named Best and Fairest. Well done to all players involved.





## OUTSIDE SCHOOL HOURS CARE

### BOOKINGS

To make a booking or to make changes to a booking please email:

[hello@mountaincreekoshc.org.au](mailto:hello@mountaincreekoshc.org.au)

Please note that we require 7 days notice to cancel any bookings made.

### ENROLMENT

If you would like to enrol please go to the school web page where you will find more information or, [click here](#) to go directly to the form. Please ensure you attach the required documents: birth certificate, immunisation certificate, medical documents, and court orders (if required). Once your enrolment is successful the CWA and Direct Debt form is to be completed on the OWNA app before care will commence for you child/children.

### FEES

After giving families a chance to settle in, and our CCS to be approved and running, this term we will start charging our rates for casual bookings. A non-communication fee will also be charged to parents who don't inform us of absentees in the After School Care Session. All prices will be listed below.

Permanent Before School Care	\$18.50
Causal Before School Care	\$23.50
Permanent After School Care	\$25.50
Casual After School Care:	\$30.50
Vacation Care	Session \$52 Incursion \$67 Excursions \$77
Non-Notification of absence (from After School Care):	\$5 per child
Late collection fee (after closing 6pm)	\$1.00 per minute



### WHAT'S BEEN HAPPENING IN OSHC THIS MONTH?

This month the children have been enjoying activities surrounding Mother's Day activities, Helping the school with Under 8's Day (decorating boxes by painting), arts and crafts with textured opponents (salt painting, textured paper art, beach art with sand and marble ball painting). Hall games, sensory activities (shaving cream painting with your hands, Magic Sand, puffy Playdough) just to mention a few. We have also introduced hot breakfast options starting this week due to the colder weather approaching!

Please fill in our Vacation Care survey, we value your input and would love your feedback!

<https://www.surveymonkey.com/r/9P99W2X>

Our service is **closed on all public holidays** including the Maroochydore Show Day Friday 10 June 2022.







## OUTSIDE SCHOOL HOURS CARE













### Mountain Creek OSHC Vacation Care Menu 16 May to 20 May 2022



**ANAPHYLAXIS: NUT FREE SERVICE – all allergies are catered for**  
Please provide a healthy lunch. On excursions morning tea will also be required.

<p><b>DAILY BREAKFAST until 8 am</b></p> <p><b>Toast:</b> (whole meal) with various spreads: Vegemite, butter (Nuttelec original), full fat cheese slices.</p> <p><b>Cereals:</b> Weetbix, cornflakes, sultana bran, muesli, milk (lactose-free, soy, full cream), fresh water. (Gluten free options are available)</p> <p><b>Yoghurt:</b> Greek with Mixed Berries on top available.</p> <p><b>Hot Breakfast:</b> Tin Spaghetti, Bake Beans, Porridge, Scrambled &amp; Dippy Eggs</p>	<p><b>MORNING TEA</b></p> <p>Fresh fruit and vegetables offered daily (based on availability of seasonal produce): apples, pears, bananas, oranges, rock melon, watermelon, pineapple, strawberries, grapes, kiwi fruit, cucumber, carrots, tomatoes, capsicums. (Gluten free and meat free options available).</p> <p>Please see our "fruits of the day" board</p>
--	---

Monday 16 May 2022 BREAKFAST HOT OPTION	Tuesday 17 May 2022 BREAKFAST HOT OPTION	Wednesday 18 May 2022 BREAKFAST HOT OPTION	Thursday 19 May 2022 BREAKFAST HOT OPTION	Friday 20 May 2022 BREAKFAST HOT OPTION
Tin Spaghetti on Toast 	Scrambled Eggs 	Baked Beans on Toast 	Porridge 	Dippy Eggs 
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
Pizza's – English Muffins, tomato paste base. Toppings: Ham, Cheese, Pineapple 	Rice crackers- cheese & plain with slices of cheese 	Build a wrap, whole meal wraps/ gluten free wraps, ham, lettuce, tomato, cheese 	Corn Chips Cheese & Plain, Carrot, Cucumber & Celery sticks with dips – Hommus and Cheese & Chive 	Nuttelec, butter, White bread, Ham, Cheese, or vegemite Sandwiches/ Or Ham & Cheese Toasties 
Family Feedback is always wanted – What did you like on the menu? What could we change?				

## WONDER RECYCLING PROGRAM

This term, Mountain Creek State School will be involved in the 'Wonder Recycling Program' which fits in with our Year 2 Science unit and it gives us the opportunity to earn points and win prizes for the school.

All you need to do is collect all your used bread bags and pop them into designated boxes which will be located around the school. Our boxes have not arrived yet but Ms Welch in 2W has offered to collect bagfuls of bags until they arrive.

For more information check out the Wonder website by clicking [here](#).



**New Date: Friday 27th May**

**It's a Dance Party!!!**

**Friday 27th May**

**Juniors 4:30—6:00pm (years P-3)**

**Seniors 6:30pm—8:00pm (years 4-6)**

**Café Open for duration of Disco**

**Drinks, lollies & Light Products available on the night**

**Tickets \$6.00 entry (\$10 incl Hot Dog & Drink)**

**Ticket sales on Munch Monitor or before school in the tuckshop**

**Area from 8am 25,26 & 27 May**