Routines and Boundaries

We all operate best with routines and boundaries because we know what we have to do and when it has to be done. Children in particular require routines and boundaries in their lives. Routines help develop basic work skills and time management. Setting boundaries and expectations for children can assist in building life skills that include; patience, problem solving, resourcefulness, responsibility and self-discipline. Routines and boundaries give structure that make children feel safe and secure. This security brings happiness and a positive sense of worth to young people’s lives.

This is not to say, of course, that children will not try to manipulate routines or push the boundaries. Part of growing up is to explore and develop. Slow subtle changes to boundaries can be made as children mature and are ready for more responsibility and freedom.

A regular routine at breakfast, homework and bedtime benefits children enormously.

During their school years it is important that children have a regular routine with things at home, such as bedtime, breakfast and homework time. These routines all benefit the child’s ability to focus and learn to the best of their ability and that is what we all want for our children.

| Date Claimer |
|---|---|
| Mar 6 | • Mobile Library  
School Library |
| Mar 7 | • Welcome BBQ/Prink Stumps Day |
| Mar 10 | • School Banking |
| Mar 11 | • Tennis Lessons |
| Mar 13 | • Playgroup  
School Library |
P&C AGM

We would like to take this opportunity to thank our past P&C Committee for their tireless effort. It was a big year last year with our 125th celebrations and we couldn’t have achieved all we did without the commitment of our Homebush families. On the note of being thankful, we need to give a very big thank you and good-bye to Brett McLennan. For those of you who don’t know Brett, he donated hundreds of hours of his spare time to servicing and maintaining our Ride-on Mowers. Without Brett’s help over the years we would not be able to keep our mowers in such great condition. Our Mower maintenance will now be done by Matt Sweetnam and we’re very lucky to have such talented Dads at our school. Thank you Matt for taking on this important job.

We would also like to introduce our new P&C Committee for 2015:

President– Allyce Warren
Vice President- Leigh Orr
Secretary- Chelsea Burgess
Treasurer- Janis Simpkin
Tuckshop Coordinators- Sonja Sant and Samone Penola

Thank you ladies, we look forward to a very productive 2015.

Working Bee – Sunday 22nd (Time TBA) Please mark this date on your calendar and more information will be sent home soon.

Term 1 Parent/Teacher Interviews
To have the opportunity to discuss your child’s progress is invaluable to fully understand the academic achievement and needs of your child and to enable us to work together to achieve the best possible outcomes for your child. During Term 1 this option will be available to all parents during Week 9 and 10. A booking form will be sent home later this week for parents to indicate suitable times

Welcome BBQ/Pink Stumps Day 7th March @ 4pm
Everyone is very excited about dressing up in PINK this Saturday. Come along, have some fun and raise money for a very worthwhile cause. Please fill in the form that was sent home earlier in the week so the P&C have a good idea of numbers for catering purposes.

Run Club
Our run club has started. The run club will be held on Monday and Wednesday each week. Students are to meet in the undercover area for an 8am start. Chelsea Burgess and Leigh Orr have kindly offered to run the program. This will be great preparation for our up-coming Cross Country at Oakenden State School. It’s a good idea for students to wear an old pair of shoes and bring a spare pair of socks for run club as the grass is still very wet at the moment. It is EQ policy for students to wear closed in shoes at all times therefore they will have wet feet all day which can be very uncomfortable.
**Life Education**
The Life Ed Van will be visiting our school on the 31st of March at a cost of $6 per student. There will also be a Parent Information session at 2pm if anyone is interested. Life Education motivates and empowers young people to make smart life choices for a healthy future. Please return the permission forms and money to the office ASAP. Please contact the office if you have any queries.

**Safety Circus-Prep-3**
Due to unforeseen circumstances our Safety Circus Visit was cancelled at the last minute. We apologise for any inconvenience this may have caused.

**Photocopying Levy**
We still have a large number of students who have not paid their photocopying levy. We’re very lucky at this school that students have the ability to use our photocopier for all their needs but it does cost a lot of money. $2500 comes out of the school budget towards photocopying costs and we rely on the levies to cover the balance. All fees for photocopying are due by the 27-03-2015. If you have any queries or concerns please contact the office.

**Q Schools App**
Did you received our Notification yesterday? If not please download the Q Schools App. It is available from Apple iTunes, Google Play and Windows Stores. It is free to download and a great way for us to get a bulk message to parents at short notice.
Please make sure you say yes to push notifications.
Please find below some of the benefits:
- Access the latest school news, newsletters and calendar events
- Receive emergency announcements and push notifications
- Follow multiple schools
- Search for the nearest school by current location, postcode, school name or suburb

**Chess Results**
Our Chess Teams are simply AWESOME and so is Mrs Dyson. Year after year they achieve great results.
There were 14 Teams (56 students) in the competition and the conditions were unbearably hot but despite this our team results were:
TEAM 1- 2nd
TEAM 2- 3rd
TEAM 3- 9th
A big congratulations to Henry Thorpe who achieved an outstanding 2nd place overall.
If you would like to check out the website for more individual results go to [http://gardinerchess.com.au](http://gardinerchess.com.au)
Search: Interschool Competition-Results-Mackay/Whitsunday-Primary

We’re so proud, not only of your achievements but also the great sportsmanship that was displayed.
WHAT YOU WANT TO BE PROGRAM
Our current focus word is ORGANISATION. Being organised is an important skill to develop. Being organised allows us to do the things we have to do in a more timely and efficient manner. Learning to be organised can be challenging for some people. We encourage our students to begin developing this skill from Prep. Learning means being guided and reminded, so parents and teachers play an important role. Parents can help their children with organisational skills by assisting them to get ready for their day; help them pack their school bag with all they will need for the day (home bag, Communication Book, hat, lunch and water bottle), supervise them unpacking their bag when they arrive at school (ensuring everything is put in the correct place) and assisting them get their desk ready for the day and begin their first task of the morning.

Once children learn organisational skills they become more independent. This independence and knowing that they can do things for themselves develops self-confidence and positive self esteem which we all need in order to be successful in what we do.

Helping children organise what they need for school every day builds their independence, self-confidence and self-esteem.

Head Lice
Unfortunately, back to school means head lice! To keep them at bay means regular checks of children’s hair each week. An important thing is to find an effective treatment that doesn’t require putting harsh chemicals onto your child’s head which can then be absorbed into the body.

A cheap, effective treatment is coconut oil and apple cider vinegar.

1. Rinse the hair with the apple cider vinegar, don’t wash it out, and leave it to dry. The vinegar dissolves the ‘glue’ which sticks the eggs to the hair.

2. When the vinegar has dried, pour the coconut oil into the hair, making sure all the hair is covered in oil.

3. Cover the hair with a shower cap and leave it in for a couple of hours. The oil smothers and kills the lice.

4. Comb the hair to get as many of the eggs and lice out as possible.

5. Shampoo as normal
Getting to know... Mrs Burgess

Family members: Heath (Husband)

Years Teaching: 8 years

Favourite Food: Hot Chips

Favourite Beverage: Milk and Coke with a dash of Vodka

Favourite Pastime: Reading and shopping

Favourite Music: Country

First Job: Shop assistant at the Mystic Connection

Free ‘Student Advantage’ Microsoft Office 2013 Suite

Dear Parents

Students can now download a free copy of the Microsoft Office 365 Suite. This suite provides students with a subscription to the full versions of Word, Excel, PowerPoint, and OneNote.

After downloading, students will have the latest Office suite at home, on their personal PC’s, Macs and other mobile devices (up to five in total). Students should visit the Learning Place from their home device (http://education.qld.gov.au/learningplace) student space, with the student’s school logon and password to access a step by step guide and the download link.

BROTHERS NETBALL CLUB MACKAY

ARE YOU BORN IN 2004 AND LOOKING TO PLAY NETBALL THIS YEAR?
Brothers Netball Club Mackay are looking to enter an 11 year old team.
Never played before... no worries... our experienced coach will teach you!

If you would like to join a new “Brothers 11 year old team” please contact Jenny on 0437 468 287.

FINCH HATTON HEALTH & HARMONY DAY

Sunday, 8 March, 10am to 4pm
at Ulysses Garden Cafe
723 Gorge Road, Finch Hatton Gorge

Over 30 stallholders and exhibits, hourly demonstrations, healers, natural, organic and hand made products and much more.

Free entry - cash only purchases
More info: www.facebook.com - Finch Hatton Health and Harmony Day
Mackay Cutters and the NRL are holding a Rugby League ‘Come and try’ day for people with special needs or a disability. Everyone is welcome to come along and experience THE GREATEST GAME OF ALL

WHEN- MONDAY APRIL 6TH
WHERE- MACKAY STADIUM
AGE- ALL AGES ARE WELCOME
TIME- 9AM-10.30AM

If you have any questions or to register please contact
Tyson Muscat- 0402 892 833 or
Email: tmuscat@nrl.com.au