



# Ma Ma Messages

Ma Ma Creek State School and Community

Ph (07) 5462 7271

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<http://mamacreess.eq.edu.au/wcmss/>

Aim High With Praise

February 2018

## Dates to Remember

February	
20	Hall/Exhibition Meeting
22	P&C meeting 5:30
26	Cyber Safety
28	GRIP Leadership
March	
1	Student Leader Induction
14	Micro Draw excursion- Yr3-6 Ipswich Art gallery Queens Park Zoo – Prep-2
27	Circus
29	Last day of term

## From the Principal

### Principal's Update

Our students have made a flying start to the new year. It's fantastic to see how our students have settled into their class and school routines, they have really hit the ground running and we can expect to see some great achievements as they strive for excellence.

I hope that you are all comfortably settled into the routine of term one and moving forward in a positive way.

Our school's Explicit Improvement Agenda this year

is Reading. Students are in the process of establishing their individual reading goals for the next 5 weeks.

Please keep a look out for updates on your child's progress towards the attainment of their reading goals.

Research shows that children experience most success with their learning when there is a link between school and home and both work in partnership to support the child's needs. I have included some tip bits in this week's newsletter to assist parents in improving the reading outcomes for their child(ren).

## READING CORNER



This week's reading corner is about the importance of home reading. Home reading should be a fun activity shared by parents and kids. Children need to see that reading is a fun and useful pastime, as a child's ability to read is the biggest indicator in their success in other areas, secondary schooling and further education. 15-20

minutes each night makes a huge difference to your child's ability to, not only read, but also spell and write. When reading, stop and ask questions about what is happening and try to predict what will happen next. Above all else, enjoy it!

## P&C General Meeting

Our first general meeting will be held on Thursday the 22<sup>nd</sup> of February at 5:30pm. All are welcome to attend.

## Healthy Choices

This term we have been focusing on healthy choices and what are good foods which help young bodies and minds grow.

School is a time when children start to make independent choices about their lifestyles. School aged children learn quickly and are influenced by friends and popular trends. This is an important time to talk about and encourage healthy food habits.

**A healthy lunchbox can include:**

- Fresh fruit
- Fresh crunchy vegetables
- Milk, yoghurt or cheese. For children who cannot tolerate



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milk products,  
alternatives like calcium  
fortified soy or rice  
drink or soy yoghurt

- A meat or meat alternative food like some lean meat (e.g. chicken strips), hard-boiled egg.
- A grain or cereal food like bread, a roll, flat bread, fruit bread or crackers (wholegrain or wholemeal choices are best)
- Tap water.

### **Items which do not belong in a healthy lunch box:**

- All sweet drinks such as fruit juices, fruit drinks, cordials, sports drinks, energy drinks, flavoured waters, flavoured mineral waters, iced teas and soft drinks. These are high in energy (kilojoules) and sugar, and can lead to weight gain and oral health problems in children
- Dried fruit bars and 'straps'. These are low in fibre and are also high in sugar and can stick to children's teeth, causing tooth decay

- Chocolate spreads in sandwiches. These add extra, unnecessary sugar to the lunchbox
- Artificially sweetened drinks

Some pre-packaged foods that claim to be healthy contain high levels of salt and sugar and have little or no nutritional value.

Healthy lunches and snacks are important for children and help with their concentration and learning. Children who grow up in families that enjoy a variety of nutritious foods from the Five Food Groups are more likely to make their own healthy choices as they get older.

### **Behaviour Focus:**

#### **Stop, Walk, Talk**

As part of our Positive Behaviour for Learning program. The next two weeks we will be teaching an effective problem solving strategy for students to de-escalate minor issues which may arise in the playground from time to time. STOP, WALK, TALK is a short simple way for children to communicate to others regarding acceptable and unacceptable behaviours.

### **Students of the week**

Well done to these students for a FANTASTIC start to 2018!!  
Week ending 02.02.18



**Lacie Weber** – *For making a great start to the school year!*

**Natasha Laurie** – *For always being on task and ready to learn!*

Week ending 09.02.18



**Teejay Krause** – *For being a great school leader! Always ready to assist others!*



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Congratulations to the above students for their great work and attitude towards their learning. KEEP UP THE GREAT WORK!!

## Community News

Our freshly made lemonade was a big hit at the recent markets on election day. Please ask your friends and family to support the Student Project stall there. A big thank-you goes to all our stall volunteers on the day.

Markets at Ma Ma Creek Village are held every 2nd Saturday of the month, so the next one will be on Saturday, 10<sup>th</sup> March from 7 am to 12 noon. There will be plants, fresh produce, craft, bric-a-brac, antiques, books, tools, woodwork products, as well as activities for kids and much more.



The Ma Ma Creek Community Centre held a Public Meeting last Sunday to discuss the future of Ma Ma Creek Exhibition. It was well attended and a new MMC Exhibition 2018 Committee has been formed. The first hall/Exhibition meeting will be held on Tuesday 20<sup>th</sup> February at 7 p.m. Please come along and get involved.

## REMINDER

**Sing out permission forms are due back as soon as possible. This is a great opportunity for our students to interact with other schools while participating in the music curriculum.**

**If families could spare any containers for our box construction projects it would be much appreciated, containers can be dropped off at the office.**

**Our school will be collecting Coles Sports for Schools vouchers. Please ask your friends and family to help us collect as many as possible**

**and bring them along to school.**

## Joke of the Week

Q: What season is it when you are on a trampoline?

A: *Spring time*

Q: What has one head, one foot and four legs?

A: *A Bed*

## On This Day in History

1861 – Abraham Lincoln was declared President

1940 – Don Bradman scores 209 in 161 minutes for SA against WA at the WACA.

**There have been 2 incidents of break-ins and vandalism at the Anglican Church next to our school over the last week. If you have any information or have seen anything, please contact Crimestoppers.**

## Birthday Wishes

Best wishes to Zharlea Poole.

9 years old today  
February 15<sup>th</sup>.





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