



Aim High With Praise

Ma Ma Messages

A communication tool of the
Ma Ma Creek State School and Community

Ph (07) 5462 7271

Fax (07) 5462 7481

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

01 April 2014

Dates to Remember

| | |
|------------------|--------------------|
| April | |
| Week 10 | |
| 03 | Mobile Library Van |
| 04 | Last day of Term |
| TERM 2 | |
| April | |
| Week 1 | |
| 22 | School resumes |
| 24 | P&C Meeting |
| 25 | ANZAC Day |
| April/May | |
| Week 2 | |
| 01 | Mobile Library Van |
| Week 3 | |
| Week 4 | |
| 15 | Mobile Library Van |
| Week 5 | |
| Week 6 | |
| 29 | Mobile Library Van |
| June | |
| Week 7 | |
| Week 8 | |
| 12 | Mobile Library Van |
| Week 9 | |
| Week 10 | |
| 26 | Mobile Library Van |

| | |
|----|------------------|
| 27 | Last Day of Term |
|----|------------------|

Principal's Diary

(This section of the newsletter outlines meetings and events during the school year where the Principal will either be out of the school or unavailable.)

02 Apr Explicit Instruction Conference

03 Apr Explicit Instruction Conference

02 May Director General's Forum

Students of the Week

Toby and Sasha were the proud recipients of this week's Student of the Week awards.

End of Term

Well it is the end of a very busy and positive term. A reminder that as of last year our Easter holiday break is 2 weeks long. School will resume on **Tuesday 22nd April**.

In the Classroom

Sight Words Certificates:

Terry: Canary Words

Tiffanie: Pink Words

Deena: Canary Words

Behaviour Charts

At the end of this week the students will be bringing home their Attendance & Behaviour Charts for this term.

These charts reflect the daily behaviour of the students and are colour coded as follows:

Green – Excellent Behaviour

Orange – Disruptive Behaviour

Red – Unacceptable Behaviour

Blank – Absent

On the last day of term the students who have demonstrated appropriate behaviour throughout the term will be having a Movie and popcorn session while those students with Red days will be working in another classroom with the Principal.

Cooking

Last Thursday we finally got to try our homemade Basil Pesto from our school garden. There was just enough pesto for 2 packets of spaghetti (1 kg) and we could have served "thirds", had there been any more left!! It was the perfect dish for a rainy day. If you would like to make Pesto at home you will find the recipe attached, but remember not to use sharp kitchen equipment such as blenders and knives without an adult.

On Thursday we will be sending a Basil seedling home with every student, so you can plant it in a pot and have your own Basil to pick. Happy cooking!

Mrs Schmidt

New PA System

The staff and students of the school would like to thank the P&C Association for their kind donation of a new PA System. This PA system is a great asset for us and will be used each week on parade as well as at many functions throughout the year including our End of Year Concert.

Keep a watch on our school these holidays

Parents and students can help take care of our school by reporting any suspicious after-hours activity to School Watch on 13 17 88. By keeping an eye out we can work together to create a safer school community and help to reduce vandalism, theft and arson in our school.

If you see something suspicious, please don't intervene. Call the School Watch number and let the local police or State Government Protective Security Service deal with the matter.

ANZAC Talk

In the first week of next term a member of the local RSL Sub-Branch will be visiting the school to present their annual talk to our students on ANZAC Day.

ANZAC Day March and Service

The first Friday back at school, Friday 25th April, our school will again be marching in the ANZAC parade in Gatton and participating in the ANZAC service that evening at Ma Ma Creek.

The final details for these events have not been provided to me yet but they will be included in first week's newsletter. Please check these details as it would be fantastic to have all of our students involved in these events.

P & C News

New Playground

Yesterday morning the P&C met at the school to plan for the purchase and installation of the new playground.

A design and site was chosen and the P&C will meet early next term with the supplier to finalise further details with the hope of having the playground completed by the end of Term 2.

Tuckshop

Please note that as a result of the Easter Monday Public Holiday there will be no tuckshop on the first week of school next term.

P&C Meeting

The next P&C Meeting will be held at the school on Thursday 24th April at 5:30pm.

COMMUNITY NEWS

Lockyer Valley Libraries

NEW - YOUNG PEOPLES BOOK CLUB AT GATTON LIBRARY

Do you enjoy reading, sharing and talking about your favourite books and authors with others?

If you are between 8 and 13 years of age, the new Book Club at the Gatton Library might be just right for you. This is a great way to make new friends, socialise outside of school hours, and discover some great new reads.

It is starting on Thursday, 1st May 2014, at 4pm and will meet every fortnight after that at the Library.

If you are interested, have a chat to the friendly staff at the Gatton Library or call (07) 5466 3434 for further information about this great new club.



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Chappie's Corner

Energy drinks: do they really give you wings?

In the past 10 years there has been a significant increase in the consumption of energy drinks, particularly by young people. There has also been considerable debate about the contents of energy drinks and whether consumption of them is safe. This fact sheet provides information on caffeinated energy drinks and their effects, including when they are mixed with alcohol.

What are energy drinks?

Energy drinks are beverages that contain varying amounts of caffeine, taurine, guarana, amino acids, vitamins and sugar. Energy drinks are promoted as being beneficial in increasing stamina, and improving physical performance, endurance and concentration.

What are the ingredients of energy drinks?

Energy drinks typically contain a mixture of:

- » caffeine—a stimulant that acts on the central nervous system to speed up the messages to and from the brain. Caffeine is the main active ingredient in energy drinks
- » guarana—an extract from a plant that contains about twice the amount of caffeine as coffee beans

» theobromine—from the cacao plant. It has a similar effect to caffeine and is found in chocolate and many other foods

» theophylline—a drug used for the treatment of respiratory diseases and asthma, marketed under a variety of brand names. It is structurally similar to caffeine. It is also naturally found in tea at very small levels

» taurine—occurs naturally in food, especially in seafood and meat, and is necessary for normal skeletal muscle functioning

» ginseng—a substance that comes from a variety of plants and is believed to have medicinal properties, but has been found to interact with a number of prescription and herbal drugs.

Source: Gunja, N & Brown, J. 2012 Energy drinks: health risks and toxicity, Medical Journal of Australia available at <https://www.mja.com.au/journal/2012/196/1/energy-drinkshealth-risks-and-toxicity>

Effects of energy drinks

Short-term effects

- » feeling more alert and active
- » need to urinate more frequently
- » rise in body temperature
- » increased heart rate
- » stimulation of the brain and nervous system.

Higher doses

Serious injury or death from caffeine overdose can occur.

The Australian Medical Journal has reported an increase in energy drink related reports to the Poisons Information Service in NSW, and they assume that this increase would be reflected in national statistics.

Some of the adverse health effects associated with excessive energy drink consumption are:

- » insomnia
- » nervousness
- » headaches
- » nausea
- » vomiting
- » rapid heart rate
- » heart-palpitations.

In small children, caffeine poisoning can occur through much smaller doses—up to 1 gram of caffeine (equal to around 12 energy drinks).

For more information on caffeine and its effects, see:

www.druginfo.adf.org.au/index.php?option=com_content&view=article&id=36&Itemid=47

PO Box 818 North Melbourne, Victoria, 3051