



Ma Ma Messages

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

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Aim High With Praise

02 December 2014

Dates to Remember

December	
Week 9	
04	End of Year Concert
05	Pre-Prep Morning
Week 10	
08	Yr 8 Orientation Day
09	Yr 7 Orientation Day
12	Last day of Term

Students of the Week

Neika and Connie were the proud recipients of this week's Student of the Week Awards.

In The Classroom

Sight Words Certificates:

Matthew: Crimson Words
 Ashley: Lilac Words
 Hannah: Lime Words
 Trent: Lemon Words
 Purple Words
 Terry: Ebony Words
 Neika: Canary Words

Back to school in 2015

Parents and carers are reminded that the first day of school for all state school students is Tuesday 27 January 2015.

Report Cards

Reports will go home on Wednesday 10 December.



Concert

Our end of year concert will be held this Thursday 04th of December commencing at 5:30pm. **The students are to wear bright clothing (no skirts please).**

The concert will this year involve students performing music items from both classes as well as a whole school nativity play. These items will be followed by our book presentations to students.

The order of events will be:

- 5:30pm – sausage sizzle **(kindly provided by the P&C Association)**
- 6:15pm – 2014 in review
- Concert Items
- Book presentations
- Supper **(please bring a plate of food to share for supper)**

Cooking News

Over the last two weeks we have been busy with secret Christmas cooking business, which the students will share with everyone at the concert.

In 2015 we are hoping to focus our cooking on healthy lunchboxes and fruits/vegetables

and their particular seasons in the Lockyer Valley.

Caffey Swimming Carnival

The Caffey Swimming Carnival was held last Thursday at the Gatton Pool.

It was a fantastic effort by our school with a high percentage of involvement.

Thankyou to all those families who came along to support the students on the day and special thanks to Mrs Cubis for helping organise the students for their events.

Chappie's Corner

How screen time affects rest

When children don't get enough shut-eye they can become cranky, tired and moody, and run the risk of developing a host of physical and behavioural problems. And with more children using technology, sleep specialists are seeing a clear link between too much screen time – the use of TV, computers and mobile devices – and poor quality of rest.

"The main effect of overusing media devices is that it can decrease the total amount of sleep kids get," says Dr Sarah Loughran, sleep researcher at the University of Wollongong. She says excess screen time can hamper sleep in three main ways:

- **Timing** - the use of electronic media can lead to delays in children's bedtimes,

resulting in less time being available for sleep.

- **Content** - engaging the brain with exciting or provocative information before bed may trigger emotional and hormonal responses (like adrenalin), which can reduce the ability to fall and stay asleep.
- **Light emissions** - light from electronic devices can disrupt the body's natural occurring circadian rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle.

Being wise to your child's screen time consumption can have far-reaching benefits for the whole family, for instance, more sleep! It should only take a few adjustments to your evening routine. Dr Loughran suggests the following:

- **Set a 'bed time' for media devices** - this should happen one or two hours before kids go to sleep, and applies to adults too so everyone gets into good habits.
- **Tweak their bedtime routine** - let kids wind-down properly in the run-up to bed, replacing screen time with gentle activities like stories, talking or bathing.
- **No media devices in the bedroom** - kids may kick back at first, but you will soon see the rewards of setting and sticking to this tough rule.
- **Replace screen time with exercise during the day** - outdoor exercise in bright light is wonderful for sleep and helps balance their 'virtual' and real lives.
- **Limit food and drinks during screen time,**

especially at night - electronic devices tend to encourage mindless over-eating and drinking (especially of caffeine), which can stimulate the body and imbalance hormones.

https://www.kidsmatter.edu.au/families/eneletter/screen-time-and-sleep?utm_medium=email&utm_campaign=Families%20newsletter%20-%20Sleep&utm_content=Families%20newsletter%20-%20Sleep+Preview+CID_aa540accbb46ecd772860767cc979b6&utm_source=NewsLetterEDM&utm_term=Read%20more

P & C News

Catering Help Thanks

The P&C Association would like to thank all of those people who either helped out with baking or on the day at last Saturday's catering function.

Your help and support is very much appreciated.

Christmas Raffle

Thank you to all those people who have made donations to our Christmas raffle this year. There is still time to send in some donations for this.

A book of tickets was sent home yesterday and a reminder that the money and any unsold tickets need to be returned to the school no later than Thursday 04th December.

Tuckshop

Tuckshop will be every Monday and orders need to be in by Thursday of each week.

Please place your money in an envelope and write your order on the order form attached to each week's newsletter.

We would like to thank Tenthill Store who are the providers of the lunchtime food component of our tuckshop each week.

Community News

Deepest Condolences

Our school community would like to extend our deepest condolences to the family and friends of Pearl Naumann who passed away recently.

Markets

The Ma Ma Creek Hall Markets are held on the 2nd Saturday of each month from 7am until 12 noon.

Rope Hill Community

Christmas Carol Evening

This event will be held at the Rope Hill Community Sports Centre on Monday 08th December commencing with a BBQ meal at 6 pm. Steak burgers, sausages and drinks will be on sale. The program will follow a similar format to that of past years.

In the event of wet weather, the alternate venue of the Tent Hill Baptist Church will be available.

The special guest this year is Brendon Walmsley, accompanied by the Humeridge Church Band.

Ma Ma Creek Community Carols

The Ma Ma Creek Community Carols will be held on Sunday 14th December at the Ma Ma Creek Community Centre from 11am.

Please see attached brochure for more details.