



Ma Ma Messages

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

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Aim High With Praise

09 September 2014

Dates to Remember

September	
Week 9	
11	P & C Meeting
12	Cricket/Softball Carnival
Week 10	
18	Mobile Library Van
19	Last day of Term 3

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.)

10th Sept School Discipline Audit
(All Day)

In the Classroom

Sight Words Certificates:

Terry: Mauve Words
Fuchsia Words

Matthew: Violet Words
Lemon Words

Trent: Violet Words

Clayton: Orange Words

Neika: Peacock Words
Mint Words

Students of the Week

Jaden and Jenayah were the proud recipients of this week's Student of the Week awards.

Swimming Lessons

Swimming will start for all students on the first Friday of next term. We will travel by bus to the Gatton pool and lessons will take place from 1.30 pm – 2.30 pm. The dates for swimming are included in the 'Dates to Remember' section of the newsletter.

Please ensure that your child has all the required gear for swimming when they come to school on a Friday morning. Attached to this newsletter is a permission form for swimming which must be returned to the school no later than **Friday 19th September**.

Congratulations Bernie

Congratulations to Bernie Cubis who recently attended an Athletics Carnival in Toowoomba last Friday and performed extremely well in her events.

Cooking News

We hope that all Fathers and their families enjoyed their Cheesy Twists, you will find the recipe for them, as well as the mini frittatas that we cooked the week before, attached to this newsletter. As we have only 2 weeks of school left in this term, we will have to do some brainstorming with students to come up with what to cook to use up our fresh vegetables (silverbeet, asian greens, lettuce, yellow mini zucchini etc.) before the holidays.

Chappie's Corner

Why breakfast is important

Breakfast gives children the energy they need to handle their busy days. Children who eat a healthy breakfast go longer without feeling hungry. This means they can concentrate on playing, learning, remembering and solving problems better.

Research shows that a **healthy breakfast can help children perform better at school**.

Breakfast eaters also tend to:

- have better school attendance than those who regularly skip breakfast
- be more emotionally healthy than non-breakfast eaters
- be less likely to snack on sugary or fatty foods, which helps them stay at a healthy weight.

Breakfast ideas to encourage reluctant breakfast eaters

You're an important role model when it comes to eating. Showing your kids that breakfast can be yummy and that it's an important part of your day is a good way to encourage them to eat it. You can talk about its benefits with them too.

Here are more breakfast ideas to encourage healthy eating habits in the morning:

- Make breakfast a time to sit and eat with your kids. Being a good example is a powerful way to change their habits.
- If your child says he's not hungry in the morning, try making a healthy smoothie, with milk, yoghurt and a piece of fruit such as a banana, instead of a more traditional breakfast 'meal'.
- Another option is for your child to eat a small meal at home, such as a small bowl of oats or a piece of fruit. You can then give your child a healthy snack to eat before school starts – for example, a sandwich or some natural yoghurt with fruit.
- If a hectic morning schedule gets in the way of breakfast, try setting your child's alarm 10 minutes earlier, or packing your child's bag and laying out her clothes the night before. You could even get the next day's breakfast ready the night before – try putting dry oats in a covered bowl, or placing toppings like sliced fruit, nuts or raisins in a muffin tray.
- Fussy eaters often respond better at mealtimes if the food is more interesting than usual. Young children love toast or fruit, and older kids can occasionally prefer

'non-breakfast' foods, like leftover pasta.

http://raisingchildren.net.au/articles/eating_breakfast.html

P & C News

New Playground

Our P&C President, Grant Storey, joined us on parade this morning and we were able to thank him for the P&C's efforts in providing a new playground for our school. The 'Gatton Star' took a photograph of Mr Storey with the students on the playground so look out for that in future editions of the paper.



Toy Catalogue

Please note that Toy Catalogue Fundraiser orders are due back to school by Wednesday 17th September.

P&C Meeting

The next P&C Meeting will be held at the school on Thursday 11th September at 5:30pm.

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.