



# Ma Ma Messages

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

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*Aim High With Praise*

**27 October 2015**

## Dates to Remember

<b>October</b>	
<b>Week 4</b>	
29	Mobile Library
30	Swimming
<b>November</b>	
<b>Week 5</b>	
04 - 06	Whole School Camp
<b>Week 6</b>	
11	Remembrance Day
12	Mobile Library P&C Meeting
13	Swimming
<b>Week 7</b>	
17	Pre-Prep morning
20	Swimming
<b>Week 8</b>	
23	Pre-Prep morning
26	Mobile Library
27	Swimming
<b>November/December</b>	
<b>Week 9</b>	
03	End of Year Concert
04	Pre-Prep morning Swimming
<b>Week 10</b>	
10	Mobile Library
11	Last Day of School

## Principal's Diary

**10/11** Cluster Principal's Meeting  
(Mt Whitestone)

**12/11** Band 5 Principal's Meeting  
(Oakey)

## Students of the Week

Chase and Lachlan were the proud recipients of this week's Student of the Week awards.

## In the Classroom

### Sight Words Certificates:

Chase:	Rose Words
Sam:	Orange Words Violet Words
Zharlea:	Violet Words
Grace:	Amber Words
Clayton:	Buttercup Words Turquoise Words
Jaden:	Pink Words

## Homework Heroes

Each week your child is given a home reader to read each night and homework to be completed by the end of the week.

Last week's Homework Heroes were: *Koby, Chase, Toby, Deena, Matthew, Teejay, Sasha, Cindy, Zharlea, Jasper, Shanoa, Samuel, Lachlan T, Trent, Alex, Jaden.*

## Columboola Camp

Next Wednesday we leave on our whole school camp to Columboola.

A reminder that the students attending camp must be at school no later than 7:45am on the 04<sup>th</sup> of November for departure and that we are due back at school at approximately 4:00pm on Friday 06<sup>th</sup> of November.

## Pre-Prep Days

It is that time of year again when we spread the word about our great school and our Pre-Prep Days. This year Pre-Prep children are invited to the school to join in a number of activities on three days.

**Tuesday 17<sup>th</sup> November 9am – 11am**

**Monday 23<sup>rd</sup> November 9am – 1:15pm** (this day includes a Music lesson from our specialist Music teacher as well as Tuckshop)

**Friday 04<sup>th</sup> December 9am – 12noon** (this day includes a PE lesson from our specialist PE teacher)

We welcome all children who are entering Prep next year. Children who were born between 1 July 2010 and 30 June 2011 are eligible to enrol for Prep in 2015. If you know of anyone who is in this situation, please let them know of our days.

## Chappie's Corner

### MINDFULNESS

#### WHAT IS MINDFULNESS?

Mindfulness is paying attention to the present moment, without getting stuck in the past or worrying about the future. This can really change the way you manage and react to stressful situations, giving you a valuable tool to stay mentally healthy, and an ever-expanding body of evidence shows that it really works.

#### MINDFULNESS CAN HELP

Depression, Anxiety, Stress, Well-being, Chronic pain, Eating disorders, Concentration, Productivity

#### WHY DO WE NEED MINDFULNESS?

How we think and feel about ourselves and our lives impacts on our behaviour and how we cope in tough times. It affects our ability to make the most of the opportunities that come our way and play a full part amongst our family, workplace, community and friends. It's also closely linked with our physical health. Whether we call it wellbeing, emotional welfare or mental health, it's key to living a fulfilling life.

#### MINDFULNESS WORKS WITH YOU

You can tailor mindfulness to suit your needs: sitting or standing; inside or outside, for five minutes or five hours.

Walking, Yoga, Relaxation, Meditation, Painting, Listening to music.

#### A MINDFULNESS ACTIVITY FOR YOU TO TRY:

##### FOCUS ON YOUR BREATHING

This is a chance for you to step out of the mode of constantly doing things, and allow time for just being.

1 Find a comfortable posture. Close your eyes. Allow your body

to be held, supported by the chair. Notice the sensation of your body in contact with the chair.

2 Become aware of your breath, tune into the sensations of breathing, wherever you feel them. No need to change the way you're breathing, just tuning in, wherever you feel it.

3 Sometimes you'll find that your mind wanders – and that's not a problem – it's what the mind does. Whenever you notice your mind wandering, acknowledge it, and then gently return your attention to the breath.

4 This is something you could do any time in the day, wherever you are – at the computer, on the bus, standing in a queue – taking a good posture, taking a few mindful breaths.

**SOURCE:** Mental Health Foundation, [mentalhealth.org.uk](http://mentalhealth.org.uk)

## P&C News

### *Christmas Raffle*

This year the P & C are running another Christmas multi-draw raffle and are asking for donations to go towards the raffle. If you are able to assist with donations for this raffle, please send them in to the school office.

### *Camel Calendars*

Once again the P&C Association is participating in the 'Crazy Camel Fundraising'. Flyers with more information and an order form were sent home with a previous newsletter.

Please note that these orders need to be returned to the **school no later than this Friday 30<sup>th</sup> October** to allow the orders to be returned before school finishes for the year.

### *Pub Raffles*

The following dates are those where our P&C Association conducts the raffles at the Tenthill Hotel.

04/12.

If you are able to help on any of these evenings, please let the P&C Executive know.

### *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.

### *P&C Meeting*

The next P&C Meeting will be held at the school on Thursday 12<sup>th</sup> November at 5:30pm.

## Community News

### *Ma Ma Creek Hall*

#### *Markets*

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

### *Friends of Ma Ma Creek*

"Friends of Ma Ma Creek" Afternoon Tea.

Sunday, 8 November at 1 p.m at the Ma Ma Creek Community Hall. Bring a plate to share. All Welcome. Enquiries Glenyce: 54627262