



Ma Ma Messages

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

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Aim High With Praise

29 July 2014

Dates to Remember

July	
July/August	
Week 3	
Week 4	
05	Caffey Sports (9-12 yrs)
07	Caffey Sports (Whole School)
Week 5	
11	Show Holiday
Week 6	
21	P & C Meeting
22	Lockyer Zone Athletics
Week 7	
September	
Week 8	
05	Under 8's Day
Week 9	
Week 10	
18	P & C Meeting

Principal's Diary

01st Sept Regional Principal's Meeting
(Toowoomba – All Day)

Students of the Week

Hannah and Jelica were the proud recipients of this week's Student of the Week awards.

In the Classroom

Sight Words Certificates:

Terry: Cranberry Words

Neika: Crimson Words

Behaviour Charts

Attached to this newsletter is your child's Attendance and Behaviour Chart for term 2.

A reminder that 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 each term the students who have demonstrated appropriate behaviour throughout the term will be rewarded with a special activity while those students with 5 or more Orange days or any Red days will be working in another classroom with the Principal.

School Opinion Survey

Parents/Caregivers, school staff and the representative sample of students are encouraged to take part in this year's *School Opinion Survey* and share their opinions about what this school does well and how this school can improve.

Access details for the *Parent/Caregiver Survey* have been sent home with students—these are not linked to individuals, and you cannot be identified in the survey results that will be reported back to the school, or by the department.

Parents/caregivers are welcome to complete their survey online at the school. School computers will be made available if you require this. The survey will remain open until 3 August 2014.

Book Club

Please note that Book Club orders are due to the school office no later than this Friday 01st August.

Caffey Athletics

Caffey Athletics will be held in Week 4 of this term (next week). Permission notes and medical forms are attached to this newsletter.

We are asking for parents to be responsible for taking their children to and from the carnival on these days.

A summary of the days follows:

Tuesday 05th August

Where: Ropehill

When: Start at 10.00 am and back at school by 3 pm

Who: **9 – 12 years**

Thursday 07th August

Where: Ropehill

When: Start at 8.15 am and back at school by 3 pm

Who: **Everyone**

Students aged 9-12 years will need to return both permission notes (one for each day) but only one Medical Form which will cover both days.

Please Note that as the expectation is that ALL students will attend on Thursday there will be no staff at school on this day as we will all be at the carnival.

Chappie's Corner

Body image in primary school children

Body image is a broad concept that refers to the way people think and feel about their appearance. It encompasses ideas about size and shape, skin colour, birthmarks, scars, facial features, clothing and adornments related to personal religious beliefs, physical disabilities, and the use of equipment and aids like prostheses or wheelchairs. There are a range of factors that contribute to a person's body image and messages from family members, other important adults, peers and the media all play a significant role.

Why is positive body image important?

Positive body image helps children to feel good about themselves and supports their mental health and wellbeing in childhood and beyond. Children with a positive body image are comfortable with their physical appearance and are more likely to think about their body in terms

of its functionality rather than its form – that is, they focus mostly on the way their body helps them to do the things they want to do like playing sport, climbing trees or walking the dog, rather than how their body looks. Children with positive body image might not be completely satisfied with their appearance, but they concentrate on assets rather than flaws. This way of thinking contributes to a positive sense of self-worth. It helps children to detect and fulfil the body's needs, which means they might be more likely to appreciate the value of exercise and make healthy food choices that help the body to perform well.

Unfortunately, it is common for both boys and girls to experience negative thoughts or feelings about their appearance or dissatisfaction with the way their bodies look. When children have issues with self-worth and body image, they are at an increased risk for developing unhealthy attitudes to eating and issues with dieting as well as low mood. Evidence suggests that low self-worth and body dissatisfaction might play a role in the development of serious mental health issues like depression and eating disorders in adolescence and beyond.

www.kidsmatter.edu.au

P & C News

Thanks

Thankyou to all of those people who helped out at the BBQ stall at the Ma Ma Creek Exhibition last Saturday. Your support and assistance is very much appreciated.

Also a big thanks to those people who helped with the Funeral catering on Monday.

P&C Meeting

The next P&C Meeting will be held at the school on Thursday 21st July 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.