The Prep and Year 1 students had a great day with the CQ University students to talk about health and how important it is to eat healthy food and stay healthy. They were also lucky enough to get to check out the big fire truck and have a go at the water hoses on the day. They enjoyed a lovely picnic under the shade of the big fig tree with their teddy bears. A big thankyou to the students and the fire fighters for visiting our school.
All classes have settled quickly into their normal classroom routines and are well into their learning programs and activities for the term.

World Teachers’ Day

World Teachers’ Day is celebrated in more than 100 countries world-wide and was established by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) in 1994 to celebrate the role of teachers in society.

World Teachers’ Day is held internationally on 5 October each year. As this date usually falls during the school holidays, Queensland celebrates on the last Friday of October each year. This year we celebrate World Teachers’ Day in Queensland on Friday 30 October.

Our P&C recognises the wonderful work of our teachers each year. I thank our parent body for this public affirmation of our teachers. It is well known that the most readily identifiable positive impact on student learning is the quality of teaching.

No matter our career path, Doctors, Lawyers, Accountants, Self-employed or School Principal, we would not be in the position we are today without the work and effort of the teachers who helped us to prepare for our future careers. I join with the parents and students of the Victoria Park community to thank our teachers and staff for the job they do to change and improve the lives of our children through education.

Eisteddfod

Our very talented musicians, singers and Music teachers have been participating in the Mackay Eisteddfod over the past three weeks. The performances have been outstanding with the Recorder Ensemble placed second, String Ensemble Highly Commended and the Show Choir receiving a Silver Award.

Congratulations to all of our students, teachers and parents involved in the performances. Your dedication, commitment, practice and rehearsals are paying off.

Student Attendance

Classes maintain their enthusiasm each week in their quest to be awarded the Junior and Senior Attendance Cups. Unfortunately our whole school attendance dropped significantly during term 3 to 91.2%. Students with irregular and poor attendance often struggle at school and the value they receive from their education is greatly diminished as a result. There are times when children are sick, on family holiday, family emergencies arise or you have been out of town for work reasons. As a guide, activities such as shopping, haircuts, visiting family and friends, caring for siblings, or tiredness are not acceptable reasons for student absences.

This term provides us with the opportunity to lift our student attendance back up close to 95% and to provide children with the best opportunity to get the most from their time at school. For the first two weeks student attendance is 93.5%.

Advancing education

On Wednesday 14 October the Minister for Education Kate Jones released the Advancing Education action plan and #codingcounts discussion paper. #codingcounts refers to the introduction of the new Digital Technologies Australian Curriculum from 2016.

From learning sequencing and patterning to working with more object-orientated programming language, Digital Technologies is made possible via a range of resources provided through the Curriculum into the Classroom materials. Foundational learning for coding can be completed without digital resources via patterns and simple algorithms. This is especially the case in Prep – Year 2 where the focus is on introducing computational thinking - exploring patterns and developing logical steps e.g. brushing your teeth and getting ready for school. Digital Technologies gives students experiences with a wide range of programs including simple digital programming platforms such as the Massachusetts Institute of Technology (MIT) program, Scratch. For a long time technology has been a part of teaching and learning in Queensland state schools. Introducing the new Digital Technologies curriculum will build upon the great work and innovations already in place across our schools.

Mackay Regional Council - Pedestrian closure Shakespeare Street

Join the conversation on the Queensland Government’s Advancing education action plan. Working together will ensure the best rollout of the plan’s actions across early childhood services and schools. View Advancing education and the #codingcounts discussion paper to expand coding and robotics in Queensland schools, and offer your feedback through an online survey at http://advancingeducation.qld.gov.au/school.
Mr Shepherd
One of four nominated recently for the NRL National Teachers of the Year Award in the NRL Community and Player Education Awards.

Rugby league for our Principal is more than just a game and its his love of football and the opportunities he gives the students at Victoria Park State School that recently saw him nominated as the Qld representative for selection in the National Teacher of the Year awards in the NRL community and Player Education Awards.

Mr Shepherd believes that all sport is important. It teaches students teamwork, problem solving skills and it builds resilience because you don’t always win. Its also about giving kids fitness levels and building confidence.

Mr Shepherd coaches the rugby league school team, develops players and other coaches. He likes the programs run by the NRL such as the anti-bullying program and has tried to incorporate some of those ideas into the Victoria Park State School behaviours program.

Mr Shepherd was humbled by the award nomination but narrowly missed out on the national prize. He will continue to provide these opportunities for our students because he is passionate about making a difference to the lives of our students. The personal growth and skills the students build through sport is a great building block for them to use throughout their lives beyond primary school.

Links to Rugby League in Mackay has given better opportunities to our students.

Kim Williams the cutters coach has been volunteering with the Victoria Park SS Homework Program since 2013. When Kim and a few of the Cutters League Players visit our school they assist the students with their homework - listening to the students read, practising their spelling and maths times tables. Kim and the boys also promoted afternoon activities encouraging healthy exercise, healthy eating and healthy mind.

Kim would also come in and deliver Goal Setting, Healthy Choices and Lifestyles with out year 6 and 7 girls in the Real Me Program. We would like to extend our thanks to Kim for his involvement with Victoria Park State school as sadly he is moving out of Mackay at the end of this year. We wish him all the best with his coaching in the future.

THANK YOU KIM WILLIAMS FROM VICTORIA PARK INDIGENOUS HOMEWORK PROGRAM
Last term, 28 Year 4 and 5 students took part in the IMPACT Project groups offered at Victoria Park State School in partnership with the Brisbane School of Distance Education. These projects were designed to enrich students’ learning in Numeracy and Writing. Students participated in one 60 minute web conference lesson per week for 12 weeks.

The Year 4 ‘Solve It’ Project provided students with the opportunity to develop specific problem-solving skills and strategies via the See, Plan, Do, Check approach. Students looked at lots of different mathematical topics including part-part whole, multiplication and division triangle, identifying the steps strategy, finding the pattern or rule and many more.

The Year 5 UNIFY creative writing project provided students with the opportunity to progressively develop original pieces of fiction that express the writer’s unique voice and focussed on drawing ideas from life, children’s literature and students’ imaginations.

Congratulations to the following students for their hard work and dedication.


7th NOVEMBER 5pm –9pm

The Christmas Fair is ONLY TWO weeks away and we are URGENTLY looking for parent helpers from all year levels.

There will be a P&C representative outside the P&C room next week to assist you in picking a time on the year level helpers sheets. The year level (yes the WHOLE year level) that has the most parent helper hours volunteered will WIN a pizza lunch. If you are able to help out please fill in and return the green helpers forms that were sent home or contact Michelle on 0438 576 784.

Please do not leave it until the last minute.

We appreciate all the notice we can get to make it easier to organise. At the moment we have 10 helpers to run this event -we need at least 10 from each year level. Please have a think about how or when you can help out as this is one of our major fundraisers for the year. 100% of profits go back into the school to make a difference in our children’s education and everybody can MAKE AS DIFFERENCE by volunteering a couple of hours.
Be a Learner: In all areas of school

- Ask for assistance when required.
- Work hard in class.
- Always try and improve yourself

Using Correct Voice Tone

1. Look at the person you are talking to.
2. Listen to the level and quality of the voice tone you are speaking with.
3. Lower your voice (if necessary) so that it isn’t too loud or harsh.
4. Speak slowly. Think about what you want to say.
5. Concentrate on making your voice sound calm, neutral, or even pleasant and happy.
6. Avoid shouting, whining, or begging.

Keep an eye out in each newsletter and on the Skoolbag App to keep updated with the weekly rules. The weekly rules and social skills are presented by students on parade each Monday. Please take the time to discuss them with your children at home also.

Keep up to date by downloading the FREE Skoolbag App from the App Store or Google Play.

Parent Focus of the Week

Be a Learner: In all areas of school

- Talk to your child’s teacher if you need help understanding anything at any time.
- Be aware of Parent Expectations to help your children learn. Provide your child with the stationary and materials required to learn - Lunch-box expectations - Uniform expectations
- Be aware of the Stop, Drop, Go rules to ensure safety and avoid congestion.

Victoria Park State School
4 School Rules to Follow

* Be Safe * Be Respectful * Be Responsible * Be a Learner

Each week on parade the rule of the week is announced. This week the Rule of the week is BE A LEARNER. Please talk to your child about the rule of the week.

This year, Grandparents Day will be celebrated in Queensland on Sunday 25 October.

Grandparents Day is a wonderful opportunity for grandchildren to connect with their grandparents and thank them for their endless love and support. It is also an ideal opportunity to highlight the vital contributions that grandparents make to our communities and family structure, particularly those who are caring for their grandchildren.

It would be greatly appreciated if you could support Grandparents Day by encouraging students to get involved in the celebrations.

Harcourts Mackay
131 Victoria Street
Mackay
Phone: 4963 0100
The winner from the last fortnight was Ella from Yr 5. Ella will receive a voucher to use at our Tuckshop.Well Done!!

Please keep an eye out each fortnight in the newsletter for a photo that has been taken in one of our classrooms. Ask your children if this photo has been taken in their classroom?? Reply to the newsletter message on the SKOOLBAG APP with your Name, your child’s name and class and the Classroom you think this picture has been taken in. e.g 6A.. Get the Answer correct and you could WIN a Tuckshop voucher. The Winner will then be published when the next photo is released. Good Luck!

Were these made by your child?? - or displayed in their classroom—to get your answer to enter the competition. Why not have a look in your classroom while you are attending your parent teacher interview? We look forward to receiving your entry soon.
Mackay Regional Council - Pedestrian closure Shakespeare Street

As you are aware, Mackay Regional Council's culvert upgrade on Shakespeare Street has begun. Piling works for the new bridge will begin this week and are expected to be completed in early November 2015.

Due to concerns for public safety during the piling works, pedestrian access will be closed along Shakespeare Street, between Rae Street and Gable Street. Pedestrians will need to seek an alternative route during this time. Council apologises for the inconvenience and thanks the community for their understanding.

Pedestrian access will be reopened once the piling works are complete.

Joanne Hennessy | Community Engagement Officer | Community & Client Services | Mackay Regional Council

What to say when kids become anxious

By Michael Grose

7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope: ‘You’re okay. I’m here and I won’t be going anywhere.’ Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”
A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”
Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”
Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?”
The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”
Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.