On Wednesday 22nd July the Year 5’s went on a 4 hour bus trip to the AMAZING Capricorn Caves near Rockhampton. It was a long trip but it didn’t matter because we all enjoyed watching movies and taking a lot of ‘selfies’. When we got to the Capricorn Caves we started heading off to where we were staying and started settling in. For the whole time we were there we participated in various activities; Adventure Caving, Environment, Initiatives, Cathedral Cave Tour, Camp Fire and Crate Climbing. We had such an awesome time thanks to the great staff at Capricorn Caves. We were all courageous, had a blast and faced our fears. Thanks to Miss Morrell, Ms Brown, Mr Bromley and Mr Porter for a great camp. We wish we could have stayed longer.

By Nicola, Emma, Sarah, Eve
**Planning 2016**

Our transition program for children (and parents/carers) attending Prep in 2016 commences in this term. A number of events and activities have been planned to welcome and support families with children commencing school. If you have neighbours, friends or family members with children of Prep age, please pass this information along. Victoria Park State School is enrolling now for 2016.

**Student Absences**

I would like to remind all parents and caregivers that there is a legal requirement for all school-aged children to attend school and that **any absence must be explained**. Please utilise the Student Absence form on the Skoolbag app, email or phone the school to explain your child’s absence from school. Your vigilant attention in this matter is appreciated.

**Use of Playgrounds**

In recent weeks a number of children have been injured while using school play equipment outside of school hours. Parents and carers are again reminded that there is to be **NO USE OF THE PLAYGROUNDS BEFORE OR AFTER SCHOOL** (even under the supervision of parents). This is a Workplace Health & Safety issue. To ensure the safety of your children, please assist us in this matter.

**Mackay SHS News**

**General News:** Our expectation of students in years 7-9 is that they can lead the rest of the school in a show of positive attitude with everything they do.

**What’s On Soon:** By the time you read this, we will be about to or have visited all our local Primary Partner schools as part of our annual “roadshow”, explaining to current year 6 students what is available for them when they enrol at Mackay’s best high school. Hopefully every primary student has received one of our magnets advertising key Junior Secondary dates for this year.

**Thought of the Newsletter:** In Year 7, students examined a topic many of us face each week – even as adults – Putting off those things we least like to do. Procrastination is perhaps our favourite pastime – especially at the end of a long day, when the weather is bad, or when we simply don’t enjoy doing something we know we have to do. It might be housework chores, homework or exercise. Students have identified the things we avoid the most, some strategies and time management tips to help and come up with some of our own sayings. Some common ones you may be familiar with:

- Don’t put off until tomorrow what you can do today.
- The road to hell is paved with good intentions.
- No pain, no gain.

Or, for some more deep and meaningful quotes:

- **EVEN IF** you’re on the right track, you’ll get run over if you just sit there! – Will Rogers (1879 – 1935), American Humourist.
- Diamonds are pieces of coal that stuck to their job! – Anon.

**Always remember:**

![Strength and Courage Succeed](image)

Cont. Mr Matt Skinner
Head of Junior Secondary MSHS – Tel. 07 4951 9179

We acknowledge the Yuibera people, the traditional owners of the land in which our school is located.
HOW EXCITING!
The Life Education Van is Here.
WHAT IS LIFE EDUCATION?
Life Education motivates and empowers young people to make smart life choices for a healthy future.

MODULE: ‘HAROLD’S SURPRISE’ – PREP / YEAR 1 & 2
Harold and the class are invited to possum’s party in the park. On the way they become aware of and develop appreciation of their bodies, discuss the importance of healthy food choices and exercise, safety in the environment and identify how people grow and change.

MODULE: ‘MIND YOUR MEDICINE’ – YEAR 3 & 4
The children develop an understanding and gain information on legal drugs, their effects on physical development and their potential for harm. The program encompasses risk-taking, responding to pressure and recognising harmful situations.

MODULE: ‘IT’S YOUR CALL’ – YEARS 5
Students clarify the definition of a drug; explore risks associated with the use of legal drugs and the short and long term consequences of misuse. They examine the decision-making process and develop strategies for dealing with pressure situations including digital media.

MODULE: ‘ON THE CASE’ - YEARS 6
The class identify ways nicotine adversely influences physical and social development. Students also identify high risk situations and develop strategies to deal with the influences and pressures to smoke.

Bangarra is an Aboriginal & Torres Strait Islander organisation and one of Australia’s leading performing arts companies. They recently ran a local program called “The Rekindling Program” where local students performed “The Gathering”. Stories were passed down by local community elders and performed through traditional dance from the stories they were told by the elders. Planting the seed for the next generation of performers and storytellers. The dance group above were photographed with the community elders and Cindy Willet the Community Education Co Ordinator at Victoria Park State School. We are very proud that a number of these performers were past students of our school. The whole school enjoyed the performances.

Prep & Year 1 News
Part 2 of the Prep Grade 1 fire safety days. Blazer got a big cheer from the students. There was a lot of excitement when all the students got a chance to use the fire hoses on the day.

VOLUNTEERS NEEDED
to help at the BEACH RACES this weekend. (8th August). No experience necessary. Please contact Michelle on 0438576784 if you are available to help. Shifts are 10-1 or 12-3. Free entry to the beach races when you volunteer. Help the school raise $2500 in one day. COME ON WE CAN DO THIS!
Rule of the Week: Week 2
Be Respectful - in the classroom
• Raise your hand to speak.
• Talk in turns.
• Be a good listener.
• Give at least one compliment per day.

Social Skill of the Week: Week 2
Asking Permission
1. Look at the person who is talking and remain quiet.
2. Wait until the person is finished talking before you speak.
3. Show that you heard the person by nodding your head and saying “Okay” or “That’s interesting.”

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.

Principals Gotcha Award
A student with 50 Gotcha Cards during the year. For following the 4 school rules. The student also receives a Principal Awards Certificate on parade to recognise their achievements.

There were two students who received the Principal’s award this week:
3A - Bailee B
Makayla B

Gold Gotcha Award Winners
are students who have received 36

Putting in a huge effort the following student received his Gold Certificates in week 4:
3A Locklan Y

Silver Gotcha Award Winners
Students who have received 24 Gotcha Cards.

Having an awesome start to the term and receiving their Silver Certificates in week 4 are:

Prep/1 - Amber T, Laelie W, Laila P
2D Cody B, Patrick W
3A Charlie H
3C Gabriel B, Brooke C, Ellie H, Darby M, Ethan P, Harper T
5A Naat C, Jaleel P
5B Shaheen A, Jenellie G, Olivia K, Savannah M, Zekinthia S
5C Sarah C

Bronze Gotcha Award Winners
are students that have received 12 Gotcha Cards

The following students who received a Bronze Award in Week 4 are:
1C Ao N, Macca P, Allan T,
2D Skye W, Chloe W
5A Amber H, Gracie M, Vatsal P
5C River D, Keeley P, Carissa T, Emily K

Attendance Cup winners P-3
From Week 3 is:
2B with 99% attendance

Attendance Cup winners 4-6
From Week 3 is:
6B with 99% attendance

Tuckshop Voucher Winners

Prep - Indie H
Year 1 - Bryce S
Year 2 - Brook W
Year 3 - Cooper S
Year 4 - Codi S
Year 5 - Anna R
Year 6 - Grace C

Total Gotchas for week 4 is 435
Total Gotchas for Term 3 so far is 1316
Total Gotchas for the whole school so far this year is 6146.
Mrs Davis had some excited children making “Purple Eggs” Experimenting with boiled eggs in the garden, we stained the white of the egg purple with the seeds of the Ceylon Spinach to show the absorption time of an egg white. Totally awesome and totally edible. After planting a lot of flowers, we have seen an increase in native bee sightings as the lemon tree comes into flower. These bees are stingless but do a fantastic job of pollenating our flowers. In the coming months we should see another crop of lemons from our lemon tree. Remember that garden club is open to all students and parents every day between 10.50am and 11.20am. With the weather so nice at this time of year, the produce is at its best.

MACKAY DISTRICT ATHLETICS WRAP UP

Well done to all the Victoria Park students who represented Southern Suburbs at the recent trials. All students represented our school well with great sportmanship and every effort to do as well as they could. The students who have been selected to represent Mackay at the up and coming Capricornia Trials are the following:

11 Yrs Shot put - Mackenzie Vessey
12 Yrs Discus - Izhac Howell
12 Yrs Discus & Shot put - Jimmy Butlin
12 Yrs 100 & 200 mts - Shanita Whirisky
12 Yrs 800 mts - Will Morgan

Zara W from Prep C’s favourite place in the school is the big tree. The best time of the week is computer time. Her favourite snack is yoghurt and at lunch time she like eating her sandwich and playing in the big tree.

Noah H in Prep B likes writing the letter L. He also likes any writing activity because he gets to colour when he finishes his work. He also likes counting to 200. Tiggy is his favourite game to play with his friends and his favourite lunch is meatballs. I like my teacher Miss H because she gives me a lot of Gotcha’s for things like no talking, being helpful, being responsible and doing a good job on Mathletics, Reading Eggs and Tux Paint.

Meet Anneka in Prep/1. Her favourite subjects are writing, maths and music, because Mrs Milles is a nice Music Teacher. I get up early in the morning to get ready for school. In our class the Grade 1’s get to read to the preps sometimes and I like doing that job. Duck Duck Goose is my favourite game to play at lunchtime. Mrs Arvidson is fantastic and excellent.

Prep Information Night for 2016 Enrolments. Wednesday 19th August from 6-7pm in the Hall.