Principal’s Report

It is a well-known fact that when parents engage with their children’s learning, outcomes improve and schools perform better, irrespective of family income or student background. When bridges are built between families and schools, parents and teachers learn more about one another’s strengths, experiences and expectations for children. Our goal at Mareeba SS is to work closely with families to ensure the best possible outcomes for each of our students. This week we welcome Dr George Otero to our school.

(Continued Page 2)
Dr Otero, who is visiting from New Mexico in the USA, works with schools from across the globe in the area of parent and community engagement.

Dr Otero will join us for our Big Day Out event on Wednesday when we will conduct classroom walkthroughs for groups of parents. He will then run a forum at the high school at which the topic of how we can best work together to improve the outcomes of our students will be the primary focus. The forum, which will be held in the high school auditorium, commences at 12 and will conclude at 2pm. Parents are welcome to attend. Please RSVP to the primary school office if you would like to come along.

As the classroom routines become embedded for the year, the Deputy Principals and I undertake regular classroom observations and walkthrough visits. It has been my pleasure to be able to undertake lesson observations in a number of classrooms already this term. The focus of our observations so far has been teachers’ use of Explicit Teaching and Warm Ups. I am pleased to be able to report that we have seen excellent teaching practices in each of the classrooms that we have visited to date. It is now well known that our teachers do a great job and this week we welcomed teaching staff and principals from across the Region to observe great classroom practices. Well done Mareeba teachers!

Congratulations to 2016’s Peer Supporters! They were presented with their badges on Monday’s parade. As of today, they will be out in the playground supporting students in various areas of the school. Well done!

Deputy Principal Mrs Hannah Simpson announcing the Peer Supporters on parade.

Mareeba SS RATEP Program

Are you an indigenous person who would like a career in education? Then RATEP is for you. Study at the school and work your way up from TAFE to JCU with the full-time support of a teacher coordinator. Ring Trudy on 40922556.

Savannah, Emma and Lani with their new badges.
Resource Fees

Parents and carers are welcome to call in at the office and pay the annual resource fee of $50. EFTPOS is available. If you are unable to pay the total amount, we accept part payments. All monies go directly towards purchasing resources for classrooms. Thank you to the following families who have paid recently:

- Alba-Miller (4A)
- Cuda (4A)
- Salam-Koolatah (6L)
- Harrigan (3F)
- Serginson (5S, 2SG)
- Kearney (3B, 2W)
- Terzi (5G)
- Daven (4A)
- McIntyre (3M, 1B)
- Squillari (4Y)
- D’Addona (1Fl)
- Dayes (2N)
- Mukadi (1B, 1FO)
- Dick-Kyle (4T)
- Brettell (5S)
- Jaszczyszyn (Prep C, 2W)
- Dickinson (3F)
- France (5E, 3M)
- Bannink (6T, 2W)

Buddy Bench

Pictured above is Mareeba State School’s buddy bench. The purpose of the buddy bench is to help students who might be looking for someone to play with at lunch time. When a student sits on the bench, the two peer supporters monitoring it will find someone for that student to play with.

Thank you

We would like to thank Brumbys Bakery Mareeba & Howe Farming for donating bread and bananas for emergency lunches. We appreciate your generosity.

DID YOU KNOW?

You can now find Mareeba State School on Facebook! ‘Like’ our page to stay updated with school news and photos.

THE MAREEBA SS DENTAL CLINIC HAS RE-OPENED!

After closing for renovations, the on-site dental clinic is now open. To make an appointment, please call 4092 1575 or pop in to the clinic and see the friendly dental staff!
PB4L Update

Week 6! How quickly we find ourselves over the half way mark of another term. Congratulations to our students who are receiving ‘I am’ awards at assembly and who have earned themselves ‘I am’ tickets. This term is a shorter one so the winning class will be having their Subway party soon.

“I use good manners and make good choices” has been our focus rule for this last fortnight and from accounts from staff around the school, our students are making a big effort. Our rule focus for weeks 7, 8 and 9 is:

“I am Safe - I follow safety rules and teacher direction”

We follow safety rules every day: on our roads, in our workplaces and in our homes. It’s the same here at school. Have a discussion at home with your children about the different safety rules in different places and why we need them.

Mareeba State School does not tolerate bullying. In order to combat bullying, it is important to understand what bullying is. Mr Barlow and Mr Cifuentes have started bullying awareness lessons this week. Our teachers will continue on with lessons over the remainder of the term. During these lessons they will be exploring questions like: What is bullying? What are the qualities of good friendships? They will also cover topics such as exploring online friendships and how to communicate with people online. Bullying is unacceptable. If you are concerned that this may be an issue for your child, please report it to your child’s class teacher or the Behaviour Support Teachers at school.

Have a great finish to the term. Watch this space for the Subway party winners!

The PB4L Team

What’s Been Happening in Year 1?

Joel has been busy in 1R, colouring in his worksheet.

Dustilee has been learning about different habitats in Science in Family A.

Amirah and Stevie working hard!

In 1B, students have been retelling the story of ‘Handa’s Surprise’ using masks to play the different characters.
It takes a village to raise a child.....

As adults, when we think about the people we like to be around, we find we like people that:

- Take turns to talk
- Talk respectfully
- Are a ‘good sport’ when they win a game (not rub their victory in someone’s face)
- Encourage us to do our best
- Are able to calm themselves when faced with challenges

- Listen and learn from others
- Get along with others
- Accept when they lose a game or argument without sulking
- Praise others when they are successful
- Are able to focus on doing a task and finish it—even if there are distractions

In order to have adults that do that - the whole community need to work together to help encourage those behaviours by modelling, teaching and praising when we see those positive behaviours in children (and adults). Throughout the year at Mareeba State School I will be assisting teachers to support a range of students and classes. This will involve developing skills in Mindfulness to help them handle academic and social challenges. The support may range from whole class to small group or individual sessions. In Term 1 in preparation for NAPLAN testing the years 3 and 5 classes will be engaging in mindfulness and guided meditation activities.

Mindfulness is the practice of being aware of our thoughts, feelings and actions in the present moment rather than worrying about what might happen or being angry about what has happened. When we are mindful of our thoughts, feelings and actions we are better able to stay calmly focussed and grounded and be less reactive and stressed. There is a relationship between mindfulness and meditation, self-regulation and academic achievement. When we are able to relax and focus not only does this reduce anxiety and stress but allows better responses to our own feelings and self-management of behaviour. If students can reduce stress, they self-manage better and are more likely to be able to learn and remember what they have learned. The benefits of mindfulness and meditation:

- Harvard neuroscientists found that meditation actually grows the areas of your brain in charge of self-awareness, compassion, learning, memory, and emotion regulation, and shrinks the areas of the brain associated with stress.
- Mindful people and meditators have stronger immune systems, miss fewer days of school because of illness, and are able to produce significantly far more antibodies to the flu vaccine than non-meditators, according to a study done at the University of Wisconsin, Madison.
- Mindfulness and meditation have the ability to lower cortisol levels (the stress hormone) and 163 different studies have suggested that mindfulness helps alleviate stress and anxiety.
- Meditation significantly reduced anxiety in 90% of subjects with clinical levels of anxiety. 90%!
- People who meditate can more easily focus and control their attention, even when distraction was present.

Mindfulness and meditation is a way that we can work together to develop skills to help raise our village of wonderful children to be the kind teenagers and adults we’d like to have around us. Mindfulness activities done with Year 3 and Year 5 classes:

- Awareness of need for deep breathing to calm our brain and body
- Awareness of early (physical) warning signs to cue us to take deep breaths
- Awareness of how our thoughts and actions are connected
- Development of focus skills
- Development of acceptance skills and positive ways to deal with our thoughts about our challenges.

Jo Jones Lafoo  (Mareeba State School – Guidance Officer)