TERM 2 WEEK 5
Attendance
As at 31/3/2015 – 94%
Compared to end Term 1/2014 – 92.4%
End of 2015 Goal – 95%
End of 2014 – 91.5%

ACTING PRINCIPAL’S MESSAGE
As most parents would be aware, Seaforth State School has embraced the You Can Do It! Program to develop social and emotional capacity in our students. The 5 keys for success we aim to instil in each child are CONFIDENCE, PERSISTENCE, ORGANISATION, GETTING ALONG and RESILIENCE.

Each Monday morning as part of the weekly parade, Mrs Cork has been highlighting one of these 5 keys. Most recently her focus has been on RESILIENCE, arguably the most important of the 5.

Some of the helpful things students will be taught to do to keep their emotions at a manageable level and be resilient are:
- Keeping things in perspective
- Walking away
- Relaxation Skills (taking a few slow deep breaths)
- Locating a “time-out” area (where you can remove yourself from the difficult situation and calm down)
- Finding someone to talk to
- Finding something fun to do
- Using positive self-talk
- Asserting yourself
- Exercising
- Not blowing things out of proportion

Howard Frost
Acting Principal
Quotes for the Week

WITH RESILIENCE IN MIND
Happiness is not the absence of problems but the ability to deal with them.
H. Jackson Brown

The strongest oak of the forest is not the one that is protected from the storm and hidden from the sun. It's the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and scorching sun.
Napoleon Hill

BOOK FAIR
Book fair coming again......The 18th-22nd of May, 7:30 till 8:30am and 2:30-3:30pm.

All parents, grandparents, friends and community members welcome. Please feel free to come and browse the beautiful range of books we will have on display. Books make wonderful and educational gifts for birthdays or just for reading practise. All books sold help our school library to receive free books for our student’s enjoyment.

Please see Sue if you need a special time to view the books. Thank you for your ongoing support.

ARTS COUNCIL
On 25th May Artslink Queensland will present Have You Ever Heard A Wombat Sing? at our school.

In this lively and original show two young professional musicians will draw on their Indigenous heritage to combine stories about “Mother Earth” with a range of musical styles including acoustic, hip hop, rap and reggae. You are invited to go on this journey with Waveney Yasso and Alinta McGrady, who are passionate about music: music to dance to, music to work to music that can express what you believe and what you feel. Along the way, students will discover secrets of the natural world, of being one with the land and building their own self confidence through rhythm and song.

To ensure that your child has the chance to participate in this experience, which is linked to our curriculum in the areas of personal and social capability, critical and creative thinking, ethical understanding and dance and drama, please return payment by 22nd May with the $8 admission fee.

UNDER 8’S DAY
AFTER SCHOOL ACTIVITIES
AFL will begin on the 25th of May free of charge.
A permission note will go home tomorrow.

BUS BAY REMINDER
Please do not pull in behind a parking bus to drop off children. And under no circumstances pull in behind a bus that is reversing to let children out of your vehicle.

UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>19/5/2015</td>
<td>Mercy College 2016 Yr 7 information evening. 4:30pm-7:30pm</td>
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<tr>
<td>19/5/2015</td>
<td>Mackay District Cross Country</td>
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<tr>
<td>25/5/2015</td>
<td>Arts Council $8/student</td>
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<tr>
<td>29/5/2015</td>
<td>School Disco</td>
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<tr>
<td>26/5/2015</td>
<td>Electricity and Magnetism Demonstration. (free)</td>
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<tr>
<td>03/6/2015</td>
<td>Money Smart Talk yrs 2-6-Commonwealth Bank Representative.</td>
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<tr>
<td>3,4&amp;6/8/15</td>
<td>Prep-yr2 Swimming @ Marlins.</td>
</tr>
<tr>
<td>10,11&amp;13/8/2015</td>
<td>Yrs 3-6 Swimming @ Marlins.</td>
</tr>
<tr>
<td>19/8/2015</td>
<td>Mackay North SHS 2016 Yr 7 information</td>
</tr>
<tr>
<td>10/11/2015</td>
<td>Mackay North SHS 2016 Yr 7 information</td>
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INDIVIDUAL ACHIEVEMENT AWARDS

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>For</th>
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</thead>
<tbody>
<tr>
<td>Prep</td>
<td>Billy Bowman</td>
<td>For being an enthusiastic learner.</td>
</tr>
<tr>
<td>1/2</td>
<td>Kelvin Temple</td>
<td>Settling in well to Seaforth.</td>
</tr>
<tr>
<td>2/3</td>
<td>Jaxon Fleming</td>
<td>For fabulous improvement in spelling.</td>
</tr>
<tr>
<td>3/4</td>
<td>Sakura Kenny</td>
<td>Super Sonic improvement in all literary areas.</td>
</tr>
<tr>
<td>5/6</td>
<td>Bree Sinclair</td>
<td>Trying to really hard to improve her results.</td>
</tr>
</tbody>
</table>

P & C NOTICES

UNIFORM SHOP
Open Monday and Wednesday 8:00am – 8:45am.
Jumpers are now in stock. All sizes are available.

UNIFORM PRICES

- Shirt specials- old stock $18
- Larger sizes only available.
- 8 x size 12 and 5 x sizes 14,16,18.
- Jumpers $20.00 (Sz 6-16)
- Shirts - $25.00
- Skorts - $14.00 (Sz 4-8)
- Hats - $15.00
- Homework folder - $12.00
- Heavy duty chair bag - $11.00
- Pencil case - $6.00

2016 YEAR 7 INFORMATION EVENINGS

MACKAY NORTH STATE HIGH SCHOOL
PLEASE NOTE CORRECTED DATES

Year 7 2016 Enrolment Process and Scholarships
The enrolment process for 2016 has begun. Enrolment information and forms can be obtained from the school website. We encourage parents and students to begin the Year 7 2016 Enrolment process as soon as possible.

- 19/8/15 Enrolment and iPad Information Evening 6pm (Auditorium Senior Centre)
- 10/11/15 Enrolment and iPad Information Evening 6pm (Auditorium Senior Centre)

If you have any questions relating to Year 7 2016 enrolments or scholarships please refer to the school website contact Rebecca Denney – rdenn59@eq.edu.au

BUFFSTARS COFFEE
A mobile coffee café will be at school from 7:45am every Monday and Friday morning. Find us in the grass field behind Mrs William’s classroom.

FOR SALE
2003 Honda XR80. New brake pads and tyres. Runs well, great kids bike in good condition. $750 ono Must sell!
Ph 0420 909 068 or see Denyelle in the office.

TAI CHI
Held at the Library every Friday morning from 9am-10am. $5 for the session.