TERM 3 WEEK 8
Cupcake day was an awesome success and we raised $115 to go to the RSPCA. A huge thank you to Mr and Mrs Frost for making and decorating the cupcakes and a special thank you for the healthy option also. Thanks to Mrs Chappell for coming up to help decorate and sell the cupcakes.

Our students have been enthusiastically completing assessment items and I am very impressed with the amount of time that staff are putting in to ensure that all of our students are achieving to the best of their ability.

Enrolments for 2016
We are currently accepting enrolments for Prep in 2016 – if you are enrolling a student for next year please see the office for an enrolment pack. Please if you know of any Preps for 2016 – ask them to pop in for an enrolment pack.

We are moving closer to our Attendance target – not quite there yet and our Prep class are still the front runners with the highest attendance rate.
Book Week
Thank you to everyone who supported our Book fair. Miss Sue and Mrs Cahill did an awesome job and our book fair once again was a huge success.

Goodbye Mrs Siemer…
This is Mrs Siemer’s last week at our school. We wish her the very best in her travels to Mt Isa. They are very lucky community to get such a wonderful, caring family. You will be greatly missed.

UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>31/8/2015</td>
<td>School Performance Tours $6/student</td>
</tr>
<tr>
<td>1-7/9/2015</td>
<td>National Asthma Week</td>
</tr>
<tr>
<td>2/9/2015</td>
<td>P&amp;C Meeting</td>
</tr>
<tr>
<td>2-4/9/2015</td>
<td>Fathers Day Stall</td>
</tr>
<tr>
<td>14&amp;15/9/2015</td>
<td>Bike Education Yr 4 $25/child</td>
</tr>
<tr>
<td>16/9/2015</td>
<td>Amazing Race</td>
</tr>
<tr>
<td>17/9/2015</td>
<td>Ranger Day follow up with the kids.</td>
</tr>
<tr>
<td>19/9/2015</td>
<td>Term 3 Ends</td>
</tr>
<tr>
<td>5/10/2015</td>
<td>Public Holiday (Labour Day)</td>
</tr>
<tr>
<td>6/10/2015</td>
<td>Term 4 begins</td>
</tr>
<tr>
<td>20-22/10/2015</td>
<td>Yr 5/6 Camp @ Camp Kanga</td>
</tr>
<tr>
<td>10/11/2015</td>
<td>Mackay North SHS 2016 Yr 7 information</td>
</tr>
<tr>
<td>3/12/2015</td>
<td>Yr 6 Graduation @ Magpies</td>
</tr>
</tbody>
</table>

NATIONAL ASTHMA WEEK
Most people with out-of-control asthma do not have to put up with it. National Asthma Week (1-7 September) is the perfect time for people with asthma to reassess how well controlled their asthma actually is. Everyone’s asthma is different, and can change over time. Symptoms often vary from person to person.

You can control your asthma. Ask us how.

How do you recognise asthma?
People with asthma can have a range of symptoms:

- Breathlessness
- Wheezing
- Tight chest
- Persistent cough
- Symptoms often occur at night, early in the morning, or during/after activity.

A person’s asthma symptoms can vary over time – sometimes they will have no symptoms, especially when asthma is well controlled.

How do people with asthma keep safe and well?
While we still need to find out more about what causes asthma, we do know a lot about how to live well with asthma. Most people can carry out their lives normally, by following simple asthma treatments.

Arrange to see your doctor for a review of your asthma at least twice a year.

How do your symptoms help you understand your asthma?
Everyone’s asthma is different and can change over time: that’s why it’s important for people with asthma to see their doctor at least twice a year for an asthma checkup and more frequently if they have concerns.

If you have asthma, see your doctor if you:

- Wake up coughing, wheezing or breathless.
- Struggle to keep up with normal activity.
- Use your reliever more than 2 days per week.
- Are unsure about the way your medications can work best for you.
- Have had asthma symptoms in the last month or a flare-up in the last year and you are not yet on an asthma preventer medication.

Your local Asthma Foundation can help you:

- Learn about asthma and asthma first aid.
- Learn about your asthma symptoms, triggers and medication.
- Learn about written asthma action plans.

SCHOOL BANK ACCOUNT DETAILS
Attach your receipt of payment or send me an email stating what you have paid for and who the payment is for. dgill82@eq.edu.au
Seaforth State School, BSB: 064707, Account Number: 00090837

FATHER’S DAY STALL
The Father’s Day Stall will be held this Wednesday, Thursday and Friday. Classes will go through on Wednesday during class time (5/6, ¾, 2/3, ½ and then Prep). The stall will also be open Thursday and Friday morning from 8-8.30 am ONLY! One gift can be purchased on Wednesday per student and then they can bring more money Thursday/Friday if they want to buy more (first in best dressed on those days).

YR 5/6 CAMP
Please be aware that we do not offer Bpoint or Bpay as a payment option. You can either pay by cash or direct deposit straight into the school account. If you are paying the cost off, please contact the office.

INSERTS
- Father’s Day Stall Price List.
INDIVIDUAL ACHIEVEMENT AWARDS

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>For</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep</td>
<td>Chelsea Webster</td>
<td>For being a SUPER STAR student all the time!</td>
</tr>
<tr>
<td>1/2</td>
<td>Emily Staib, Cliff Hussey</td>
<td>For achieving this term’s reading goal.</td>
</tr>
<tr>
<td>2/3</td>
<td>Noah Kelly</td>
<td>Enthusiasm for reading a wide variety of books.</td>
</tr>
<tr>
<td>The Arts</td>
<td>Evie Hussey</td>
<td>Writing &amp; Composing her own song.</td>
</tr>
<tr>
<td>Gree Ticket</td>
<td>Jake Ritchie &amp; Zara Owen.</td>
<td>Gaining the confidence to speak in front of the class.</td>
</tr>
<tr>
<td>YCDI</td>
<td>Lincoln Garfath</td>
<td>Gaining the confidence to speak in front of the class.</td>
</tr>
</tbody>
</table>

P & C NOTICES

NEWS
Next P and C meeting will be held on Wed 2 September in the school library from 8.45am. All are welcome to attend. Items discussed at previous meeting and items to be discussed at the next meeting are:
- ordering 120 book tubs for each student to utilise in the classroom
- replacing our battery box fundraiser with a closer company
- Organising a working bee
- Stephanie Alexander kitchen
- Amazing race
- School sports shirts
- Swimming Carnival
- Kookaburra Educational Resources
If you are interested in discussing any of these topics, please come along and have your say.

UNIFORM SHOP & PRICES
Open Monday and Wednesday 8:00am – 8:45am.
Jacket (fleece zip) $20.00
SSS Shirts - $25.00
Sports Skorts (new style) - $14.00
Hats (reversible bucket or wide brim) - $15.00
Homework folder - $12.00
Heavy duty chair bag - $11.00
Pencil case (large) - $6.00
Library bags - $6.00

*SPECIALS*
Old stock- first in best (& cheapest) dressed.
2 x size 10 microfibre tracksuit pants - $15 each.
8 x size 12 SSS shirts - $18 each.

WOOLWORTHS EARN AND LEARN
From Wednesday 15th July to Tuesday 8th September, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it’s complete, the Sticker Sheet can be dropped into the green folder here at the school or at Woolworths Mt Pleasant.

At the end of the promotion, we’ll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you’d like to know more visit woolworths.com.au/earnandlearn

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

SURF SAFE APPEAL

Please support our Surf Lifesavers during the 2015 Surf Safe Appeal. Volunteer to collect for the Mackay Surf Lifesaving Club and participate in the Annual Door Knock event.

Surf Life Saving Queensland (SLSA) is the state’s peak beach safety and rescue authority and one of the largest volunteer-based community service organisations in Australia. As a charity and a not-for-profit organisation, SLSQ relies heavily on community support and public donations to enable our members to work towards protecting our beaches and saving lives.

The Mackay Surf Lifesaving Club has been patrolling Mackay beaches since 1949. Its primary purpose is to provide access to safe bathing for the public of Mackay. With that purpose in mind Mackay Surf Lifesaving Club members provide volunteer beach patrols on weekends and public holidays for the months of September – April each year at Mackay Harbour Beach. Mackay Surf Lifesaving Club is also a recognised emergency service provider which is on standby during all natural disasters and threats in order to provide assistance to the community.

This year Mackay Surf Lifesaving Club needs your help. Our largest fundraising initiative is the annual Surf Safe Appeal and Door Knock, which will take part from Monday the 31st of August through until Sunday the 13th September, and we are in search of volunteers to collect on our behalf. Are you able to spare some time to help us raise vital funds, or are willing to collect in your street? The Mackay Surf Club
will supply you with a collection kit that contains the necessary permits, identification and official receipts for you to collect on our behalf along with a certificate of thanks for your support. Collecting can be done any day during the appeal period, so why not get together with a group of friends and support your local surf club. Your assistance with the appeal will help us ensure our lifesavers have the necessary equipment training and resources to watch over and protect our local beaches.

For further information or to register for the collection please contact Mackay Surf Lifesaving Club on 4955 5630 or our Surf Safe Appeal Coordinator Karen on 0407381651.

# Volunteers under the age of 15 must collect with an adult and have written permission from a parent or guardian.

**MACKAY GYMNASTICS FUN DAYS**

**Dates:** Wed 23/9; Fri 25/9; Wed 30/9; Fri 2/10  
**Times:** 9.30am-11.00am  
**Where:** at MGI facilities, Snow Wright Court, Beaconsfield  
**Cost:** $16.50 per participant/session  
**For:** primary school aged boys and girls (5 – 12 years)  
**Bookings:** phone the office on 49420032 to book your child in or email admin@mackaygymnastics.org.au

**MACKAY CRICKET**

**Junior Sign on**
- Monday 31 August 2015  
- HARRUP PARK – Oval 1  
- 4pm to 6pm  
- (Parking via Lamb St)  
- Website: mackaycricket.qld.cricket.com.au
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