

# MULGILDIE STATE SCHOOL

CARING AND ACHIEVING



## CALENDAR

- August 31 Father's Day Raffle Drawn
- Sept 1 Student Free Day
- Sept 4-8 Brisbane School Camp
- Sept 11 All library books to be returned this week
- Sept 16 – Oct 1 School Holidays
- Oct 2 Public Holiday
- Oct 3 First Day Term 4
- Oct 12 Puberty Education with Anita
- Oct 16 P&C Meeting 4.30pm
- Dec 1 Graduation/Awards Night
- Dec 5 Whole School Rewards Day
- Dec 7 P&C Pot Luck Dinner

## Information

Principal: Ms Jenny Lowien

Principal Mobile: 0429 983 675

Principal Email:

[principal@mulgildiess.eq.edu.au](mailto:principal@mulgildiess.eq.edu.au)

Admin Email:

[admin@mulgildiess.eq.edu.au](mailto:admin@mulgildiess.eq.edu.au)

Absence Line: 0438 904 845

## Explicit Improvement Agenda

Maximise and strengthen student outcomes through high quality *3 levels of planning*, driven by clear and consistent *Whole School Approach to Pedagogy* in the explicit areas of *English and Reading*.

## Dear Parents, Students, Staff & Community Members,

Welcome to our last newsletter for the term. It is been an eventful term. We have started our assessment tasks, and are preparing for camp in Week 9.

### School Review

I have received the final copy of our School Review and will share this with staff and parents' next term.

### Students and Sleep

I have noticed that some students are coming to school tired each day. As you can appreciate, this then affects how well they are learning. I have attached a fact sheet to this letter with the recommended hours of sleep and strategies on how to get a good night's sleep.

### Library Borrowing

Library borrowing has finished. Please return all library books in the last week of term. Due to the high number of students borrowing, we have changed borrowing days. Please see the updated library borrowing section later in this newsletter.

### Swimming Term 4

Swimming is being organised for Term 4. At this time, we are unable to let you know days/times. We will let you know as soon as we can.

### Office Hours

Please be aware that our Office is attended on Wednesday and Thursdays only. If you need to sign in/out, please come up to the classroom on the other days.

### Communication

Please be aware that during the day, the school phone will not be answered (unless it is an Admin Day) as we are all educating the students. Please leave a message or text/call the school mobile if it is urgent.

Thank you all for a wonderful Term 3. Please come back safely in Term 4.

Warmest Regards,

Jenny Lowien

### From the Office:

Also, just a quick reminder to all families with outstanding Student Resource Scheme payments, it would be appreciated if these could be paid at your earliest convenience. Did you know we can accept part payments? Contact Tara in the office for more information!



### From the P&C:

#### P&C Meeting

Monday 16th October at 4:30 pm

#### Tuckshop Day

Every 2<sup>nd</sup> Tuesday even weeks. All monies and orders to be handed to the school by the Monday of Tuckshop week.

#### Father's Day Raffle Winners:

1<sup>st</sup> Tim Neinert

2<sup>nd</sup> Sandra V

3<sup>rd</sup> Sophie Whitley

# SCHOOL AWARDS



## Comprehension Awards Weeks 5-7



## Students of the Week 5-7



## Attendance Data

The Mulgildie State School attendance rate is well below the target of 90% at 87.3%. It is a good reminder that every day of learning counts.

Please remember that if your child/ren are sick, it is still a good idea to keep them home.

If your child is away, please text the absence line 0438 904 845 or QParents app, and/or call the school on the day of the absence with a reason for the absence.

Remember:

**Avoid keeping your child away from school for: birthdays, shopping, visiting family and friends, if they sleep in, looking after other children, minor check-ups or care such as haircuts.**

1 or 2 days a week doesn't seem much but.....

If your child misses....	That equals....	Which is....	and over 13 years of schooling that's...	Which means the best your child might perform is ...
1 day per fortnight	20 Days per year	4 weeks per year	Nearly <b>1.5 years</b>	Equal to finishing in grade 11
1 day per week	40 Days	8 weeks	Over <b>2.5 years</b>	Equal to finishing in grade 10
2 days per week	80 Days	16 weeks per year	Over <b>5 years</b>	Equal to finishing in grade 7
3 days per week	120 Days per year	24 weeks per year	Nearly <b>8 years</b>	Equal to finishing at grade 4

## Strategies for building Resilience

Our focus for the remainder of the term is Resilience. We are looking at what this is, how we can become resilient. Please look at the links below for strategies that you can use at home.

Useful sites:

Smiling Minds

<https://www.smilingmind.com.au/smiling-mind-generation/parents/resource/building-resilience>

Beyond Blue

<https://healthyfamilies.beyondblue.org.au/age-6-12/raising-resilient-children>



## Homework and Library Borrowing



**Homework is sent home each day (Monday-Thursday).** Could you please help us by making sure homework is completed each night and returned the next day.

**Library borrowing starting next Term:**

**5-6 Monday P-2 Tuesday 3-4 Friday**

Please encourage your child/ren to read and return on their day. A library bag is required for all borrowing. This can be the school library bag or another bag to protect the books.



## Weekly Events

Thursday

Japanese with Miss Devantier

Friday

Health and Physical Education (HPE)

- Please dress for physical activities (hat, shorts/skorts, running shoes, water bottle)

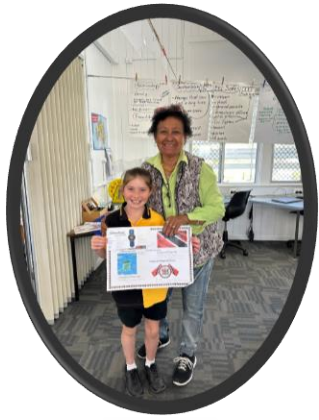
Religious Instruction

## Mulgildie P&C

Mulgildie P&C Tuckshop Roster				
Every 2nd Tuesday				
Please allow enough for 24 Students and 4 Staff. Please consider Gluten Free options				
DATE	FAMILY COOKING	MEAL	CAKE/ SLICE	Helpers 1st Break Only
14/02/2023	Naomi Arkinstaff	Chicken Chips	Chocolate Slice	Naomi, Sarah
28/02/2023	Kelly Chadburn	Party Pies	Donuts	Sarah, Rene
14/03/2023	Joella Hewitt	Sausages on Bread	Chocolate Cake	Joella, Sarah
28/03/2023	Amy Curtis	Chicken & Gravy Rolls		Rene, Karina
WED 26/04/2023	Di Winters/Pennys	Mini Pizza's	Cupcakes	Sarah, Karina
9/05/2023	Ashleigh Jamieson	Spaghetti Bolognese		Sarah, Rene
23/05/2023	Tegan Araya			Tegan, Sophie
6/06/2023	Rene Baillie	Pulled Beef Sliders	Apple Cake	Rene, Joella
20/06/2023	Naomi Romano	Nachoes		Cameron, Rene
18/07/2023	Amy SMITH	Hot Dogs	Birthday Cake	Sarah, Rene
1/08/2023	Sophie Whitley	Tacos	Vanilla Sponge	Sophie, Rene
15/08/2023	Elle Hughes			Karina, Sarah
29/08/2023	Naomi Arkinstaff			Naomi, Rene
12/09/2023	Courtney Vao			Rene, Sarah
10/10/2023	Amy Curtis			Rene, Karina
24/10/2023	Di Winters/Pennys	Mini Pizza's	Cupcakes	Rene, Sarah
7/11/2023	Tegan Araya			Tegan, Sophie
21/11/2023	Sophie Whitley			Sophie, Rene
5/12/2023	Karina Hotz	Chicken Tender Wraps	Caramel Slice	Karina, Rene

# Photo Gallery

## CWA Award Winners



## Happy Teacher Aides Day



## Recommended Sleep Needs Information

### 1. How do our sleep needs change with age?

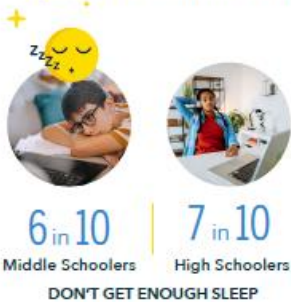
It is well known that as children get older they need less sleep. Different people have different sleep needs. The advice in the table below is only a guide. You can make a good guess if a person is sleeping enough at night - observe how they act and function during the day.

AGE	RECOMMENDED	MAY BE APPROPRIATE	NOT RECOMMENDED
<b>Newborns</b> 0-3 months	14 to 17 hours	11 to 13 hours 18 to 19 hours	Less than 11 hours More than 19 hours
<b>Infants</b> 4-11 months	12 to 15 hours	10 to 11 hours 16 to 18 hours	Less than 10 hours More than 18 hours
<b>Toddlers</b> 1-2 years	11 to 14 hours	9 to 10 hours 15 to 16 hours	Less than 9 hours More than 16 hours
<b>Preschoolers</b> 3-5 years	10 to 13 hours	8 to 9 hours 14 hours	Less than 8 hours More than 14 hours
<b>School-aged Children</b> 6-13 years	9 to 11 hours	7 to 8 hours 12 hours	Less than 7 hours More than 12 hours
<b>Teenagers</b> 14-17 years	8 to 10 hours	7 hours 11 hours	Less than 7 hours More than 11 hours
<b>Young Adults</b> 18-25 years	7 to 9 hours	6 hours 10 to 11 hours	Less than 6 hours More than 11 hours
<b>Adults</b> 26-64 years	7 to 9 hours	6 hours 10 hours	Less than 6 hours More than 10 hours
<b>Older Adults</b> ≥ 65 years	7 to 8 hours	5-6 hours 9 hours	Less than 5 hours More than 9 hours

CDC's National Center for Chronic Disease Prevention and Health Promotion



### Do Your Children Get Enough Sleep?



Kids aged 6-12 need **9 to 12** hours of sleep a night.  
 Teens aged 13-18 need **8 to 10** hours of sleep a night.



Sleep is critical to prevent:

- TYPE 2 DIABETES**
- OBESITY**
- POOR MENTAL HEALTH**
- INJURIES**
- ATTENTION OR BEHAVIOR PROBLEMS**

### Tips for Good Sleep

Set bed and wake-up times at the same time each day, including weekends.

Keep the bedroom quiet and a comfortable temperature.

Remove electronic devices from the bedroom.

Avoid large meals and caffeine before bedtime.

Make sure kids are active during the day so they can fall asleep at night.

Model good sleep behaviors for kids.

Have a bedtime routine like taking a warm bath, brushing teeth, and reading a bedtime story.

Turn the lights out at bedtime.

Learn more about good sleep habits at [www.cdc.gov/sleep](http://www.cdc.gov/sleep).



Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion  
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