

THURSDAY 7 SEPTEMBER 2017

WEEK 10	Monday 11 September	<ul style="list-style-type: none"> Swell Walk - 9:00am PA, PB, PD, 9:45am 3B, 11:30am 6C, 6D Mindfulness Sessions for Year 1 & 2 classes Currumbin's Got Talent Showcase / Finals 11:30am – Assembly Hall Assembly –Year 2 & 3 2:15pm Fight for Youth Free Family Fitness Session (Boxing Bootcamp) 2:50pm - Oval
	Tuesday 12 September	<ul style="list-style-type: none"> Swell Walk – 9:00am PE, 1F, 1G, 3A, 3D, 3E, Year 4, 5A, 5B, 6A, 6B Mental Health Week Active Play Sessions on oval for Prep – Year 2 students Mindfulness Sessions for Year 3 & 5 classes Titans Clinic – Year 3 & 4 students PBC Year 6 Transition Program (selected Year 6 students) 1:10pm – 2:45pm Fight for Youth Free Family Fitness Session (Circus Fitness) 2:50pm - Oval
	Wednesday 13 September	<ul style="list-style-type: none"> Student Leaders School Fundraiser ' Livin' Mental Health Week Active Play Sessions on oval for Prep – Year 2 students Mental Health Week AFL Visits – Year 5 & 6 students Mindfulness Sessions for Prep, Year 2, 3 & 4 students Active School Travel End of Year Concert – Arts Centre 6:00pm (selected students)
	Thursday 14 September	<ul style="list-style-type: none"> Swell Walk – 9:00am PC, 1C, 1D, 1E, 2E, 2F, 5C, 5D, 6E, 6F Mental Health Week Active Play Sessions on oval for Prep – Year 2 students Senior Leaders Reading to Prep – Year 3 Students for Mental Health Week Mental Health Week AFL Visits - Year 5 & 6 students Jarjums Life Museum Project Workshops for Indigenous Students: Prep & Yr 2 8:40-9:45, Yr 5 11:30-12:30, Yr 1 & 3 12:30-1:30, Yr 4 & 6 2:00-2:45 Fight for Youth Free Family Fitness Session (Circus Fitness) 2:50pm - Oval
	Friday 15 September	<ul style="list-style-type: none"> Foot it Friday / Chappy Callum's Frosty Friday Swell Walk – 9:00am PF, 1A, 1B Year 5 & 6 Interschool Sport 12:00pm – 2:45pm Assembly Prep- Year 1 2:15pm Assembly Hall Fight for Youth Free Family Fitness Session (Boxing Bootcamp) 2:50pm - Oval Last day of term 3
WEEK 1	Monday 2 October	<ul style="list-style-type: none"> Public Holiday
	Tuesday 3 October	<ul style="list-style-type: none"> PBC Year 6 Transition Program (selected Year 6 students) 1:10pm – 2:45pm
	Wednesday 4 October	<ul style="list-style-type: none"> Sensibility Program 11:30pm – 12:30pm (selected Year 6 students) Library
	Thursday 5 October	<ul style="list-style-type: none"> Indigenous Health Checks
	Friday 6 October	<ul style="list-style-type: none"> Foot it Friday / Chappy Callum's Frosty Friday Final Date for Payment for Year 3 Star Lab Incursion \$6.50 Year 5 & 6 Interschool Sport 12:00pm – 2:45pm Assembly Prep- Year 1 2:15pm Assembly Hall

PRINCIPAL'S UPDATE

Hello Currumbin families,

Mental Health Week

Next week is Mental Health Week at our school. The purpose of the week is to raise awareness about the importance of mental health and wellbeing and increase understanding about mental illness.

This year has been a tough one for many of our staff, students and communities. This year's Mental Health Week theme, **'Be Active, Get Connected, Stay Involved'**, is not only a chance to reflect on the importance of looking after ourselves, but is a good opportunity to check with colleagues, family and friends to ensure they are doing okay. A range of Mental Health Week activities are happening at our school next week including active play sessions, senior leaders reading to junior students, mindfulness sessions, AFL visits bucket filling and class discussions.

Parents are encouraged to watch the "You've got what it takes to ask R U OK?" clip on YouTube: https://youtu.be/TqweO_eY284

The 'Be Mentally Healthy' powerpoint is also an important resource for parents. Link below.

<https://currumbiss.eq.edu.au/Supportandresources/Formsanddocuments/Pages/Documents.aspx?RootFolder=%2FSupportandresources%2FFormsanddocuments%2FDocuments%2FMental%20Health%20Week&FolderCTID=0x0120005AD623E45E07684EA650A96FB0F29EE1&View={EC7B11BE-B765-411C-BB06-44BE0F6F9171}>

Fiesta

Last week we celebrated our languages program through a Latin Fiesta. I'd like to our LOTE Teacher Ela, Kylie and Tracy from the tuckshop, and everyone who helped organise the Latin Fiesta. It was a fantastic day! The children and staff had a ball.



Teacher Aide Day

Last Thursday we celebrated Teacher Aide Day. The purpose of the day was to recognise the significant part that our Teacher Aides play in the success of our school and to thank them for their dedication to our students and teachers.

After School Pick-Ups

Just a reminder that if students have not been picked up by 3pm, they must report to the office, as there are no staff on duty after this time. Whilst students are waiting to be picked up, at any number of the waiting zones, they must be sitting and waiting quietly under the direction of the staff (not friends' parents). Please note that students are not permitted to be playing on playground equipment, climbing trees or running around after school. Thanks kindly for your support.

John Cattoni
Principal

P&C UPDATE

The next P&C Meeting will be on **Friday 20 October 2017** at 9:00am in the admin block meeting room – all welcome.

OTHER NEWS

LIVIN School Fundraiser

The student leaders present: A fundraiser for local charity LIVIN on **Wednesday 13 September 2017**.

Please support us by buying a wrist band for \$3. Students who do not purchase a wrist band may choose to bring a gold coin donation. Wrist bands will be sold at school.

Students should wear a colour that makes them happy or go rainbow!

Increasing awareness of mental health issues. #itaintweaktospeak

More information about LIVIN at <https://livin.org.au/>



Kids Matter

Currumbin State School has implemented a school-wide social emotional learning program, called "Second Steps", as a commitment to our Kids Matter philosophy. Each week, our classroom teachers teach and reinforce lessons from this program. The "Second Steps" has been evaluated by Kids Matter as a highly effectively program in implementing CASEL's 5 social emotional competences, which have been proven to make social and academic improvements for students. The attached fact sheet provides further information about the importance of social emotional learning.

<http://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning>

Latin Fiesta

Gracias to Ela Perere out wonderful LOTE Teacher for organising such a wonderful day of exciting, interactive celebrations for the Year 5 & 6 students on Wednesday 30 August.



Speechmakers Regional Competition

Congratulations to the following students from Currumbin who competed in the Speechmakers Regional Competition today at Palm Beach State School - Alfie J (PE), Rhys M (1B), Ella B (2A), Tylah GM (3F), Kaili F (4F), Jake F (6D). All students delivered a strong performance. Ella B (2A) took out 2nd place in the Year 2 division. Taylah GM (3F) won the Year 3 division.

PBC General Enrolments for 2018

The year is quickly passing, particularly for Year 6 students who will soon be moving on to high school. Finalising enrolments now can help your child feel more settled about the changes ahead. PBC currently invites enrolments for in-zone students for Year 7 2018.

- To check that your residence is in-zone simply go to: <http://www.qgso.qld.gov.au/maps/edmap/>
- To enrol your child visit the PBC School website and download the application forms: <https://pbc-shs.eq.edu.au/Enrolments/Enrollingatourschool/Pages/Enrollingatourschool.aspx>
- Alternatively, drop by the Administration front desk, between 8am - 4pm on school days, to collect an Enrolment Pack.

We look forward to welcoming 2018 Year 7s (who have enrolled prior to Friday 24th November) on Transition Day, Monday 4th December 2017. Further information Transition and articles written by our students for Year 6 students are on the PBC website.



Community Noticeboard – Follow the link to the Currumbin Primary School Community Noticeboard: <https://currumbiss.eq.edu.au/Ourcommunity/Communitypartnerships/Pages/Communitypartnerships.aspx>

😊 You've got what it takes 😊

**Ask
R U OK?**

or something like this:

"How you travelling?"

No, I'm not OK.

Dig a bit deeper:

"What's been happening?"

"How long has that
been the case?"

"I'm ready to listen
if you want to talk."

Yes, I'm fine.

**But your gut says
they're not:**

"It's just that you don't seem
your old self lately."

"I'm always here if
you want to chat."

"Is there someone else
you'd rather talk to?"

Listen; don't judge

Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing a professional?"

Make time to check in:

"Let's chat again next week."

Visit ruok.org.au for more tips

R U OK?™