31 March 2015

**Every Day Counts! Give your child the best possible chance in life!**

Dear Parents and Caregivers

This term has certainly been a trying one, with the cyclone, heat and the on-going repairs to the SMART and Adventure Playgrounds. I am hoping that the repairs are soon finished, so we can once again use the SMART and return to normal. One of the shade shelters was replaced today, however, it is still barricaded, awaiting final inspection.

Thanks again to everyone for their continued support and understanding. Community spirit is alive and well at Lakes Creek.

Monday afternoon parades, are a time when we, as a school community, celebrate the successes of the students and our school........and we have a lot to be thankful for. Lakes Creek students are generally well-behaved and proud of their school. Pride in our school is very important, as it demonstrates to others that parents and students alike, believe we have a great school. Let’s keep that going and spread the word further afield.

ANZAC Day this year is very important and special. One hundred years will have passed since the First World War. My grandfather was a veteran of that campaign and fiercely proud of it. I’m sure that each and every one of you will have a relative who participated in some way to help us to maintain our freedom. Once again, our school will be participating in the Rockhampton City March, on Saturday, 25 April. A note is attached to this newsletter for your information. It would be wonderful if every student in our school marched on this day, in their school uniform.

I am very proud of the improved attendance of students at our school. Last year, attendance was disappointing and students were missing too many days of learning. Last week, all classes were over 95% attendance. **Great effort students and parents.** Keep up this wonderful effort, because every day of learning counts! At the moment, two classes are neck to neck for the celebration, at the end of term, for the class with the best percentage attendance.

Just a reminder for all students and parents regarding our dress code here at Lakes Creek: Lakes Creek is a uniform school and as such, all students are expected to wear their school uniform proudly every day. Stud earrings are able to be worn and hair is to be tied back, so students are able to see their work when writing etc. Nail polish is not to be worn. Hats are an essential part of our uniform and so is a dash of pride.
It is very rewarding to see so many parents and friends attending our weekly parade. Please keep coming along and supporting your child and our school.

Enjoy your week.

Regards,

Lea Ryan
Principal

ATTENDANCE

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CLASS OF THE WEEK GOES TO 5/6

EASTER NEWS

The Easter holidays are fast approaching and I think we are all breathing a huge sigh of relief. It has been a very busy start to the year and with all that has been going on I think it is normal to feel just a little overwhelmed. Seeing that it has been such a busy time for a lot of people I thought it might be helpful to talk about self-care.

Self-care is a term we hear a lot about as Chaplains and in our job role we are often reminded of the importance of incorporating self-care into our daily lives. If you’ve never heard of the term self-care before it basically means to look after your emotional, physical and spiritual wellbeing. There are many ways that we can look after our wellbeing and different people will find different strategies more effective than others.

Life can be really busy at times and it can be easy to forget about our own wellbeing and to be unaware of how we are really feeling. The good news is that self-care doesn’t have to be a huge task that will take up a lot of time and effort. Some of the strategies that I have come across over the years that have helped me include:

- Starting the day off by doing something relaxing that you enjoy (even if it’s only for 5 minutes)
- Try to develop regular sleeping and eating patterns
- Set yourself boundaries
- Learn to think before saying yes (as well as learning to say no sometimes)
- Spend a couple of minutes a week thinking about how you are really feeling (sometimes it can shock you how stressed, upset or worried you are without even knowing it)
- Set aside time in your diary to do nothing and stick to it
- Find a friend and vent how you are feeling
- Ask for help when you need it
- Find hobbies or activities that you enjoy doing
- Remember to take a minute or two a day just to sit and breathe, this one is very important

For self-care to be effective I think it is important to remember that it is something we should strive to do every day, not only when we are stressed out or feeling unwell. I hope this list will give you some ideas of what you can do to help maintain your own wellbeing and to remind you to take a little time out to think about yourself.

I wish you all a safe and happy Easter holidays and I hope to see you refreshed and excited for next term.

Chappy Joss

Cast all your anxiety on him because he cares for you. - 1 Peter 5:7

GUIDANCE OFFICER

Message from the Guidance Officer

Natural disasters, like Cyclone Marcia are extremely distressing for the community. Children are at particular risk of associated trauma, and may become stressed, anxious, angry or sad, and even experience unexpected mood and behavioural changes. Some of these responses may not occur until after the immediate danger has passed, and communities begin the recovery process.
The following resources collated by KidsMatter may be of use to support the mental health and wellbeing of children at this time.

- KidsMatter - When times get tough
- Australian Psychological Society - Cyclones
- Better Health Channel - Trauma and children
- Headspace - Supporting yourself after a natural disaster
- Trauma, Loss & Grief Network – Disaster resources
- Women’s and Children’s Health Network - When there is a tragedy
- Youthbeyondblue - Dealing with stress

**PASTOR KEITH**

**Cyclone Marcia Bringing Community Together**

The recent cyclone did a lot at bringing destruction to the local community but it has also provided opportunity for community to come together. The Rocky Wesleyan Church on Paterson Street received significant damage that will prevent the Church from meeting there for some time. Our church loves meeting in and connecting with the local community and especially helping Josslyn (Chaplain) with a number of different things in the local school. Post cyclone we met a few weeks in some of members’ homes but as we waited (and continue to do so) we were hoping to find somewhere locally to meet for the months ahead to not lose connection with where we feel at home.

With that in mind, an offer came through Principal Lea Ryan to use the ESL Room at the Lakes Creek State school. This room provided the space and environment for us to continue to meet regularly. This has been a great blessing to us as a small community church and we are extremely thankful for this open door to us. We have been finding our feet the past few weeks and look forward this week to celebrate our Easter Services such a significant time of the year for us. Our services over Easter are 9am Good Friday and Easter Sunday 10am. All are welcome to join us for this special time of the year.

Keith rose
Pastor
Rocky Wesleyan Church

**FACEBOOK**

LAKES CREEK IS NOW ON FACEBOOK. FOLLOW US FOR UPDATES ON WHAT IS GOING ON AT SCHOOL AND OUR COMMUNITY.
hand bicycles are often better fun than one new one that has to be shared. If you have three children make sure that the same one is not left out every time. Invite other children over – children learn social skills through exposure and practise
Children need their own bit of space which will not be interfered with by others, even if it is only a drawer. Try not to compare children with each other - this always leads to bad feelings. Be generous with hugs and affection to all your children –even the teenager that appears to pull away – deep down they love the contact.
Make ground rules. Get your children to help you make some rules about what behaviour is not allowed in your home, for example name calling or hitting = being respectful. Then if you have to step in, you do so because someone has broken a rule, not to take sides.
When you can see that children are feeling upset, help them to find ways to express their feelings by talking about feelings. For young children play that helps with feelings includes water play, painting and playdough. For older children and adolescents it may be something like going for a run or playing their music, and especially opportunity to talk and problem solve themselves.
Maintain good health - Healthy, active children may exhibit greater tolerance / resilience and manage their emotions more appropriately when needed Children need adults to teach them how to solve problems, and while squabbles may be annoying and stressful they also may be the means of teaching resilience as well as developing skills for managing relationships throughout our lives.

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