Dear Parents, Staff & Students,

**Project 600**
Just a reminder to parents of year five students taking part in Project 600 that your children need to be at school at 8.30am Wednesday and Thursday mornings to log onto a computer in the lab.

**Seven Steps to Writing Success**
As you are aware, our classrooms have been working towards having all students improve their writing by starting with a Sizzling Start. Ask your child what they have been doing with Sizzling Starts and whether they can remember one they have written. Included with this newsletter is an information sheet written by the author of the program Jen McVeity. Remember Sizzling Starts are about starting where the action is. Enjoy this information sheet and share it with your child.

**Academic Competitions (ICAS) – Years 3 – 7**
Once again this year we will be entering our students in these competitions conducted by University of New South Wales. Each competition takes approximately one hour to complete and takes the form of a pencil and paper test. They are a great way to challenge our students – if your child is achieving at an A or B standard, I would encourage them to participate. The competitions are open to all students regardless of their academic achievement. Competitions are available in English, Spelling, Writing, Mathematics, Science and Computers. There is a cost involved, generally $8.00 per competition. Forms can be collected from your class teacher or the school office. Forms and money are due in by 21 March.

**From the Deputy Principal**
Wendy Ross

**P&C NEWS**

**THE NEW FRIDGE**
Thanks again to the Zammit Family business “SLADE POINT MECHANICAL”, for generously donating a new fridge. It has been installed in the 5/6/7 block, thanks to Mr Manttan, over the weekend and is up and running making life much easier for students and staff.

**P&C’s QLD**
Enclosed in this week’s newsletter is a flyer for P&C’s QLD (formerly QCPCA), who are the peak parent body representing the interests of state school P&C Associations in Qld. This organisation is a wealth of information and guidance to any committee member, office bearer or Mums, Dads and Guardians who have an interest in our education system and want to better understand how to effectively contribute. Please see the enclosed flyer for details on the networking meeting being held in Mackay on 1st March. Anyone can attend. It is a very good way to meet other parents/members of other schools, share ideas and concerns and hear different perspectives. Furthermore, for those interested in taking a step onto the committee at this AGM, there will be a professional development and information day on 15th March in Rockhampton. It makes a huge difference when holding a position of responsibility that you have the support and knowledge bank of a professional organisation to guide you through new experiences. Please see the pandcsqld.com.au website for more information on this organisation. The registration form and agenda for the Rocky development day can be found under Events/Area Events.

**COMMUNITY NEWS**

Access to Allied Psychological Services Mackay
All parents want their children to be happy and do well. However, at some time most parents wonder whether their children are doing what is expected for their age. Maybe a child’s behaviour can be unusual or perhaps their child may be distressed or behaving differently from in the past. Most children at times misbehave or are unhappy or upset, especially when things have gone very wrong for them, but these times usually pass. While this is normal, expected, behaviour during childhood, if these emotions persist over time or interfere with day to day life, it is best to address them early to prevent future distress and mental health problems.

Access to Allied Psychological Services (ATAPS) for Kids provides up to 12 free counselling sessions for children (birth to 12 years) at risk of developing or presenting with mild to moderate symptoms of mental distress.

If you are concerned about your child or someone in your care’s mental health please talk to your GP about a referral to ATAPS.

For more information contact your GP or Mrs Terri Cox, ATAPS Coordination and Liaison Officer for Townsville-Mackay Medicare Local on (07) 4898 2700.