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PRINCIPAL'S MESSAGE

17/07/2015

No. 11/2015

Welcome to a new term and a special welcome to the families who have joined. This term has certainly started at a fast pace with the Cluster Inter-school Sports Carnival (the names of our age champions will be in another section of this newsletter); students attending the Whitsunday Voices Literature Festival; and the release of report cards for Semester 1.

Congratulations to 2014 senior student Kayla Donovan who this week was presented with the Adam Scott Scholarship to assist with the costs in obtaining her university degree. Kayla is studying nursing at CQUniversity and had completed three SUN courses while she was at school. We are establishing a good record in regards to university scholarships, as 2013 student Daniel O'Neill obtained a BMA "Building my Career" scholarship at CQU. Both scholarships are valued at between \$50,000 and \$60,000 over a three year period. Both recipients were successful with their applications because of their excellent academic results but mostly because of their extensive involvement in the community and sporting or cultural pursuits.

At the end of last term I had the privilege of visiting Miss Allen's year 5/6 class to see their Technology inventions. They were certainly creative and well made. The students obviously enjoyed inventing and creating them. Well done.

Congratulations to Croyden and Lane on their performance in the cattle judging sections at the Proserpine Show. Croyden was placed first in his age group in "Paraders" and Lane was placed first in his age group in "Judging" and second in his age bracket for "Paraders". Croyden didn't compete in the judging section as he didn't want to have an unfair advantage, as he had been selected to be an associate judge on the previous day in other sections. Croyden had been invited to be an associate judge because of his impressive performance at the Pioneer Valley Show.

One of the most beautiful things about P-12 schools (apart from watching students transition through the various phases in the one location) is having secondaries and primaries interact with each other. I have mentioned in previous newsletters how our Learning Support teacher Kylie Leahy has introduced the Sight Words program whereby secondary students spend part of their lunch breaks hearing the prep and year 1 students say their Sight Words. This is proving to be an excellent concept with some excellent outcomes. The seniors are very proactive in arranging things throughout the school such as the anti-bullying stance organised by Tiarna and the Relay for Life and the related fundraisers (including the Girls Night In, (of which there will be more details later). Tiarna has also taken on the role of Assistant Director for Wakakirri and is training the students during some lunch hours to assist Nicole who is here on Thursdays.

Wakakirri is progressing well and before long it will be show-time at the Mackay Entertainment and Convention Centre – 6th August. The students are performing well and they have an interesting theme, message and story line which is told through dance. Props costumes etc should be made through recycled materials and if anyone would like to volunteer to assist with making things please contact me.

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PRINCIPAL'S MESSAGE cont....

Three of our year 11 and 12 students are undertaking university study this semester through CQU's SUN (Start Uni Now) program. Kyle is studying Aviation, Grace, Psychology and Jacob is studying Law. Well done on taking up this challenge and it is an excellent extension activity which can provide automatic entry to university and credit towards their degrees.

Secondary camps are coming up the week after next and these not only relate to some curriculum aspects but they provide excellent team building and well-being opportunities.

This semester we also welcome two secondary student teachers – Kate Morris who will be working with maths classes and Baylee Hardwick who will work with senior English and junior History classes. Last semester we had Jeanette Oberg with us working with Accounting and Business classes.

Have a great fortnight.

Brian O'Neill
Principal

P&C COLUMN

Thank you to the people who put orders in for the "Your Inspiration at Home" fundraiser.

Also thank you to all of the helpers and home cooks for their help for the two sports days.

The next P&C meeting will be Tuesday 21st July 2015, starting at 3:15pm in the School's staff lounge room.



PRINCIPAL CONGRESS

We are proud to announce that our Principal Mr Brian O'Neill has recently been appointed as a member of the Principal Congress. Interest in the Congress was extremely high. The selection panel, consisting of Presidents of the Principal Associations and senior officers of State Schools Division, carefully considered all applications and selected membership to ensure it represented the diversity of Queensland State Schools. The Principal Congress is an overarching consultative group who meet quarterly to discuss and advise on matters of a strategic and policy nature impacting or potentially impacting on Queensland state schools.

PLUTO PUP DAY

The Calen District State College Relay for Life Team is holding a **Pluto Pup Day** on Tuesday 21st July at Big Lunch. Pluto Pups are \$3.50 and Softdrink \$2 each – or a pluto pup/softdrink combo is \$5.00. All food needs to be pre-ordered and order forms have been sent home. Extra copies are available from the office.

DATE CLAIMER

JUL 2015	AUG 2015	SEP 2015
15-18 Jul Caught in the Net 21 Jul P&C Meeting 21 Jul Pluto Pup Day 22 Jul Athletics Nominations Due 24 Jul Orders due Group Photos 29 Jul Mackay District Athletics 29 Jul NED Show 29-31 Jul Secondary Camps	3 Aug Sg Nigel Dalton Visit 6 Aug Wakakirri at MEC 9 Aug Calen Community Markets 14 Aug RSVP for Dance for Daniel 21 Aug Relay for Life Girls Night In 29 Aug Mackay's Dance for Daniel 29 Aug Mackay Raft Race	7-9 Sep..... Year 4/5/6 Camp 8 Sep..... Woolies Earn & Learn Ends 12-13 Sep... Relay for Life 18 Sep..... Seaforth Rewards Day 18 Sep..... Last Day Term 3 18 Sep..... Dance Fever Entries Close
OCT 2015	NOV 2015	DEC 2015
04 Oct Mackay Eisteddfod Commence 05 Oct Public Holiday 06 Oct School Commences Term 4 19 Oct Student Free Day 29-30 Oct ... Calen Red Cross Jumble Sale	10 Nov Vaccinations for Year 8 16 Nov Awards Night 20 Nov Year 12 Finish 27 Nov Year 10-11 Finis	11 Dec..... Last Day Term 4

LOST GLASSES

During the Athletics Carnival last term a pair of sunglasses were lost. If anyone found a pair of Tommy Hilfiger sunglasses, dark coloured frames with prescription lenses, can they please contact Tina on 0409 302 569 or leave them at the school office so they can be returned.

WAKAKIRRI

The Wakakirri performance will be held on Thursday the 6th August 2015 at the Mackay Entertainment Centre. Tickets cost \$34 each and will be available from the MEC.

SCHOOL OPINION SURVEY

The annual *School Opinion Survey* will be conducted between 29 June and 31 July 2015. All families, school staff and a random sample of students will be invited to participate. We encourage you to take this opportunity to have your say about what this school does well, and how this school can improve.

Access details for the *Parent/Caregiver Survey* have been posted to parents this week commencing 13 July 2015. Survey queries or requests for translations can be directed to Marlene Senini/Mellissa Mackenzie at the school office on 4949 7333 or email admin@calendsc.eq.edu.au

WOOLWORTHS EARN AND LEARN



We are really excited to let you know that the Woolworths Earn & Learn program is back. Starting on Wednesday 15th July, when anyone shops at Woolworths, they get one sticker for every \$10 they spend. Completed sticker cards, can be placed in a collection box at school or at your local Woolies. Program closes 8th September 2015.

CALEN 2015 ATHLETICS CARNIVAL RESULTS

Listed below are a summary of results from the Athletics Carnival held late last term on Friday the 19th June.

AGE CHAMPIONS		
Age	Girls	Boys
9 years	Paige	Tom
10 years	Paige	Bodie
11 years	Jorja	Kane
12 years	Sophie	Josh
13 years	Kasey	Jack
14 years	Gorgia	Kyle
15 years	Leah	Joel
16 years	Jasmine	Kyle
17/18 years	Angie	Lane

TOTAL SCORE		
Sports Houses	Mercury	Neptune
	1491	1328

NEW RECORDS				
Age	Event	Name	New Record	Old Record
5 Year Girls	50m	Zarnae	9.22	10.97
8 Year Boys	80m	Kai	13.23	13.40
11 Year Girls	Long Jump	Jorja	3.81	3.80
11 Year Girls	Discus	Maddison	17.89	17.70
11 Year Boys	Discus	Hayden	24.70	19.22
11 Year Girls	200m	Jorja	30.14	31.99
11 Year Boys	200m	Kane	30.23	31.59
11 Year Boys	Shotput	Hayden	10.37	8.30
11 Year Girls	100m	Jorja	13.07	15.00
11 Year Boys	100m	Kane	14.03	14.40
13 Year Boys	Shotput	Dylan	10.57	10.43
13 Year Boys	Team Relay	Mercury	57.32	58.63
15 Year Boys	Shotput	Joel	12.39	12.38
17/18 Boys	800m	Lane	2.15.00	2.16.43
17/18 Boys	400m	Lane	54.12	54.54

NADIOC ACTIVITIES

Students are reminded about the Cultural Group lunchtime activities Mrs Donovan runs on a Monday in her room at Calen. Everybody is welcome, come along and have some fun while learning some of the cultures of our First Australian people. Welcome to Sarah Rooney our new Indigenous Teacher Aide who will be working with our children.

Till next fortnight, stay deadly...

Dot Donovan



Together we all can be as one

NORTHERN HIGHWAY CLUSTER MACKAY TRIALS

Following on from the Cluster Athletics Carnival held recently on Wednesday 15th July 2015 at Calen, nomination forms have now been sent home to the students who were successful in gaining selection in the Northern Highway Cluster (Calen) Sub-District Track and Field Team. Mackay and District Track and Field Trials are going to be held on Wednesday 29th July at Pioneer State High School (North Mackay Little Athletics Oval). Students will be required to be in attendance by 8.15am for participation in the events and need to report to the team manager for allocation of team shirts which must be returned at the end of their events. Please complete the permission and medical information form and return to the office before Wednesday 22nd July.

STUDENT RECOGNITION

Congratulations to the following students for receiving an award – WELL DONE!

SECONDARY AWARDS	YEAR	Student	Award and Reason	Teacher
	07	Bridgette	Award for Putting in an Excellent Effort in all Classes and Completing all Assignments on Time	Mr Duncan
		Makayla	Award for Putting in an Excellent Effort in all Classes and Completing all Assignments on Time	Mr Duncan
		Joshua	Award for Putting in an Excellent Effort in all Classes and Completing all Assignments on Time	Mr Duncan
		Piper	Award for Putting in an Excellent Effort in all Classes and Completing all Assignments on Time	Mr Duncan
		Matthew	Award for Putting in an Excellent Effort in all Classes and Completing all Assignments on Time	Mr Duncan
		Sophie	Award for Putting in an Excellent Effort in all Classes and Completing all Assignments on Time	Mr Duncan
		Nakeda	Award for Putting in an Excellent Effort in all Classes and Completing all Assignments on Time	Mr Duncan
		Cassidee	Award for Putting in an Excellent Effort in all Classes and Completing all Assignments on Time	Mr Duncan
		Bethanie	Award for Putting in an Excellent Effort in all Classes and Completing all Assignments on Time	Mr Duncan
		Danielle	Award for Putting in an Excellent Effort in all Classes and Completing all Assignments on Time	Mr Duncan
		Andrew	Award for Putting in an Excellent Effort in all Classes and Completing all Assignments on Time	Mr Duncan
		Tristan	Award for achieving an A in Science Exam	Mr Ray
		Narla	Award for achieving an A in Biology Exam	Mr Ray
		Jacob	Award for achieving an A in Biology Exam	Mr Ray
	Tiarna	Award for achieving an A in Biology Exam	Mr Ray	

SPORTING SCHOOLS

At this stage we are unable to advise whether there will be any Sporting Schools activities before or after school. We are still waiting to hear whether we have been successful in obtaining funding to run these activities, and as soon as we know the outcome, we will send out a note.

CALEN JUNIOR TENNIS

Calen Junior Tennis has commenced again for Term 3 and will be on this Friday 17th July. Matt the coach is hoping to catch up with all parents on that date to discuss a possible change of day for coaching. As Matt has a lot of tournaments on the weekend, he would like to see if it is possible to change the day from a Friday to possibly a Monday. Please try and catch up with Matt to let him know your view on this matter.

UNIFORMS FOR SALE

Calen School uniforms for sale – size 14y shorts & shirts – 3 sets available \$20 per set. Phone Karen 49587771

SECONDARY CAMPS

All secondary camps will be held between Wednesday 29th July and Friday the 31st July 2015.

Years 7, 8 & 9 – the year 7, 8 and 9 classes will be holding their camp this year at Big 4 Adventure Whitsunday Resort in Cannonvale, where students will be able to engage in organised team building activities. The camp includes snorkelling tour with Ocean Rafting and experience the newly opened Airlie Beach Aquatic Park.

Year 10 – the year 10 students will be camping at Mackay & District Bow Hunters Grounds at Seaforth, taking on adventurous competitions that are self-challenging and promote teamwork through a range of games and events. It was omitted from the camp note, but students will need to arrange to bring a tent for this camp.

Years 11 & 12 – the year 11 and 12 students will be camping at Whitehaven Beach. Activities planned include snorkelling for the Marine Studies students, swimming, walking and fishing. Their camp will require a certain amount of self-reliance from the students as they will be supplying and cooking all of their own meals, organising themselves into groups to share a tent, an esky and a cooker and supplying all of their own bedding.

STUDENT BANKING

Commonwealth Bank is running a stellar School Banking competition in Term 3. Students who demonstrate good savings behaviour have been given the chance to win astronomical prizes such as:

- 75 x iPad minis Wi-Fi 16GB
- 125 x Beats by D. Dre Solo Headphones
- 200 x \$30 Booktopia Gift Certificates



To activate the Prize Portal, students must simply make three or more School Banking deposits during Term 3. They will then automatically be entered into the competition for a chance to win one of hundreds of prizes.

Students can also complete a Money Mission at commbank.com.au/prizeportal to double their chance of winning a prize. Please note, students can complete the Money Mission at any time, but are required to make three deposits by the end of Term 3 to double their chance of winning.

NED SHOW

The NED Show is a character education programme that centres around three important messages that have lifelong relevance:

- ★ **Never give up**
- ★ **Encourage others**
- ★ **Do your best**

During the assembly, students will learn about NED's three messages while enjoying storytelling, magic, humour and yo-yo tricks.



The NED show will be on at Calen School on Wednesday the 29th July 2015 and a letter will be sent home with more details closer to the event. NED yo-yos will be available to purchase from Thursday 30th July to Monday 3rd August.

NEWS FROM BUSINESS SERVICES MANAGER

Welcome back! The final payment for Student Resource Scheme (SRS) fees and subject fees are now due. If you are unable to meet the payment deadline or wish to enter into a payment plan, please contact our administration staff who will be very happy to assist you. Statements will be sent home in the next couple of weeks to families to show what amounts are outstanding. If you would like to know how much you owe before then, please contact the office.

This year we have introduced Centrepay & BPOINT as new methods of paying your school fees. Centrepay is a service Centrelink provides where they deduct a set amount of money each week, fortnight or month from your Centrelink payment and send it to the school to be applied to your students Student Resource Scheme. If you would like more information regarding this or would like to set up Centrepay please phone or come in and see us in the office.

BPOINT is an online payment system which has been setup as an additional payment channel which is available to you to pay your school invoices. To pay via BPOINT you need to:

- Go to <http://www.bpoint.com.au/payments/dete> (this is also at the bottom of your invoice/statement)
- Enter the CRN provided on the school invoice/statement (Customer Reference Number (CRN) is printed at the bottom of your invoice/statement)
- Enter the Invoice Number (you will find this on you invoice/statement)
- Enter the Student Name
- Enter amount and select Visa or Master Card
- Enter your card details and click proceed.
- You will receive a BPOINT transaction confirmation for your records.



Please remember that students will not be eligible to take home projects which they have constructed at school or participate in extracurricular activities (formal, reward days, camps, excursions etc) if they have fees outstanding or they have not filled in the payment plan section of the Participation Agreement Form and are not up-to-date with their payments.

RELAY FOR LIFE FUNDRAISER

The Calen Relay for Life Team have a great fundraiser raffle at the moment. 1st Prize – Tickets, accommodation \$1400 flight voucher for 2015 NRL Grand Final valued at over \$2000; 2nd Prize – Windows Tablet & Dick Smith Voucher total Value \$500; 3rd Prize – Perfume & Massage package valued at \$220; 4th Prize - \$50 Fuel Voucher & Car Care Bundle total value \$80; 5th Prize – Meal voucher for Wests Leagues Club valued at \$50.

Raffle will be drawn at the Pioneer Valley Relay for Life at the Finch Hatton Show Grounds on Saturday 12th September at 9pm. Tickets are \$2 each and are available from the school office.

NEWS FROM THE GUIDANCE OFFICER

Managing Difficult Moments

Praise and other kinds of acknowledgement are motivating, and are often needed to help children (and adults) change their behaviour. Psychological research has shown that following up on a person's good behaviour with something positive makes it more likely that the behaviour will happen again, but is this enough?

The following suggestions will also contribute to a calmer household:

Pick the battles

- ✓ Especially as children get older the battlefield can, if not monitored, become 'out of control' – As children grow and assert their independence they, at times, push the boundaries. Friends and technology become a focus rather than family; safety can be ignored; messiness and mood changes can create disharmony in the family. Picking and choosing which battle to tackle is an art to acquire. Here is a tip - Focus on the most important **issue** at any one time rather than a plethora of problems. If children / adolescents perceive that nothing they do is right then often they give up listening.

Remember: Safety is a priority not to be negotiated.

Be clear in your expectations

- ✓ Is what you have asked your child/ adolescent to do clear enough? Saying 'I want you to pick up the clothes off the floor in your room', is clearer and achievable than 'your mess is annoying me'.

Ensure the expected behaviour is realistic and achievable

- ✓ Sometimes we ask children to do things that are too difficult for them to do without help eg. expecting a child to be in charge of young siblings is not realistic nor safe

Monitor your own behavior

- ✓ Are you managing your own emotions when you are requesting your child to do the same (yelling at a child because of their angry outburst is actually reinforcing that yelling and loss of control is ok)
- ✓ Do you say one thing and do another (eg. getting annoyed about mess when you are messy)

Catch Your Child/ Adolescents Being Good

- ✓ Keep a record of the behaviours you are pleased with and share the positive observations with your child

Have reward strategies up your sleeve for those 'hard to change' behaviours:

- ✓ Ask your child about what they like. If they suggest the reward, it will be more motivating.
- ✓ Make sure the reward is realistic for you to give (and preferably not costing money)
- ✓ If the child becomes bored by use of the same reward, use a menu of items to create variety. When your child meets his/her behaviour expectation, he/she selects one reward from the menu.
- ✓ A mystery reward is also very motivating for most children.
- ✓ If a child wants to earn a big reward (e.g. computer game, movie, etc.), you could use a token system. Each day he/she could earn tokens that can be exchanged later for a bigger reward.
- ✓ Emphasise social rewards and privileges over material rewards. Material rewards (e.g. toys, money, etc.) are expensive and often don't work. Many children enjoy having time to spend with their parents or carers. Rewards involving time and activities with parents or carers (no matter what age), can be reinforcing and promote good relationships at the same time

Follow through with consequence

- ✓ Is it fair and related to the misdemeanor
- ✓ Does your child understand why they are given the consequence
- ✓ Will there be opportunity for your child to learn from their mistakes eg. parent /child discussion about the problem at hand, problem solving with your child around better choices, and if necessary, role playing of appropriate behaviour

NEWS FROM THE SCHOOL NURSE

Promoting healthy weight in children is a challenge many families face. I am excited to let you know about a free program running across term 3 for children aged between 5 -11 years who are above their healthy weight range. Commencing on Thursday 23rd July, from 4-30pm until 6-00pm.

The program is being held at Emmanuel Catholic Primary School in Mount Pleasant Mackay. Funded by the Queensland Government the family focused healthy lifestyle program is fun for children and a great support for parents. Please see flyer below for more information and ring to register.



PEACH

Promoting Healthy Weight in Children

Want to get your kids active and eating well?

The **FREE PEACH™** program can help.

- PEACH™ stands for 'Parenting, Eating and Activity for Child Health'.
- Is it a family-focused healthy lifestyle program that is fun for kids and a great support for parents/carers.
- It consists of 10 weekly sessions plus support via SMS and phone.
- It is available to families with a child aged between 5-11 years who is above the healthy weight range.

Where: Emmanuel Catholic Primary
When: Term 3– Thursdays 4.30-6pm
Cost: FREE *Start 23rd July*

Places are limited. Register now to find out if you are eligible.

Free call 1800 263 519 or visit www.peachqld.com.au

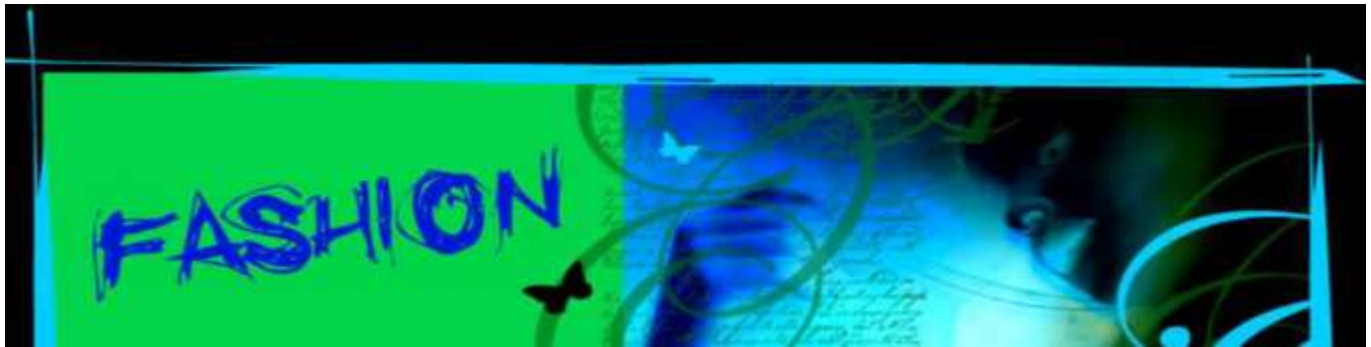


Does your family have a day when the children take care of dinner? Here is a favourite recipe for Kids in the kitchen.

Mini Pizza Muffins

- Multigrain English muffins, split in two and lightly toasted
- Spread with tomato paste
- Top with a variety of ingredients such as capsicum, spinach, pineapple, ham, tomato, zucchini, olives. Finish with grated cheese and place under the grill or in the oven to melt the cheese.
- Then the last and most important step is to enjoy them together as a family.

MACKAY FESTIVAL OF FASHION



P.O. Box 1546 Mackay 4740

EMAIL: mackayfestivaloffashion@gmail.com

Face Book: Mackay Festival of Fashion

Website: www.mackayfestivaloffashion.weebly.com

The Mackay Festival of Fashion is on at the MECC on 22 August 2015. Students and adults all over the Mackay region are busy putting the final touches to their garments.

Students are reminded to closely read the entry criteria.

ENTRIES ARE DUE BY THE 31 JULY.

Entry forms can be accessed on www.mackayfestivaloffashion.weebly.com



CATWALK TRAINING

The Lovely Kathy Coronas will be training any student model for free before the event. This is a wonderful opportunity for students to gain confidence on the catwalk. Students need to book with Dolores La Spina 0429446665 by 17 August.

Model training Friday 21 August

Mercy College Stage, entrance Penn Street door at the rear of the hall

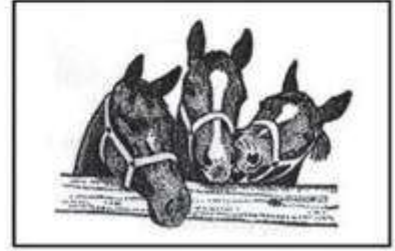
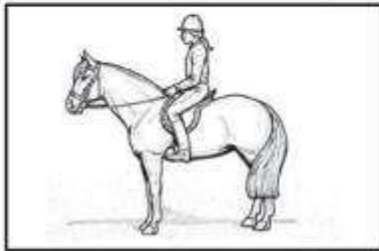
Group 1: 4.30-5.30pm

Group 2: 5.30-6.30pm

Please wear the shoes in which you will model on the night.

Australian EQUINE INSTITUTE

Excellence In Equine Education



(RIDING, HANDLING AND BEHAVIOUR) 69797

**If you are looking for an equine education this is a must to include
in your set plan!!**

This course will provide students completing there QCE with a total of 8 credits and for students who have completed year 10 and 15 years and over, who are looking to enrol in an outside Certificate III Vocational Qualification to follow their dreams in equine.

- Multiple Career Pathways - 8 QCE Credits -

Overview:

The Certificate III in Horsemanship (Riding, Handling & Behaviour) provides relevant and informative units of competency that will equip you with the appropriate skills and confidence to benefit both the horse & rider to promote safe and adequate riding and handling practices. It may also provide a relevant pathway to employment opportunities in the equine industry such as stable hand, groom, trail ride leader, vet nurse, equine dentist and many more.

Course Outline:

The course can be delivered via our online interactive system, flexible study or blended delivery.

Course Entry Requirements:

- A appropriate level of physical stamina and strength
- Be 15 years or over at time of entry into the course
- Horse, rider and all equipment to be used will be required to pass a safety/risk check to ensure student safety, the safety of other and the safety of horses in their care.
- Have adequate literacy and numeracy skills

FREE
10" TABLET WITH EVERY
STUDENT ENROLMENT
(ENDS 31ST AUGUST)

Call 1300 EQUINE TO ENROL NOW

admin@horsecourse.com.au

www.horsecourse.com.au