Weekly Awards

Remembering Jake

Eisteddfod
Hello Parents, Students, Staff and School Community,

Week 2 has slipped by very quickly, as always, and the cogs are well-and-truly in motion as we delve into the nuts-and-bolts of Term 4. This week has been one of achievement, success, excellence, reflection, commemoration and gratification for me professionally and personally.

Once again, I am incredibly proud of the positivity and respect that I witness among staff, students and parents; and I am in awe of the amazing learning journeys that each and every student is able to experience here at our school. I am so grateful to the entire school community for your energy, dedication and commitment to our school and the learning experiences of all of our students. Well done Team!

ICAS Awards

Once again, I had the privilege of awarding students for their participation, effort and achievement in the ICAS Writing and Mathematics Tests for 2016. Similarly to last week, I was so pleased to see how well our students have performed in these world-class tests. Congratulations to all students who participated and achieved great results.

Roma Eisteddfod

Congratulations to Surat students who participated in the Roma Eisteddfod this week. Our school choir, managed by Miss Emma Grenning, competed against other school choirs from across the region in the Choral Section and were awarded 2nd place in their performances of ‘The Surat Promise’ and ‘I Love the Mountains’. What a fantastic achievement and a wonderful experience for Miss Grenning and those students!

I’d also like to congratulate Emma Packer and Abbey Coveney for receiving 1st Place for their performance in the Senior Duo; and congratulations also to Tim Chandler and Harry Packer for their 1st Place achievement in their performance in the Junior Duo.

I look forward to hearing how the Surat Concert Band go in their performance today, along with the Quartet performing (Emma, Abbey, Tim and Harry); as well as Zara Ziesemer and Tori Price’s singing duo performance.

Well done to all of these students for your participation, practise and performances; it is a wonderful experience for you all, and I applaud you for your enthusiasm and ‘have-a-go’ attitudes; and for representing Surat State School with pride and positivity.

Remember Jake Day – 13th October

Thursday was a day of commemoration and reflection for a beautiful little bloke who was, and still is, very much a part of our school community. Jake Broadhead will live on in our hearts as a kind, caring, little-bit-cheeky and smiling young boy who was highly respected by his mates, teachers and of course, his family. Surat students were able to commemorate Jake on Thursday, by donating money towards the Jake Garrett Foundation, and enjoying a sausage sizzle, free-dress day and releasing balloons on the school oval. Jake will always be remembered and he will continue to be a huge part of our school community. We miss him each day, and our thoughts are with the Broadhead family this week, and always.

Student-Free Day – Monday 17th October (next Monday)

I would like to remind you all of the student-free day next Monday 17th October, as the school will be closed to students on this day; while school staff will be involved in professional training and development. Playgroup will also be cancelled due to the student-free day. If you could kindly spread the word about this to anyone you think it may affect. School resumes on Tuesday 18th October, as normal.

Thank you

I’d just like to take this opportunity to thank all of the staff, students and parents who have made my couple of weeks as Acting Principal positively heart-warming and rewarding. It was a lovely experience for me, to be offered the opportunity to lead this wonderful school, with very few mishaps along the way. Thanks also must go to Mr Washington for offering me the opportunity, and for his efforts in making the transition simple and effortless for me. Mr Washington returns as Principal next week.

On that note, I wish you all a wonderful long weekend (parents and students) and look forward to seeing you all next week, for another hectic, challenging and rewarding week!

Many thanks,

Libby McLean

Acting Principal/Head of Curriculum

Important Dates

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>17th</td>
<td>Pupil Free Day</td>
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<td>18th-24th</td>
<td>Book Fair</td>
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<td>18th</td>
<td>P&amp;C Meeting 3:15pm</td>
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<td>20th</td>
<td>Hearing Retest</td>
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<td>18th</td>
<td>Swimming Carnival</td>
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<td>23rd</td>
<td>Celebration Night</td>
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<td>25th</td>
<td>Yr 10’s Last Day</td>
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<td>8th</td>
<td>Reports Sent Home</td>
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<td>9th</td>
<td>END OF TERM</td>
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COMMIT EXCEL SUCCEED
**Year 1/2 News**

Wow, it’s hard to believe we are already in Term 4! This year has been full of fun and learning, which will continue throughout Term 4. In Year 1/2 English, we have been exploring poetry and rhyming. The Year 1/2 students have shared some great rhyming words that we would like to share with you.

*quarter and daughter…*
*school and tool…*
*fenn and concern…*
*kite and light…*
*collar and dollar…*
And lots more!

We look forward to sharing some more of our rhymes with you! We are also looking forward to our Prep-2 camp (which was postponed last term), that will now be held in Week 9.

**Miss Rhodes and Year 1/2**

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**Student of the Week - Week 2**

<table>
<thead>
<tr>
<th>Prep</th>
<th>Daniel Sims - For showing respect by putting your hand up to speak!</th>
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<tbody>
<tr>
<td>Year 1/2</td>
<td>Nate Freeman – For always being considerate and helping your classmates. Darcy Podham - For an amazing effort in his Quick Writes- keep it up!</td>
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<tr>
<td>Year 3/4</td>
<td>Campbell Schutt – For always putting in a lot of effort with homework. Gregory Neal - For following directions quickly and respectfully.</td>
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<tr>
<td>Year 5/6</td>
<td>Lachlan Murray - For demonstrating respectful behaviour in class.</td>
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**Facebook**

Don’t forget to stay tuned to our school’s Facebook page.

**Playgroup**

Monday 9am -11am
0-5 Years
Bring morning tea, hat, sunscreen
Gold coin donation - All Welcome!

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**P&C News**

**Trivia Night**

Please come along and support the Trivia Night which is being held this Saturday 15th October at 7pm at the Function Room of the New Royal Hotel. The proceeds from this night will go towards greenhouse shade for the vegie patch at school - ‘The Green Patch’.

Check out the flyer for more details!

**Tuckshop**

There will be changes to the tuckshop menu commencing during Term 4. These changes reflect the requirements set out by Queensland Health and Education Queensland through the Healthy Food and Drink Supply Strategy for Queensland Schools - ‘Smart Choices’. This means that some of the current menu items, classed as ‘red’ will no longer be available. There will be more healthy ‘green’ menu options added. Only one ‘amber’ item on the menu may be ordered. Please keep a look out for more information and the new menu. Should you have any queries, please do not hesitate to contact Kathy Murray, our tuckshop co-ordinator, or an executive member.

**Next Meeting**

Our next general meeting will be held next Tuesday 18th October at 3.15pm in the High School Building. All welcome.

**Miss Rhodes and Year 1/2**

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**Tuckshop Roster**

**OCTOBER**

19th  Michelle Newman/Robin Sims
26th  Julie Schutt /Deanna Freeman

**NOVEMBER**

2nd   Kathy Murray/Penny Peterson
9th   Chrissy/Tanya/Helen P
16th  Ali Packer/Erica Smith/Donna Cook
23rd  Karla Harth/Bre Ziesemer
30th  Michelle Newman/Robin Sims

**DECEMBER**

7th   NO TUCKSHOP
GET YOUR TEAM READY

For

Surat SS P & C & the Green Patch Surat

Trivia Night

15TH OCTOBER

fun and fundraising for

The Green Patch – our vegie patch at the school.

trivia...lucky door...games...prizes...

WIN...a night @ QUEST TOOWOOMBA ...a night @ DALBY MIDTOWN MOTOR INN...voucher from Mind Body Soul, Home Hardware and lots more...

Book your table...call Megan
46264333

or show up on the night

Proceeds for a greenhouse shade for our vegie patch

VENUE:
FUNCTION ROOM @ THE NEW ROYAL HOTEL
15th October
7:00pm for a 7:30pm start
Heading to the Trivia Night?

Need Childminding?

No Worries....

CHILDMINDING AVAILABLE

15th October 7-11 PM

Ro Varty is available for childminding between 7-11 pm so you can enjoy the evening without worrying about your kids. The venue will be the school library where there are the facilities for movie watching, board game playing and plenty of books to read.

Cost: $12 per child – please pay directly to Ro

What to wear: your PJs

What to bring: a pillow and blanket, water bottle & snacks if you wish....

Bookings essential... call Megan 46244333

VENUE
SURAT STATE
SCHOOL LIBRARY
15th October
7:30pm – 11:00pm

NOMINATIONS ARE OPEN

Do you know someone who has made an outstanding contribution to your local community?

Nomination forms can be downloaded from www.maranoa.qld.gov.au and are available from local Council Administration Centres and Libraries.

Nominations close Wednesday, 30 November 2016.

Award Categories
• Citizen of the Year Award
• Young Citizen of the Year Award
• Community Event of the Year Award
• Cultural Award
• Sports Award
• Junior Sports Award
• Member Contribution Award
• Achievement Award
• Andrea Murray Memorial Award

Australia Day
maranoa
LOCAL DEVELOPMENT OFFICER
1300 007 662 or visit www.maranoa.qld.gov.au

COMMIT EXCEL SUCCEED
FAMILY FUN DAY

COME ALONG TO A DAY WHERE CHILDREN & ADULTS CAN GET ACTIVE!

A SOCIAL GAME OF TOUCH FOOTBALL.

TIME: 2PM-5PM

WHERE: SURAT RECREATIONAL GROUNDS

WHEN: 22nd OCTOBER 2016

NAME TEAMS TO MISS MULLER GLASGOW.DU OR ANITA HOBS 0407848535 BY 3RD OCTOBER 2016. COURTNEY & ANITA WILL BE LOOKING FOR SOME REFEREES FOR THE DAY. IF YOU HAVE ANY EXPERIENCE IN TOUCH AND WOULDN'T MIND HELPING OUT, PLEASE LET THEM KNOW.

ALL FUNDS RAISED WILL BE DONATED TO BOB HOBS WHO IS BATTING CROHN'S DISEASE.

THIS IS A NON ALCOHOL EVENT

WATER & ENERGY DRINKS SUPPLIED

ACTIVITIES AND GAMES FOR YOUNG CHILDREN PROVIDED

CHILDREN TEAMS & ADULT'S TEAMS (10 PER TEAM)
2016 NRL

Summer Camp

Special Guest Coach: PJ Marsh
(former NRL and Qld State of Origin Star)

DECEMBER 12TH - 14TH

Venue: Capricorn Coast (PCYC) Leadership Development Camp, Cooee Bay
Times: Registration 10am Monday 12th December
        Concludes 12pm Wednesday 14th December
For players aged: 10 - 16yrs (born in 2000 - 2006)

Registration Click Here

PRICE INCLUDES

» Accommodation for 2 nights – all meals included
» Expert Coaching by NRL & QRL staff
» 2 Camp shirts
» Variety of fun activities including a League Tag Competition,
» Water bottle, football, hat, & gear bag
» Cost $295 (inc GST) discount for multiple online registrations

PRIVACY STATEMENT: The personal information provided on this registration form, will be used by National Rugby League for general administration, communication within Rugby League, and other matters of welfare relating to your child's participation in the program. The information will be stored securely and will not be provided to any third parties for any purpose other than those outlined.

PUBLICITY STATEMENT: Photographs may be taken of the activities involved with the Summer Camps. The National Rugby League reserves the right to use these photographs for publications and the promotion of Rugby League.

Dominic Draper
NRL Game Development Officer – Central Division
Mobile: 0438 336 907 email: ddraper@nrl.com.au
FROM THE GUIDANCE OFFICER

Mental Health is a positive state of wellbeing used to describe emotional and social wellness. It involves feeling positive about ourselves, the people and events in our lives, and being able to live life to our fullest capacity.

The World Health Organization defines mental health as “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

Our mental health influences everything we do:
• How we think, feel and behave
• The way we relate to other people
• The way we respond to the challenges of everyday life; and
• How we cope with events such as changing jobs, having a baby, raising a child, relationship difficulties, retirement, loss and physical illness,

Things to do to improve your mental health
• Exercise daily – at least for 30 minutes
• Eat healthy foods – avoid drinking too much coffee, eating too much fat, and sugars
• Visit your doctor regularly to ensure good health
• Build a community around yourself – having people to talk to makes life happier and more enjoyable
• Keep busy and involved – in family, school, work, leisure
• Drink plenty of water
• Have adequate sleep – restful sleep. If you snore or have sleep apnea see your doctor
• Seek help if you are feeling down, don’t let the blues take over you

Be kind to yourself – do things that you enjoy eg. a relaxing bath, take a movie, go to dinner
• Do things for other people – not only will they benefit but it is a boost for you as well
• Practise thinking good thoughts, avoid bad thoughts
• Watch comedy shows, seek out humour, laugh loudly

Mental health is an essential part of our overall health and affects our physical health; as our physical health also affects our mental health. It is also strongly related to our behaviour, particularly our social behaviour and relationships with others. So put the effort in and work to be mentally healthy.

Adapted from: Austn Network for Promotion, Prevention and Early Intervention for Mental Health

If you would like further information or to find out what services are available make an appointment to see your Guidance Officer, Annette Woodrow at the school.