**PRINCIPAL REPORT**

What a great term we have had. The students have worked extremely hard this term and have really progressed with their Maths in CAMS and STAMS and have completed their reading strategy programs, which is a huge achievement. It has been wonderful to see all students here at school constantly and returning notes when they are absent. Thank you to the Teacher Aides for all of their hard work and dedication this term. A huge thank you needs to go to Mrs Mannion for everything she has been doing for the lower class. She is amazing!

To celebrate the achievements of the lower class they attended 2 Under 8s days this year. Dimbulah's on Tuesday and Mareeba's on Thursday. Thank you to Mrs Chrissy, Mrs Adams and Mrs Mannion for taking the students. They had a wonderful time and we hope everyone loves the photos in this edition of our newsletter.

We hope everyone enjoys their children over the break and hope that they are ready for a very busy term 4.

Have a great break and see you all on October 6th.

Luke Morris
Principal

---

**Special points of interest:**

**Term 4** — 6th October to 11th December

**School Holidays:**

21st September — 5th October

_Mutchilba Community Social Hall_

First Friday of the Month — 2nd October

_Play Group — none on the holidays_

_P & C Meeting — 17th September_

**EVERY DAY COUNTS**

Be Safe
Be A Learner
Be Respectful
Under 8’s Day in Dimbulah
Mareeba Heritage Centre Inc. invites you to their
20th Anniversary Birthday Party
Saturday 28 November 2015
10am - 2pm
345 Byrnes Street (next to Centenary Park)

Best Heritage Costume Competition
Man, Woman & Child

St Thomas’s School Choir

Gold Panning Competition
Prizes to be Won!

Free Sausage Sizzle and Cash Bar

Games and Competitions

MAREEBA HERITAGE MUSEUM & VISITOR INFORMATION CENTRE
Tissue problem resolved!
We now have plenty of tissues to see the year out.

As well as the children previously thanked, thanks Laine, Noah and Laura for adding to our tissue collection.

I hope the children enjoy their well earned break. They all worked very hard this term. One busy important term to go!
There are certain foods that we know we should not eat. Then there are those that cleverly parade as healthy - but are far from it. Here are six that you should never keep in your kitchen.

1. Energy drinks

Containing high amounts of sugar - among other nasties, energy drinks are never a good idea. Opt for some water that you flavour yourself. Think berries, citrus fruits, mint and so on.

*Related link: 10 little diet tweaks that make a big impact*

2. Muesli bars

A great on-the-run snack, don't be fooled by the these snacks parading as something healthy. Either make your own using peanut butter as a flavouring for a protein kick, or reaching for a piece of fruit and a few nuts instead.

3. Tomato sauce

Did you know that just one tablespoon contains of the red stuff can contain four grams of sugar? Consider making your own from tomatoes or skipping it altogether.

4. Microwave popcorn

Yes you would have heard of this being talked about as a healthy snack, however, when it comes to the microwave type, be warned as it has high levels of sodium, fat, butter and other flavourings.

5. Sugar-laden breakfast cereals

Most cereals in the breakfast aisle at the supermarket are, in fact, not good breakfast options at all. Full of sugar, that could classify as a sweet treat. Either make your own muesli from oats, nuts, seeds and more; or look for natural varieties that are low in dried fruit and have no added sugar.

6. Artificial sweeteners

This is a topic that divides many. Laden with chemicals, we say you should skip artificial sweeteners. Studies show they make you hungrier, which could lead to more eating.

---

**THE WEEKLY TIP……..**

Did you know that reading aloud to your child will promote brain development? Children read aloud to on a frequent basis tend to achieve higher in both reading and writing.
CHRISTMAS SHOPPING MADE EASY
2015 FUNDRAISER

CHALK AND PARENT DIRECT
EDUCATED TOYS

CATALOGUES went out and orders are to be in by the 3rd of NOVEMBER.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOOKS</td>
<td>$25</td>
</tr>
<tr>
<td>MUGS</td>
<td>$7</td>
</tr>
<tr>
<td>Glasses</td>
<td>$8 or 6 for $40</td>
</tr>
<tr>
<td>Can/bottle coolers</td>
<td>$5</td>
</tr>
<tr>
<td>Pens</td>
<td>$4</td>
</tr>
<tr>
<td>Key tags</td>
<td>$3</td>
</tr>
<tr>
<td>DVD</td>
<td>$10</td>
</tr>
<tr>
<td>PHOTO DISC</td>
<td>$20</td>
</tr>
</tbody>
</table>

Order Your Books Online.
Just Visit mareebanews.net.au

and locate

It’s that Easy
Nextra Mareeba News
at 125 Byrnes Street
Phone: 07 40921030
Fax: 07 40921035

Help your P&C earn some extra cash
All orders placed and paid for by 31/12/2015 via the online booklist ordering system will receive a 5% rebate paid to your schools P&C association
NO HAT

NO SHOES

NO PLAY

Congratulations to all the students who received Gotchas for doing the right things around our school.

Principal’s Award

Prep—3 Years Class Award

4–6 Years Class Award
**Play Group**

Play group is full of fun things to do, with fine and gross motor skills, Arts and crafts, social skills for both mums and children. Playgroup is from 9:00am till 11:30am. Bring your own Morning Tea, Hat and water bottle. Compulsory $3:00. Hope to see some more new faces. Ring 40931159.
12 August 2015

Mutchilba State School
P.O. Box 124
Mutchilba, Qld 4871

Dear Principal,

Would you please pass onto the students, staff and parents of your school our heartfelt thanks for the generous donation of $103.00 towards funds for the injured in the Ravenshoe Cafe Fire event on 6 June.

I understand that this money was raised through a free dress day and a pancake morning. I wish I could have been a part of the pancake morning. Well done to all of you, your care and compassion is to be commended.

Sincerely,

[Signature]

Ro Mountney
Secretary
Ravenshoe Chamber of Commerce
KNOW THE FACTS

What is ice? Ice is a highly addictive opiate that is more than 90% pure heroin. Ice is a white or off-white crystal drug that is smoked through a water pipe to achieve a faster, more intense high than heroin, often with adverse health consequences.

Understanding the effects

- The effects of ice can vary greatly.
- The effects of ice can vary from person to person.
- The effects of ice can vary from place to place.
- The effects of ice can vary from time to time.
- The effects of ice can vary from dose to dose.

Overdose

An overdose occurs when the effects of the drug are so intense that the person’s breathing and heart rate slow down or stop. The effects of an overdose can be life-threatening.

Understanding the effects

- The effects of ice can vary greatly.
- The effects of ice can vary from person to person.
- The effects of ice can vary from place to place.
- The effects of ice can vary from time to time.
- The effects of ice can vary from dose to dose.

Understanding the effects

- The effects of ice can vary greatly.
- The effects of ice can vary from person to person.
- The effects of ice can vary from place to place.
- The effects of ice can vary from time to time.
- The effects of ice can vary from dose to dose.

Understanding the effects

- The effects of ice can vary greatly.
- The effects of ice can vary from person to person.
- The effects of ice can vary from place to place.
- The effects of ice can vary from time to time.
- The effects of ice can vary from dose to dose.
**CAIRNS SUPER CAMP**

**CAIRNS BASKETBALL ASSOCIATION**

**GIRLS ON THE BALL**

- **Date:** Wednesday 21st and Thursday 22nd September, 2015
- **Where:** Cairns Basketball 208 Amulder Street, Manunda
- **Age Group:** 6 to 12 years
- **Time:** 9:00am to 3:00pm
- **Cost:** Early Bird Special @ $150 (expires Wednesday 11/09/2015)
- **Inclusions:**
  - Uniform provided by Subways Sub
  - Comfortable air conditioned training
  - Camper gift provided by Subways Sub
  - Lunch provided by Subways Sub

To book, contact Cairns Basketball on 07 4041 2195 or email community@cairnsbasketball.com

**BOY'S SUPER CAMP**

- **Date:** Monday 21st and Tuesday 22nd September, 2015
- **Where:** Cairns Basketball 208 Amulder Street, Manunda
- **Age Group:** 6 to 13 years
- **Time:** 9:00am to 3:00pm
- **Cost:** Early Bird Special @ $150 (expires Wednesday 11/09/2015)
- **Inclusions:**
  - Uniform provided by Subways Sub
  - Correct training with specialist coaches
  - Lunch provided by Subways Sub
  - Certificate for all participants

To book, contact Cairns Basketball on 07 4041 2195 or email community@cairnsbasketball.com

**Bring your own water bottles. Water is available by our drinking water containers.**