PRINCIPAL REPORT

Well it has been another very big fortnight and the students are getting really tired and can’t wait for holidays. It has been great to see another family move into our area and these students being so welcomingly accepted by our students. This has made the transition for these students easy and a very enjoyable experience. Also, at the next P&C meeting we will be discussing the Chaplaincy funding submission for the next 3 years if you would like to come along. If you can’t, please contact myself or a P&C executive and have a chat to them.

Extra Assistance

So that all students are getting the best education they can, we utilise programs that allow students to start where they are academically and then we extend them through the same programs. To assist with this we have students doing a little extra work to consolidate what is being taught, extend them above where they are presently and move these students further and faster. Students that are participating in this are finding it easier in the classroom and are having more fun with their learning. Please celebrate all of the achievements students come home with as a small level increase in an area boosts confidence and then leads onto a life of wanting to learn and extend.

Absences

The Department of Education and Training has been monitoring school absences for many years and is now setting targets for schools to achieve each year. Last year the target was 92% and I am proud to say that we were at 93% for the year which is a great achievement for a small school. At this time last year we were at 94.5% and reduced in our percentage due to students not turning up on the last day of each term. This year the target is 92.4%. Our biggest absence days are the end and start of each term. The end of the term is our celebration day to reward students for a great term and it is also a day where we are still teaching students. This can be either revision and extension or beginning new work and allowing students the holidays to think about the new and exciting work they will be coming back to in the new term. The first days back are extremely important as this is setting the scene for the rest of the term. Could parents please ensure students are here every school day so that they can get the most out of the programs and education that we deliver.

As we have another very busy couple of weeks ahead and there mightn’t be another newsletter this term, please have a safe break with your children and see you all next term on TUESDAY 6TH OCTOBER.

Yours in education

Luke Morris

Special points of interest:

Term 3 — 13th July to 18th September
School Holidays:
21st September — 5th October
Mutchilba Community Social Hall
First Friday of the Month — 4th September
Play Group — 11th September, 25th September
P & C Meeting — 17th September 2015
P-3 Years

P-3 are out of tissues!

If you did not send any in at the beginning of the year, could you please send them in now.

Otherwise, each child will be responsible for bringing in what they need daily.

THANK YOU to Ayla, Sunny, Nicholas, Seth, Alliandra, Noeline, Kyurla for bring in more tissues.

THE WEEKLY TIP.........
Reading is like running. The more you do, the better you get!
KNOW THE FACTS
What is ice?
Ice – properly known as crystal methamphetamine – is a stimulant drug. Stimulants speed up the messages travelling between the brain and the body. The drug usually comes as small, chunky clear crystals that look like ice. It can also come as white or brownish crystal-like powder with a strong smell and bitter taste.

Understanding the effects
The effects of ice commonly include:
• Increased alertness, energy, excitability, talkativeness and hyperactivity
• Significant feelings of pleasure and increased confidence
• Rapid heart rate
• Increased anxiety with reduced appetite
• Teeth grinding and excessive sweating
• Increase in aggressive or anti-social behaviours

Overdose
An overdose is an amount of the drug that is more than the body can tolerate. Ice overdose can cause:
• Breathing problems
• Fast or uncontrolled racing
• Extreme agitation, confusion, clumsiness
• Sudden, severe headache
• Unconsciousness
• Stroke, heart attack and in some cases, death

After taking ice
It can take several days for your child, sibling or friend to come down from ice. In that time, they may experience:
• Difficulty sleeping
• Twitching arms and legs during sleep
• Paranoid, hallucinations and confusion
• Irritability or depression
• Short-term memory loss

Physical withdrawal symptoms will generally settle down after a week, but emotional symptoms and the psychological craving for the “high” may last for several months.

YOU ARE NOT ALONE
It’s very important to seek support for yourself, your family and friendship circle whilst on the road to recovery. Take steps to look after your own physical and emotional wellbeing:
• Talk with a friend
• Talk to a counsellor or GP
• Join a support group
• Meditation and mindfulness practice does help
• Make sure that your life does not focus exclusively on your family member/s friend’s use of ice – try to cultivate a life outside of that

For printed copies or an accessible format of this brochure please phone 1300 85 85 84 or email druginfo@adf.org.au

ICE
FAMILY & FRIENDS
SUPPORT GUIDE

WHAT DO I DO?
When someone is having a bad reaction to ice

1. Stay CALM
2. Reassure and be supportive
3. Dial 000 if you are concerned about their safety or your own

australian drugFOUNDATION

The information in this booklet is a guide only, not a substitute for advice from your doctor or other health professional. In an emergency call triple zero (000).

druginfo.adf.org.au
1300 85 85 84
druginfo@adf.org.au
On Friday 4th September Dimbulah QCWA Members and others are holding a street stall and raffle with all proceeds going to Leukaemia Foundation of Queensland Cairns and District Branch Inc. If anyone would like to help by donations of any kind of produce, baking, etc to sell at the stall or can assist with any time to help sell items please contact Glenda De Lai by email or phone 40935192. Also Maria Dalla Lana on 40935222.

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NO HAT

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NO PLAY

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

**Prep—3 Years Class Award**

Congratulations to Emma and William for gaining a Certificate in **Maths on Line**

**Principal’s Award**

4–6 Years Class Award
CHRISTMAS SHOPPING MADE EASY
2015 FUNDRAISER

CHALK AND PARENT DIRECT EDUCATED TOYS

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

OUR SCHOOL WILL RECEIVE 20% OFF THE SALES FOR OUR SCHOOL TO PURCHASE ITEMS PLEASE HELP
Soccer Day in Dimbulah

Warming up
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.

Well Women’s Clinics
(These clinics are available to Medicare eligible clients)

Mareeba Hospital

Thursdays 3rd & 10th September

Ph: 4092 9311

Service includes Pap Smears, Sexual Health Screening, Breast Awareness, also info on Contraception, Continence, Menopause, Lifestyle Issues, Bowel Health, Domestic Violence, etc. All services are provided by a specially trained Women’s Health Nurse.

Dimbulah Limited Hours Child Care

Fully qualified, Professional & Friendly staff

Programming & planning according to the Learning Framework for Australia

Open 8:15am to 3:00pm

Thursdays and Fridays

Providing care for children 18mths to 5yrs

CALL IN AND COLLECT AN ENROLMENT PACKAGES TODAY

For further information contact Lorelle Carey on 40935450

Dimbulah Museum

OPEN FOR BUSINESS

Dimbulah Museum situated at the Dimbulah Railway Station is now OPEN for business from Wednesday to Sunday from 9.00am to 4pm.

Come and welcome the visitors on the Savannahlander Train that comes to the Railway Station on every Wednesday at 10.30am and Saturday 1.30pm.