On Monday I completed my first day as Principal of Mourilyan State School and although I am exhausted I am also extremely impressed with what I witnessed today. Happy, respectful and eager students engaged in an academically rigorous learning environment provided by dedicated and caring staff members. It is obvious from the outset that this school works well and I feel extremely privileged to be given the opportunity to lead this fine school. Mr Thomas has done a wonderful job as Principal of Mourilyan SS, and I know I have big shoes to fill, but I believe I can lead this school to the best of my abilities and continue the fantastic work of the previous school leader.

I started my teaching career at Raceview State School in Ipswich and I soon realised I had found my calling. I then embarked on the next chapter of my teaching life in FNQ 2006. I lived in Tully and commuted to Cardwell SS for a little over two years. I was then given an acting principal role at Kennedy SS for a semester. I returned to Cardwell SS as acting principal for a term and half and then had the pleasure of becoming the Principal of El Arish SS for six and half years. I have enjoyed all my roles in schools over the years and I’m sure Mourilyan SS will be no different.

I like to think of myself as a people person and I enjoy chatting with students, staff and community members to share thoughts and feelings. I have an open door policy, so if there is anything you want to know or have suggestions then I am ready and willing to answer to the best of my ability or listen to ideas on how to make our school even better!
Congratulations to our award winners;

Keona, Chantal & Callum

Kyle, Portia, Rylee, Althea
Tyler, Estelle, Bailey & Finlay

ANXIETY ALERT –
This may seem like a contradiction in terms – being alert to anxiety – but if we look at it more carefully ‘alert’ implies a controlled response to a situation, where ‘anxiety’ can become worry or alertness that gets out of hand, leading to unnecessary distress and other negative repercussions.

Anxiety is helpful in “normal” doses. Anxiety aids in motivating someone to study for a test, or avoid a situation that may be dangerous. The trick is that “normal” anxiety decreases once the danger is gone or once the material has been studied. If the anxiety persists once the need for it has passed, then there may be cause for concern.

You may be aware of these conditions that psychologists identify and categorise: Obsessive Compulsive Disorder, Generalised Anxiety Disorder, Separation Anxiety Disorder, Social Phobia, and Post Traumatic Stress Disorder. These present anxiety in its extreme form. If you have any concerns that your child or anyone in your family may display signs of these it is important that you consult with a physician. However, there are times when a heightened anxiety response could be seen as normal.

Living in Tropical North Queensland (especially in the last few years) the wet season can trigger anxiety in the most stalwart of locals; parent separation; a recent illness in the family; ‘shyness’ or discomfort in unfamiliar social contexts; exam stress; peer pressure; bullying; all of these situations may trigger anxiety as a response. You’re probably saying ‘Yes’ to having experienced all of these situations at some time in your life, and for your children too. All of these are now considered normal stressors in our modern lives. So rather than looking at the causes, my aim in this article is to focus on the responses – what to do and say when these stressors arise.

Here are some signs you may notice:

- Excessive and persistent worry
- Restlessness and irritability
- Crying or losing temper easily or frequently
- Avoidance and procrastination
- Disruption to sleep and eating patterns
- Decline in academic performance
- Truancy and school refusal
- Withdrawal from social, class or school activities
- Tiredness and fatigue

To be continued next week with suggestions on how to respond if your child is experiencing anxiety.

Tauba Naftal  Guidance Officer
Every day counts in Prep because …

- Going to Prep every day makes sure all Queensland children get the most out of their important first year of school
- Prep gives children a head start for Year 1
- Going to Prep every day improves children’s reading, writing and maths
- Going to school every day builds a positive approach to learning
- Going to school every day strengthens your child’s independence and confidence.

Prep in Queensland

- Prep is full-time. It is from Monday to Friday—the same time as the other years at school
- Schools assess and report on Prep student’s achievements

Frequently asked questions

Do I need to let the school know if my child is going to be away for a day of Prep?

Yes—you must let the school know why your child is not going to be at school.

School Banking

The new rewards for Term 1 have been released and they are;

- Planet Handball
- ET DVD

For every deposit made at school, no matter how big or small, students receive a Dollarmites token. Once students have individually collected 10 tokens they can redeem them for these exclusive school banking reward items in recognition of their continued savings behaviour. There are 2 new items to come in Term 2 as well!

Remember our school earns 5% commission on every deposit made (to a maximum of $10 per individual deposit).

If your children are not currently involved in the School Banking program and you would like to know more, please ask Ms KC for an Information Pack.

Thank you for supporting the School Banking program and don’t forget that TUESDAY is School Banking day!
Give me a fish and I eat for a day. Teach me how to fish and I’ll eat forever.

**Netball**
Innisfail District 12/U
Netball Team Trials

Wednesday 25th February
3:45—4:45pm

Good Counsel Primary School
Covered Area
Girls born 2003 and 2004 only

**Soccer**
Soccer Sign on & Fun Day
Free Fun & Fitness

Saturday 14th February
12noon to 4pm
Castor Park, Mourilyan

Meet and greet the FNQ FC HEAT
Stay to watch the match

Training commences Thurs 26th Feb 5:15pm

**Good Vibrations Music**
Wide range of musical instruments, accessories, music books, DVD’s, CD’s and book exchange.
We have 6 music teacher available, lessons for guitar, uke, bass, piano, keyboard, drums, violin, mandolin and trombone.
A local business that loves locals!
Let us bring music to your ears!

39 Butler St Tully ph 4068 3166

**Tai Chi**

10 Week Tai Chi Course

Innisfail Rowing Club
Friday mornings 9:30am
Starting Friday 13th February
$60 for 10 week course
Limited places available
For bookings please phone Bobbie
4061 8822 or 0434 977 667

**Little Athletics**
Sign on day : 27th February 2015
Where : Castor Park, Mourilyan
When 5.30pm—6.30pm

Club nights start on 6th March with a free sausage sizzle.
For more information contact Centre Manager, Cameron on 0409 485 566

Give me a fish and I eat for a day. Teach me how to fish and I’ll eat forever.