FROM THE PRINCIPAL

I hope you appreciated last newsletters insights into the importance of good sleep, the idea struck me in the middle of one sleepless night...

This week’s idea has been brewing in my head for years! It addresses “screen time!”

I am never averse to agreeing with someone else, especially if they agree with me! And so I am happy to quote Dr Victoria L. Dunckley’s article in “Psychology Today.”

“Children or teens who are “revved up” and prone to rages or—alternatively—who are depressed and apathetic have become disturbingly commonplace. Chronically irritable children are often in a state of abnormally high arousal, and may seem “wired and tired.” That is, they’re agitated but exhausted. Because chronically high arousal levels impact memory and the ability to relate, these kids are also likely to struggle academically and socially.

At some point, a child with these symptoms may be given a mental-health diagnosis such as major depression, bipolar disorder, or ADHD, and offered corresponding treatments, including therapy and medication. But often these treatments don’t work very well and the downward spiral continues.

What’s happening?
Both parents and clinicians may be “barking up the wrong tree.” That is, they’re trying to treat what looks like a textbook case of mental disorder, but failing to rule out and address the most common environmental cause of such symptoms—everyday use of electronics. Time and again, I’ve realized that regardless of whether there exists any “true” underlying diagnoses, successfully treating a child with mood dysregulation today requires methodically eliminating all electronics use for several weeks—an “electronics fast” to allow the nervous system to “reset.”

If done correctly, this intervention can produce deeper sleep, a brighter and more even mood, better focus and organization, and an increase in physical activity. The ability to tolerate stress improves, so meltdowns diminish in both frequency and severity. The child begins to enjoy the things they used to, is more drawn to nature, and imaginary or creative play returns. In teens and young adults, an increase in self-directed behavior is observed—the exact opposite of apathy and hopelessness.”

It is your Principal speaking again...Did you read that carefully? You should google the article and read the rest.

I remember taking 35 Year 10 students on an Inland Australia trip for nearly 4 weeks! We hiked 130km through the Sturt Stoney Desert, visited Uluru and did service projects in isolated indigenous communities. We also confiscated phones and all other electronic devices. At first I thought some students were going through nicotine or sugar withdrawals, and I am sure some were. The majority who suffered withdrawal symptoms were because of the “Technology Fast.”

Another thing, in surveys asking parents about issues relating to their own children, parents rate “other’s” children around 6 times as likely to be at risk of the issue being surveyed. In other words, you as a parent tend think your child is okay, while you intuitively realise the issue commonly effects most children (this is the “rose-coloured” glasses effect). So...YOUR child is getting too much screen time!!! I must say that on the weekend, during all that rain, I had to chase my children of the electronic entertainment several times. They did however spend much of the day dressing up, acting up and generally using their imaginations.

Your children should be getting one hour of physical activity every day! Reduce their “screen time!” I have said nothing about what sort of material they are viewing or interacting with...another time!
Interim reports will be sent home next Monday, March 14. On Tuesday evening March 15, between 3:20pm and 6:30pm we will discuss reports and primary portfolios with parents. Please book appointment slots by phoning the school office.

Dear Parents.

I know that things are tight in the carpark. Please consider parking in available bays if your children are not already waiting, especially if you have picked up your primary child and are waiting for a secondary student. Secondary students do not finish class until 3:05pm. It is very frustrating for parents when the carpark gets backed up right out onto the street and yet there are unused carparks. Also the rear entrance to the school can be used to pick up students. If you are coming from the Andergrove direction please consider this option. Park next to or behind the staff cars and come in to collect your children. Thank you for helping keep the carpark functional.
Dear parents,

you will be interested to know that next week, March 14-18, we will be having special chapels every day!

The North Australian section of the Seventh Day Adventist Church employs a special youth worker, Christos Spero, who organises all sorts of things for our young people. He will be here all week to work with our students and take the special chapels.

Parents are welcome to sit in and check out these meetings, however parents of secondary students will realise that some teenagers do not think it is cool to have parents at school, do it anyway, really it is just a show - they love having you there! Secondary chapel 8:40am each day, Primary chapel ...am each day.
On Tuesday last week the primary students had the opportunity to participate in the first of four free score clinics provided by Local Mackay Soccer coaches. The students had a great time.
Our school is participating in the EdAlive Software Club. The Club gives you the opportunity to access high quality educational websites and software at greatly reduced prices. They are designed to help your children succeed with Maths, Reading, Spelling, Grammar, Punctuation and Typing. Parents can also download a totally FREE copy of Ultimate Maths Invaders that teaches rapid-fire tables and mental maths – skills so easily lost in today’s digital world. To get your free copy of Ultimate Maths Invaders or to access the rest of the great titles go to www.edalive.com/freemaths and follow the prompts.
On Tuesday February 23, Primary leaders had the opportunity to go to the GRIP leadership program at the MECC with Miss Dye. Trace Beattie, Angelique Bobongie, Lily Barben and Beau Ernst enjoyed the program, designed to develop their leadership skills. Highlights of the program included a Bye Bye Bullying program, watching movie clips designed to think about leadership styles, and the 'loud noises' segment, when everyone was yelling and screaming. Students are looking forward to putting some of these ideas into practice in their role as SRC members.
On Monday the 22nd of February, five year 9/10 students and Mr McClintock went to the GRIP leadership program held at the Mackay Entertainment Centre. GRIP leadership is a program to help student leaders make a bigger impact on their school.

In the morning we had a few warm up games. During the day we learnt how to contribute to our school by running activities and projects. We also discussed how to motivate others and prevent bullying. As a leadership team we thoroughly enjoyed the experience and learnt many valuable skills to help lead our school successfully.

By Blessings, Denesha, Angie, Tashia and Joel
THE
Sisterhood

MONDAY AFTERNOONS
3:15-4:00
@ THE PREP ROOM
JOIN US AT OUR NEXT MESH!!!

MESH is fun filled program that provides food, fun entertainment and a relevant talk for grades 5 and over.

Be sure to invite your friends along...

Starting 5:00pm till 7:30pm
Where: Yarrabah PCYC (about 45 mins from Cairns)
When: March 27 – April 3, 2016
Who: Years 9 & 10 students and staff from CACC
Why: Work for, learn from, and encourage people; share God’s love by building bridges through an adventure in service to others.
What: Community service project and Kids club

Please support in any way you can
Thank you!!!

STORMCO is a Christian program proudly supported by the Seventh Day Adventist Church & Carlisle Adventist Christian College (CACC)

For more info phone Hopal at CACC on 4942-7455
MACKAY GYMNASTICS

SCHOOL HOLIDAY FUN DAYS

INSIDE FUN, OUT OF THE SUN

For primary school aged boys and girls (children aged 5—12 years)

WHERE: At our facilities:
5 Snow Wright Court, (Off Beaconsfield Road)

WHEN: Wednesday 30th March 2016
       Friday 1st April 2016
       Wednesday 6th April 2016
       Friday 8th April 2016

Phone: 49420032
Email: admin@mackaygymnastics.org.au

COME AND HAVE FUN IN THE GYM

BOOKINGS ESSENTIAL
Limited Numbers!

MACKAY GYMNASTICS INC.
Caught Being Good Award!!!

This award is a classroom achievement, at the end of the week we tally up all the students individual Caught being good acknowledgements. The Class with the highest amount is presented the Trophy and some Natural lollies for the class to share on Friday assembly.

Grade 2 - 22.2.16

Grade 2 - 29.2.16

Grade 5&6 - 7.3.16
I recently read a book called “I’m No Angel” that tells the story of Kylie Busseti. She was a Victoria Secrets’ Angel model who rose to the top of the modelling industry, realizing her lifelong, childhood dream of being a top model.

Kylie’s dream was short-lived however, when she came face to face with the real ugly side of the industry - the drugs, alcohol, and nudity. She was confronted with choosing between her Christian faith and her passion for modelling.

She often felt the prick of her conscience when she was required to make decisions that compromised her values and morals. Sometimes, to gain approval, she gave in to the pressure and other times she held to her principles despite being ridiculed.

For years she fought the battle between her conscience and her drive to succeed in the industry. Others could fully see the effects of her decisions but Kylie was blinded to it. Her family hoped and prayed that one day she would come to realise how her marriage and faith were being impacted by her choices but they never forced her to give up her dream because that was what she loved.

One day Kylie was asked to do a particular photo shoot that finally opened her eyes. The stark reality of what she was doing stared her in the face. She was dumbfounded that it had taken her that long to realise the true nature of her job. She came to fully understand that her Christian values and her career were at odds and that she had to make a conscious decision about which would win.

Today, Kylie is an author and motivational speaker for young women. She speaks about the importance of true inner beauty – being gentle, kind and humble; and the shallowness of external beauty which is only skin deep.

One of the things that stood out to me from Kylie’s story is this: “A person persuaded against their will is of the same opinion still.” You can never force someone to change if they really don’t want to. Nor can they see something from your perspective unless they are willing to sit on your side of the fence and be willing to have their ideas and perspective challenged. Kylie probably wouldn’t have come to the realization she did if she was forced to give up her dreams. She had to come to the realization herself.

Are you gamed to take a good hard look at your life choices and be willing to see the need for change and do something about it? The Bible says in Romans 14:5 that each person needs to be fully convinced in their own mind. Others can’t do it for you. To be fully convinced you need evidence and evidence must be weighed in order to be persuasive. Why not examine the evidence of your life today and be willing to do something?
Class Room Awards
Cheyenne

Ryan

Class Room Awards