



Pinnacle Post



From the Principal

Camp

Camp has been a great success. The students have enjoyed their trip so far, though we do have a few sore legs from all the walking! We will share photos and stories in the next newsletter.

Halloween Disco

We are holding a Halloween disco on the 30th of October. The other UPV schools have been invited. Cover charge is \$3, or \$8 for entry and dinner. It should be a scary, spooky night with lots of fun. Don't forget to dress up!

Book Fair

Early next term we will be holding a book fair. This will occur over 1-2 weeks where children will be able to purchase books from the library. We will also hold competitions where children can win book vouchers to spend at the fair. A dress up day will be held as a culminating event with the theme being 'under the sea'.

High School Transition

Mirani State High School will be presenting a session to assist with the Year 6 transition to high school. This session will be held on Wednesday October 14 (Week 2, Term 4) at Mirani State High School. A group from Brisbane, YLead-Leaders for Life will conduct the session, and present 'Maximising the Badge'. Maximising the Badge delivers outcomes that address the issues students commonly face as they transition into high school and leadership roles at school. In turn, this experience will result in positive outcomes for the students, their staff and the wider school community. All reports from students and staff who attended last year have been more than positive. Your child should have received a note and medical/permission form from their primary school for this event.

NEWSLETTER NO 15

Tuesday 15 September 2015

Star Lab

Star lab will be held in the first week back of Term 4—Friday 9th October. This will be held at Finch Hatton State School. During this time we will be looking for possible drivers to help move children between schools. The cost of the excursion will be approximately \$5-\$10, though this will be confirmed first week back.

Cosmodome Science Theatre & Planetarium is an immersive dome theatre projecting full-dome shows that surround the viewer providing a 3D effect. Cosmodome uses a mirror projection system enabling excellent viewing from any position in the dome.

Presentations are in full colour high definition with surround sound effects. Cosmodome is a truly exhilarating experience with objects appearing to zoom above the audience.

Cosmodome uses stellarium software enabling brilliant simulations of day & night, the seasons, stars, planets, moon phases, eclipses, Earth's rotation and constellations in our Milky Way galaxy.

Important Dates

18 September

Last Day Term 3

5 October-Monday

Public Holiday

6 October-Tuesday

First Day Term 4

6 November—

4 December

Swimming Fridays

PUBLIC HOLIDAY

Monday 5th October is the Labour Day Public Holiday.

SCHOOL TERM 4

School Term 4 commences on Tuesday 6th October.

Students of the Week

Congratulations to the following students:

All Prep—Year 2

students for excellent behaviour on the excursion to the Sugar Shed.

Sam Frost for helping with the younger students during the excursion.

Community News

MIRANI SWIMMING CLUB

Mirani Pool: 3 Caroline St Mirani
SIGN ON DAYS—Sat 19/9 9am-12pm
Sun 20/9 10am-1 pm

FREE Club Membership for Under 7's & 8yrs half price

Squad Training times are:

6.15am-7.30am Mon, Tues, Wed & Fri

4.30pm-6.00pm Mon, Tues, Thurs & Fri

Club nights are held from 5.30pm

Wednesday evenings with hot food available every 2nd week.

Mirani Swim Club is a friendly, social club set in picturesque surrounds and great fun to be a part of. We welcome new members and look forward to seeing you at our Sign On days.

New members please bring along your birth certificate

Justice Crew Dance Workshop!!

Wednesday 30 September at
Studio 53 - 53 Gregory Street, Mackay

9:00-10:30am - 9years and under

10:30-12noon - 10 to 14years

12pm-1:30pm - 15 years and over.

Cost: \$25

Info and bookings

nikki.hughes@mackay.qld.gov.au or
4961 9436

Bring water bottle, towel and wear closed in shoes.

BOARD GAMES @MIRANI LIBRARY
JOIN US AT MIRANI LIBRARY FOR AN EVENING OF SHARING YOUR BOARD GAMES WITH SOCIAL, LIKE-MINDED INDIVIDUALS IN A RELAXED ATMOSPHERE.

Games Night will be held on every 2nd Wednesday of the month from 6pm – 8pm.

SCHOOL HOLIDAY ACTIVITIES AT MIRANI LIBRARY

Kids are welcome to join in the fun and get 'WILD ABOUT CRAFT' at the Mirani Library on Tuesday 22nd

September from 2pm—3pm.

Parental supervision is required.

Booking are essential at www.bit.ly/1B48nRd or phone Mirani Library on 49619231.

Run for MI Life

The whole school community is invited to participate in the 2nd Annual Mackay Sugar Run for MI Life Fun Run which will be held on 18th October 2015 at Wests Leagues Club, Walkerston. Fun Run will be followed by breakfast from 7am—10am at the Wests League Club fields. This event is being held in honour of my brother Matthew Ivory who we lost to suicide on 19th October 2012. We are hoping to raise awareness and funds for the depression and suicide

problem in the local Mackay area. Money raised will be donated to Grapevine which is a local group that are working towards the same goal—less suicides in our region. Sponsors are needed or you may like to make a donation. If you register

before 6th September you and your children will receive a "Run for MI Life" runners shirt with your registration.

Please register on our website—www.runformilife.org.au

Get your family active and eating well

Families in Mackay can now sign up the free healthy lifestyle program called PEACH™ - Parenting, Eating and Activity for Child Health. Registrations are open for a new group to commence in term 4, 2015.

The program is fun for kids and helps parents and carers make healthy eating and activity a part of every-day life. It is available to families with a child aged between 5-11 years who is above a healthy weight their age and consists of 10 group sessions that run for 90 minutes each.

Topics covered include nutrition skills, reducing screen time and being more active as a family. While the parent sessions are taking place, children enjoy active play with a trained child physical activity facilitator.

What: PEACH (Parenting, Eating and Activity for Child Health) program

When: Term 4, Thursdays 4.30-6pm (weekly)

Where: Emmanuel Catholic Primary School

Cost: FREE

If you would like more information about the PEACH™ program or to register please contact free call 1800 263 519 or visit www.peachqld.com.au