Date: 14 October 2016  
No: 33

Date Claimers
Saturday 15 October 2016  
P&C Sausage Sizzle from 8am at the IGA  
SAMSUNG Primary School Netball Cup Yr 5/6

Monday 17 October 2016  
PUPIL FREE DAY  
Tuesday 18 October 2016  
Uniform Shop 8.30 – 9.30am  
Basketball 2.45 – 3.45pm

Wednesday 19 October 2016  
Soccer 2.45 – 4pm

Thursday 20 October 2016  
School Swimming Lessons commence  
Uniform Shop 2-3 pm  
Tennis 5-6pm – Russell Island Sports Courts

Saturday 22 October 2016  
CAR WASH 9am-12pm BICS Jackson Road

Tuesday 25 October 2016  
No Basketball

Friday 28 October 2016  
Tuckshop “Red Day for Daniel Morcombe”  
BICS Youth group Halloween Party 5–8 pm

From the Principal’s desk..  
100th Anniversary – What a fantastic day it was with wonderful memories shared and created! I can’t thank those involved enough. I have thanked everyone personally but want to acknowledge their efforts. The success of the day was the result of collective energies and collaborative planning that makes a community great and it was a blessing to witness and be a part of it. I’d like a special thank you to Meg Cornthwaite for going above and beyond her tasks given to ensure every box was ticked in co-ordinating the event. A mammoth effort!

Enrolments for 2017 – please advise the school ASAP if your child will NOT be at our school in 2017. Also if you have a child who will be in PREP, they need to be enrolled NOW. The schools funding and planning is dependent on the enrolment numbers and therefore it is important that they are as accurate as possible.

Library – unfortunately, too many home readers and library books have NOT been returned. We understand there are many reasons that they go astray however, they form an important part our reading program and we cannot afford to be without them. Consequently, parents will be asked to now pay a fee towards the cost of replacing those books. A notice will be sent home so that you will be able to search for the book. However, if you are unable to locate it, you can return the slip with either $5 (soft cover book) or $10 (hard cover- it will be stated on the notice). This will help us replace the books and benefit all our children. We appreciate your support!
P&C News:
Our next **SAUSAGE SIZZLE** is this **Saturday 15th October from 8am onwards**, please if you can help out on this day contact Nicole on 0466499641, or come & show your support.

**CAR WASH @ Bay Islands Community Centre:**
55 Jackson Road, Saturday 22nd October 9am-12pm
**VOLUNTEERS NEEDED PLEASE!** Wash $5 Vacuum $5

Our next **Red Day in the Tuckshop** will be for Daniel Morcombe Day on **Friday 28th October**. Order Forms have gone out-- PLEASE CHECK YOUR CHILD’S BAG.

**BICS Youth Group – Halloween Karaoke Party!!!**
On **Friday 28th October from 5pm – 8pm** - the Community Centre on Jackson road will be hosting a special Halloween event for our island youth. Come along in your best costume as we will have prizes for Best Dressed of kids of different age groups. Bay Island Kids (next door to The Kiosk) have some great costumes for sale with 10% being donated back to our school. Food, drinks & funky glow sticks will be available for purchase & free tea/coffee & snacks for the parents. We are looking forward to a **spooktastic** night so pick out your favourite songs & join us! Please no clown outfits.

**Free Tennis Introduction Evenings**
Each Thursday commencing on **Thursday 20th 5pm – 6pm at the new tennis courts** join local tennis coach Shane and have a hit. This is a free activity offered by Bay Islands Community Services throughout this last term leading up to our school holiday tennis program. All equipment will be provided.

**Queensland Mental Health Week, 9–15 October**
From the Guidance Officer:
Mental Health is a positive state of wellbeing used to describe emotional and social wellness. It involves feeling positive about ourselves, the people and events in our lives, and being able to live life to our fullest capacity. Today we had a **Wear Odd Socks Day for Mental Health Awareness.** The World Health Organization defines mental health as “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community.” Our mental health influences everything we do:

* How we think, feel and behave
* The way we relate to other people
* The way we respond to the challenges of everyday life;
* How we cope with changing jobs, having a baby, raising a child, relationship difficulties, retirement, loss, physical illness

**Things to do to improve your mental health:**
* Exercise daily – at least for 30 minutes
* Eat healthy foods – avoid drinking too much coffee, eating too much fat and sugars
* Visit your doctor regularly to ensure good health
* Build a community around yourself – having people to talk to makes life happier and more enjoyable
* Keep busy and involved – in family, school, work, leisure
* Drink plenty of water
* Have adequate, restful sleep. If you snore or have Sleep Apnea see your doctor
* Seek help when feeling down - don’t let the blues take over
* Be kind to yourself – do things that you enjoy eg. a relaxing bath, take a movie, go to dinner
* Do things for other people – not only will they benefit but it is a boost for you as well
* Practise thinking good thoughts, avoid bad thoughts
* Watch comedy shows, seek out humour, laugh loudly

Mental health is an essential part of our overall health and affects our physical health; as our physical health also affects our mental health. It is also strongly related to our behaviour, particularly our social behaviour and relationships with others. So put the effort in to be mentally healthy!

If you would like to find out what services are available see your Guidance Officer, here on Fridays at the school. Or, see the following Links:
http://www.mindframe-media.info/for-media/reporting-mental-illness/facts-and-stats
http://www.wheelofwellbeing.org/