



2024 Week 1, Term 2



## From the Principal

Published by Mount Gravatt East State School

### Welcome back to Term 2!

I am honoured and delighted to be the new Acting Principal of Mount Gravatt East State School. It is a privilege to continue to build on the schools 106 year history and proud tradition, while strengthening the legacy of past principals. Our rich history and traditions have powerfully shaped our School, fostering a sense of community and belonging. I want to inspire in every student a joy of learning, a willingness to take risks, and a belief in their own power to make a difference.

I look forward to getting to know all members of the school community: students, staff and families. Our strong partnership will support growth for every child in every classroom. We will continue to challenge our students in a supportive, progressive environment and help them discover who they are, what they're capable of and prepare them for their next stage of learning.

What I stand for.... Equity & Excellence; A love of learning; Staff & Student wellbeing; Strong partnerships; Integrity; Collaboration; Teamwork; People first; Success for all; High expectations; Respectful relationships, standing against violence, bullying and harassment; Kindness; Inclusivity; Diversity; People first; Positive Learning; Collaborative learning and Student centred. I welcome the opportunity for you to visit the school and introduce yourself as we embark on the journey of your child/ren's education together.



### **ANZAC Day Ceremony**

Wednesday 24<sup>th</sup> April at 2pm in the MGEES Hall, we invite you to attend our ANZAC Day ceremony. Should any community members wish to lay a wreath, there will be the opportunity to do so. Look forward to seeing our families and communities there!

### **Breakfast Club sponsored by the YMCA.**

This week we had our 'soft start' to our Breakfast Club which has proven to be highly successful. Breakfast Club will take place every Tuesday, Wednesday, Thursday morning. Breakfast Club would not happen without the time and effort of so many volunteers. A big thank you to **Robyn Weare (Chappy)**, **Tammy Lowes (Wellbeing Teacher Aide)** and **Melanie Warren (HOD-SS)** who coordinate all of the ordering and receiving of the food items, setting up each morning and coordinating the many staff volunteers. Donations of milk, bread, spreads such as honey and jam, paper towels or serviettes and dishwasher tablets are always greatly received.



Uniform Policy

At MGESS, we ensure our uniform standards match our high expectations and academic outcomes. As per the school Uniform Policy, all students who have hair that is shoulder length or longer must have it tied back during the day. This is a workplace health and safety issue. Could all families please remind their children about this expectation and ensure they have hair ties available. It is also a great idea to have spare hair ties in their bag as a back-up. It is encouraged that all hair ties, scrunchies, ribbons, clips, etc are the school colours of green and gold.

Because of the varied activities that children are involved in at school, for health and safety, the following items of jewellery are the only ones permitted – sleepers or studs in pierced ears, a watch. However, to participate in some activities all jewellery must be removed. Children who are required to wear approved medical bracelets or necklaces are excepted.

Shorts/Skirts/pants – Navy blue, long-leg rugby knit shorts, Navy blue long-leg stubbies ruggers, blue culottes or navy blue netball skirt – **NO BIKE PANTS ALLOWED**



Shirt – Gold, green and blue polo shirt

Shoes – Black shoes

Socks – White

Hat – School hat

Tracksuit – Green and gold school jacket and navy blue pants.

ATTENDANCE MATTERS!			
Every Day Counts			
1 or 2 days a week doesn't seem like much but ...			
If your child misses ...	That equals...	Which is...	And over 13 years of schooling that's...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1.5 years of learning
1 day per week	40 days per year	8 weeks per year	Over 2.5 years of learning
2 days per week	80 days per year	16 weeks per year	Over 5 years of learning
3 days per week	120 days per year	24 weeks per year	Nearly 8 years of learning

Everyday Counts!

Every day counts... because children achieve better when they attend school all day, every day

Every day counts... because going to school means getting a better chance at life

Every day counts... because school helps children build social and emotional skills such as communication, teamwork and

resilience

Every day counts... because going to school is a legal requirement

What the law says

Under the law, you must make sure your child is enrolled and attends school on ALL school days unless you have a reasonable excuse.

You must not keep your child away from school for minor reasons.

Under the law, schools must monitor attendance of students and follow up with parents and caregivers any unexplained absences.

### ***What you can expect from the school***

- Monitoring of student attendance
- Letting you know that day if your child is not at school as expected
- Following-up any unexplained absences as soon as practicable after the day of the absence
- Effective teaching strategies to engage your child in learning
- Strategies to help you to encourage your child to go to school

### ***Support for families***

If your child does not want to go to school, or is missing school without you knowing, contact school immediately for assistance and support.

Kind regards,

**Tammy Burnett**

**Acting Principal**



## **Finance News**

Published by Mount Gravatt East State School

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Please note that Bank transfers are manually receipted, because of this we expect a 72 hour turn around on these receipts. Bank transfer receipts are upon request.

Preferred payment options include EFT, Bank Transfer (Please include your Childs name in the reference) & BPOINT. To pay via BPOINT please select the link in the bottom left corner of your invoice and this will automatically open a payment link or CALL BPOINT self Service on **1300 631 073** with the CRN and Invoice number located on the bottom left of the invoice.

If you wish to set up Centre pay, please visit the office and we will provide the relevant paperwork to set this up.

These are the payment options moving forward at Mt Gravatt East State School. Please ensure your email address we have in our system is up to date as this is where the invoices are sent.

Finance days have been reduced to Tuesday-Thursday 8:30am-1:45pm, as a measure to reduce security risks and tightening financial policies. You can still pay VIA BPOINT Link if need be daily.

If you have any questions or would like to arrange a payment plan, please contact the BM on [bsm@mtgravatteastss.eq.edu.au](mailto:bsm@mtgravatteastss.eq.edu.au) and I would love to assist you.

Nic Gross- Business Manager



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**Make a BPOINT Payment**

Biller Code: 980000 Department of Education and Training


Customer Reference Number: 10000000000000

Invoice Number: 10000

Student Name (Maximum 30 characters): Shashank Neelamraju

Amount (AUD):

Select your payment option:

© Commonwealth Bank of Australia 2017 ABN: 61 001 101 121

The **unique link** on each invoice, pre-populates the customer details on the payment screen, all you need to do is enter the amount.

### TAX INVOICE

Shashank Neelamraju

INVOICE NUMBER: 10000  
INVOICE DATE: 22-May-2017  
INVOICE REF.:  
DEBTOR ID:  
ORDER NUMBER:

Page 1 / 1

Item Description	Quantity	Item Price	Inv. Amount
CYOD Year 10-Laptop Participation Fee Option 1	1.00	1,390.00	1,390.00
GST TOTAL:			0.00
INVOICE TOTAL:			1,390.00

\* Indicates Invoice Amount on item row includes GST

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#### PAYMENT METHODS

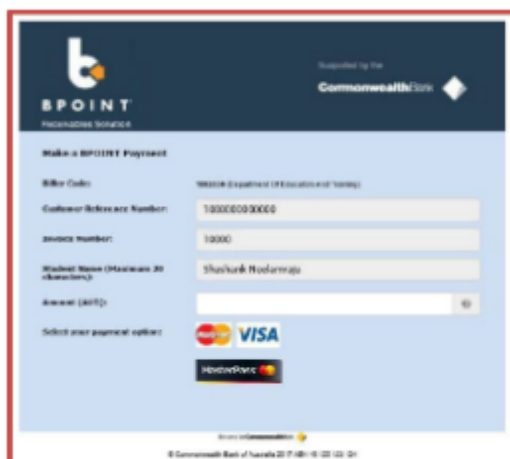
**Online Card Payment**

CRN: 1000000000000000

Invoice No: 10000

<https://www.bpoint.com.au/payments/dete>

- Phone payment using credit/debit card via BPOINT 1300 631 673. Please quote CRN and invoice number from the BPOINT box on the left.
- Centrepay Deduction - Payment by Centrepay deduction can be arranged through the school office.
- In person at: Via EFTPOS, Cash or Money Order.
- Cheque payable to:
- Other payment options are available. Please contact the school office.



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**Student Council**

Published by Mount Gravatt East State School



The Student Council would like to thank everyone for their support with our Harmony Day, we raised \$99.40 in our first fundraiser for 2024.

The Student Council will be selling ANZAC poppies each morning from 8:30am on the handball courts from Thursday 18<sup>th</sup> April until Wednesday 24<sup>th</sup> April, the cost is \$1.00 with funds raised on behalf of the Holland Park/Mt Gravatt RSL Sub-branch.



## From the Guidance Officer

Published by Mount Gravatt East State School



### HOW TO TALK TO CHILDREN AFTER TRAUMATIC EVENTS OCCUR –

When traumatic events occur, lots of information becomes available for adults and children to access. We need to be mindful that some children will be viewing information and being exposed to conversations at home and at school, relating to these events. Here is the advice that ACT for Kids has provided for families:

*Those exposed to media coverage of this attack may experience feelings of despair, vulnerability, and irritability. Children are especially sensitive to media coverage of tragedy and disasters.*

*They may worry the same sort of thing will happen to them and their family and fail to understand where or how it has happened.*

*Parents shouldn't necessarily try to shield their children from information about what has occurred but should monitor how much media coverage of the incident they are exposed to.*

*It is important for parents to explain to their children what has happened and answer any questions they may have in an age-appropriate way.*

### Tips for parents and caregivers:

Don't wait for your kids to come to you – keep the lines of communication open.

Offer them the following advice: “If you do see anything that makes you upset or is really scary, turn your phone off and come and talk to me”.

Remind your kids of the good and wonderful things happening every day that don't make the news.

Banning social media altogether might backfire – trying to hide things can make them seem more terrifying and can leave kids feeling like they can't discuss issues openly.



## From the P & C

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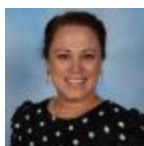
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### Next Meeting

The next P&C meeting is on **6.30pm Monday 29 April** in the school staff room at the end of the green. All are welcome to come along and hear/ contribute to what's going on in the school. A Teams Link will be available shortly for anyone who wants to join on line.

### Secretary Position

We are still needing a secretary for the P&C to help ensure we are able to provide all the usual services and fundraising activities. If you have any questions about the position please email us on [mgess.pandc@gmail.com](mailto:mgess.pandc@gmail.com) as soon as possible.



### Father Fusion Event - Pot Plants & Pizza

Published by Mrs Tammy Lowes

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Another fun event has been locked in for Father Fusion.  
Please click on the link below to book.

[Book Now](#)

# POT PLANT DECORATING & PIZZA

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## Father Fusion

*Come along and get creative with us. A fun filled afternoon of decorating pot plants and eating pizza with friends. No better way to spend a Saturday!*

**25  
MAY**

**WHERE: D BLOCK**

**COST: FREE- BYO WATER/SOFT  
DRINK**

**2:00 pm - 4:00 pm**

**RSVP**

**Confirm your spot via the SOBS  
link by Thursday 9th May, 2024.**

[Click here to book](#)





# Triple P - Managing Big Emotions

Published by Mrs Tammy Lowes

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## MANAGING BIG EMOTIONS: TRIPLE P'S PARENTING TIPS

Children experience a range of emotions as they grow and learn. Sometimes, tantrums or aggressive behaviour such as hitting, kicking or biting are a way to express strong feelings like frustration or anger.

It's helpful to know tantrums are a normal and expected part of a young child's development. As the emotional centre of their brain develops, they may react intensely when things don't go as they want or expect.

Dealing with aggressive behaviour is a common challenge for parents and carers too, as children learn to communicate their needs, express themselves, and get along with others.

It can help to teach kids about feelings, notice and encourage their positive behaviour, and set a calm and consistent example.

Although it's normal to raise your voice occasionally, getting angry or yelling can escalate a situation. It can also teach kids that yelling is appropriate, or create a cycle where getting children to cooperate becomes increasingly tricky.

Calmness is a parenting superpower. It can diffuse difficult situations and help children learn important life skills like self-regulation. Keeping a check on your emotional response and managing your stress can make a positive difference.

To learn more, read Triple P's helpful articles on [tantrums](#), children's [aggression](#) and [yelling](#).

The **Triple P – Positive Parenting Program®** can help you handle the ups and downs of parenting more calmly and confidently.

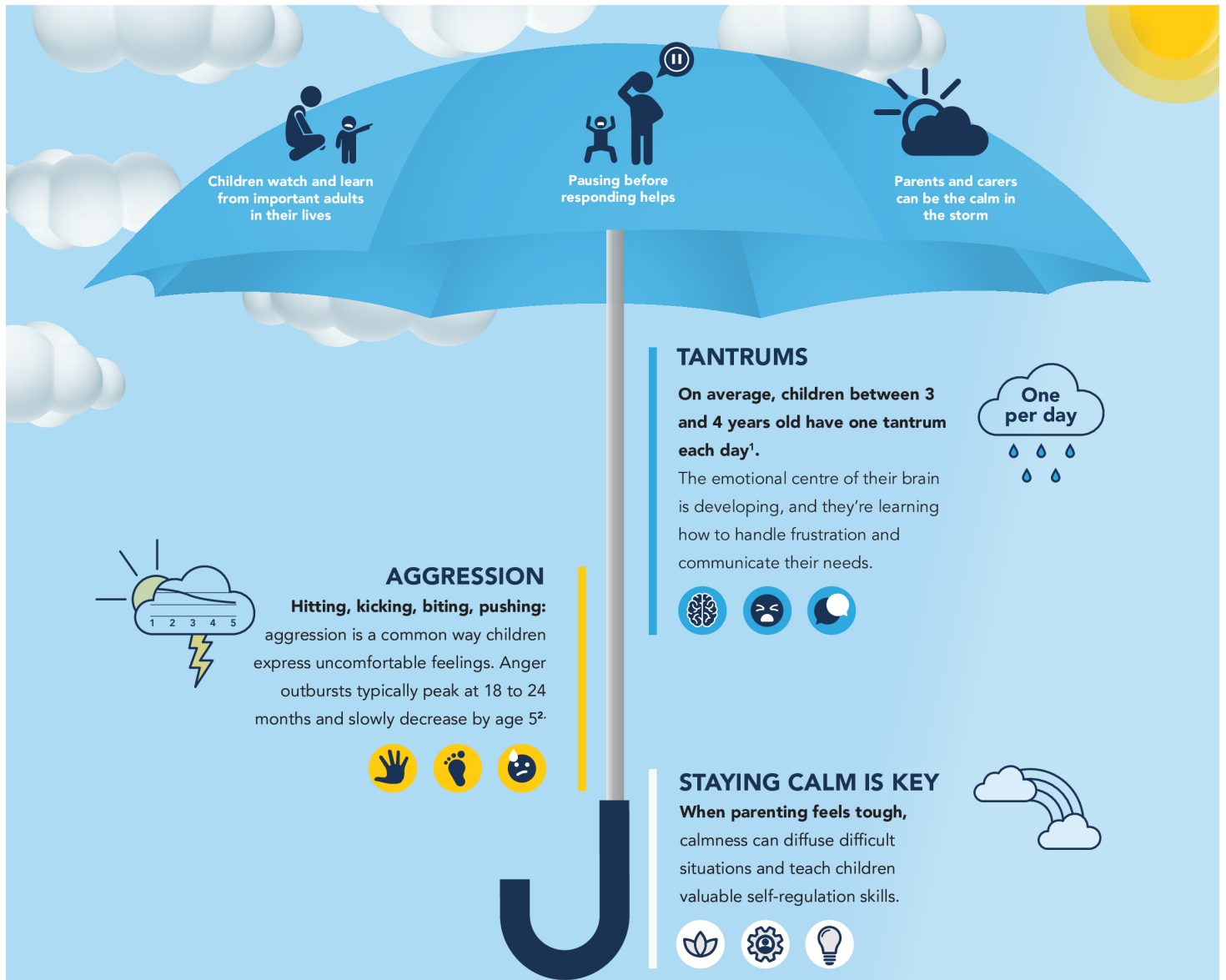




# MANAGING BIG EMOTIONS



Calm, consistent responses to big emotions support everyone's wellbeing and help children to develop lifelong self-regulation skills.



Triple P's evidence-based parenting programs are a trusted resource to handle challenges calmly and confidently.

GET INSIGHTS INTO HOW HANDLING BIG EMOTIONS BENEFITS FAMILIES

Read Triple P's articles on

[Tantrums](#)

[Aggression](#)

[Yelling](#)

SOURCES: <sup>1</sup> Hoyniak et al. (2023). Developmental pathways from preschool temper tantrums to later psychopathology. *Dev Psychopathol*, 35<sup>th</sup>, 1643.  
<sup>2</sup> Liu et al. (2013). Understanding aggressive behaviour across the lifespan. *J Psychiatr Ment Health Nurs*, 20<sup>th</sup>, 156.



Storm Futsal



WEEK 2 - WEEK 10 \* YEAR 2 - YEAR 6

# STORM FUTSAL

INDOOR SOCCER AT MT GRAVATT EAST

Mondays 7:30 - 8:30am

What is futsal? Futsal is 5-a-side indoor soccer,  
it's fast paced and exciting!

Free trial session held on Monday, 22nd April  
(must register beforehand).

Register now at [www.stormfutsal.com](http://www.stormfutsal.com)



[www.stormfutsal.com](http://www.stormfutsal.com)



Storm Futsal

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First Session  
**FREE!**

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AUTHORISED BY CR RYAN MURPHY, 8/14 MILLENIUM BLVD, CARINDALE 4152



Open  
Evening

16 May, 4:00 - 7:00pm



San Sisto College

Bookings: [www.sansisto.qld.edu.au](http://www.sansisto.qld.edu.au)