

MERRIMAC STATE SCHOOL

NEWSLETTER



CRICOS Provider Code: 00608A

13 FEBRUARY 2025

FORTNIGHTLY NEWS

Term 1, Week 3

WHAT'S ON...

TERM 1, WEEK 4:

Monday 17th February

-Run Club/Oval/8.00am
-3/4 Swimming

Tuesday 18th February

Wednesday 19th February

-Brekky Fit/PAC Hall/8.00am
-Junior Assembly/PAC Hall/2.20pm

Thursday 20th February

Friday 21st February

Senior Choir Rehearsals/Music Room/8.00am

TERM 1, WEEK 5:

Monday 24th February

-Run Club/Oval/8.00am
-3/4 Swimming

Tuesday 25th February

Wednesday 26th February

-Brekky Fit/PAC Hall/8.00am
-Crazy Hair and Sock day
-Merrimac House Cup P-Yr3/PAC/First Break
-Senior Assembly/PAC Hall/2.20pm

Thursday 27th February

-Merrimac House Cup Yr3-Yr6/PAC/First Break

Friday 28th February

Senior Choir Rehearsals/Music Room/8.00am

During Week PARENTS TO DO LIST...

Follow Social Media

FROM THE PRINCIPAL'S DESK

The weather has been so changeable over recent days, it's hard to know what to wear. Our oval and play spaces really hold the water, so playtimes have been modified when needed and inside play has had to be an option at times too. It looks like the rain will be with us for a while, so we will do our best to navigate play options as best as we can.

The Year 6 Investiture (Badge Ceremony) was held on Wednesday. Years 5 and 6 were in attendance. It is always such a pleasure to watch the proud faces of parents and carers pinning badges on the elected Leaders. We look forward to their leadership and legacy across the year.



We had a great turn out this year at the **meet the Teacher Sessions** on Wednesday afternoon. Families will also have received this week the Term 1 newsletter for each year level. This provides details of learning, routines and any upcoming events. Please check you junk folder if you have not received this yet or contact your child's teacher for a copy.

3/4 Swimming starts on Monday. Students will be bused to Pizzey Park for lessons. They will need to bring their swimming gear, not wear it, so that they have clothes to change back into following their lesson.

School Culture is getting a revamp this year. The **Merrimac House Cup** will allow all students an opportunity to participate and earn points for their House. This Term, Mr Scaysbrook, along with the Kokoda students and student leaders will host a paper airplane competition. See the blurb [below](#) for more details. It is a student only event. You might like to trial some designs at home.

On Sunday, **Chappy Em attended a blessing service at the Mudgeeraba Uniting Church** for local Chaplains. Chappy Em spoke about the work she is doing here and Merrimac. The Mudgeeraba Uniting Church's Op Shop have been significant supporters of her,



making a significant financial donation every year. Our P&C also financially support Chaplaincy, and we appreciate all contributions towards Chappy Em's continued work. Thank you, Mrs Walsh, for your attendance at the service.

At the P&C meeting on Wednesday night, we adopted their calendar of events. The first of which will be a **CRAZY HAIR AND SOCK Day (26 February)**. Students are invited to wear crazy socks or sport a crazy hair do and bring along a **box of tissues** for their class. Schools are not allowed any more to add tissues to the book list, so this is one way that we can have enough supply to get us through the winter months.

Shannon Lusk - Principal

We respectfully acknowledge, the Kombumerri peoples, the Traditional Custodians of the land and recognize their continuing connection to the land, waters and culture. We pay our respects to their Elders, past, present and emerging.



FINANCE

We are currently collecting for:

Who	What	Cost	Pay by
Year 1*	Religion Books	\$5.60	28 Feb
Years 2-6*	Religion Books	\$7.70	28 Feb
Years 3-6	Resilience Project Journals	\$20.00	28 Feb
Years 3-4	Learn to Swimming	\$70	14 Feb
Years 5-6	Safe Surfing Program	\$75.00	21 Feb
Select 3-6	Instrumental Program	\$100	28 Feb
Select 3-6	Instrumental Hire	\$120	28 Feb

***Religion Activity Books invoices have been issued to students who have nominated Cooperative Religion on our records. If the information is incorrect please notify via email to admin@merrimacss.eq.edu.au**

Methods of payment accepted are BPoint (instructions are on the invoices) for single invoice payment or for multiple invoices that can be paid as a total Direct Deposit to:

**BSB: 064 445
Account: 00090019
Account Name: Merrimac SS General Account**

STUDENT AWARDS

Principal Awards:

Nia A P1, Haven B P2, Leo C 1/2M, Wyatt W 1A, Makai R 1B, Zara B 1C, Ivy A 2A, Zoe B 2B, Stella F 2C, Maisie L 2/3S, Marley G 3A, Bonnie B 3B, Kayla L 3C, Mia S 4A, Rie L 4C, Emma C 4D, Ludwig B 5A, Luoyi W 5B, Sophie N 5C, Zara-Rose F 6A, Caysie-Li S 6B, Cruz A 6C, Alvern F 6D

Class Captains:

Lily P 2/3S, May T 2/3S, Sophie V 3A, Isaac R 3A, Summer M 3B, Oskar T 3B, Lola R 3C, Charlie D 3C, Keara M 4A, Tyler H 4A, Mia H 4B, Eli G 4B, Grace H 4C, Juliet C 4C, Sofia P 4D, Reina M 4D, Ryan W 5A, Chuck W 5A, Mikayla M 5B, Arthur H 5B, Grace E 5C, Xavier P 5C, Lenox C 6A, Holly P 6A, Cohen M 6B, Caysie-Li 6B, Lily J 6C, Cruz A 6C, Arcadia Q 6D, Charlie D 6D

Super Student Awards:

Evie N P1, Hugo S P1, Zara B P2, Tilly R P2, James C P3, Aria T P3, Kasia B 1/2M, Hyugo P 1/2M, Aurelia E 1A, Thomas C 1A, Charlotte K 1B, Austin S 1B, Elisha L 1C, Hudson S 1C, Henley D 2/3S, Darlene N 2/3S, Charlotte A 2A, Kaidan B 2A, Isaac C 2B, Mia R 2B, Arlo L 2C, Braxton J 2C, Alex B 3A, Isobelle B 3A, Zarli W 3B, Leo S 3B, Zen K 3C, Charlie G 3C, Holly H 4A, Hamish H 4A, Eliana B 4B, Max M 4B, Kyran W 4C, Pippa M 4C, Harlan C 4D, Layla F 4D, Taylon A 5A, Spencer S 5A, Jaxon D 5B, Umi H 5B, Phoenix B 5C, Amity P 5C, Lex B 6A, Milly H 6A, Evie N 6B, Maya M 6B, Danielle S 6C, Lioto M 6C, Cooper J 6D, Mia V 6D

LEADERS BADGE CEREMONY



CRAZY SOCK AND HAIR DAY

Crazy SOCK & HAIR DAY
Wednesday 26th February

Let's get creative! Wear your wildest socks or rock a funky hairstyle, and don't forget to bring a box of tissues for your class. Since tissues can't be added to the book list anymore, this is our way of making sure we have enough for the winter months. Let's make it a fun and helpful day!

MERRIMAC HOUSE CUP



PSYCHOLOGIST NEWS

What is School Refusal and How to Recognise It

School refusal occurs when children experience significant distress about attending school, leading them to avoid or miss school. It can manifest as meltdowns, anxiety, or even physical complaints like stomach aches, which typically ease when the child stays home. While school refusal can happen gradually or suddenly, it is a serious issue that affects children at both primary and secondary school levels. If your child refuses to go to school, you might feel that school nights and mornings are a 'battle of wills'. However, school refusal is usually driven by a child's attempt to manage overwhelming difficulties related to school attendance, rather than by disobedience or defiance. Your child might:

- show high levels of anxiety
- cry, have meltdowns, yell or scream
- hide or lock themselves in their room
- refuse to move
- beg or plead not to go
- complain of aches, pains and illness before school, which generally get better if you let your child stay at home
- have trouble sleeping

Children's protests and absences are just the tip of the iceberg. The first step toward helping them is to consider what might be contributing to their difficulties, including any personal stressors, problems at school, and challenges affecting family life.

Addressing School Refusal and Finding Solutions

To help children overcome school refusal, it's important to understand the root cause of their anxiety, which may require open communication about what makes them uneasy. Engaging with the school, such as discussing

strategies with teachers or seeking support from the student support team, can be a crucial step in finding a solution. Practical approaches at home include establishing calming routines, setting clear expectations, and offering encouragement for small achievements. If the problem persists, seeking professional help from a GP or mental health professional can provide valuable guidance.

Supporting Children with Separation Anxiety and School Refusal

Separation anxiety is a common issue for children, especially when starting school or facing new routines. It can cause feelings of fear and distress when they have to part from their caregivers, and in some cases, this can lead to school refusal, where children resist attending school altogether. These emotional struggles are natural at certain stages but may need support if they persist. Avoiding school can alleviate a child's anxiety in the short term, but longer term it's likely to reduce their confidence and make them even more anxious about attending school. Children experiencing separation anxiety benefit from gradual exposure to school environments, positive reinforcement and rewards, learning calming strategies, and consistent routines that foster security (Kids Helpline, 2023). Parents and educators can play a significant role in easing this anxiety. Simple strategies like creating calming drop-off rituals and maintaining a calm, confident attitude can help children feel more comfortable with school transitions.

Key Strategies for Addressing School Refusal:

- **Communicate openly** with your child to understand the reasons for their anxiety (e.g., bullying, academic struggles).
- **Create a calm, predictable routine** at home to ease anxiety, including preparing school materials the night before.
- **Establish clear expectations** for school attendance with calm and positive reinforcement.
- **Praise small steps** of progress and reward positive behaviour, like getting ready for school.
- **Work with the school** to implement support strategies, including meeting with teachers or support staff.
- **Gradual return to school:** Start with shorter days or favourite subjects and gradually increase attendance.
- **Seek professional help** if needed, including seeing a GP or mental health professional for further support.

Sources: Kids Helpline; Raisingchildren.net.au; Monash University.

P&C NEWS

Tuckshop & Uniform Shop News

The trading hours for the Uniform Shop will be 8:30am-10:30am Monday, Tuesday and Wednesday, with Munch Monitor orders being filled Monday to Thursday each week.

Fundraising

We love to fundraise! But ideas only come to fruition with the help of volunteers. If you have a bit of spare time and would like to assist with our fundraising campaigns, please reach out - you don't need to be a P&C member to volunteer. See our Calendar of Events for details. The official dates of these events are subject to change so we have only documented the weeks in which they will occur, plenty of notice will be given when exact dates are confirmed.

Next P&C Meeting

Our next meeting will include our AGM, where all the Executive Officers of the current P&C Committee are stepped down and a new team elected. Please peruse the role descriptions and see if any of them pique your interest. We believe fresh eyes are super helpful, and would love for anyone with a bit of spare time and interest in our school to put their hand up for a position on our team. The Meeting will be held on Wednesday, 12th March, at 6pm in the Staff Room of the Administration Building

Keep Up To Date

Don't forget to follow us on Facebook to keep up to date on the happenings around the school

- Merrimac State School P&C Association
- Merrimac State School Parents and Guardians

Contact Us - we're friendly, scouts honour

If there is anything you think would be a good idea for positive change within our school community but you don't know what to do next, please feel free to contact us by email, or see the lovely ladies in the Tuckshop. We are always looking for ways to improve the school experience for our little ones, and fresh eyes are innovative.

- pandcmerrimacss@gmail.com


Extra hands make light work.

Your 2024 Executive Team,
Kelly, Shannon, Rayleen, Eliza & Jess

ROLE DESCRIPTION

The President


- Understand rules and operations of a P&C
- Good knowledge of P&C meeting procedures
- Provide leadership
- Chair meetings
- Act as your P&C spokesperson/representative
- Foster positive communication between P&C and school
- Build relationships with wider community
- Encourage participation by members
- Ensure everybody has a say in the P&C
- Accountable for employment and business issues



ROLE DESCRIPTION

The Vice-President

- Chair meetings if President is absent
- Provide essential support for the President
- Help the Secretary and/or Treasurer as required
- Understand operations, rules and meeting procedures
- Act as President's "understudy"
- Understand the various executive roles
- Carry out duties delegated by the President
- Be prepared to perform a role particular to your P&C such as "publicity officer" or "fundraising co-ordinator"



ROLE DESCRIPTION

The Secretary


- Prepare and distribute meeting notices and agendas
- Prepare, distribute and present meeting minutes
- Maintain a register of correspondence
- Distribute correspondence promptly
- Maintain a register of P&C members
- Maintain a register of Volunteers working for the P&C
- Organise, record and maintain P&C documents
- Ensure a copy of Constitution is available and accessible



ROLE DESCRIPTION

The Treasurer

- Ensure P&C complies with the Accounting manual
- Financial statements/reports presented at meetings
- Pay accounts promptly when authorised
- Issue receipts for monies received
- Maintain accountable forms register
- Maintain P&C asset register
- Monitor wages
- Ensure accounts are current and reconciled
- Prepare annual financial statements for auditing
- Ensure accounting is open and transparent



Merrimac State School - P&C Calendar 2025

TERM 1 28th Jan - 4th April	TERM 2 22nd April - 27th June	TERM 3 14th July - 19th September	TERM 4 7th October - 12th December
WEEK 1: Tea & Tissues	WEEK 1: ANZAC Day Assembly	WEEK 5: P&C Meeting	WEEK 2: Wellness Week
WEEK 3: P&C Meeting	WEEK 3: Mothers' Day Stall	WEEK 8: Fathers' Day Stall	WEEK 2: P&C Meeting
WEEK 5: Crazy Sock & Hair Day	WEEK 4: P&C Meeting	WEEK 9: P&C Meeting	WEEK 6: P&C Meeting Glow Disco
WEEK 7: AGM & Meeting	WEEK 5: Sports Disco	WEEK 10: Colour Run TBA	WEEK 10: Christmas Carols Graduation
WEEK 10: Easter Family FunDay (Sunday)	WEEK 9: P&C Meeting		

BEFORE SCHOOL ACTIVITIES

Run/Walk Club – Monday

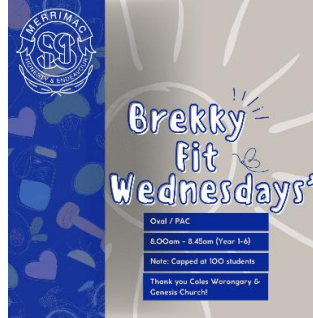
Mornings on the Oval (Week 2-10)

The Run/Walk Club is open to students in Years 4-6 and runs every Monday morning at 8:00am on the oval. A big thank you to Mr. Scaysbrook for making this opportunity possible!



Brekky Fitness (Week 2 - Week 10)

Every Wednesday morning from 8:00am to 8:45am, students in Years 1-6 are invited to join Brekky Fitness in the PAC. A huge thank you to Coles Worongary and our dedicated volunteers for their support in bringing this program to life!



Brekky Fit Volunteers Needed!

Brekky Fit is an exciting pre-school program where students can enjoy dodgeball and indulge in pancakes, fruit, and juice! Due to its growing popularity, we can only accommodate 100 students in the PAC each week. We are incredibly grateful to the Brekky Fit team at Merrimac for their unwavering commitment, passion, and love. Special thanks to Coles Worongary and Genesis Church for their practical support.

If you'd like to volunteer and be part of the Brekky Fit team, please get in touch with Chappy Em. She'd love to share the vision of Brekky Fit and discuss how you can get involved!

Ecoll286@eq.edu.au

SOCIAL MEDIA

Stay connected with all the latest news and updates from Merrimac State School by following our social media channels. Please note that students must have parental permission and a signed social media consent form to be featured on our platforms.

[Facebook](#)

[Instagram](#)

COMMUNITY ANNOUNCEMENTS

THE Y MERRIMAC OSHC

YMCA is the provider for Outside School Hours Care at Merrimac SS. YMCA is a child safe organisation that prides itself on high quality relationships with the community, families and children. Enrolment information can be found at:


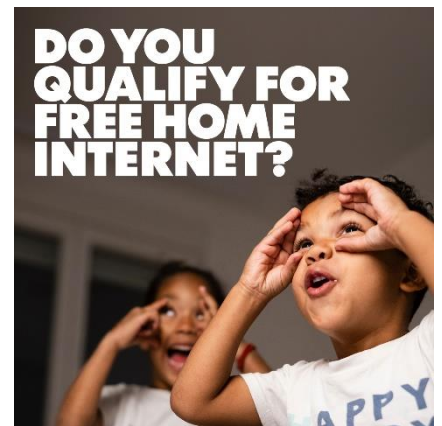
<http://www.ymcachildcare.com.au/services/outside-school-hours-care.html>. Enquiries to amm@ymcabrisbane.org or call us on 0438 367 390.



Thomas, Taylah, Evan & The Y Merrimac Team



FREE HOME INTERNET FOR SCHOOL STUDENTS AND THEIR FAMILIES AND CARERS If there is a school age student at your home and you don't have an nbn connection, you could qualify for free home internet until 30 June 2028. Children who can access online learning at home as part of their education are more likely to engage in classroom activities. With home internet access your whole household can benefit – supporting your school age students to build their digital skills, learn how to safely use the internet and participate in an increasingly digital world. Check if you qualify for free home internet until June 2028: By contacting the National Referral Centre on 1800 954 610 (Mon-Fri, 10am-6pm AEDT) or by visiting www.anglicarevic.org.au/student-internet.



**Do you have a health care card?
You could be eligible for Saver Plus.**

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops

saverplus
1300 610 355 saverplus.org.au



**SECONDARY CAMPUS
OPEN HOUSE**

FEBRUARY 26th 2025 | 3:30PM - 5:30PM

As a valued member of our Varsity College local community, we invite you to join us for our Secondary Campus Open House event!

Join us on **February 26th** from **3:30pm to 5:30pm** to learn about our **exceptional excellence programs**, **meet our dedicated faculty**, and explore our **state-of-the-art campus**.

Attend presentations from school staff, explore our campus, and visit classrooms showcasing our diverse subject offerings.

Don't miss this opportunity to see what makes Varsity College the perfect choice for your child's future.

We invite you to register your interest through our Facebook Event to stay up to date with our entire event.

198 Varsity Parade, Varsity Lakes | Secondary Sports Centre

Varsity College