

MERRIMAC STATE SCHOOL

NEWSLETTER

CRICOS Provider Code: 00608A



7 March 2024

FORTNIGHTLY NEWS

Term 1, Week 7

WHAT'S ON...

WEEK 7:

Friday 8th March

- *Senior Choir/Music Room/3.00pm
- *Safe Surfing Program - Group 2

WEEK 8:

Monday 11th March

- *Run Club/Oval/8.00am
- *Learn to Swim Program/Year 3&4
- *Safe Surfing Program/Group 1

Tuesday 12th March

- *Junior Choir/Music Room/8.10am
- *Deadly Choices Program
- *Senior Band/Music Room/3pm

Wednesday 13th March

- *Brekky Fit/PAC/8am (Year 1-6)
- *Intermediate Strings/Music Room/8am
- *NAPLAN Year 3/5
- *Junior Assembly/PAC/2.20pm
- *Junior Band/Music Room/3pm

Thursday 14th March

- *Beginner Strings/Hall/8am
- *Senior Choir/Music Room/8am
- *NAPLAN Year 3/5
- *Senior Strings/Music Room/3pm

Friday 15th March

- *Senior Choir/Music Room/8am
- *NAPLAN Year 3/5
- *Safe Surfing Program - Group 2

WEEK 9:

Monday 18th March

- *Run Club/Oval/8.00am
- *NAPLAN Year 3/5
- *Learn to Swim Program/Year 3&4

Tuesday 19th March

- *Junior Choir/Music Room/8.10am
- *NAPLAN Year 3/5
- *Deadly Choices Program
- *Senior Band/Music Room/3pm

Wednesday 20th March

- *Brekky Fit/PAC/8am (Year 1-6)
- *Intermediate Strings/Music Room/8am
- *NAPLAN Year 3/5
- *Senior Assembly/PAC/2.20pm
- *Junior Band/Music Room/3pm

Thursday 21st March

- *Beginner Strings/Hall/8am
- *Senior Choir/Music Room/8am
- *NAPLAN Year 3/5
- *Harmony Day
- *Senior Strings/Music Room/3pm
- *RI Easter Performance/1pm
- *Newsletter sent out

Friday 22nd March

- *Senior Choir/Music Room/8am
- *NAPLAN Year 3/5

PARENTS TO DO LIST...

- ☐ Student Code of Conduct Form
- ☐ 3rd Party Consent Form
- ☐ Payments Due (see Finance section)
- ☐ Media Consent Forms
- Book Parent Teacher Interview

FROM THE PRINCIPAL'S DESK

Welcome to Autumn! The cooler changes are noted in the mornings but by the end of the day, it feels like Summer again. We are preparing for NAPLAN (Years 3 and 5) and for our upcoming Cross Country on Monday 25th March. Before we know it, Term 1 will be over. The [NAPLAN timetable](#) is included for your reference. Please be mindful of arriving to school on time or collecting for appointments during the testing window. Marissa Egan (HOD – Curriculum) has been working with each year level to plan for Term 2's teaching and learning. The new curriculum is allowing us to really re-imagine the possibilities.

Crazy Sock day was well-supported last Friday. The P&C sold out of all of their stock. The event raised \$1085.00 for the [Kokoda Challenge](#) (Kokoda Youth Foundation). The team have had their first training session also and we look forward to continuing their journey with them.

This week we also welcomed our new Chaplain – Chappy Em. She will work with us on Tuesdays and Wednesdays. She comes with experience as a Chappy at Park Lake SS and is excited to get to know us all.

The P&C AGM elected its new executive for 2024 and we welcome Kelly, Shannon, Rayleen, Eliza and Jess. We also welcome Kate, who will complete the team as Fundraising Coordinator. I congratulate the new executive and pay greatest respects to the 2023 team (almost the same) for their incredible contributions to our school, their focused dedication on our students and their futures and to our community. We appreciate you so much.

We continue to remind our community of the constant need for vigilance online safety and behaviour. Please see the following links for Cyber Safety information: [Helping kids thrive online](#) & [parental controls in social media, games and apps](#).

Parent Teacher Interviews are set for Wednesday 27th March (3:30 – 6:00pm - main day). Parent Teacher Interview letters went home with students earlier this week. **ONLINE REGISTRATION AND BOOKING OPENS 9AM TOMORROW.** You cannot access the website before this time. You must register each Interview block as details are deleted at the end of each session. Be sure to have your letter and instructions ready to register and book your interview time as soon as you can after 9am tomorrow. These interviews will be held in the PAC, all other interviews, apart from the main day, will be held in the classrooms.

Congratulations to our students in District trials for basketball, rugby and swimming. Students also participated in the Interschool Tennis Challenge. The [photos below](#) of smiles capture the joy that these sports give our students. Their futures are indeed bright.

Congratulations to Holly (Year 6) for her efforts in supporting the Starlight Foundation. Holly committed to swimming 16km, but actually swam almost 25km. [See her story below](#).

Shannon Lusk – Principal



STUDENT AWARDS

Super Student Awards:

Connor L P1, Sienna M P1, Hudson S P2, Malia V P2, Charlotte K P3, Lily M P3, Noor G 1A, Ethan B 1A, Willow G 1B, Rylee P 1B, Violet D 1C, Jakaius F 1C, Stella F 1D, Hyugo P 1D, Darlene N 2A, Jack J 2A, Sienna W 2B, Mya D 2B, Coco T 2C, Kaya A 2C, Phoenix W 2D, Nara B 2D, Tina T 34M, Haruto N 34M, Hamish H 3A, Scarlett T 3A, Ethan P 3B, Layla F 3B, Juliet C 3C, Mason H 3C, Myah N 3D, Shannon C 3D, Jaxon D 4A, Alisa D 4A, Harvey H 4B, River B 4B, Alexander A 4C, Jake M 4C, Ivy T 5A, Zara-Rose F 5A, Mila B 5B, Bowie F 5B, Ethan S 5C, Hallie W 5C, Rebecca J 5D, Boston C 5D, Kirah B 6A, Oliver H 6A, Rose M 6B, Ella M 6B, Grace F 6C, Alexander B 6C, Noah M 6D, Mercy P 6D.

FINANCE

We are currently collecting for:

Who	What	Cost	Pay by
Year 6	Senior Shirt	\$35.00	18 Mar
P-6	Classroom Resources (SRS)	\$60.00	28 Mar
Yrs1-6	Reading Eggs	\$14.00	28 Mar
Yrs3-6	Resilience Diary	\$20.00	28 Mar
Year 1	Religion Activity book	\$5.60	28 Mar
Yrs2-6	Religion Activity books	\$7.30	28 Mar
Year 3	Mudgeeraba Light Horse Museum	\$20	1 May

Please note: A reminder that BPOINT as a method of payment is for single invoice payment only. For multiple invoice payments please use the Direct Deposit method.

DO NOT MAKE DEPOSITS UNTIL YOU HAVE RECEIVED AN INVOICE – MONEY REMAINS UNALLOCATED

ENROLMENTS ARE NOW OPEN FOR PREP 2025

Enrolments are now open for Prep in 2025. For more information on how to enrol please visit follow the [link](#).

Not sure if your child is eligible for 2025? View the Department's prep ready calculator, to determine when your child can commence their preparatory year: [Here!](#)



NEW – MEDIA CONSENT FORMS

New media consent forms were sent out on Monday 26th February – forms will include new media platforms. If forms are **not** returned and signed your student will not be shown on our school's media platforms. Thank you for your assistance in returning these forms promptly.

SOCIAL MEDIA

To keep up to date with all things Merrimac State School, please follow our social media platforms.

[Facebook](#)

[Instagram](#)

SPORT NEWS

Oceanic District Swimming Carnival

On Thursday 15 February we had 10 students represent Merrimac S.S at the Oceanic District Swimming Carnival. They were Ollie B, Loxen C, Dane D, Miller G, Holly G, Leilani S, Zana S, Isla O, Arcadia Q and Faith R. They all swam very well against the top swimmers in our District achieving many Personal Bests and had lots of fun. Thank You, to all the parents for cheering the students on and thanks to Mrs Lees for managing the Team on the day

District Representatives

Congratulations to Gisele N and Benji C for being selected in their respective District Teams. Gisele for Oceanic District Basketball and Benji for Oceanic Rugby League Team. Well done and Good Luck at the Regional Trials.

Interschool Tennis Challenge

On Sunday, Miller G and Josh I competed at a Gold Coast Interschool Tennis Challenge. They played lots of games against other Double Teams from all schools around the Gold Coast. Miller and Josh had lots of fun and were great representatives for Merrimac S.S.



Cross Country Carnival

SAVE THE DATE

The Cross Country Carnival will be held on Monday 25th March. Parents and Carers welcome. Please see below timetable.

9:15am: All Students in Year 3
9:30am: Year 4 Students turning 9 in 2024
9:50am: Students turning 10 in 2024
10:10am: Students turning 11 in 2024
10:30am: Students turning 12 in 2024
11:00am: LUNCH
12:00pm: Year 1
12:30pm: Year 2
1:00pm: Prep

Note: Times are subject to change and will be confirmed closer to event date.

PREP - YEAR 6

CROSS COUNTRY CARNIVAL

Monday 25th March 2024

Whole School Event: Prep- Year 6

What to bring: T-Shirt in your house colour: Gooding – red, Hamilton – blue, Davidson – green, Birmingham – yellow. Hat/Suitable running shoes/apply sunscreen/water bottle.

Parents and Carers are welcome. Feel free to bring a chair or picnic blanket and your cheering voices!

STUDENT ACHIEVEMENT/S

Brazilian Jiu-Jitsu Competition

Max won Bronze on Sunday 25th February in the Grappling Industries - Brazilian Jiu-Jitsu competition in Brendale. What an amazing achievement Congratulations Max!



Starlight Foundation – Super Swim Challenge 2024

Holly G has triumphed in completing the 2024 Starlight Foundation Super Swim Challenge, a charitable swimming event.

Her journey began with a Facebook pop-up, committing to swim 16km and raise \$250 for the Starlight Foundation despite initial challenges due to Christmas storms on the Gold Coast.

Throughout February, Holly surpassed her pledge, swimming 24.98km, averaging 2km three days a week (80 laps of a 25m pool). She raised an impressive \$1,100, contributing to the Starlight Foundation's mission to brighten the lives of sick children across Australia.

Holly's parents express gratitude for the overwhelming support from family, friends, and the community. They extend thanks to the school community families who donated and helped Holly surpass her goals.



You can still contribute to Holly's cause and support the Starlight Foundation: <https://superswim.org.au/h-goldspink>

Amazing effort Holly, congratulations!

KOKODA CHALLENGE UPDATE

Our Year 6 Students embarked on their first Kokoda training session, along with Mr. Scaysbrook. They hiked 8.5kms in the Nerang State Forest, at the completion of the hike our students stated, "is that it?" Our students are going to fly through the main event!

Thank you to everyone who supported Crazy Sock day and our team in their journey to the Kokoda Challenge we raised \$1,085.00 for the Kokoda Challenge (Kokoda Youth Foundation). If you would like to help the team further in their fundraising efforts please visit the link: [MSS Kokoda Challenge Fundraiser](#).



THE RESILIENCE PROJECT (YEARS 3-6)



The Resilience Project is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity.

Teachers and students will engage in fortnightly lessons and activities around the key principles of Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy to build resilience.

Check out their website for more information:

<https://theresilienceproject.com.au/>

And check out TRP@HOME; a place filled with inspiration and activities for the whole family, to help improve your wellbeing and build resilience.

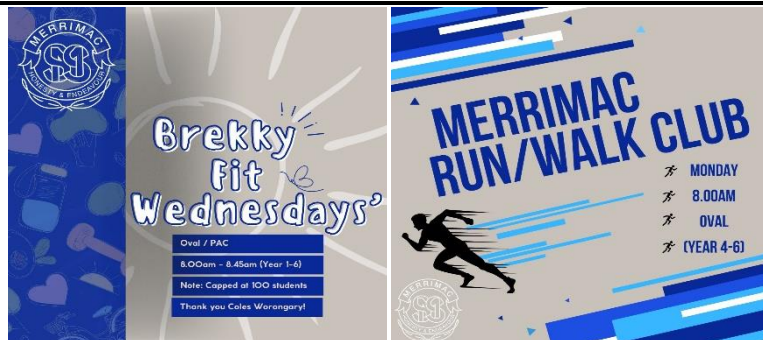
<https://theresilienceproject.com.au/at-home/home-2023/>

Students have so far completed the following lessons: Gratitude/Empathy/Mindfulness – for a [snap shot](#) of these lessons please refer to the end of the newsletter.

MORNING ACTIVITIES

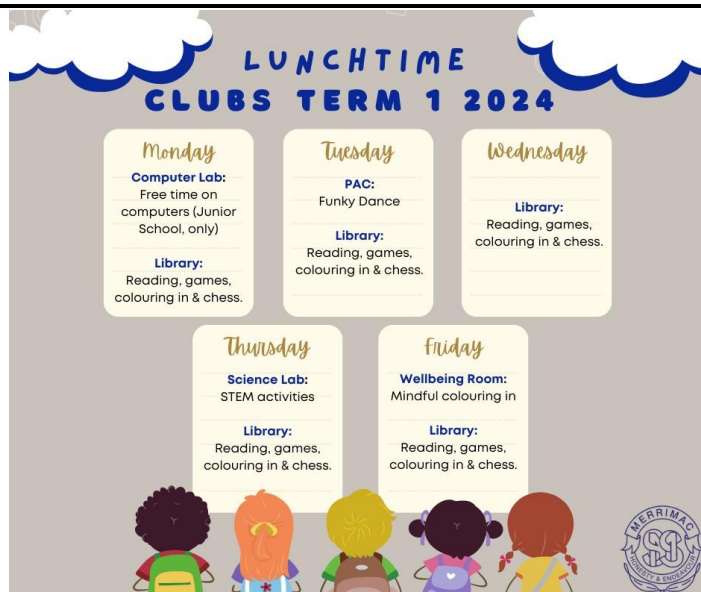
Run/Walk Club – Monday mornings on the oval – open to Years 4-6 – 8.00am start. Thank you to Mr Scaysbrook for making this possible.

Brekky Fitness - Held every Wednesday - open to Years 1-6 and will be held in the PAC – 8.00am – 8.45am. Thank you to Coles Worongary and our Volunteers for making this possible.



LUNCHTIME CLUBS

Did you know our wonderful teachers run numerous 'Lunchtime' clubs for our students to get involved in? See below timetable of the clubs on offer - Term 1.



MSS NAPLAN Timetable 2024

	Week 8						Week 9							
	Wednesday 13 March	Thursday 14 March	Friday 15 March				Monday 18 March	Tuesday 19 March	Wednesday 20 March	Thursday 21 March	Friday 22 March			
	Year 3 and 5 Writing Year 3 Classroom 40 Mins Year 5 Online 42 Mins	Year 5 Reading (50 Mins)	Year 3 Reading (45 Mins)				Year 5 Conventions of Language (45 Mins)	Year 3 Conventions of Language (45 Mins)	Year 5 Numeracy (50 Mins)	Year 3 Numeracy (45 Mins)				
	ICT LAB	STEM Lab	ICT LAB	STEM Lab	ICT LAB	STEM Lab	ICT LAB	STEM Lab	ICT LAB	STEM Lab	ICT LAB	STEM Lab	ICT LAB	STEM Lab
9:05	5A	5B	5D	5C	3A	3B	5D	5C	3C	3D	5A	5B	3A	3B
11:00	Lunch 11:00-11:45						Lunch 11:00-11:45							
11:45	5D	5C	5A	5B	3C	3D	5A	5B	3A	3B	5D	5C	3C	3D
12:45					3M				3M					
1:45	Afternoon Tea 1:45 – 2:15						Afternoon Tea 1:45 – 2:15							
2:15			Catch Up		Catch Up			Catch Up	Catch Up		Catch Up		Catch Up	

TUCKSHOP

Our specials during the week include Hotdog Tuesday, Pizza Wednesday and Sushi Thursday. Please order via Munch Monitor to ensure you don't miss out!

If you need assistance creating a Munch Monitor account or ordering, please see the friendly ladies in the Tuckshop/Uniform Shop for assistance. Also, if you are happy for your child to purchase over the counter at the Tuckshop, please ensure you have turned their snack money on in the Munch Monitor profile.

We will also be having a RED FOOD Day for Cross Country on Monday, 25th March. Watch this space for what yummy treats we will be offering.

EASTER EGG HUNT EXTRAVAGANZA

We are going to be doing a BBQ BREAKY at this event from 8am on Sunday 24th March, and would love if anyone could volunteer some time to assist us. We will be serving egg & bacon rolls, sausage and bread, snacks like popcorn, juice poppers, soft drink and water. We would love some extra hands on the day - please register your interest <https://volunteersignup.org/BGQ9L>

We will raffle off our Easter Raffle Basket, along with another large Raffle donation at this event. Grab your ticket, don't miss out!

P&C AGM MEETING

We had our AGM on Monday 4th March, where we elected a new team to lead the P&C for 2024. Our new team consist of: Kelly Gangell - President, Co-Vice Presidents - Rayleen Morphew and Shannon Taylor, Treasurer - Eliza Bright, Secretary - Jessica Lees. We look forward to hitting our fundraising goals to better serve our school community.

This will be an exciting year for the Merrimac State School P&C Association, and many hands make light work!

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

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, Katie & The Y Merrimac Team



COMMUNITY ANNOUNCEMENTS

Easter Family Fun Day – Sunday March 2024 – Merrimac State School. Register with the QR code on flyer. Our P&C will be running a sausage sizzle. It will be a wonderful day, we hope to see you there! ONLY 500 spaces available.



GOLD COAST PROPERTY PROUDLY PRESENTS

EASTER FAMILY FUN DAY

SUNDAY 24TH MARCH 2024
MERRIMAC STATE SCHOOL • 8AM - 11AM

**FREE GAMES
& PRIZES**
WITH DJ GOOY

**FREE
EASTER EGG HUNT
& ICE CREAM****

FREE COFFEES
FOR THE FIRST 100
MUMS & DADS

MEET THE EASTER BUNNY • LOTS OF EASTER EGGS TO BE GIVEN AWAY • MSS SAUSAGE SIZZLE

\$2 DONATION FUNDRAISING FOR FUN ACTIVITIES

Inflatable Obstacle Course | Kiddies Climb and Slide
Easter Craft Workshop | Face Painting | Glitter Tattoos

ALL MONEY RAISED GOES TO SUPPORTING LOCAL CHARITY, SET FREE CARE



****FREE
EASTER
EGG HUNT**

All participants will receive
a free ice cream and Chocolate
Easter Bunny!

ONLY 500 SPOTS AVAILABLE

Scan QR code and register
now to avoid disappointment!



GOLD COAST
PROPERTY

(07) 5593 3111 | www.gcsr.com.au



Change notification – 11th March, 2024

School bus ## 3318



What? School service 3318 timetable is changing for 2024.

Why? To create an earlier pick-up time.

When? From Monday 11th March 2024 onwards.

Details Departure & arrival times have changed to reflect more accurate departure times. Please review the below timetable to check your new departure time (additional stops can be viewed on Translink route timetables).

A full copy of the updated run sheet can be found below.

**Find
out
more**

The revised timetable will be available on Translink's Journey Planner from 9th March 2024.



3318

School Service Operates via: (L) Gooding, (L) Boowaggan,
(L) Robina, (R) Nerang Broadbeach, (R) Nerang
Broadbeach Service Rd (traffic lights opp Lakeside Dr),
(L) Nerang Broadbeach Service Rd, Straight on Buslane,
(L) Birmingham, (R) Nielsens, (L) Hickey, (R) Michelmores,
(R) Alison, (L) Murev, , Semester, (L) Pappas, (L) Hinkler,
(R) Explorers

Merrimac State Primary School	15:18
Riverside Home Caravan Park	15:24
Nielsens Rd at Hickey Way	15:29
Pappas Way near Mercator Ct	15:35
Hinkler Dr near Explorers Way hail 'n' ride	15:42
Explorers Way at Garvie Place	15:46

Could you use an extra \$500 towards school costs in 2025?

The Saver Plus Program is about boosting financial skills, to develop (and keep) good savings habits.

You can put money towards education expenses including:

- Computers, laptops, and tablets
- Books, uniforms & shoes
- Sports & music, camps, excursions, and more...

If you save up to \$50 a month for 10 months, Saver Plus will double it. \$500 saved + \$500 matched = \$1000 (in 10 months).

Visit www.saverplus.org.au for more details.

**Get up
to \$500
extra in
the bank
for 2025
education
expenses.**



saverplus.org.au



Fathers Together - Growing Resilient Kids - Starting April 16.

Topics covered include:

- Ways to offer emotional coaching with our kids
- Create a support network of other Fathers
- Establish and maintain healthy boundaries
- Crisis management
- Encourage healthy behaviour in our kids
- Share and learn from other Dads
- How to apply the oxygen mask rule
- Powerful parenting tools
- Juggling fatherhood: nuclear, separated or blended

Courses are run in Robina on a Tuesday night, starting April 16th. The course is aimed at fathers who have children aged between 0-8 years old.

The course is being run by Complete Men and Trinity Family Support Network. If you would like more information, please visit:

<https://completemen.org.au/building-better-fathers>



BUILDING BETTER FATHERS

A life changing program,
one evening per week
over 8 weeks.

Robina Venue

Tuesday Nights

7:00pm – 9:45pm
16th April – 4th June

Just Google Building Better
Fathers and register
at the Complete Men website

Program valued at \$500
To help with costs and essentials,
we ask only for a \$100 contribution.
Money back guarantee.

**Early
Years
place**

Supporting children's
development
Queensland
Government

Complete Men
Inspiring men to reach their full potential

**TRINITY
Family Support**
NETWORK



Year 7 Parents – 2025

Please see below poster for Miami State High School Excellence and Specialisation Programs.

Enrolments and applications open 28th February 2024.

For more information, visit www.miamishs.edu.au or 07 5554 0333.

Excellence Program

Trial Dates

Academic Excellence	 Ideas Thursday 2 May 3:30pm-5:30pm School Library	 Stellar Tuesday 30 April 3:30pm-5:30pm School Library
Cultural Excellence	 Music Tuesday 7 May 3:30pm-5:00pm Music Room	 Dance Wednesday 1 May 3:30pm-5:30pm Dance Studio
Sporting Excellence	 Athlete Excellence Wednesday 8 May 3:30pm-5:30pm Sports Centre of Excellence	 Rugby 7's Tuesday 7 May 3:30pm-5:30pm Sports Centre of Excellence
	 Surfing Wednesday 8 May 7:00am-8:15am Miami Beach Front	 Tennis Wednesday 8 May 3:30pm-5:30pm Sports Centre of Excellence
	 Touch Monday 29 April 3:30pm-5:30pm Sports Centre of Excellence	 AFL Wednesday 1 May 3:30pm-5:30pm Sports Centre of Excellence

Enrolment and Applications open Wed 28th February 2024.

For More Information:
07 5554 0333
www.miamishs.edu.au



Keebra Park Year 7 2025 Girls Sport Academy registrations and Scholarship applications are now open.

Students wishing to apply need to register via the link below, and email their Excellence/Academy and scholarship applications to kp2025year7@keebraParkshs.eq.edu.au

Register for Girls Sport Trial Day - 22 March 2024:

<https://www.surveymonkey.com/r/9ZMYPYB>

Are you interested in joining our

ELITE GIRLS' SPORT PROGRAM?



KEEBRA PARK

**APPLICATIONS NOW OPEN FOR
CURRENT YEAR 5 & 6 STUDENTS**

GIRLS' SPORT ACADEMY

Trial Day:
Friday 22 March 2024
9.30am - 2.00pm



REGISTER VIA THE LINK NOW

Merrimac State School will be hosting an after school League Stars Program with the NRL, this program has 6 sessions and will be held every Monday & Thursday (Weeks: 8,9 & 10)

DATES:

11th March & 14th March

18th March & 21st March

25th March & 28th March

TIME:

3:00pm-4:00pm

COST:

\$79:00 includes 6 x sessions of League Stars and a pack containing a League Stars drawstring Backpack, Football, Ball pump and Cape Flag, option to choose your favourite team.



NRL CLUB RUGBY LEAGUE

PLAY SOMETHING UNREAL

PLAYMAKER

STEEDEN

JOIN OUR LEAGUE OF STRONG & CONFIDENT KIDS!

MERRIMAC LEAGUE STARS

WHERE: Merrimac State School - Oval
WHEN: Monday 11th March, 2024
TIME: 3.00pm - 4.00pm
WHO: Mako Roberts 0402138737
AGE: 6-12 years old
COST: \$79.00 6 x sessions

2 x a week for 3 weeks: (Mon & Thurs)
Scan and enter postcode
11 & 14 March (Week 8)
18 & 21 March (Week 9)
25 & 28 March (Week 10)
SCAN THE QR CODE TO REGISTER!



Calling all diving enthusiasts... 'Daredevils' talent search campaign (for ages 8-13yrs) to look for future Diving Olympians.

Love flying high? Want to take your sport to the next level? Is there a dare devil inside you just waiting to get out? Brisbane 2032 may seem a long way away, but your journey starts right here, right now.

The Queensland Academy of Sport is partnering with Diving Australia to launch a DIVING specific talent I.D testing day - 13 years and under.

- Gold Coast (9th March) – This Saturday 11am. Register your place now:

https://youfor2032apply.initiatives.qld.gov.au/#/home/create_profile?game_type=daredevil

For more information you can contact me vyninka@diving.org.au



Fun N Sun Camp

Date: April 2-3

Time: 7.45-3.30p, each day

Cost: \$30 total for both days, inclusive of food

Location: Elanora Uniting Church

<https://brushfire.com/sua/camp/564364>



SUAustralia

FUN & SUN DAY CAMP '24

Two days of beach-themed fun provided by local school chaplains. Come along to enjoy great games, beach activities, food, craft, and exciting life lessons based on bible teachings!

Location: Elanora Uniting Church

GRADES 4-7
APRIL 2-3
7.45-3.30PM
\$30

To book see your school chaplain or email fun&Sundaycamp@sucamps.org.au

Netball Queensland will be hosting a Woolworths NetSetGO Clinic & Jump to Juniors Clinic in the upcoming School Holidays!

Woolworths NetSetGO Clinic

WHEN: Wednesday 3 April, 9am to 12pm

WHERE: Gold Coast Recreation Precinct (1525 Gold Coast Hwy, Palm Beach QLD 4221)

AGES: 5-10 years

COST: \$60 p/person

REGISTER TODAY!: <https://www.trybooking.com/events/landing/1186299>

* Special Guest Appearance! *

Jump to Juniors Clinic

WHEN: Thursday 4 April, 2pm to 4pm

WHERE: Gold Coast Recreation Precinct (1525 Gold Coast Hwy, Palm Beach QLD 4221)

AGES: 9-12 years

COST: \$40 p/person

REGISTER TODAY!: <https://www.trybooking.com/events/landing/1186305>



WOOLWORTHS NETSETGO

APR 3

\$60

Ages 5-10
9AM - 12PM

JOIN US FOR A FUN FILLED DAY OF NETBALL. PLAY WITH FRIENDS & GET IN THE GAME!

A SAFE & SOCIAL INTRODUCTION TO LEARN BASIC SKILLS.

WELCOMING PLAYERS OF ALL SKILL LEVELS

Gold Coast Recreation Precinct

SCAN ME TO REGISTER!

NETBALL CLINICS



JUMP TO JUNIORS

APR 4

\$40

Ages 9-12
2PM - 4PM

JOIN US FOR A FUN FILLED DAY OF NETBALL SKILLS, TEAMWORK, AND MATCHES.

PERFECT FOR TRANSITIONING TO COMPETITIVE PLAY!

NO NETBALL EXPERIENCE REQUIRED!

Gold Coast Recreation Precinct

SCAN ME TO REGISTER!

NETBALL CLINICS

Registrations for the next Sharks Camp are open and filling up FAST!

Sharks Camp is a four-day volleyball camp designed to cater to athletes of all skill levels. With elite development opportunities available and pathways into club and state-level volleyball, this camp has something for everyone!

The Dates:

9th April | 10th April | 11th April | 12th April

4 Days. 300+ athletes. Heaps to learn.

Now available in Brisbane and the Gold Coast!

Check out our website for more information!

www.sharksvolleyball.com/sharks-camp



SHARKS CAMP

Australia's biggest volleyball clinic

Internal prizes & awards

Strength and conditioning workshops

Specialist guest coaches

GRADES 4 - 12

Location: Brisbane Gold Coast

April
9th | 10th | 11th | 12th

www.sharksvolleyball.com/sharks-camp



Works Notice

March 2024

Merrimac station construction update

Fulton Hogan has been awarded the contract to design and build Merrimac Station.

Early works and site establishment activities are underway at Merrimac Station, ahead of major construction starting in the coming months.

Site establishment

Works will be undertaken between 7:00am to 5:00pm, Monday to Saturday



From March 2024, site establishment works will be ongoing within the eastern and western railway reserves.

Works will include:

- Establishment of temporary site facilities, site offices and worker facilities, including parking at the western and eastern sides of the rail reserve.
- Ongoing site access track construction
- Ongoing pre-construction condition inspections of property, utilities and infrastructure
- Ongoing surveying of the site and public utilities, pit excavations, conduit trenching and environmental monitoring
- Vegetation clearing to accommodate for future works, in accordance with all relevant approvals, with fauna spotter / catchers in attendance.
- Please note from April 2024, major construction activities are planned to commence.

Rail corridor works

From Gooding Drive overpass to Red Ash Court

Rail corridor works are planned to occur outside normal working hours during scheduled track closures, with activities planned between the hours listed below, where possible. Works will include fencing installation, surveying and conduit trenching works.

Rail corridor works are scheduled, pending construction and weather permitting conditions, for:

- Saturday 23 March 2024, 6:00am to 6:00pm
- Sunday 24 March 2024, 6:00am to 6:00pm

1800 010 875
merrimacstation@fultonhogan.com.au
crossrverrail.qld.gov.au



If you need an interpreter to assist you in understanding this document, please call the Translating and Interpreting Service (TIS National) on 131 450 and request to be transferred to Multicultural Affairs Queensland on 13 QGOV (13 74 68)



What to expect

- Construction activities may generate increased levels of noise and dust in the area. Every effort will be made to keep these to a minimum
- Ongoing temporary changes to pedestrian access and movements around the eastern parklands area, Entry Drive and Gooding Drive, in place until project completion.
- Increase in workers and construction vehicles transporting materials, equipment and machinery via Entry Drive and Gooding Drive. Workers and light vehicles accessing site via Crelga Court, Nisbet Place and Willunga Place.
- Intermittent use of mobile light towers and safety lighting. Every effort will be made to position light sources away from properties.
- The use of machinery include trucks (including water and fuel carts), graders, excavators, vac trucks, cranes, chainsaws, drill rigs, rollers, track mounted grinder, mulcher, chainsaws and hand held tools.
- An intermittent daily single lane closure and speed reduction will be in place on Gooding Drive westbound, between Ghilgai Road and the rail overpass, from 9am to 3pm.
- Traffic management and road signage will be in place to assist and direct motorists. For further details on the locations of these activities, please see the map below.

Work areas and vehicle movements



Enquiries

If you have any enquiries or wish to speak with a member of project team, please contact 1800 010 875 or email merrimacstation@fultonhogan.com.au

For more information about the project visit www.crossriversrail.qld.gov.au. Scan the QR code to register to receive project updates.



Merrimac

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Gratitude

Working on gratitude helps us to be thankful and appreciate what we have in our lives, rather than focusing on what we don't have or what we want. When we practise being grateful, we start to scan the world to look for positives – this only takes 21 days! Practising gratitude every day increases our levels of energy, helps us to feel happier and more focused, determined and optimistic. It even helps us have a better sleep, lowers levels of anxiety and depression and we are less likely to get sick. So many benefits – let's all try to be grateful for the things and people in our lives every day!

Whole Family Activity:

Gratitude Scavenger Hunt

As a family create a scavenger hunt list of things that make you happy or you are grateful for, you can make your own list or use the examples below:

Something that makes you happy

Something you love to smell

Something you enjoy looking at

Something that is your favourite colour

Something you like in nature

Something that is useful for you

- Each member of the family uses the list, and has to find as many things as they can.
- You can hunt for things inside or outside, or both. You can hunt for real things, or you can also do this using magazines or pictures from the internet.
- After a set amount of time hunting, come back together, have a look at what each person collected and let them explain why they are grateful for each item.

Family Habit Builder:

Every night at dinner, have each person talk about their favourite thing about that day.

Empathy

Working on empathy helps us to identify, understand and feel what another person is feeling. When we show empathy or we do something kind for someone else our brain releases oxytocin. This leads to increasing our self-esteem/confidence, energy levels, positivity and overall happiness.

Whole Family Activity:

Neighbourhood Kindness Challenge

As a family, choose an act of kindness from the list below that you would like to do for a neighbour or family friend. Each family member can select one to commit to, or you can choose to do one together.

- Cook them something delicious like a cake, hotbread, or cookies.
- Write a note to put in their letter box thanking them for being a great neighbour or friend.
- Design them a Thank You card.
- Pick or buy some flowers to deliver to them.
- Choose a little plant from your garden to give them.
- Make them a gift from things around your house.
- Offer to do a job for them, like wash their car or water their garden.
- Offer to take their pets for a walk.
- Invite them over for afternoon tea.
- Invite them on a walk.
- Recommend one of your favourite books to borrow and read.
- Ask them if they need anything from the shops next time you buy groceries.
- Say hello next time you see them, and ask them how their day is going.
- Feel free to do more than one and spread the kindness even further!
- Report back to each other in one week and share how your acts of kindness were received, and how doing them made you feel.

Family Habit Builder:

Every night at dinner, have each person thank another family member for something they've done or said today, or give another family member a compliment.

Mindfulness

Working on mindfulness gives us opportunities to develop our ability to pay attention to the present moment and our thoughts. Practising mindfulness daily can help us stay focused on set tasks and reduce stress and anxiety.

Whole Family Activity:**Mindful Walk**

As a family, go on a walk outside in nature. This might be around your local walking track, at your local park or just around your streets.

While walking, tune into your senses and observe what you can see, hear and feel. Or you might choose to focus on one of the senses. Eg: Hear: what are all the noises you can hear on your walk?

On your way home or when you return home, share what each person saw, heard or felt.

Family Habit Builder:

Each night at dinner, ask everyone to take one mouthful of food more mindfully than the rest and think about the flavours they can taste and how it makes them feel. (They can also thank the chef!).

UPCOMING EVENTS

Week	Date	Event
7	Friday, 8 March 2024	Senior Choir/Music Room/8.00am-8.45am Safe Surfing Program - Group 2
8	Monday, 11 March 2024	Run Club/Oval/8.00am Learn to Swim Program - Year 3 & 4/Rackley's Swimming Miami Safe Surfing Program - Group 1
	Tuesday, 12 March 2024	Junior Choir/Music Room/8.10am-8.40am Deadly Choices Program/ICT Lab/1.45pm-2.55pm (Year 4-6) Senior Band/Music Room/3pm-4pm
	Wednesday, 13 March 2024	Brekky Fit/PAC/8am-8.45am (Year 1-6) Intermediate Strings/Music Room/8am-8.40am NAPLAN Year 3/5 Junior Assembly/PAC/2.20pm Junior Band/Music Room/3.00pm-4.00pm
	Thursday, 14 March 2024	Beginner Strings/Hall/8am-8.40am Senior Choir/Music Room/8.00am-8.45am NAPLAN Year 3/5 Senior Strings/Music Room 3pm-4pm
	Friday, 15 March 2024	Senior Choir/Music Room/8.00am-8.45am NAPLAN Year 3/5 Safe Surfing Program - Group 2
9	Monday, 18 March 2024	Run Club/Oval/8.00am NAPLAN Year 3/5 Learn to Swim Program - Year 3 & 4/Rackley's Swimming Miami
	Tuesday, 19 March 2024	Junior Choir/Music Room/8.10am-8.40am NAPLAN Year 3/5 Deadly Choices Program/ICT Lab/1.45pm-2.55pm (Year 4-6) Senior Band/Music Room/3pm-4pm
	Wednesday, 20 March 2024	Brekky Fit/PAC/8am-8.45am (Year 1-6) Intermediate Strings/Music Room/8am-8.40am NAPLAN Year 3/5 Senior Assembly/PAC/2.20pm Junior Band/Music Room/3.00pm-4.00pm
	Thursday, 21 March 2024	Beginner Strings/Hall/8am-8.40am Senior Choir/Music Room/8.00am-8.45am NAPLAN Year 3/5 Harmony Day Senior Strings/Music Room 3pm-4pm RI Easter Performance/1.00pm - 1.30pm Newsletter Sent Out
	Friday, 22 March 2024	Senior Choir/Music Room/8.00am-8.45am NAPLAN Year 3/5
10	Monday, 25 March 2024	Run Club/Oval/8.00am NAPLAN Year 3/5 Cross Country/Oval/Refer to timetable (subject to change)
	Tuesday, 26 March 2024	Junior Choir/Music Room/8.10am-8.40am Deadly Choices Program/ICT Lab/1.45pm-2.55pm (Year 4-6) Senior Band/Music Room/3pm-4pm
	Wednesday, 27 March 2024	Brekky Fit/PAC/8am-8.45am (Year 1-6) Intermediate Strings/Music Room/8am-8.40am Junior Assembly/PAC/2.20pm Easter Hat Disco/PAC/2.15pm Parent Teacher Interviews (Main Day) - 3.30pm - 6.00pm Junior Band/Music Room/3.00pm-4.00pm
	Thursday, 28 March 2024	Beginner Strings/Hall/8am-8.40am Senior Choir/Music Room/8.00am-8.45am Senior Strings/Music Room 3pm-4pm
	Friday, 29 March 2024	GOOD FRIDAY - PUBLIC HOLIDAY/ NO SCHOOL