Dear Parents, Guardians, Carers and Support People,

Enjoy this time with you children, connect with families and have a wonderful festive season together.

The Guidance Service looks forward to the 2020 school year and re-engaging with students and families in the new year.

Two important messages we would like to promote over this festive season. If you or someone you know is feeling sad or worried, there are people you can talk to. Support is available from the following organisations either by phone or online.

* Kids helpline (for children and adolescents) - Ph: 1800 55 1800
* NQ Connect (Free and safe professional support across North Qld) - Ph: 1300 059 625
* Beyond Blue support service provides support any time of the day or night. To talk with a trained mental health professional, please call - Ph: 1300 22 4636
* Head Space - Ph: 1800 650 890
* Community Health Centre/GP

Tips to support your child

- Listen carefully and be supportive
- Spend time with your child
- Offer assistance and listen even if they do not ask for this
- Reassure them they are safe
- Give them some private time

When to Seek Professional Help

- If you continue to have nightmares and disturbed sleep
- If you have no person or group with whom to share your emotions.
- If you cannot handle the intense feelings or bodily sensations.
- If you feel that your emotions are not returning to normal over a period of time, you feel chronic tension or confusion.
- If you continue to feel numb and empty and do not have appropriate feelings. If you have to keep active in order to avoid thinking and feeling.

All the best for a joyous and wonderful Christmas!

Guidance Officers: Nathan, Denise & Deb

by Annie Mene
Head of Campus
Mabuygiw Ngurpay Lag

Congratulations to our Kindy students and Year Six for graduating from Mabuygiw Ngurpay Lag 2019. Parents, Staff and Community would like to wish the Yr 6’s all the best on their next journey - Secondary Education.

by Susan Booth
Head of Campus
St Paul’s Ngurpay Lag

In the past week we have had many celebrations of our learning and achievements at St Paul’s Campus. On November 27, our five Kindergarten students finished a successful year of play, growing, exploring and learning fun. Our Year Six students had a beautiful community masquerade celebration on November 29, looking sharp and looking back at their time at St Paul’s Campus with pride.

We wish all St Paul’s students a safe and happy holiday time with an equally successful 2020 to come!
The end of the year usually marks a sad occasion of saying goodbye to students who have been with us for most, if not all, of their primary education.

On Thursday 28 November our Year 6 students, together with their families, celebrated transitioning to high school. We thank our families who supported the students on their educational journey at Waybeni Buway Ngurpay Mudh. Students enjoyed the night dancing, laughing and reminiscing on memories they have shared. As they take this step forward we wish them the very best for their future.

Congratulations Year 6’s of 2019!

The 2019 Poruma Ngurpay Lag Year Six Graduation was held on Friday 22 November, it was an exciting and entertaining night for all 70 guests. Graduates this year were Gibson, Patterson, Miciah, Tatiana and Tahlya. As is tradition, each student had 10 invited guests who sat at a table resplendent in the colours of their favourite NRL team. A massive amount of effort went into decorating the Community hall and preparing for the evening, with the highlight being the graduation video produced by visiting pre-service teacher Miss Jessica Micaleff.

Mina big Eso to all parents, staff and volunteers who made this a night to remember.

Congratulations Badhulgaw Ngurpay Lag Year Six Students