



**Mary Valley  
State College**

# Mary Valley State College Newsletter

Week 3 & 4, Term 4, 2025



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Imbil Q 4570  
07 5488 5333

**Find us on Facebook**

## IMPORTANT DATES

30 October - Final Prep  
Transition Session

30 October - Day for  
Daniel

31 October - Halloween  
Dress Up

4 November - Swimming  
Carnival

6 November - Prep 2026  
Welcome BBQ

7 November - Colour Run

11 November -  
Remembrance Day

12 November - Awards  
Night

27 November - Year 10  
Day Out

28 November - Year 10  
Final Day



## Welcome to Week 3 & 4

**Steve Mabb, College Principal**  
[admin@maryvalleystc.eq.edu.au](mailto:admin@maryvalleystc.eq.edu.au)



Thank you to all the families who completed the School Opinion Survey at the start of last term. Your feedback is greatly appreciated, and the results were extremely pleasing. It is reassuring to know that our families value the care and commitment we show in supporting your children each day.

This year's parents' results placed Mary Valley State College above the state, region, and similar schools in every category, with improvement shown in almost all areas over the past 12 months. Our students, who are often our toughest critics, recognised significant progress in 18 of the 26 areas surveyed.

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Staff also showed strong confidence in our school community, with every staff member agreeing that Mary Valley is a “good school.” Particularly pleasing was the result for student behaviour, with 93 percent of parents and teachers agreeing it is well managed, which is around 20 percent higher than both Sunshine Coast schools and the state average.

While there are still some students who do not yet meet our behaviour and engagement standards, we continue to work closely with these students and their families to ensure every child’s right to learn is protected.

We are now only three weeks away from our **Awards Night**, to be held on Wednesday 12 November. This event is a highlight of our school year, where we celebrate the achievements of our students and recognise the support of our families. We encourage everyone to attend, if possible, as there will be a special video presentation featuring our students that you will not want to miss.

Thank you for the ongoing support you give to your children’s learning. It truly makes a difference, and Awards Night is our opportunity to celebrate that success together.

**Steve Mabb**  
**Principal**

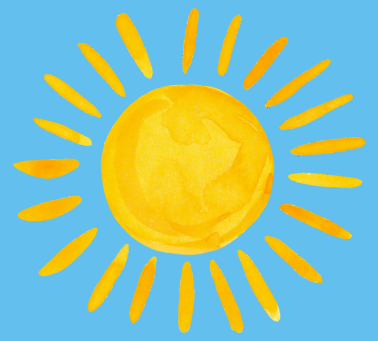


**PBL FOCUS  
FOR WEEK 3 & 4**

**WE ARE RESPONSIBLE  
WHEN WE ACCEPT RESPONSIBILITY FOR  
OUR OWN WORDS AND ACTIONS.**



# Reminder



**THE WEATHER IS GETTING HOT!**

Please remember to bring every day:



**WATER BOTTLE**



Its important to stay hydrated on these hot summer days.



**FRUIT SNACK**



Fruit break is at 10.10am everyday.

Eating a piece of fruit fuels growing brains and bodies, helping students stay focused, energised, and ready to learn.



**ICE PACKS IN LUNCHBOXES**



Lets keep those lunches cold and safe to eat

## Mary Valley Playgroup

**Playgroup is back for Term 4!**

Every Monday 9.00am - 11.00am. Prep Playground.

Phone the school office on 5488 5333 or join the Facebook Group **Mary Valley Playgroup**.





# PRIMARY *update*

WITH MS EMMA FISHER  
HEAD OF CURRICULUM



## Mary Valley Quest

This week, students from Year 1 to Year 6 took part in the Mary Valley Quest – an exciting adventure around our school to launch the new English unit. Armed with curiosity and teamwork, students collected items, solved riddles, and answered questions. The enthusiasm and laughter throughout the day were wonderful to see! To continue supporting your child's learning at home, we encourage you to keep reading together or find ways to inspire a love of books through shared stories and conversations.



## Swimming Program

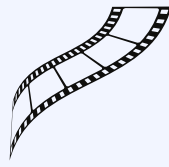
With the warmer weather upon us, swimming has become one of the highlights of the week for many students. The lessons are not only fun but also essential for developing vital water safety skills. It's fantastic to see students building confidence in the pool and learning how to stay safe in and around the water.



**SWIMMING CARNIVAL - TUESDAY 4 NOVEMBER!**

# PRIMARY *update*

WITH MS EMMA FISHER  
HEAD OF CURRICULUM



## **School Video Celebration**

Filming for our school video was finalised last week! We're excited to soon share this special project, which captures the heart of our school community and celebrates the amazing learning, creativity, and spirit of our students.

## **Staying Hydrated**

As the days grow hotter, please remind students to bring a water bottle to school each day. Staying hydrated helps maintain focus and energy in class and minimises interruptions to learning time.



A heartfelt thank you to all our families for your continued support throughout the term. Your encouragement and involvement play such an important role in keeping our school a positive, caring, and connected community.

Together, we make Mary Valley a wonderful place for our students to learn and grow.

## **REMINDERS FROM THE ADMIN OFFICE**



*Student Account Statements will be sent out this week.  
Keep an eye out on your inbox/post box.*

### ***Have you signed up for QParents?***

*If you're not sure, come and see Cara in the office  
and she will be happy to help!*

# Secondary News

By Miss Susanne Smith, Head of Department  
ssmit568@eq.edu.au



## TERM 4, Week 3 & 4

**Spring appears to have passed us by, and we have moved straight into a hot and humid summer.**

The human body is amazing and can manage heat and humidity in different ways. These processes help to keep the body at its regulated temperature (around 37°C) so that organs stay healthy and function correctly. It is your brain that controls the way your body responds to heat, specifically the hypothalamus. This part of the brain sends messages to your blood vessels telling them to rise to the surface of the skin and dilate. By becoming larger, blood has a larger surface area to travel through allowing the heat to escape. As the blood is now closer to the surface of the skin the heat escapes through the skin in the form of sweat. This sweat then evaporates into the air surrounding the body, hence keeping your body from cooking internally.

Now this is great, but when it is humid, the air around the body already has moisture in it, so the evaporation of sweat is much less, hence the body now needs to find “other” ways to cool down. Ideally, the brain tells you to be less active, seek shade, wear lighter clothing etc., but let’s be honest here, we are talking about teenagers (whose brains are not fully developed) and they often don’t listen to the signals their body is sending.

*What happens when your students don’t listen to the messages their body is sending regarding heat?*

Initially we see things like:

**#1 Impaired cognitive function:** hinder a student's ability to think and learn

**#2 Disrupted concentration:** difficult for students to focus, leading to lower achievement

**#3 Impact on specific skills:** lower performance in specific areas like pattern recognition, reading ability, and memory.

# Secondary News

By Miss Susanne Smith, Head of Department  
ssmit568@eq.edu.au



In extreme cases of heat exposure, we see:

**#1 Dehydration:** excessive fluid loss

**#2 Heat Stroke:** dizziness, nausea and confusion



***What can we do as parents and educators to help your students to minimize the effect of heat related illnesses?***

**#1 Reduce sugars:** sugars increase dehydration and increase internal heat as the body uses a lot of energy to break sugar down, hence producing more sweat

**#2 Stay hydrated:** send your student to school with a water bottle that they can refill from the chilled water bubblers

**#3 Dress appropriately:** wear loose fitting clothing (not tight), avoid layering of shirts, avoid black clothing, heavy long trousers, wear a hat

**#4 Wear sunscreen:** sunburn increases the amount of heat in your body

**#5 Avoid running around in the heat of the day:** playing tag is not a good idea

**#6 Eat foods that are cooling:** send these foods to school for lunch; fruits, leafy greens (salads etc), yoghurt and other nutrient rich foods

**Let's help our students to reduce the risk of heat illnesses this term.**




# Secondary News

By Miss Susanne Smith, Head of Department  
ssmit568@eq.edu.au



## What's coming up for the rest of the Term

- **Swimming!** It is part of the curriculum that students swim, so make sure that they have their swimmers, sun safe shirts and towels ready every day.  

- **Swimming Carnival** is also on in Term 4 and the theme will be SUPER HEROES, so get your thinking caps on for the fancy dress competition.
- **Colour Run** to raise funds for the school Chappy Em.
- **Future School Leaders** day out
- **Year 10 Graduation** in week 8 of Term 4.
- **Year 10 Graduation Dinner** (staff and students) and **Year 10 Big Day Out** in week 8 of Term 4.
- **Academic Awards Night** - 12 November
- **Year 9 Work Experience** in week 10 of Term 4
- **Year 6 into 7 Transition Day** Week 10 of Term 4
- **Imbil Christmas Fete** in Early December

Until next edition, if you have any questions or queries, please don't hesitate to contact the school and we will help you.



[WWW.FUNRUN.COM.AU](http://WWW.FUNRUN.COM.AU)

**SAVE THE DATE**



**Mary Valley  
State College**

**2025**  
**COLOUR RUN**  
**FRIDAY 7 NOVEMBER**