



# GILSTON STATE SCHOOL

## NEWSLETTER



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### PRINCIPAL'S REPORT

Tearing off the November page from the calendar certainly underlined how close we are to the final bell for 2015. It is an **exciting time of the year** as the young, and young at heart, dive headlong into the festive season. We have had a **wonderful year full of highlights and achievements** for the members of our school community and with your continued support, I expect we will finish the year on a high note.

Our Year 6 cohort is most excited as they prepare for their **Presentation Night** and their excursion in the final week. I have been **impressed** with most of this cohort's **attitudes** as the year draws to a close. They have recognised the special significance of this time as they prepare for the transition to high school and behaved accordingly, remaining positive role models for the younger students in the school.

While the Year 6 students are preparing for their next chapter, the **Year 5 students** have been **preparing to accept the mantle of being the leaders of the school**. This week we will listen to the school captain candidates' speeches before conducting a ballot to choose the captain and vice-captain for 2016. This presentation will take place on the assembly tomorrow. In addition to these positions, the house captain elections will also be held before the end of the year for the first time. These presentations will occur on an assembly in the New Year.

I was pleased to be able to meet with parents about the **Student Resource Scheme** last Friday, listening to the feedback and clarifying some details around the aspects raised. I also took the opportunity to reiterate the **importance of seeking information from sources within the school to avoid any misunderstanding**. One particular point of clarification that emanated from the session pertained to the whiteboard markers and the large number required by all students. It was apparent that advice had been gained from sources beyond the school that these were for use by teachers. In fact the markers are for the students who engage in eight, forty minute sessions involving personal whiteboards per week.

Each year the residents at **Melody Park** enjoy **performances by our choir**. This year there will be two choirs each with over 50 students. I **commend Alison** for her continued commitment to music at Gilston and thank all parents for the continued

## FOR YOUR DIARY

Thursday	3 December	Prep-4 Christmas Concert
Friday	4 December	Swimming Carnival Year 4-6. All Saints Merrimac
Monday	7 December	Red choir to Melody Park
Tuesday	8 December	Year 6 Presentation Night
Friday	11 December	<b>Last day school 2015</b>
Tuesday	19 January	<b>Uniform shop open 8.00 - 11.00am</b>
Thursday	21 January	<b>Uniform shop open 2.00 - 4.00pm</b>
Wednesday	27 January	<b>First day school 2016</b>

### 2015 Explicit Improvement Agenda

- Guided Reading
- Explicit Instruction – Short to long-term memory

### Gilston Expectations

- Be a Learner
- Be Responsible
- Be Respectful
- Be Safe

### Current Attendance Levels

P	1	2	3	4	5	6
94.31	94.11	94.05	93.51	92.87	93.52	92.59

support that allows us to take our students to these performance opportunities.

Many of you will be aware that **Mrs Atkin was unwell** yesterday and required medical assistance. I have remained in touch with her family and know that she is resting in hospital after undergoing a battery of tests. Mrs Atkin is appreciative of the support and well wishes from the Gilston State School community.

I congratulate **Prep, Year 1 and Year 2** for managing to **remain in the "yellow"** for attendance this year. After final statistical manipulation of the data it will be interesting to see how we compare to others in the state.

In closing I invite you to be part of the **Christmas concert this Thursday**. There is no doubt this spectacle is a crowd favourite as the girls and boys perform for their parents and peers. The costumes, dancing and singing make it impossible to ignore the impending festive season.

Stay safe and keep smiling.  
Bruce

#### **DEPUTY PRINCIPAL'S REPORT**

##### **Keeping the Holiday Season (and other times of the year), REAL**

A latest survey conducted by the Australian Psychological Society (APS) has highlighted that on average one in two young people experience FOMO (Fear of Missing Out). 'FOMO' is the pervasive fear that you might be missing out on something great happening elsewhere, often triggered or reinforced by what we see through all forms of media, and particularly with children, posts seen on social media.

**FOMO can be particularly damaging, it draws all of us into living and judging people's lives instead of enjoying our own, creating what can be discontent, envy and even depression.**

So what can be done about it? We can encourage children to ask themselves these four questions the next time they feel an attack of FOMO coming on.

##### **Is this something I really want to be doing?**

FOMO can often be triggered by seeing others doing things you don't actually want to do but feel that you are missing out by not being there. So the next time you experience a child having a FOMO attack, challenge them to reflect if they would actually want to be doing the thing they feel they are missing out on. If they had a choice that very moment, would they actually choose to do that? This also reminds them that they have choices, and living their life means making their own, different choices as opposed to what others choose to do.

##### **Is this feeling telling me something that I need to change?**

Sometimes FOMO can be an indication that they are not content with something in their lives. This could be related or unrelated to what they are actually missing out on. Again, this offers an opportunity to reflect on the choices they have made and the opportunities they have available to them.

##### **Would I actually be able to do that? Is it viable?**

Sometimes children might feel FOMO in relation to something that they would like to do but are not in a position to do yet. For example, they might see a photo of a group of friends holidaying overseas. This doesn't mean that they aren't or won't be able to do that; rather it means that is not accessible to them...yet. This could provide an opportunity for reflecting on what they might like to do in the future, and brainstorm ideas of how to get there.

##### **Is this an accurate representation of real life?**

With regard to social media, young people and FOMO; so many social media accounts are known to be, and are exposed as fake.

With most social media accounts being carefully curated to create a specific representation (with filters used on most Instagram posts for example), it is important to remind children that what they see is often not real. Even their friends' posts are likely to be carefully planned, crafted and selected. Chances are they are not actually missing out! Ultimately, FOMO is not new. It is however enhanced by the world we live in, and the content we're exposed to. A more balanced use of social media, including taking time out to focus on and do things in real life, is probably the option for limiting its impact.

**Perhaps the happiest, most fulfilled people are not those getting more, but those giving more.**

#### **LIBRARY NEWS**

As we are in the final two weeks of the year, there is no more borrowing from the library. We ask for ALL library books to be returned promptly please. If you cannot find your child's library book contact the librarian please.

Kathy Stone / Librarian

#### **MATHS OLYMPIAD**

Last week the Year 6 students who participated in this year's Maths Olympiad competition were tested on their reasoning skills. All students showed a marked improvement in their test scores from the beginning of the year. Explicit teaching of problem solving strategies and lots of practice doing challenging questions has benefited these students in developing these skills in mathematics. I would like to congratulate the students on their success. I have enjoyed working with you all this year.

Kathy Stone / Maths Olympiad Teacher

#### **CHAPPY'S SPACE**

##### **MERRY SAFE CHRISTMAS AND A VERY BLESSED 2016 TO ALL OUR FAMILIES, STAFF AND STUDENTS!**

**\*\*NO BREAKFAST CLUB THIS WEEK DUE TO CHRISTMAS SHOW SET UP\*\***

##### **Interesting Christmas Facts:**

1. The Germans made the first artificial Christmas trees out of dyed goose feathers
2. All the gifts in the Twelve Days of Christmas would equal 364 gifts
3. The "true love" mentioned in the song "Twelve Days of Christmas" does not refer to a romantic couple, but the Catholic Church's code for God. The person who receives the gifts represents someone who has accepted that code. For example, the "partridge in a pear tree" represents Christ. The "two turtledoves" represent the Old and New Testaments
4. According to the Guinness world records, the tallest Christmas tree ever cut was a 221-foot Douglas fir that was displayed in 1950 at the Northgate Shopping Center in Seattle, Washington
5. Many European countries believed that spirits, both good and evil, were active during the Twelve Days of Christmas. These spirits eventually evolved into Santa's elves, especially under the influence of Clement C. Moore's The Night Before Christmas
6. Christmas is a contraction of "Christ's Mass," which is derived from the Old English Cristes mæsse (first recorded in 1038). The letter "X" in Greek is the first letter of Christ, and "Xmas" has been used as an abbreviation for Christmas since the mid-1500s
7. The earliest known Christmas tree decorations were apples. At Christmas time, medieval actors would use

apples to decorate paradise trees (usually fir trees) during "Paradise Plays," which were plays depicting Adam and Eve's creation and fall.

8. Christmas lights were invented in 1882 by Edward Johnson
9. 12th century nuns left socks full of nuts, fruit and tangerines at the doors of the poor. This is where the tradition of putting tangerines in stockings came from
10. In order for Santa to visit all the homes on Christmas Eve he would have to visit 822 homes each second

**Prayer For Our Families:** If there are any families in our community who wish to send prayer requests for any situation to our School Chaplain, no need to go into detail, you can access this community service via Chappy's email [samanthab@chappy.org.au](mailto:samanthab@chappy.org.au)

**Food Parcels For Emergency Food Relief** Newlife Uniting Church Robina 55789322, Mosaic Family Baptist Church 07 5525 2477.

**Saturday Night Kids Club- 'Kids Roc' 2nd & 4th** Saturday of the month put on by United City Church held in William Duncan School Hall. Enquiries -Sue 0421664466 [www.kidsroc.com.au](http://www.kidsroc.com.au).

**Food Hampers For Anyone** -Cost \$15 with \$50 or more value. Pick up is at New Street Nerang. For further information call Nathan 0402227575 .

**CYC Holiday Camps At Burleigh** Summer camp registrations will close soon . Get in quick to not miss out. For grades 4-7 only. For information on upcoming school holiday camps visit <http://www.cycburleigh.com.au/> or <http://www.suqld.org.au/camps>

You can access the Chaplaincy service at Gilston via Mr Weatherburn or by contacting Chappy Sami at [samanthab@chappy.org.au](mailto:samanthab@chappy.org.au) .All referrals however, need to go through our admin SNaC committee as per Mr Weatherburn. You can start this process through your class teacher.

Kids Helpline 1800 55 1800, Beyond Blue 1300 224 636, Lifeline 131 114, Cancer Council support line 131 120, Commonwealth Carelink Centre 1800 0520222, Juice 107.3 Careline 55 283 555.

**QUOTE:** Charles Gordy "A smile is an inexpensive way to improve your looks".

## FROM THE GUIDANCE OFFICER

### Seven Simple Parenting Strategies that Work

As a parent, you are likely to be interested in finding ways to interact with your children that actually foster your ability to develop a strong relationship, encourage their positive behaviour and consideration for others, and respond to any behavioural problems that arise appropriately.

Take a look at any bookstore and the shelves will be full of advice. However, figuring out which strategies are actually effective can still be a challenge.

The American Psychological Association was asked about the best research-based parenting strategies that showed effectiveness in improving behaviour, strengthening the bond between parents and children, and helping parents react to behavioural problems that arise.

The following seven empirically tested parenting strategies were the result.

1. **Praise.** Studies have shown that the behaviour that gets your attention is the behaviour that you'll get more of. Attention to undesired behaviour — often in the form of reprimands or punishment — will just increase undesired behaviours. At the same time, specific, labelled recognition and praise which details desired behaviours actually serves to increase that behaviour. Parents should not offer praise indiscriminately however. Instead, parents should give very specific

feedback on exactly what the child did that the parent liked.

2. **Ignore Minor Misbehaviours.** If the misbehaviour is minor and not dangerous, simply ignore it. Ignoring when a toddler throws food on the floor or when a pre-teen slams a door, while responding with positive and detailed attention when they ask nicely or express their feelings appropriately teaches the child that good behaviour is valued and a more reliable way to get attention.
3. **Understand Child Development.** Understanding developmental milestones can help a parent attend to and praise small steps towards that milestone. Knowing a four-year old wants to please friends will make you more likely to praise their positive behaviour with friends. At the same time, understanding that young teens typically have concerns about body image, looks and clothes, might make it easier to ignore all that extra time spent in front of the mirror.
4. **Do Time-Outs Right along with Quality Time-In.** Brief and immediate time-outs have been shown to work best, particularly when paired with parents who are also modelling warm positive behaviours and providing plenty of praise for good behaviour. Keeping calm is also very important. It can often be a real challenge at the very moment a misbehaviour is occurring but do try to keep your cool! Also please don't forget that praising time out compliance can actually make the time-outs even more effective.
5. **Focus on Prevention of Misbehaviour.** Paying attention when a child gets tired or hungry can prevent a large portion of meltdowns. Planning ahead and anticipating potential problems and teaching a child ways to cope with these problems when they arise can even eliminate the need to use a time-out.
6. **Take Care of Yourself First.** Children are negatively affected by your moods and any perceived parental stress. Some eighty-six percent of children report that parental stress does unsettle and bother them. It can seem nearly impossible when you're busy with the demands of parenting, work and life, but it is essential to take time to look after yourself. Try to build in a regular time for exercise and mindfulness meditation. Maintain your hobbies and connect with family, friends and partners often.
7. **Take Time and Do Nothing.** Spend time with your child (experts recommend about one hour a week per child) doing nothing but being with them, acting interested in them, and expressing many positive thoughts and feelings towards them. During this time avoid teaching them and preaching at them. Try not to have to correct them constantly and avoid offering lots of alternative perspectives. Just enjoy their company and let them know that you love them.

At times, parenting can feel like you're in an airplane in turbulence with a massive thunderstorm approaching. When you reach out for your oxygen mask but find it has become tangled. However, it's still very important you remain calm. You know you have to untangle it and put your oxygen mask on before you can help your child. It's the same with poor behaviour — before you can help your children and give them specific instructions regarding what to do you need to calmly consider your options and select the most appropriate actions!!! When you do give your children guidance and instruction you still need to remain calm and provide them with carefully considered wisdom and lots of positive feedback for good behaviour. Adapted from Generation Next- Dr Ramesh Manochalf, 2012

## **TUCKSHOP REPORT**

Thursday 3 December – Tracey Zimmerman

Ice Blocks – Help needed

Friday 4 December – Teresa Evans / Sally McRobert

Ice Blocks – Help needed

Monday 7 December - Help needed

Ice Blocks – Help needed

Tuesday 8 December - Dorothy

Ice Blocks – Help needed

Wednesday 9 December - Dorothy

Ice Blocks – Help needed

Thursday 10 December – Tracey Zimmerman

Ice Blocks – Karen Crabb

Friday 11 December – Kristy Griffin / Tammy S

Ice Blocks – Help needed

Swimming caps are available from the tuckshop for \$8.00 each.

We are open right up to and including the last day of school, Friday 11 December. Our stock will get low; however we will always do our best to give your child what they ordered.

Also it has come to my attention that some children are keeping their tuckshop "HOT" food in their school bag until 2<sup>nd</sup> break and then they want this food reheated at 1.40pm. Due to food safety requirements and laws, we are not permitted to reheat food. Keeping their food in their bag at a dangerous temperature may cause illness, for which the tuckshop is not responsible.

If your child requires hot food at 2<sup>nd</sup> break, please do another order.

Tomorrow – Thursday 3 December – is the Prep-Year 4 Christmas concert. The tuckshop will be selling tea/coffee and cake for \$5.00, cold drinks, water and snacks. If you want to place an order for lunch, please order before 9.00am.

Have a great week

Nicole – Tuckshop Convenor

## **COMMUNITY NOTICE**

**WANT TO GET YOUR KIDS ACTIVE AND EATING WELL?** The FREE PEACH program can help. The program covers Nutrition, Physical activity and Parenting. Visit [www.peachqld.com.au](http://www.peachqld.com.au).

**BUNNINGS NERANG CHRISTMAS FAMILY NIGHT** Thursday 10/12/15 6.00-8.00pm. Bring the family along for a great night of fun. Booking recommended at [www.bunnings.com.au](http://www.bunnings.com.au)

**NERANG CELEBRATES CHRISTMAS** – Saturday 19/12/15 at Bischof Park. 3.00pm \$2 rides, drinks, fairy floss and sausage sizzle. Variety of food stalls. 4.00pm meet Santa in the Park, 6.00pm Traditional Carols and Santa, 8.30pm Fireworks.

**CAROLS ON THE BEACH** Sunday 20 December Surfers Paradise Beach - 6.30pm – plus a fireworks spectacular.

**2015 SUMMER SCHOOL HOLIDAY MULTI SPORT FUN CAMPS @ Hinterland Tennis Club**, Price Street, Nerang. Full Day 8:30am-4.00pm \$40 per person/per day (BOOKINGS ONLY) Half Day 8:30am-12:30pm \$25 per person/per day (BOOKINGS ONLY). TENNIS, WATERFIGHT, BASKETBALL, SOCCER, CRICKET, DODGEBALL, beginner to intermediate players of all ages. DECEMBER Monday-Thursday 14-17. Monday - Wednesday 21-23. JANUARY Monday-Thursday 11-14 Monday – Thursday 18-21. Call Jono 0488696 939