Parents want their children to attend Gilston State School. This is a fact about which we are proud and one that we don’t take for granted. Our team works tirelessly to maintain the reputation that has been forged over decades by many, many people. Adherence to our expectations is pivotal to this perpetuation and it requires everyone to play their part: staff, students and parents. Thank you for the part you play to ensure our reputation is maintained.

Informed decisions return better outcomes. At our school we ensure that research underpins decisions about what and how we deliver instruction and when it comes to resourcing our school we rely on enrolment data to inform our decisions. That’s where it is vital that we know if your children will be returning to Gilston in 2015 and the number of children expected in Prep next year. If you know that you will not be returning to Gilston next year (apart from our year 6 and 7 students) call the ladies in the office to make them aware. Likewise, if you are yet to return your enrolment form for Prep please do so tomorrow.

Ebola is a topic that has dominated newscasts in recent times. Significant attention has been directed towards ensuring that there are no cases entering countries and that when a case is suspected, that appropriate measures are taken. To ensure we are well-informed, I have contacted Community Health to clarify the situation with people returning from overseas travel. I share the following response for your information, “If there has been no travel to West Africa, no contact with suspected or confirmed Ebola cases then the risk is nil”.

The students enjoyed an additional day away from school this week and while they did our industrious staff worked feverishly to refine the curriculum for 2015. Our intent was to analyse the critical literacy and numeracy concepts and skills for each level and stage and to explore the delivery schedule to ensure best use of time. Again I salute the teachers at Gilston for the productivity on display. I also recognise Kelly for her leadership of the process.

Consolidation of learning is when we cement a concept or skill in our long-term memory and our recollection of the knowledge becomes automatic. This year we have focused on refining our instruction to ensure it is explicit and consolidated. Throughout this term, our teachers will be watching each other teach to build upon strengths and will visit classrooms at other schools to refine their practices. Later in the newsletter you will read about the new role for our school leaders. I commend the students and the teachers for their efforts.
launching the concept of playground leaders. Already I have celebrated some very positive outcomes that have resulted from the students interactions in their new roles.

Isabella, Taj, Alissa and Chloe brought credit to Gilston as they delivered their speeches at the “Speaking Out” competition last week at Nerang Shs. I also noted that from the high school section of the competition, 40% of the students participating were ex-Gilston students. I congratulate all participants for their confidence and thank them for the entertainment.

The final information session for Prep will be held this Friday at 9:15am. This session has been repeated throughout the year to ensure all parents are well prepared for their child’s Prep experience next year.

If you appreciate artistic talent, you are in for a treat this Friday when we throw open the doors for the Family Arts Night. Our talented girls and boys have again excelled in two and three dimensional artworks and our performing artists are rehearsing in preparation for their moments of fame. I look forward to sharing the evening with you.

Stay safe and keep smiling.

Bruce

DEPUTY PRINCIPAL’S REPORT
Congratulations Speak Out competitors. Last week, Isabella Goldring, Taj Hoff, Alissa Lott and Chloe Palmer represented Gilston at Nerang Speaking Out competition. All the students did a fabulous job and were praised on their confidence and poise. Taj Hoff was only one point from winning his year level competition. Well done students!

Last week, representatives from Surf Lifesaving Queensland attended Gilston to deliver important messages regarding surf and beach safety. SLSQ aims to change behaviours and save lives through education and an increased understanding of our key beach safety messages. They have a strong focus on providing beachgoers with the information they need to make safe and responsible choices about where and when they swim. Students were engaged in the presentation and many valuable messages were reinforced.

Year 4 English - a word from the students from 4N
In Year 4 English, we are learning about advertisements and how they persuade people to buy their product. Advertisements use noun groups, prepositional phrases, commands, exaggeration, alliteration and nonsense words. Advertisements are aimed at a particular group of people called the target audience.

Tip of the week – Sleep is important to your child’s health
Sleep affects how children feel and function. By helping your child to get the recommended amount of sleep, you can improve your child’s health, psychological well-being, and safety. Sleep is key to your child’s growth and development as well as his/her ability to learn.

The details below provide general guidelines showing how your child’s need for sleep changes with age. There may be individual differences between children:

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<th>Age Daily Sleep Need</th>
<th>Preschool aged children 10-12 hours</th>
<th>School-aged children At least 9 hours</th>
<th>Adolescents (Teens) 9 hours</th>
<th>Adults 7-8 hours</th>
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Unlike preschoolers who may need naps, school-aged children usually get all of their sleep at night. Teens need more sleep than adults. In addition, adolescent body clocks shift to a later sleep-wake cycle, making it hard for most teens to either fall asleep or wake up as early as they once did, or as early as younger children and adults. This shift is due to changes in teen brains and bodies and is what makes it hard for many teens to fall asleep much before 11:00 p.m.

Why Is Sleep Important? What Happens During Sleep?
Adequate sleep is a central part of a healthy lifestyle. During sleep, your body and your brain actively work to support healthy brain and body function.

Sleep helps your child focus and remember what he or she has learned. Memory is improved with sleep. Sleeping seems to enhance learning as if it were extra practice, whether your child is learning an academic subject like algebra, new physical skills like playing a musical instrument, dance steps, plays in sports, or how to drive a car.

Sleep also is vital for your child’s physical health. As one example, sleeping well supports the immune system, which helps fight infections, and thus sleep may decrease your child’s risk of getting sick.

What Happens When My Child Doesn’t Get Enough Sleep?
Young people who do not get enough sleep may be overly active, misbehave, have problems paying attention, or suffer declines in school performance. Sleep-deprived young people may have difficulty getting along with others, may be angry and impulsive, or lack motivation.

Sleep helps maintain the healthy balance of a number of hormones, including the ones that control appetite. Thus, loss of sleep may lead to increased appetite, overeating, and unhealthy weight gain.

How Can You Help Your Child Develop Healthy Sleep Habits?
It is important for your child to understand that getting enough sleep is a vital part of a healthy lifestyle. Make sleep a top priority and help your child to set a schedule that allows enough time for sleep. Developing a relaxing bedtime routine may help.

GILSTON CLUB NEWS
Trivia Night Is On!! Thanks to the great response to my plea last week, we now have 12 tables booked but now we need payment! The organiser of each table needs to collect the money ($10 each) from each person and put it in an envelope. On the front of the envelope goes the organiser’s name, contact number and name of each person paying (first name only needed). Please place this envelope in the wooden box in the office.

Also, we need more raffle/auction items. Remember, all money raised goes back to the kids so please support your school in any way you can. We are already getting some

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great donations, but alas, nothing from our own Gilston families. Your generosity would be greatly appreciated! Donations can be left at the office, or call me and I will organise to get them from you. When donating your items, pop some business cards in as well so we can display them on the night. For all things Gilston Club, please email me at gilstonclub@gilstonss.eq.edu.au or text me on 0414912217.

Thanks, Lisa - Chairperson

CHOIR NEWS
The junior and senior choirs are currently rehearsing for their performance at the Gilston Arts Night on Friday 24 October. All choir members will be on stage at approximately 6:20pm and will need to wear their school uniform. The Q1 choir will be travelling to Surfers Paradise on Thursday 30 October to perform for the “Music: Count Us In” day. Choir members with outstanding attendance at rehearsals have received an invitation to this special event. Coming up later in the term we will be performing Christmas carols at a couple of different venues, including Melody Park Retirement Village. More information about these performances will be available soon.

PLAYGROUND LEADERS
Our school leaders have now been trained to assist their fellow students in the playground. Mr Preston has ensured that these senior students have a good understanding of their role during play breaks. Feedback from students and teachers has indicated that our leaders are doing a fabulous job of solving problems and supporting play. They have been rostered to help in Prep playgrounds and on the Ovals. If you are in the school grounds during play breaks you will be able to easily identify our leaders in their orange high visibility vests. Another example of Great Gilston students in action.

Kirsti on behalf of the Positive Behaviour Team

LIBRARY NEWS
Overdue Books – invoices for overdue books are being issued. Please contact the librarians if you have any questions about the invoices. Thank you for your cooperation in helping to keep our library resources up to date.

Book Fair – this term, the library will be hosting a Book Fair. Please mark your calendar from 10-24 November. This is an opportunity to do some early Christmas shopping with a great range of quality books available. All money raised will give our school Rewards Points to spend on resources for our library.

Library Monitors – thank you to the library monitors for doing a great job each week.

Shelley Batson/Kathy Stone - Librarians

CHAPPY’S SPACE
Welcome to term 4. At the beginning of term 3 I wrote: “For those of you interested in the High Court Challenge, the issue was basically about the Federal Government funding a state program. Though the challenger won the case, the Government has promised to fund the School Chaplaincy Program until the end of 2014 and in the meantime come up with a better way of funding it for the future.” Well late last Friday, the federal government announced that all state and territory governments have accepted the new NSCP arrangements (linked media release below). So we will have a national program for 2900 chaplains. This is such great news! As stated in term 3, I feel very privileged to have the opportunity to work within the Gilston School community. I am very available to all students, parents and staff regardless of beliefs or background - which is my job. The very core of chaplaincy is supporting the community as a whole emotionally, socially, practically and if needed (and only by permission) spiritually. If you have any needs on any level I may be able to help with please don’t hesitate to email me samantha@chappy.org.au.


Breakfast Club: Come down between 8:20-8:50am Thursday mornings to join us. Brekky club is open to everyone. The cheese toasties are very popular! Thank you, thank you to those wonderful mums and granddad who have been helping out at breakfast club. Your help is so invaluable to keeping the brekky club up and running. Thanks to Alex, Kylie, Helena, Hayley, Christene and Graeme. A great big thank you also to Taylors Bakery Nerang Mall corner of New Street who have been supplying our bread. Please support any businesses that support us.

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 samantha@chappy.org.au

Food Parcels For Emergency Food Relief
Newlife Uniting Church Robina 55798322
Mosaic Family Baptist Church 07 5525 2477
Saturday Night Kids Club - 'Kids Roc' 2nd and 4th Saturday of the month put on by United City Church held in William Duncan School Hall. Enquiries - Sue 0421664466 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 0402275757

CYC Holiday Camps At Burleigh - Spring camp registrations will open 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.sqld.org.au/camps

You can access the Chaplaincy service at Gilston via Mrs Clark or by contacting Chappy Sami at samantha@chappy.org.au. All referrals however, need to go through our admin SNAc committee as per Mrs Clark. 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 55 293 555.

QUOTE: Charles Gordy
“A smile is an inexpensive way to improve your looks”

TUCKSHOP ROSTER
Thursday 23 October – Rebecca Moore/Teresa Evans
Ice Blocks – Help needed
Friday 24 October – Teresa Evans/Crystal Storey/Kristy Griffin
Ice Blocks – Help needed
Monday 27 October – Mel Moore
Ice Blocks – Jenette Green
Tuesday 28 October – Amie Seagrove
Ice Blocks – Help needed
Wednesday 29 October - Help needed
Ice Blocks – Help needed
Thursday 30 October – Help needed
Ice Blocks – Help needed

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Friday 31 October – Teresa Evans
Ice Blocks – Help needed

Thank you to all the volunteers that help out in the tuckshop. We still need help on certain days so if you can spare an hour or two we would really appreciate the time. There are 2 sessions a day, either mornings or afternoons. Morning preparations consist of making sandwiches, wraps and salads, and in the afternoon you will be helping to sell ice blocks, chips and all other over-the-counter items.
I have 1 senior shirt left, which is $5 – Year 7, Size 10. If anyone has any questions or queries please come and see me.
Regards
Nicole Meesen – Tuckshop Convenor 0412 086 720.

COMMUNITY NOTICES
MERRIMAC SHS ENROLMENT INFORMATION EVENING for Parents of students entering Year 7 and Year 8 in 2015 is on Wednesday 5 November, 2014 and will be held in our School Library from 5.30–6.30pm for Year 7 and 6.30–7.30pm for Year 8. Enrolment packs will be available from Merrimac SHS Admin or at www.merrimacshs.eq.edu.au

NERANG STATE HIGH SCHOOL BRING YOUR OWN DEVICE (BYOD) INFORMATION EVENING. Our students will be able to bring their own laptop to school in 2015. Information Evening for parents of Year 7-12 students in 2015 will be held on Wednesday 22 October and 5 November 2014. Doors open from 5.00pm in school hall. Presentation 5.30-6.00pm, Q & A session 6.00-6.30pm.

TENNIS COACHING – classes conducted on Monday mornings from 8.00am. Cost is $17 per lesson, discounts for 3 or more children. All enquiries Rowan Hollands, Gold Coast Tennis Coaching 0411 867 971, rowan@qctenniscoaching.com.au or www.qctenniscoaching.com.au.