



GILSTON STATE SCHOOL

NEWSLETTER



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PRINCIPAL'S REPORT

I was pleased to be able to share a relaxing afternoon/evening with the **volunteers last Friday**. Judging by the feedback at the event, I believe that this format is likely to capture more of the volunteers and consequently I expect we will replicate it next year. Again, I salute our volunteers for their contributions, aware of the very positive impact they have upon our school.

At Gilston we have trialled the concept of **BYOD iPads** since 2013. Last year we extended the program based on interest from teachers and parents. Throughout 2015 though, our explicit improvement agenda focus on consolidation through the **use of slides, has curtailed the degree to which these devices were incorporated into our instruction** in these classes. The success of the consolidation slides will cement them as part of our timetables next year. Consequently, we have broadened the view of the best way to use iPads focusing on enhancing the current school-owned devices for use in all classrooms (e.g. reading rotations) and utilising the tools in Languages (Japanese) and music. Furthermore the concept of BYOD as an assistive technology for students with specific needs or talents is something we will be exploring further in 2016. Interestingly, this is the point at which Dimity started in 2013 for students in her room.

I am aware many of you remain very interested in how you might use devices to support your child's learning and consequently we will be **arranging parent sessions that Dimity will lead to share some of the high-yield strategies you can adopt at home**. Initial plans are for four of these sessions (once per term) with the format being responsive to the needs of parents and Dimity's availability.

At this point in time I anticipate that **we will have only one BYOD classroom operating at Gilston in 2016**. This will be a year 2 class and expressions of interest will be sought from parents from year 1 as the basis for the formation of the class. A **selection process** will be applied to those expressing interest that will include previous successful involvement and teacher feedback about suitability.

If you have been on site this week you will have noticed the **new garden in front of the covered play area wall**. This rosemary garden has been planted to **commemorate the 100th anniversary of the Gallipoli landing by the ANZACs**. Rosemary grew wild on the cliffs where the soldiers landed. I wish to **recognise Graeme's efforts** and expertise in bringing this to fruition. Graeme held a personal working bee last weekend to put the final touches to the bed, roping in his better

FOR YOUR DIARY

Wednesday	25 November	Last day for Resource Scheme forms
Thursday	26 November	Last day Book Club
Friday	27 November	Expressions of interest close for 2016 Japan visit
Monday	30 November	Gala Day Year 5 & 6
Wednesday	2 December	Green choir to Melody Park
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
Friday	11 December	Last day school 2015
Tuesday	19 January	Uniform shop open 8.00 - 11.00am
Thursday	21 January	Uniform shop open 2.00 - 4.00pm
Wednesday	27 January	First day school 2016

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
94.26	94.18	94.07	93.44	92.91	93.68	92.63

half Beth to lend a hand. Graeme is now negotiating with the RSL for a plaque to be placed prominently to inform readers of the garden's purpose.

After speaking with Jemma, our P & C president, about additional inquiries that have been fielded by her and members of the P & C since the distribution of the Student Resource Scheme letters last week, I have planned a **meeting at 2.00pm this Friday in the library** to gather further feedback and answer any specific questions that were not included on the FAQ sheet. The scheme is new to our school and will have many benefits and I am keen to **ensure that people are fully informed and will welcome feedback**. I think that Jemma's suggestion of a meeting will provide an appropriate forum for this discussion. Any additional questions raised will be included in the FAQs guide that was distributed with the letter to assist incoming parents.

Reminder: For parents choosing not to participate in the scheme, the **CMC maths texts will be available from the school only** as these have been imported from the USA. Payments for these can be made from Thursday next week. The **books will be distributed to the children at the beginning of the school year**.

Stay safe and keep smiling.

Bruce

DEPUTY PRINCIPAL'S REPORT

Students as Teachers at Gilston

The object of education is to prepare the young to educate themselves throughout their lives and there's a plethora of research to support the effectiveness of engaging students as teachers in schools. A variety of findings show how learning through teaching results in better academic outcomes than being taught using the traditional method. When students prepare to teach other students, learning suddenly involves "active thinking about material, analysis and selection of main ideas, and processing the concepts into one's own thoughts and words", (Morgan J., 2011).

Research has also shown that the jump to better outcomes through student-led teaching is particularly marked for students below the median in ability.



Most importantly, moving students to the front of the classroom moves young people from being passive recipients, to becoming active drivers of theirs and others' learning. Also, we know that learning is a lifelong process that requires a variety of inputs. Meaningful student involvement effectively engages them as intentional drivers of that process. Engaged as partners, students can strengthen, expand, and deepen their learning through teaching.

The end in sight and still a long way to go

With the end of the year nearly upon there's a lot to still be done. Report cards are being compiled by teachers, with students taking them home on 9 December. Resource scheme forms must be returned by tomorrow please. We need to start ordering for those wishing to participate, as suppliers will be shutting down over the Christmas period and that could mean delays in receiving materials for the start of the school year. Classes for next year are still to be decided, with teachers starting the process after report cards are finalised.

P & C NEWS

The volunteers BBQ last Friday evening was a great event, with many of our school's volunteers coming along with their families. The sausages were sizzling, drinks were cold and the company was fantastic! Thank you to those who organised the get together and a big thank you to all the volunteers and their families that give their time and expertise to create the amazing school community we have at Gilston.

Uniform Shop will open two days in January to assist all our parents and carers in making sure our students are looking smart for the start of school in 2016.

Opening hours will be:

Tuesday 19 January – 8.00 to 11.00am

Thursday 21 January – 2.00 to 4.00pm

This a very busy time of year for our lovely uniform shop volunteers. We encourage parents to pre-order the required uniforms before the end of the school year, we can then pack and you can collect on either of these two days in January. This not only makes your experience more enjoyable, but it assists us in providing great service to the school community.

We would also appreciate any additional help in the Uniform Shop on these two days. If you able to assist please give Christene a call on 0432 275 195

Our new school **broad brim hats** have arrived and are now available for purchase from the Tuckshop and Uniform Shop for \$7.00 each.

For anyone who hasn't placed an order for the girls' skorts and would like to, please have your orders in no later than Monday 30 November 2015. This will ensure that you will have your items before the end of Term 4. The samples are available for perusal in the Uniform Shop. The skorts are priced at \$20 each. Skorts orders can be placed at the Tuckshop and Uniform Shop. A minimum order total will need to be reached before the next order can be placed.

Uniform Shop opens only on Thursday afternoons from 2.30pm – 3.30pm. We continue to encourage you to use "FlexiSchools" for online ordering. It is easy, convenient and the uniforms are delivered to your children to take home. If you require assistance outside of our Uniform Shop hours, the lovely ladies in the Tuckshop will be happy to assist as they are able.

YEAR 3 HAVE BEEN INVESTIGATING POETRY THIS TERM. As part of their assessment the students were asked to write a poem about the beach. The following

poem was written by Xavier Graham and is a great example of what talented Gilston students are able to produce.

The Beautiful Beach

The sparkling sea,
With its candy coloured coral.
Flamboyant fish and mysterious creatures,
Swimming silently.

Under the thundering waves,
Disintegrating shortly,
Within the sea,
So deep and dark.

The sizzling sand,
So golden and crisp.
Everyone likes
A place like this.

Here, super sandcastles
Being built,
Before being smothered
By the water,
Merging with the castles.

When you look
Up at
The immaculate sky,
You wish that you were
Up on the bright fluffy clouds,
Glimpsing the
Sizzling, reflecting sun,
Hovering
Above
You.

By Xavier Graham 3N

LIBRARY NEWS

The closing date for **Book Club** orders Issue 8 is Wednesday 25 November.

Our recent school **Book Fair** was a huge success thanks to the support from students and families. Our school received \$2,086 in rewards to spend on books for the students.

A very big thank you to Tracey Zimmerman for all her help at our Book Fair.

This year by running Book Club and 2 Book Fairs the library has raised \$4,500 in Rewards Points. We have purchased new atlases and dictionaries for classroom use and also many new books for the library.

Return of Library Books – as it is Week 8 library borrowing is now closed for students. We ask that all library books be returned to the library promptly. If you have a lost library book please contact the library.

Kathy Stone / Librarian

FROM THE GUIDANCE OFFICER - MICHELLE DAVIES Are your children getting enough sleep?

We all know that sleep affects our life – a good night sleep

makes life's dilemmas easier to cope with while a bad night's sleep (or limited sleep) can make us grumpy, lethargic and no fun to be around. Sleep problems in kids don't just drive parents batty, they also affect children's health and development, including academic performance, growth and even immunity.

Research indicates that sleep problems (which can be medical or behavioural) can affect memory, attention, thinking ability and behaviour. For children there are even studies that link bed wetting with sleep problems.

The most common cause of medical sleep problems is snoring and obstructive sleep apnoea (holding the breath), but sleep walking or night terrors, periodic limb movement disorder or restless leg syndrome and other conditions, such as asthma and eczema, can also affect sleep.

Behavioural sleep problems can include difficulty falling or staying asleep, resisting going to bed, changing sleep hours (like teenagers do), and getting out of bed during the night.

So what is enough sleep?

- Toddlers need 12 to 14 hours sleep daily
- Primary school kids 10 to 12 hours.
- Adolescents need about 8½ to 9½ hours of sleep per night

Research suggests without this sleep, children don't function as well. They're more irritable, aggressive, hyperactive, fidgety, and can't concentrate or remember information. This can compromise learning, and mean they will exhibit delayed response times. They often get sick more and have an increased risk of accidents. We as adults can also relate to these symptoms.

Poor sleep can affect all of us at some time. Sleep experts recommend the following tips. Whether you are young or old or somewhere in the middle:

- Get into a routine - go to bed around the same time every night and wake up at the same time every morning
- Investigate if there are any fears or anxieties that might be keeping you/them awake.
- Before bed, do relaxation, breathing or visualisation exercises (imagine a happy place such as the beach or park)
- Do relaxing activities such as reading, drawing, listening to quiet music in the hour before bed to help wind down.
- Turn off the television (keep TV out of the bedroom), computer, electronic games and other activities in the hour before bed.
- Avoid strenuous exercise in the few hours before bed but make sure you/ your child gets plenty of exercise during the day.
- Avoid caffeine (soft drinks and coffee) and limit spicy or salty food which can cause thirst – and wake you/ your child during the night
- Encourage your child to fall asleep on their own (even from age six months - put babies down when drowsy rather than already asleep)
- Use reward systems (star charts culminating in a lucky dip or favourite outing) to motivate preschool and school-age kids, especially if they are getting out of bed or coming into your bed at night
- Install a hall or night light if your child is scared of the dark

If all else fails see a GP who can refer you/ your child to a medical specialist, sleep physician or psychologist to investigate why you or your child struggles with sleep.

Adapted from:

ABC Health and Well Being – Kids Need a Good Night's Sleep by Helen Carter KidsHealth

TUCKSHOP REPORT

Thursday 26 November – Tracey Zimmerman

Ice Blocks – Karen Crabb

Friday 27 November – Kristy Griffin / Help needed

Ice Blocks – Help needed

Monday 30 November – Help needed

Ice Blocks – Help needed

Tuesday 1 December - Dorothy

Ice Blocks – Help needed

Wednesday 2 December - Dorothy

Ice Blocks – Help needed

Thursday 3 December – Tracey Zimmerman

Ice Blocks – Help needed

Friday 4 December – Teresa Evans / Sally McRobert

Ice Blocks – Help needed

COMMUNITY NOTICE

MUDGEERABA COMMUNITY CAROLS – SUNDAY 29 NOVEMBER, 2015 @ Firth Park, Somerset Drive, Mudgeeraba from 4.30pm – 7.30pm. FREE animal farm, jumping castle, face painting & kid's activities. Bring a picnic or enjoy something from one of the many food and drink stalls

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.

EXTREME DANCE & CHEER – Cheerleading Tryouts – Friday 7 December – 11yrs & under 4.00-5.00pm, 11-14yrs 5.00-6.30pm, 14yrs & over 6.30-8.00pm. St Michaels College, Jondique Avenue, Merrimac (MPC hall). For more information contact Debbie on 0417 164 033, email Extreme.dac.@gmail.com

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

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