



GILSTON STATE SCHOOL

NEWSLETTER



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PRINCIPAL'S REPORT

This Friday students and parents are invited to wear a red shirt, a red ribbon or red hair tie. This action is about recognising the Day for Daniel, an initiative to raise awareness of child safety. Throughout this week, teachers will have addressed the topic with a view to providing age-appropriate material to enhance the students' understanding of safe personal practices. I urge you to take the opportunity to make this topic one that you address this week too.

Volunteers at Gilston provide a vast range of services to assist us. The value they add to our school is immeasurable and something we never take for granted. To recognise the contributions a BBQ (in place of the traditional morning tea) for the families of the volunteers has been organised for 20 November from 5:30pm in the covered play area. With the help of our teachers and support staff, invitations will be prepared and sent home soon. Experiences has taught me that despite our best efforts sometimes we can overlook a volunteer and, if you are this person, or know of this person, please help me by contacting me so I can apologise and rectify the oversight.

Speaking of volunteers, the book covering crew was on deck again today, slaving away in the library. Due to their endeavours, our new resources will be available for use sooner than would have otherwise been possible. Thank you ladies.

After six years as Treasurer and Vice-president of the P & C Association, Trent has formally announced his retirement. Trent has been an integral part of this parent forum during this time bringing his expertise in a range of areas to the discussions and decision making. On behalf of the Gilston school community, I extend my thanks to Trent for his considerable contributions.

The Family Arts Night attracted interest from many areas including our adopt-a-cop, Alana, art teachers from local high schools and community members who have an interest in the art world, not to mention the proud parents. Everyone in attendance was impressed with the calibre of the art work and the talents of the performing artists.

The Student Resource Scheme information will be distributed soon after final particulars are confirmed. This will outline the details of the scheme and will seek commitment from all parents to either participate in the scheme or commitment to providing the list of resources that will be outlined on the information sheet.

FOR YOUR DIARY

Monday Friday	9 November – 20 November	Book Fair
Tuesday	17 November	Japan visit information meeting 3.15-4.00pm
Friday	27 November	Expressions of interest close for 2016 Japan visit
Monday	30 November	Gala Day Year 5 & 6
Friday	4 December	Swimming Carnival Year 4-5. All Saints Merrimac
Friday	11 December	Last day school 2015
Monday	25 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
94.12	94.13	93.99	93.35	93.01	93.77	93.07

This afternoon you will notice scores of **teachers from our Nerang Alliance** of schools at Gilston. These teachers will be meeting with each other to “compare notes” about curriculum, assessment and teaching practices. This exercise is something we do each year to ensure that we enhance the consistency of judgment about student work across our schools. Please extend them a welcome smile as you collect your children.

Music: Count Us In! This Choral Fanfare initiative will see more than half a million people unite to sing the same song at the same time, right across the country. This event will occur tomorrow and Allison will be accompanying our students to perform **on the beach and at the top of Q1**.

Last week, our teachers analysed the **School Opinion Survey** results to identify areas to celebrate based on the strategies we have employed. The following are an insight into their findings about **student opinions**:

Area of significant growth since 2012	2012	2015
I can talk to my teacher about concerns	76%	92%
I feel accepted by other students	75%	91%

Selection of areas that rated above 98%	2015
Teachers expect me to do my best	100%
Teachers care about me	99%
Teachers help me with my work when I need it	98%
Teachers motivate me to learn	98%
Teachers encourage me to do my best	99%
My school looks for ways to improve	98%

World Teachers Day is an opportunity for us to recognise the contributions of the wonderful people who lead our children’s learning. They play a special part in the lives of students, attending to a myriad of aspects beyond the written curriculum to ensure the development of well-balanced, confident and resilient citizens. **I salute our talented teachers** for their respective efforts, aware that their commitment is fundamental to the positive reputation we enjoy at Gilston.

Stay safe and keep smiling.

Bruce

MUSIC: COUNT US IN -CHOIR EVENT

Music: Count Us In (MCUI) is Australia’s biggest school initiative, with more than 500,000 participating students from over 2,100 schools nationwide. Growing in reach and impact since 2007, MCUI exists to support teachers to deliver music to students, right across Australia. Music education has been proven to improve students’ literacy, numeracy, school attendance and confidence. For those who are interested in finding out more about the outcomes of music education and brain function, feel free to check out this Youtube clip <https://www.youtube.com/watch?v=R0JKCYZ8hng>. 30 of our Gilston choir students will be taking part in the MCUI massed choir event at Surfers Paradise this year. The students will be singing the 2015 song “Gold” on Thursday at 11.00am at the Q1 and the Surfers Paradise foreshore. Be watching the local news on Thursday night on Channel 9 as you may catch a glimpse of our Gilston green and gold.

P & C NEWS

Our final P & C meeting for 2015 will be held on Monday 16 November at 7.00pm. All parents and carers are invited to attend.

Parking/Pick-up Zone

Thank you to all parents who show care and consideration when dropping off and picking up their children. As a community if we all work together, follow the best examples of road rules and the do’s and don’ts for Gilston we can all have an easy and safe experience during these busy times. Attached is how to use the school drop off and pick up zone as a refresher.

The 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 the order 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

The new **broad brim hat style** has been chosen. Keep an eye on the newsletter for information about when they will be available for purchase.

School backpack pre-orders were placed this week and will be available for collection on 10 December from the Uniform Shop. For those of you who missed the first pre-order deadline, your orders can still be placed and paid for at the Tuckshop, Uniform Shop or on FlexiSchools. We will place a top-up order once we have a minimum quota and a collection date will be advised.

We would also like to advise that the Uniform Shop can now offer pre-orders for girls skorts. We will have samples available for perusal in the Uniform Shop. The skorts are priced at \$20 each. Skort orders can be placed at the Tuckshop and Uniform Shop.

Uniform Shop opens only on Thursdays from 2.30–3.30pm. 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.

LIBRARY NEWS

The last day for **Book Club orders** is today 28 October for Issue 7. Issue 8, the last one for this year, will be sent home in two weeks.

Book Fair will be held in the school library from Monday 9 November until Friday 20 November. Please come along to see the wonderful range of books we will have. When you purchase a book, proceeds will go to fund our school library. Great Christmas presents!

Congratulations to Amelia Hughes who placed first in our school in the **Maths Olympiad**. Well done to Amelia, Hayden Gauci, Tracen Nel, Isaac and Jade Budden who placed in the top 25% of students who competed. All of our students were placed in the top 50% of all students in Australia.

Philosophy in the Library – for the last 2 weeks 3N have been reading the book “ISH” by Peter Reynolds. We have been doing philosophy and using this book as our stimulus. Some of the conclusions the students reached after our philosophical discussion were:

- Art does not have to be perfect to have value.
- Art is never right or wrong
- Art is different for each person because of their personality, emotions and experiences.
- Other people’s reactions affect your art
- Creative ideas are like bricks building a house.
- We do art for enjoyment, to clear our head, to show our skills and to inspire.
- Our feelings change our art and art can change our feelings.

"ISH" is a wonderful storybook and raises many questions about the nature of art and the creative process. We had this discussion in the library surrounded by the wonderful art of the students of Gilston.

Kathy Stone / Librarian

CHAPPY'S SPACE

If Halloween trick or treating door knocking is not your style try the Kid's Carnival event instead in Carrara, Saturday 31 October 5.00-8.00pm, 17 Indy Court, Carrara, free entry, 3 free games. Free lolly bag for every child. See you there! For more information www.ourvictory.com.au or phone 1300309711.

Breakfast Club: Thursdays 8:15-8:45am. ALL ARE WELCOME. There is room for new volunteers to come help out at breakfast club. Your help is so invaluable to keeping the breaky club up and running. If you can spare any time between 8.00-9.15am you are most welcome to join us. If you can't help but you are able to supply spreads, cordial (artificial colour and flavour free), margarine or other goodies such as plastic cups, napkins - every little bit helps. If you work for a business who could donate supplies to our breakfast club please contact me. samanthab@chappy.org.au Thank you so much to Hayley, Karen and Tammy. Without your help there would be no breaky club. Thank you to Nerang Bakery in Nerang Mall who supply some of our bread and Ozharvest who supplies us fruit when it's available.

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

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

You can access the Chaplaincy service at Gilston via Mr Weatherburn or by contacting Chappy Sami at 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

GUIDANCE OFFICER – MICHELLE DAVIES

Pursuing Happiness

Happiness is a positive and protective state of mind. It can include feelings of contentment, satisfaction, pleasure, and joy.

As human beings we like to feel happy and not just every now and then. If we had our own way we would probably give sadness a miss altogether.

In our search for happiness we are often led to believe that if we owned more, bought more, achieved more or won more we would find happiness, but is it found in spending, accumulating or competing with others? Sadly not.

We may give our children the impression that happiness is something you can buy or conquer, or even worse, that someone else has control over it.

However, we have to remember that our responses to

others and our day to day feelings are actually our own personal choices. The reality is, that if we get the 'ingredients' right for happiness, then nothing can stop us from being happy, even in difficult times.

The great religious leader, the Dalai Lama, provides a completely different focus on positive emotion when he states that true happiness is found in kindness and compassion. He goes on to say that genuine happiness grows when we see some usefulness in our lives. All of these qualities can make us feel good, and they certainly leave lasting impressions on other people.

The American Psychologist, educator and author of many self-help books, Martin Seligman, actively promotes what is known as the positive psychology movement in the scientific community.

In one of his latest books, *Flourish*, Seligman talks about five important elements which he believes help us to promote happiness and well-being in our lives. These elements include actively seeking positive emotions, keenly engaging with personal interests, fostering fulfilling relationships, seeking big picture meaning and understanding, and pursuing personal achievements.

We need to remember that in order to provide our children with the knowledge and skills to grow their own happiness we also need to provide good models. After all, children will learn what they live!!

We need to provide them with a happy home life and a positive model for living. Always try to lead by your own great example.

We can help our children to understand that they will have their own small responsibilities and also help them to develop their own age-appropriate goals for the future. Along with these personal commitments and goals, they also have the right to a happy and fulfilling life which they can learn to actively foster and pursue for themselves. Here are some suggestions that may help:-

Encourage your children and teach them using the following concepts. Try incorporating them into your family's day to day living:

No one is responsible for our happiness, nobody except ourselves;

Happiness is a choice, so choose it – listen to the lyrics in Pharrel William's song "Happy" and other lyrics, stories and movies that are uplifting;

Develop strategies that can help you to bounce back quickly after an upset;

Practice daily gratitude – be thankful for, and acknowledge your own gifts and talents as well as all the good things in your life;

Spend some time each day thinking about, discussing and engaging in "activities and subjects that you enjoy" and pursue some "me" time where you can engage in something you find interesting;

Spend less time endlessly discussing the things that didn't go as well as expected;

Make sure you get some exercise on a regular basis - exercise increases the "happy" chemicals in our brain;

Eat plenty of unprocessed foods and maintain a healthy diet;

Surround yourself with positive people who are uplifting and who bring out the best in you;

Work towards your own self-improvement but not at another person's expense;

Be forgiving of yourself, and be forgiving of others – remember none of us are perfect;

If something didn't go as well as you would have liked remember it happens to everyone.... just let it go and limit the time you allow yourself to dwell on it;

Reduce the amount of time you spend evaluating everything – we know that constantly judging and evaluating everything can make us feel unhappy;
 No matter what you pursue it is important to just try your best (whether at home, school, work or in the community);
 But always remember, you don't have to be better than anybody else – aim for personal bests only;
 Laugh often;
 Smile and greet others you meet throughout your day.
 Look for the funny side of things when something goes wrong;
 Care for others around you, and look out for them. If you see something concerning or unjust and you know you can do something about it, then do it;
 Try to do good deeds for others as often as you can – it will make you feel good too;
 Take some time out each day to meditate and relax;
 There's plenty of good meditation apps available...you might like to try "One Giant Mind";
 Be grateful for what you have (envy creates discontent);
 Keep your focus on the glass being "half full" rather than "half empty";
 Practice a "Can Do" rather than a "Can't Do" mind set.;
 Check in on your thoughts often to see if they are helpful to your happiness. If not put your focus fully on replacing them with more positive thoughts. We have to learn to "Mind our own Mind";
 Greet each new day with a smile, and be glad to be alive;
 Enjoy your life.
 Choose just a couple of new ideas from the above list each week and then try to add more to them. Extend what your family is already doing. This will continue to promote a happy and healthy lifestyle and should gradually increase your family's resilience.
 And always remember, happiness is not just about meeting our own needs. After all, we are social beings. The more we connect with others in our communities and consider the needs and feelings of those around us, the easier we usually find it to attain our own happiness. We need to make sure we show our children how to grow their own happiness while still being considerate of, and responsive to, the needs of others in their world.
 Adapted from the work of Liz McNeill, Guidance Officer

GILSTON- KOBAYASHI SISTER SCHOOL EXCHANGE

Gilston State School has been involved in a sister school arrangement with Kobayashi Junior High School in Japan for the last 20 years. Our arrangement with Kobayashi has seen students hosted between our schools on alternate years during this time. Next year, 2016, would once again be Gilston's turn to travel to Japan for an exchange with Kobayashi. Kobayashi Junior High School is located a short distance from Narita International Airport outside Tokyo. The 2016 Japan visit is proposed for 15-26 September, pending Education Queensland approval.
 For parents of students who are interested in going on the exchange, Gilston State School will be holding an information meeting at 3.15-4.00pm on Tuesday 17 November in the Japanese teaching room. Students took home a pamphlet recently, explaining some of the details which will be discussed at the meeting. Expressions of interest will close on **Friday 27 November**. The "Nihon Keiken" program will be open to all students who will be enrolled at Gilston State School in 2016 in Years 5 and 6. Expressions of interest will be reviewed in relation to a selection criteria (language studies, leadership, initiative, social and emotional readiness, independence, behaviour and effort in school). **Please send a note to Mrs Doonican if you will be attending the meeting.**

TUCKSHOP REPORT

Thursday 29 October – Tracey Zimmerman
 Ice Blocks – Karen Crabb
 Friday 30 October – Kristy Griffin / Tammy Schenau
 Ice Blocks – Help needed
 Monday 2 November – Help needed
 Ice Blocks - Help needed
 Tuesday 3 November - Dorothy
 Ice Blocks – Help needed
 Wednesday 4 November – Dorothy
 Ice Blocks – Help needed
 Thursday 5 November – Tracey Zimmerman
 Ice Blocks – Help needed
 Friday 6 November – Teresa Evans / Sally McRobert
 Ice Blocks – Help needed

Regards, Nicole Meesen – Tuckshop Convenor

COMMUNITY NOTICE

MERRIMAC STATE HIGH SCHOOL ENROLMENT INFORMATION EVENING for students entering Year 7 in 2016 will be held on Wednesday 11 November at 5.30pm in the library.
PRIMARY SCHOOL TUTOR – 1 on 1 tutoring. Mum of 2 and fully qualified primary school teacher. 50 min tutoring session \$45. Phone Amy on 0403 747 260
YOGA CLASSES: Monday evening: 6.00pm - Frank Chaston Oval (across the road from school) - Hall at the rear. All levels welcome. Any questions contact Trudy 0401 911 064.