PRINCIPAL’S REPORT

The smiles on the children’s faces as they proudly guided their families through the Art display last Friday night were wonderful. Similarly the pride that was evident in the performers who entertained the crowd within the library and then later in the hall was a delight to behold. To coordinate an event of this calibre takes significant energy, enthusiasm and plain hard work and so I thank all involved in making it a success. In particular I wish to recognise Kirsti Hendrie for her leadership, Jenny Brown for the hours of display preparation and Alison Miller coordinating the performers for the night. Again I extend my thanks to the volunteers who manned the canteen and slaved over the BBQ on the night.

If you missed this opportunity to celebrate your child’s artistic talent this year be sure to clear your diary for next year. The prize winners are listed below including, for the first time, the people’s choice award:

**Lower 2D**
- 3rd place - Jacob Fahey 1W
- 2nd place - Oliver Wibaux 1W
- 1st place - Kasia Smythe 2E

**Lower 3D**
- 3rd place - Akasha Waites 2W
- 2nd place - Braedi Paine 3N
- 1st place - Latham McKenna 2W

**Upper 2D**
- 3rd place - Liam Ryan 6N
- 2nd place - Reece Bale 6/7
- 1st place - Eloise Bowden 6N

**Upper 3D**
- 3rd place - Locky Trotter 6N
- 2nd place - Madyson Falconer 4 N
- 1st place - Liam Ryan 6N

**People’s choice award**
- Prep - Year 3 - Isabelle Corbon Brown 2W
- Year 4-7 - Jasmine Smythe 4N

**Teachers** have an enormous impact on us throughout our lives. For me, like you, they were there in the classrooms instructing us in the curriculum of the time whilst doing the multitude of
other things that are required to ensure school ran smoothly. Along with our families, they shaped us to be the citizens we are today. Some teachers were extra special in our eyes and the memory of being in their classrooms lingers with us well after the final school bell. For others it took years for us to really appreciate their impact. I trust that you will reflect this week on teachers and the important part they play in our lives as this Friday is World Teachers’ Day. As Principal of Gilston, I salute all our teachers for their respective contributions and for the impact they have on the lives of the students.

Grandparents Day was last Sunday and I apologise for not including it in the newsletter last week. At Gilston there are numerous grandparents of students who make positive contributions to our school. To all Grandparents I extend a belated tribute to your importance in the lives of our families and the life of the school.

Supervision of students prior to 8:55am and after 3:00pm is the responsibility of parents. Please ensure the arrangements you make are maintaining your child’s safety and wellbeing.

I continue to conduct interviews with our 2015 Prep children and their parents as we make final arrangements for the new school year. I am pleased with how well-prepared the children are after participating in the “Enrolling Families” project this year. I am confident that we will have a sensational start to learning in 2015.

Both the Nerang and Merrimac State High School award nights will be held tomorrow. I look forward to sharing the achievements of all students especially those ex-Gilston kids who continue to impress in their high school settings.

In closing this week I wish to share that after winning the Eisteddfod this year, our students will be setting new heights as they perform as part of the “Music: Count Us In” at the Q1 tomorrow. I will be proud to accompany the students as they perform again under Alison’s guidance. Stay safe and keep smiling.

Bruce

DEPUTY PRINCIPAL’S REPORT
I continue to be amazed by the will to learn and the range of talent that students at Gilston possess. The Arts Night that was held last Friday showcased some of these many talents. The artwork that was on display was of a very high standard and I would like to commend all students who took the time and effort to complete a piece to display in the gallery. Talent was not limited to visual arts but extended to music and dance. The performances witnessed were top quality and I would like to congratulate all students who contributed to making The Arts Night a huge success.

This week has been considerably hot. Please reiterate with your child the importance of drinking water throughout the day to ensure your child remains hydrated.

Friday, 31 October - World Teachers’ Day 2014 is an occasion to recognise the wonderful staff at Gilston State School. I would like to commend all teaching staff at Gilston for the care and attention they give to their duties to ensure students are being provided with a quality education.

Tips of the week - The Importance of Drinking Water
From: www.healthykids.nsw.gov.au
Drinking water is the best way to quench your thirst. Even better, it doesn’t come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters.

Drinking water instead of sweetened drinks also prevents dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

We all know that water is critical in keeping our children well hydrated, but what exactly are the functions of water?

- Helps deliver oxygen and key nutrients to all the cells via the blood
- Helps the body get rid of toxic by-products of metabolism
- Regulates the body’s temperature
- Lubricates muscles and joints
- Provides a great pathway for viruses and germs to exit before making the body sick
- Maintains energy level and reduces tiredness

How much water do children need?
The amount of water a child needs is influenced by the amount of activity they do, the weather temperature, and their diet and health. It’s always important to remind children to drink, but as a general guide, children up to 8 years of age should have a minimum of 4-5 cups of water a day. Children above 8 years old require at least 6-8 cups of water a day.

Ideas to help you to drink more water
- Pack a water bottle whenever you go out.
- In summer, pack a frozen water bottle in your child’s lunch box.
- Don’t keep sweetened drinks at home; make cold water available instead.
- Water down sweetened drinks – such as cordials or fruit juice – for a short time and then start to replace them with plain water.
- When playing sport, encourage kids to drink water rather than sports drinks or energy drinks.
- Serve plain water in decorative jugs. Add slices of lemon, orange or mint for flavour and, in summer, add ice cubes to keep it chilled.
- Serve sweetened drinks in smaller glasses and only have them occasionally – not every day.

Remember:
- Choose water as a drink and eat fruit.
- Sweetened drinks such as soft drinks, fruit juice drinks, cordials, sports and energy drinks are not a necessary part of a healthy diet.
- Regularly offering sweetened drinks makes it harder to choose water as a drink.
- If sweetened drinks are on the menu, try not to include them every day and choose healthier options, such as watered-down versions of favourite drinks. These will still quench your thirst, but without the excess sugar and kilojoules. It can also help reduce the preference for strongly sweetened drinks.

Until next time,
Kelly Clark
PAYMENTS
We will be closing our books for the year on Thursday 30 October, 2014.
NO PAYMENTS WILL BE TAKEN AFTER THIS DATE.
Thank you.

GILSTON CLUB NEWS
Trivia Night – Just a reminder to get table payments into the box in the office ASAP. Donations are coming in, so thank you to the families who have donated and to the ladies who are out approaching businesses on our behalf. A full list of donations and those who have donated will be in an upcoming newsletter. We still need more, so if you are able to help, please either pop your donation into the office or contact me at gilstonclub@gilstonss.eq.edu.au or by text on 0414912217.
Thanks – Lisa - Chairperson

CHOIR SINGING AT Q1 AND SURFERS FORESHORE TOMORROW
A select number of our choir students have been invited to perform in Surfers Paradise for the “Music: Count Us In” celebrations this week. The event will be covered by the local Channel 9 news, so check it out at 5.30pm on Thursday this week and you may see some of our Gilston green and gold. 350 students from school choirs around the Gold Coast are converging on Surfers to promote the importance of music education. School children from all over Australia have been learning the same song in order to sing it at exactly 11.30am on 30 October. Some of our students will form part of a choir that will sing at the top of the Q1 building and others will be harmonising on the beach. If you are in the area you might like to come and see the show. The start time is 11.00am and we will be situated on the beach volleyball stairs. More information about the event can be found at www.musiccountusin.org.au

LIBRARY NEWS
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.
Shelley Batson/Kathy Stone - Librarians