** NEWS LETTER **

GILSTON STATE SCHOOL

15/2012

FOR YOUR DIARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>NAPLAN testing Years 3, 5 &amp; 7</td>
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<tr>
<td>Friday</td>
<td>Last day payment Year 7 Canberra Trip</td>
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<td>Monday</td>
<td>P &amp; C Meeting 7.00pm</td>
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<tr>
<td>Tuesday</td>
<td>School photos</td>
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<td>Tuesday</td>
<td>Gala Day Year 6 &amp; 7</td>
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<td>Wednesday</td>
<td>Junior Athletics Carnival</td>
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<td>Friday</td>
<td>Performing Arts Competition</td>
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PRINCIPAL’S COMMENT

If you were placed in a room with a favourite snack on a plate on a table in front of you and told that you could eat it immediately or that if you waited for 20 minutes a second snack would be added for you to eat, would you be able to delay your gratification? This situation mirrors an experiment with a group of four year olds that was undertaken by Walter Mischel at Stanford University in the 1960s. The children were seated in a room with a marshmallow on a plate before them. They were advised that they could eat the marshmallow or if they waited for 20 minutes, they would receive a second marshmallow. The experiment was effectively testing the child’s ability to delay gratification or their self-discipline. The progress of the children in the experiment was followed into adolescence where, based on survey findings about them from their parents and teachers, it was found that those who demonstrated the ability to wait in the initial experiment were better adjusted and dependable and scored better in aptitude tests. Beyond school, the ability to delay gratification was found to be a clear indicator of success in many facets of life. So what is my point? In a society where instant gratification is becoming more expected and accepted, many children and adults cannot delay gratification. Many parents perpetuate this with children by “giving in” to the pleas for immediate gratification from their offspring. In light of the Stanford experiment I ask you to consider how it is you could help your child’s development by insisting they wait, at least sometimes. For more details I would recommend viewing the YouTube clip “Don’t eat the marshmallow yet!”

On the topic of food, I extend gratitude to those parents who gave of their time to help with the breakfast this week. The novelty of having breakfast at school has again been a highlight for many of our students. The breakfast was effectively testing the child’s ability to delay gratification or their self-discipline. The progress of the children in the experiment was followed into adolescence where, based on survey findings about them from their parents and teachers, it was found that those who demonstrated the ability to wait in the initial experiment were better adjusted and dependable and scored better in aptitude tests. Beyond school, the ability to delay gratification was found to be a clear indicator of success in many facets of life. So what is my point? In a society where instant gratification is becoming more expected and accepted, many children and adults cannot delay gratification. Many parents perpetuate this with children by “giving in” to the pleas for immediate gratification from their offspring. In light of the Stanford experiment I ask you to consider how it is you could help your child’s development by insisting they wait, at least sometimes. For more details I would recommend viewing the YouTube clip “Don’t eat the marshmallow yet!”

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On the topic of food, I extend gratitude to those parents who gave of their time to help with the breakfast this week. The novelty of having breakfast at school has again been a highlight for many of our students. The breakfast was possible due to the financial backing of the P&C Association. Respected child and teenage psychologist, Dr Michael Carr-Gregg, will again be presenting workshops for parents on the Gold Coast. I recommend that you mark your diaries to attend his free session at Southport Sharks on Tuesday 17 July from 6:30–8.00pm. Michael’s session will focus on wellbeing for young people and their ability to learn and achieve in education. It is an exceptional opportunity to learn practical ideas and tips from an expert whist sharing issues and interests with parents from other schools. To register for the event email eventregistration@deta.qld.gov.au or phone 3235 9072.

School photos will be taken next week. Please read carefully the instructions listed on the envelope that your child has brought home and act accordingly. We will not be collecting money at the office or in the classrooms. In recent times there has been significant focus on students travelling on buses. I wish to recognise the positive behaviours exhibited by the vast majority of our students in their travels to and from school. We continue to work with staff from the bus company, including the drivers, to ensure the high standards we set are met. Please take some time to speak to your children of their responsibilities and the fact they represent your family and the school in their travels on buses. Stay safe and keep smiling.

Bruce

DEPUTY PRINCIPAL’S DEPOSITION

School Photographs are scheduled for 22 and 23 May (next Wednesday). Students should have brought home their envelopes by now. Check their school bag or speak to the class teacher if you can’t find it. Please send children in full school uniform for the photographs. Below is an extract from the School Handbook relating to the dress code.

School Uniform

Gilston State School is a uniform school. We place emphasis on students impressing with who they are and what they can do, rather than with what they can adorn their bodies. We expect all children to wear our school uniform at school and when attending school excursions, trips and sporting events.

Colours:
- Green and Gold

Boys
- Green/gold shirt with crest
- Green shorts
- White socks
- Black joggers/leather shoes
- School hat

Girls
- Green/gold shirt with crest
- Green shorts
- Green/gold checked dress
- White socks
- Black leather joggers/shoes
- School hat

In Winter pupils wear green cargo/bootleg pants and polo jumper or jacket with school logo.

Uniforms are sold from the Uniform Store situated underneath the old school building on Tuesdays from 2.15pm to 3.15pm and Fridays from 8.30am to 9.30am. All children are required to wear school hats while in the playground. NO HAT - NO PLAY! Sunshades are not considered to give sufficient protection. Suitable caps may be purchased from the Uniform Store or Tuckshop. Sunscreen is a useful addition to the school requisites list. Children are not to wear jewellery to school. The exceptions are watches and sleepers or studs for pierced ears.

Stay safe and keep smiling.

Bruce
is to be limited to ear lobes with a maximum of two piercings in each. The school accepts no responsibility for loss of any jewellery including watches.

**Make-Up**

No make-up or nail polish should be worn at school, to avoid students from being ridiculed or victimised or otherwise distracted from their studies. In particular, the following are not acceptable; head shaving, partial head shaving, severe undercutting, streaking other than natural colours, hair dying of un-natural, bright or fluorescent colours.

**On Emotional Resilience**

The school years present children with countless challenges, setbacks, failures and general difficulties. Resilient children withstand the pressures that school and life provides more effectively than children who are not resilient. Parents play a substantial role in the development of resilience in their children.

Emotional Resilience is being able to “bounce back” from difficult times, setbacks and other significant challenges. It includes being able to deal effectively with pressure and get through tough times with good outcomes. It's also being able to stop yourself from getting extremely angry, down or worried when something ‘bad’ happens, calm down, feel better, and bounce back when you get overly upset and control your behaviour when you are very upset.

Children play the pivotal role in controlling their thinking and the outcome of a given or perceived ‘situation’.

Children have to accept that they are responsible for their actions and behaviours; they own their own behaviour.

In order to develop emotional resilience in our children, we need to promote ways to eliminate different types of negative thinking that lead to poor emotional resilience. Negative thinking habits include self-downing, the need to be perfect and the need for approval, believing that you can’t do it, not bothering to persevere and intolerance of others. We need to encourage instances where a child displays resilience, and the need for approval, believing that you can’t do it, not bothering to persevere and intolerance of others. We need to encourage instances where a child displays resilience, and the need for approval, believing that you can’t do it, not bothering to persevere and intolerance of others.

Make-Up - Advertising opportunities exist for your business on the school notice board. All advertising placed now will be valid until the end of term 3. It is only $30.00 per page. Keeping it in the community. Contact Trent on 0430448684 for details.

**Interesting information** - Don’t forget school photos next week.

Have a great week regards, Narelle Reed P & C President Tel: 0403046920

**GILSTON CLUB**

A big THANK YOU to all our helpers who came to help at our Mothers’ Day stalls. We hope that all the mums and grandmothers had a wonderful Sunday.

We have started our Cookie Dough Drive and there should be an order form coming home shortly. The more tubs your child sells, the better their incentive prize.

Our next meeting is tomorrow at 9.00am in the Uniform Shop. It would be great to see some new faces.

Alex Wilson-McCarthy – 0404 429 534

**SCHOOL PHOTO DAY** is Tuesday 22 May and Wednesday 23 May

Please take the time to read the information on the payment envelopes:

- Don’t seal envelopes inside each other. You can pay for all children in one envelope, however each child needs to have their own envelope on photo day. Please indicate on the child’s envelope that contains all sibling payments the names of the children you are paying for.
- Family envelopes are available at the school office upon request.
- Please enclose correct money as no change is given. Cash, cheques, money orders or credit cards are accepted.
- For any enquiries: phone 5520 2999, fax 5520 2900, admin.segnr@msp.com.au, sally.kavanagh@msp.com.au, admin.com.ou.pmsa gilston.croquet.m@t.cf

**PERFORMING ARTS COMPETITION**

Entries close this Friday 18 May. Students need to check the music noticeboard from Monday 21 May for audition times. Auditions start on Monday 28 May.

**CROSS COUNTRY**

Last week 20 of our best runners competed at the District Cross country at Pizzey Park. As always, their behaviour and efforts made us proud. Many Personal Best times were recorded and we had 2 runners (Kelsey Gomersall and Harley Adams) finish in the top 20. Well done.
YEAR 6 & 7 SPORT GALA DAY
On Tuesday 29 May our Year 6 and 7 students will be participating in a Sporting Gala morning with Talkebudgera and Nerang State Schools. The students will participate in various sports, the aim of which is to have fun, improve skills, interact with other schools and develop team and school spirit.
The students will arrive at Firth Park at 10.00am and start their games at 10.30am. All parents, relatives and friends are welcome to attend and support, assist and cheer on the Gilston teams. Remember to bring a fold up chair.
Looking forward to seeing you there.
Scott Stavar – PE Teacher

LIBRARY REPORT
Bookclub Issue 3 orders have arrived back at school and may be collected from the library.
Bookclub Issue 4 orders are due at the Library by 24 May.
Book Week Theme 2012 - “Champions Read”
Book Search Parade in Term 3. Start planning your costumes now!!

National Year of Reading
Local Library Competition “Are We There Yet?”
Share in $40000 worth of prizes.
Tell us about your home town or a special place you have visited in Australia. Just send us a short story or letter or a drawing of your favourite place.
For more information check out your local library.
Fran Norgate / Teacher Librarian

WOOLWORTHS EARN & LEARN PROGRAM
Woolworths has a program for all primary schools to get new things such as sport equipment, books, art supplies, playground equipment and heaps of other things.
We have put a box outside Woolworths at Robina with a Gilston State School sign on it. Tell your mum’s friends and next door neighbours to collect the points and either give them to you to add to your chart or put them in the Gilston Box.
For every $10 spent you get one apple sticker. Collect your stickers and put them on the chart that was sent home last week. When the chart is full drop it in the box outside the office at school. The program will run until 1 July, so remember every point counts. Start collecting your points today.
Jade & Samantha Beutel

TUCKSHOP ROSTER
Thursday 17 May – Mel Heu
Ice blocks – Simone Beck
Friday 18 May – Mandy, Tracey Zimmerman
Ice Blocks – Electra Rone
Monday 21 May – Suzy Thomas
Ice blocks – Mel Wright
Tuesday 22 May – Mandy
Ice Blocks - Vicki Johnston
Wednesday 23 May – Tammy Bowden
Ice Blocks – Tracey Zimmerman
Thursday 24 May – Kirsty Feld
Ice Blocks – Emma Fahey
Friday 25 May– Mandy, Help please
Ice Blocks – Leanne Kirk

New on Menu
Spaghetti Bolognaise $4.00
Spaghetti & Meat Balls $4.50

Sushi Tuesdays – please fill in the attached order form and hand into the tuckshop by Monday mornings.

Volunteers needed – as the tuckshop is the busiest it has ever been we are in need of more volunteers. If you can spare a half hour or an hour please see Suzelle in the tuckshop. Remember by volunteering you are contributing to raising money for your child. Together Everyone Achieves More.

Flexischools - ordering online at www.flexischools.com.au is quicker than lining up at the window waiting to be served or having to find money and the menu, and prices are right at your fingertips. Do yourself a favour and get online.

WEEKEND CARE for CHOOKS required (Saturdays and Sundays)
Our school has 6 hens that arrived last week and are housed in the chook yard behind the Gilston Goldmine (old library). These lovely tame chooks need a number of volunteers to check in on them over weekends. This involves letting the chooks out of the henhouse in the morning and then shutting them back up in the afternoon, checking their water and food supply and collecting their eggs.
Your offers of assistance would be greatly appreciated, and you may be rewarded with an egg or two.
Please contact the Office to offer you and your child’s time on 5501 2333, or email hstei2@eq.edu.au to book a Chook Weekend!

WHAT’S ON IN OUR HALL

Day Time Who Contact

Monday 3.00-4.15pm Bully Busters & Fun Games Brett 0408 765 982

Wednesday 3.45 – 5.15pm Cheer & Dance Academy Holly 0409 044 831

Thursday

Friday

Should you be interested in any of these programs run in our hall kindly contact the companies direct. Bookings for hall space are made with Jan at the office on 5501 2333.

COMMUNITY NOTICES

L O S T – Gold Padlock Bracelet at the school on Tuesday 15 May. If found please hand in at the office.

ROBINA STATE HIGH SCHOOL ORIENTATION
Year 7 Evening Sessions - Monday 21 May 2012 - 4.45–6.00pm, or Monday 20 August - 4.45–6.00pm session is repeated. Orientation Meeting Thursday 20 September - 5.30–6.30pm (for working parents who are unable to attend Orientation Day). These sessions will be conducted in the Library. Reminder: Please return Enrolment Form to Robina SHS as soon as possible to allow processing prior to Orientation Day Friday 21 September 2012. RSVP: Judy 5562 3440 or email: jgalb2@eq.edu.au

LEARNING & WELLBEING Seminar Series will provide parents with practical ideas to support student learning and wellbeing - Tuesday 17 July 6.30-8.00pm, Southport Sharks Football Club, Cnr Musgrave & Olsen Avenues – RSVP by Monday 9 July to fax 32371338, or email to EventRegistration@deta.qld.gov.au or phone 3235 9072 (see attachment to this newsletter).

MERRIMAC STATE HIGH SCHOOL
Enrolment Information Evening for students in Year 8, 2013 will be on Tuesday 29 May, 2012 at 6:30pm in the school Hall. All prospective students and parents are welcome. Staff will be on hand to provide information regarding enrolment, curriculum and subjects. Enrolment packs will be available from Merrimac SHS Admin or www.merrimacshs.eq.edu.au

Mudgeeraba Uniting Church, Franklin Drive, will be holding their VILLAGE CRAFT FAIR 25/26 May - displays and sales of locally handmade crafts and quilts and work of local artists, as well as plants and food. - Friday 10.00am-7.30pm, Saturday 8.00am-2.00pm. Phone 5525 1309 for bookings and enquiries.

EPILEPSY INFORMATION SEMINAR for anyone who has epilepsy or lives with or cares for someone with epilepsy - Thursday 17 May 2012 - Time: 6.00-8.00pm. Register now to secure your place. Call: 1300 37 45 37 - Email: epilepsy@epilepsy.org.au.
# Gilston State School

## Tuesday Sushi Order Form

To be handed in at the Tuckshop by Monday 9.30am

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<tr>
<th>SUSHI ROLLS $3.00</th>
<th>QTY</th>
<th>TOTAL</th>
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<tr>
<td>Chicken Teriyaki</td>
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<td>Beef Teriyaki</td>
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<td>Chicken Tandoori</td>
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<td>Chicken Lettuce Mayo</td>
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<td>Chicken Sweet Chilli</td>
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<td>Chicken Honey Soy</td>
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<td>Chicken Avocado</td>
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<td>Salmon Avocado</td>
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<td>Salmon Cream Cheese</td>
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<tr>
<td>Prawn Lettuce Mayo</td>
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<tr>
<td>Tuna Avocado</td>
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<td>Tuna Sweet Chilli</td>
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<td>Tuna Mayo</td>
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<tr>
<td>Egg Salad</td>
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<td>Vegetarian carrot</td>
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<td>Vegetarian green</td>
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<td>Vegetarian special</td>
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<td>Avocado</td>
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<td>California</td>
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<td>Inari</td>
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<table>
<thead>
<tr>
<th>VIETNAMESE ROLLS $3.00</th>
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<tbody>
<tr>
<td>Chicken Teriyaki</td>
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<td>Chicken Tandoori</td>
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<td>Chicken Honey Soy</td>
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<td>Beef Teriyaki</td>
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<td>BBQ Pork</td>
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<td>Salmon Avocado</td>
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<tr>
<td>Vegetarian Green</td>
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<tr>
<td>Vegetarian Carrot</td>
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<tr>
<th>Totals</th>
<th>QTY</th>
<th>$</th>
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Student Name: ___________________________ Class: ____________

While every care is taken to provide your child with the sushi pre-ordered, occasionally the supplier may be out of stock. In these instances similar ingredient sushi will be substituted.