FOR YOUR DIARY

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>9 May</td>
<td>Mother’s Day stall Yr 4-7 Yr 3/4 &amp; 4/5 Bicycle Safety</td>
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<tr>
<td>Friday</td>
<td>10 May</td>
<td>Year 4E Bicycle Safety</td>
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<tr>
<td>Friday</td>
<td>17 May</td>
<td>Last day payment Year 5 Camp and Year 6/7 Gala Sports Day</td>
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<tr>
<td>Tuesday</td>
<td>21 May</td>
<td>UNSW Computer Skills test</td>
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<td>Monday</td>
<td>27-31 May</td>
<td>Auditions held for Performing Arts Competition</td>
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<tr>
<td>Tuesday</td>
<td>28 May</td>
<td>Sports Gala Day Yr 6 &amp; 7</td>
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<tr>
<td>Wednesday</td>
<td>7 June</td>
<td>UNSW Science test</td>
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<tr>
<td>Friday</td>
<td>14 June</td>
<td>Performing Arts Competition</td>
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PRINCIPAL’S COMMENT
At Gilston State School, we believe that teaching and learning programs support and improve learning outcomes for every child, every day. We believe in a personalised approach to education where each child follows a personal learning journey and, as teachers, our role is to assist, sometimes direct but always support each child in that journey.

In 2013, Gilston has commenced strategies that will identify each child’s learning journey by creating their personal learning profile; to understand who each child is and how they learn best as well as helping children set clear learning goals and targets to meet and exceed.

Great teachers are a key component to this process succeeding and I am proud of the excellence in teaching displayed at Gilston. The teachers and I will continue to work together, learn from each other and share quality teaching practice to ensure we continue to improve as a teaching team and so we provide quality educational opportunities for students in the 21st century.

I encourage you to support our students and their teachers as they participate in this learning journey.

One way to support your teacher and to give them a ‘well done’ is to consider nominating them for an excellence in teaching award. Nominations have opened for the 2013 ASG National Excellence in Teaching Awards for Inspirational Educators (NEiTA).

Supported by the Australian Scholarships Group (ASG), the ASG NEiTA Awards this year celebrate 20 years of acknowledging and applauding dedicated and passionate teachers across Australia.

The NEiTA awards remain the country’s only national, independent teaching awards program giving parents, students, early childhood and school communities the opportunity to publicly recognise their inspirational teachers, principals and directors.

To nominate an inspirational teacher visit the 2013 NEiTA ASG Inspirational Teaching Awards website, phone NEiTA on 1800 824 487 or email neita@asg.com.au for a form.

Principal
David Cramb

DEPUTY PRINCIPAL’S DEPOSITION
The Drumley Walk
The walk follows the footsteps of Billy Drumley, who regularly walked from Beaudesert to Southport to visit his younger sister Jenny Graham and her large family, during the 1930’s and 40’s. The Drumley Walk is a series of easy walks to honour Aboriginal elders of yesteryear for their resilience and courage to keep living on their traditional lands. Since the walk began in 2005, it has grown steadily capturing the imagination of Aboriginal and non-Aboriginal people from all over the country.

It is one of Australia’s few Aboriginal pilgrimages and has become a place for remembering local heroes and their stories amidst a backdrop of camaraderie and friendship.

Last Friday Thomas and Latham McKenna took part in the 4km walk from the Beaudesert town centre to Egan’s Farm. They advertise the walk as easy, which I suppose it is but when you’re a Grade One and Grade Three student it could be a different matter. I am happy and proud to say though, the Gilston boys lead from the front the entire way and showed all other participant’s they were great ambassadors for Gilston State School by charming the walk organisers, marshals and all other students there.

All done – too easy

HOW ABOUT THAT?
Alfie Paul (2N) recently competed in the Australian BMX National Championships. In his age group, 7 Boys, Alfie was 2nd, 2nd, 2nd, and 1st and in doing so qualified to represent Australia in the World MBX Championships later this year in New Zealand.
GILSTON CLUB
Hi Everyone,

Fun Run – although only 113 families brought back forms and money, I must congratulate those who did, as $5520.15 was raised, giving us a profit of $3091.28. A big WELL DONE to the following students who raised over $100 – Clare Gibson (1E), Akasha Waite (1S), Adam Speechley (2/3), Nash Granger (2S), Joel Steap (3S), Ruby McLaren (5S) raised $237.80, Josiah McGill (6N) raised $288.35, Charlie Ross (Prep E) raised $169.00, Shakayla Brown (Prep E), Harrison Crabb (Prep N) raised $200.00. Well done to everyone!! The prizes will be arriving in the next week or so.

Entertainment Books – The vouchers in the new book can be used now. I thought you had to wait until June to start using them, but I have been advised that they can be used immediately, and you have until the end of May 2014 to use them. They are great value. Check it out in the Office, fill in a form with payment details and the book will be delivered to your child’s classroom.

Mother’s Day Stall – Prep-Year 3 was today, and Year 4-7 will be on tomorrow, 9 May. All leftover stock will be sold up at the rotunda on Friday morning from 8.30am. There will be no stock for sale on Friday afternoon. Nothing over $7.00.

Nerang Family Expo – see attached flyer for details. We will be doing a bit of fundraising at the Gilston State School stall and was thinking of a Scratchie Tree. It would be really appreciated if as many families as possible could purchase 1 Scratchie, pop it in an envelope and donate it to the school for this purpose. They can be placed in the box in the office.

We have just purchased 10 iPads for our classrooms – so thank you to everyone who has contributed to our fundraising efforts! This is why we do what we do! Remember, for all things Gilston Club related, call or text me on 0414912217.

Have a great week….. Lisa

JAPANESE NEWS
Expressions of Interest for a Japan Tour in 2014 are looking promising. If your child/children will be in Year 5, 6 or 7 in 2014 and you are interested in them participating in a Japan Tour, please let the office know and we will send some information home for you to peruse.

If you have downloaded A+ Flashcards Pro (Free) onto your Apple device or Flashcards Buddy Pro ($1.88) onto your Android device, the following list indicates the Sets to download from Quizlet.com so your child can learn their vocabulary for this term. Don’t forget, once downloaded this App works without Wi-Fi.

Grade 3 - Kanji Numbers 1-10, Colours
Grade 4 - Classroom Objects
Grade 5 - Sports and Hobbies
Grade 6 - Family, Animals, Jikoshoukai
Grade 7 - Timing, First Verbs, Places, Let’s Get together
If your child doesn’t have access to a device you can access these Sets on Quizlet.com under my tag kd3.

Mrs Doonican

On Tuesday 7 May, 27 of our talented runners competed at the DISTRICT CROSS COUNTRY. We are proud of their efforts both on and off the track. Congratulations to Harley Adams and James MacEachern for finishing top 10 in the boys 13yr race. They will now compete at a Regional level. Good luck boys.

Scott Stavar / HPE Teacher

FROM THE GUIDANCE OFFICER
Resilience through Problem Solving
Children with good social and problem-solving skills are more equipped for life. In fact intelligence alone is not enough and it is these skills that lead people to be successful in life. Children who have learnt these skills are comfortable in new situations. They are friendly to others and join in activities. They cooperate and compromise. They trust others and others develop trust in them. They handle conflicts well and respect differences of others. They apologize when they are wrong, but will assert themselves when they believe they are right. They are clear in their thinking and non-threatened nor threatening. They are liked.

For children with poor resilience and/or at risk of depression, often these skills are lacking.

When children are young they depend on parents to help them solve problems, but as they grow they will need to learn skills to handle the problems they face. Seligman in his book ‘The Optimistic Child’ provides 5 steps your child needs to follow, in order to solve problems effectively.

1. Slowing Down – STOP before acting impulsively, then start thinking. How we handle a problem depends on what we are thinking. Replace hot thoughts with cool thoughts. Hot thoughts often lead to loss of control. Cool thoughts result in solutions that are non-threatening.

How we think affects how we feel and what we do.

2. Stand in another’s shoes – understand what the other person was thinking or why they acted the way they did. This is easy to do by meeting with the person, looking at their face, and asking non-threatening questions to get answers (use of technology won’t achieve true understanding). Stay calm.

3. Set Goals – If you have a problem how would you like things to end e.g. you have a fight with your friend, is your goal to restore friendship or have a stand-off?

4. As your child sets a goal, they should list as many ways as possible to reach it.

5. Choose a Path – which is the best solution. Look at the pros (any good outcomes that might happen) and the cons (any bad consequences) e.g. speaking nicely to someone versus yelling at them.

How did it go? Did it work – if not then don’t give up. Pick another solution and give that a shot.

7. Notice that all these steps are about you, the parent, training your child in the art of problem solving. It is not about you finding their solutions nor is it about you rescuing them. Our aim as parents is to have well adjusted, social, and happy children who are equipped to handle life in all its forms.

Adapted from Seligman, M – The Optimistic Child

CHAPPY’S SPACE
Monday 20 May begins Chappy week. Chaplains are the emotional, social and spiritual support workers in our schools supporting children, families and staff in many ways. Being the ‘cheerleaders’ of our communities, chappy’s will go to great lengths to ensure the most forgotten people are remembered too. Look out for lots of fun stuff in the next newsletter that will be happening to celebrate ‘Chappy Week’ with Chappy Sami on Wednesday and Chappy Chris on Friday 22 May and 24 May.

http://www.sqld.org.au/chappypeek

Breakfast Club - THANK YOU to our wonderful parent and Impact Church volunteers who turn up every week to help make our Breakfast Club program work, you are very much appreciated! If you think you could help us once per month we are looking for four more parents or carers- male or female to go on our roster. Contact Chappy Sami sbonsz75@eq.edu.au

Ks4Kids
Ks4Kids is a walkathon style fundraiser where we meet at Palm Beach/ Currumbin and walk to Coolangatta where we
celebrate. Chaplains are not responsible for children who participate so it is encouraged that a parent comes along also. This is an annual fundraising event and many Gold Coast schools are involved. Let’s be the winning school to raise the most! This year it will be held on the 1st June. For more information email me Chappy sbond75@eq.edu.au. Notes with more information will be coming home next week.

Prayer for our families - If there are any families in our community who wish to send prayer requests 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 Relief
Newlife Uniting Church Robina 55789322
Gold Coast Christian Family Church1300 883 503

Quotes
You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you. Dale Carnegie

TUCKSHOP ROSTER
Thursday 9 May – Mandy
Ice Blocks – Mandy
Friday 10 May – Mandy, Tanya Lind
Ice Blocks – Mandy
Monday 13 May - Mandy
Ice Blocks – Mandy
Tuesday 14 May – Mandy
Ice Blocks – Vicki Johnston
Wednesday 15 May – Mandy
Ice Blocks – Mandy
Thursday 16 May – Mandy
Ice Blocks – Simone Beck
Friday 17 May – Mandy, Trish
Ice Blocks – Elektra

Flexischools
Every week we are breaking records with the amount of students ordering online. This Friday we hope to crack the 100 orders placed!! Go to www.flexischools.com.au and register now. It really is the easy and quick way of ordering tuckshop or uniforms.

Combos
COMBO 1 - Chicken and Lettuce Burger PLUS Hash Brown and a Drink $6.00
COMBO 2 - Cheese Burger PLUS Hash Brown and a Drink $6.00
COMBO 3 - Chicken Chips PLUS Hash Brown and a Drink $5.00
COMBO 4 - Popcorn Chicken Plus Hash Brown and a Drink $5.00

Winter Menu
Hot chocolate $2.00, Cup of soups (cream of chicken or Tomato) $2.50
New menu is attached to this newsletter
Have a great week everyone. Suzelle & Mandy

COMMUNITY NOTICES
MERRIMAC STATE HIGH SCHOOL ENROLMENT INFORMATION EVENING for students in Year 8, 2014 will be held on Tuesday 4 June, 2013 at 6.30pm in the school hall. All prospective students and parents are welcome to attend this evening.

LIVE WELL WITH ASTHMA - Are you or someone you care for living well with asthma? If you wake up coughing, wheezing or breathless, struggle to keep up with normal activity, use your blue reliever puffer more than three times a week, are unsure about the way your medications can work best for you, these are all signs your asthma is not well controlled or signs you are not living well with asthma. Free one hour Live Well with Asthma workshop Helensvale Community Centre, 31 Discovery Dr, Helensvale, Tuesday 21 May, 10.30-11.30am. 1800 645 130 or www.asthmafoundation.org.au/QLD/courses for the community.aspx
Gilston State School Voluntary Contribution Scheme
$70 per child

Gilston State School has a proud tradition of community involvement. Our tuckshop and uniform stores are run predominantly by volunteers, we have a dedicated subcommittee (Gilston Club) of the Parents and Citizens Association for fund raising and the P & C are active in the strategic direction of the school.

At Gilston parents have recognised that throughout their child’s schooling there are enhanced educational services that are incorporated to add value to the core offerings. To ensure these remained in our programs, the P & C Association endorsed the concept of seeking an annual financial contribution from each student per year to supplement the offerings from both the school and fund raising bodies.

The contribution per student, as ratified by the P & C in 2010, is $70 per child, with a maximum of $140 per family.

The first $20 of this contribution is directed to each classroom where teachers expend this budget for their respective classes to support specific activities in a range of key learning areas throughout the year. $10 of the total will be directed to offsetting costs associated with excursions while $5 will go towards subscriptions to educational software that will be accessible both at school and at home. Without this contribution the range of offerings to our students will have to be reduced.

The remaining funds are allocated to enhancing the offerings in all key learning areas and to provide specific programs and services relevant to circumstances of the school. Priorities for 2013 include literacy and numeracy and information communication technologies.

Whilst payment of this contribution is voluntary, parents happily contribute recognising the high quality of offerings at Gilston. These features are possibly the reason you are enrolling your child.

Payments are processed at the beginning of each year and payment plans are also welcome if financial hardships exist.

Regards

If you would like to pay the Voluntary Contribution by credit card please fill out this form and return to the school office.

STUDENT’S NAME: ___________________________________________  EQ ID: ______________________

AMOUNT PAID: $______________   DATE: ________________   CODE: Voluntary Contribution

NAME ON CREDIT CARD: ______________________________________

CARD TYPE:  ☐ VISA ☐ BANKCARD ☐ MASTERCARD

CREDIT CARD NUMBER: [__________   [__________   [__________   [__________   [__________   [__________   [__________   [__________   [__________   [__________   [__________   [__________   [__________   [__________   [__________   [__________   (Please ensure that all sixteen numbers are entered)

EXPIRY DATE: [____] / [____]

SIGNATURE ON CARD: ________________________________
## Tuesday Sushi Order Form

To be handed in at the Tuckshop by Monday 9.30am

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

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<tr>
<th>QTY</th>
<th>TOTAL</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.