FOR YOUR DIARY

<table>
<thead>
<tr>
<th>Monday</th>
<th>8 July</th>
<th>First day Term 3</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>9 July</td>
<td>Senior Sports Carnival</td>
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<tr>
<td>Wednesday</td>
<td>10 July</td>
<td>Junior Sports Carnival</td>
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<tr>
<td>Thursday</td>
<td>11 July</td>
<td>Prep Tabloid Carnival</td>
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PRINCIPAL’S COMMENT

Be organised

To achieve, to improve and to reach our goals; we have to be organised. Organisation is the building block against which success can be measured. To be organised, we must have a plan; a clear plan on how to follow the path to reach our goals.

This week, I have been talking to the students about organisation and planning. From the moment we open our eyes in the morning, we need plans to achieve all the small and large goals that we have to meet. From getting to school on time, to ensuring we have the correct equipment to completing set tasks or to improving our reading, we need to have organised ourselves appropriately to get the job done. Some tasks only require an instinctive response. We don’t need a plan to breathe, it just happens. We shouldn’t really need a huge plan to get up in the morning.

However, if we really want to achieve something or improve (whether this is reading, maths, or music and sport) we need to consider these:

- What do you want to achieve (the goal)
- How are you going to get there (the pathway)
- How will you know that you have achieved it (the measurement)

Organisation is crucial in this process. To be organised is to effectively plan the journey from an idea to an outcome. For example, if your goal is to learn to tie your shoes, you will need to consider your plan as to how this can be achieved. It may include seeking assistance from an expert, outlining a step-by-step process and then practise.

At Gilston, we encourage our students to be leaders and to set goals. A goal must include a process and this is where organisation is important. I encourage all families to consider this. Help us assist students to be well planned and organised in everything they do in order to achieve and meet their goals.

A Celebration of School Spirit

What a wonderful afternoon it was last Wednesday when the school joined together to celebrate our maroon & blue staff v students touch football match. It was fantastic to see our school community together and it was a great opportunity to have shared memories and enjoyment.

A group of TITANS junior players and development officers joined us for the afternoon. After the game, they spoke to me and congratulated Gilston for a fantastic event and one that created a great atmosphere for all involved.

Well done Gilston.

Look smart, be smart

I ask all families to encourage students to be ready for learning each day by having all necessary equipment, be on time and be wearing the correct uniform. This includes wearing the correct school hat when outdoors. By looking smart, we show school spirit, pride and organisation.

David Cramb
Principal

PARKING/DROP OFF

Parents should be aware that parking in the school grounds between 8.00am and 3.30pm in particular is for staff only. Please also remember that parents must remain with their cars in the drop off and pick up zone. Do not park or stop in the bus areas and please take care on the road outside the school. Parking is not permitted on the edge of the road where it is marked with a yellow line. Our students’ safety must be the priority for all of us.

HOW ABOUT THAT!

Alyssa D competed in World Cup Cheer and Dance Idol on the weekend and placed 3rd for her solo cheer routine and 2nd place in three Team Stunt and Pom routines. Well done, Alyssa.

P&C NEWS

Driver Safety should be paramount in everyone’s mind around a school, along with teaching our children road safety. Not using the crossing and scurrying across Worongary Road at the top end of the school is dangerous. Drop off and parking in the bus zone causes congestion and is not the correct thing to do. Please be the positive example to your children, take a few minutes extra and do the right thing. It makes all the difference in our school community.

As a reminder for afternoon pick up zone, the children mostly arrive to the collection zone from 3.05pm onwards. Can we try and spread the pick up across that 15-20 minute window to 3.20pm, so it relieves the congestion and saves the queue on Worongary Road.

We would like to wrap up the Spell-a-thon this week and hand out the class prizes on Monday. If you could kindly send in any sponsorship monies collected it would be greatly appreciated. Even a small donation from everyone makes for some valuable resources for the children.

Kind regards,

Narelle Reed P&C President Tel: 0403046920.
**GILSTON CLUB**

Hi Everyone,

**Entertainment Books** – Check out the new 2013/14 book in the Office, fill in a form with payment details and the book will be delivered to your child’s classroom. You can also order online – just follow the directions on the forms or at [www.entertainmentbook.com.au](http://www.entertainmentbook.com.au)

**Pampering Spots for the Ladies:** Vouchers available for: SpaQ, Ella Bache, Aqua Body & Soul, Salon Indulge, L’Aqua Day Spa (Watermark), Leila Hamman Moroccan Bath & Spa, eforea (Hilton Surfers Paradise).

**Fitness:** Goodlife Health Clubs, Vision Personal Training, Back in Motion Health Group, Vision Personal Training

**On-line Retail:** Exclusive Premium Wines Online 24/7, Metallicus, Yarra Trail, Amante Jewellery, BabyBuds, Snow Goose, Edible Blooms, 1300 Flowers, Teleflora, Petals Florist Network, Magshop, Newslife Media

You will receive a flyer this week detailing our **Raffle**, which will be held next term. Hopefully, all families will be able to sell a book, however if you feel you will be unable to, please return the form, filled out, to the office.

Remember, for all things Gilston Club related, call or text me on 0414912217.

Have a great week….. Lisa

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**Grandfather sat contemplating.**

‘What’s wrong?’ asked the grandson

‘Grandson I have 2 wolves fighting inside me.

One is anger. One is peace.’

The grandson asked ‘Grandfather, which one will win?’

In his wisdom, the old man replied,

‘The one I feed?’

American Indian Proverb

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Anger can often lead to violence if not properly controlled and some people use anger as an excuse for being abusive towards others. Violence and abusive behaviour gives someone power and control over another person, usually through creating fear.

**Tips to Manage Anger**

- **Make a list of the things that often set off your anger e.g. running late, your children not cleaning up after themselves, or a co-worker blaming you for something you didn’t do. If you know ahead of time what makes you angry, you may be able to avoid these things or do something different when they happen e.g. for lateness set your clocks ahead of schedule.**
- **Use strategies to calm yourself – deep breath, count to ten, punch a pillow, walk away, put your anger into getting a job completed, talk to a friend (but when calm).**
- **What you think affects how you feel so CONTROL YOUR THINKING - self-talk yourself into rational thinking. Know you are in charge of you. Choose to act and think calmly. It will win more friends and achieve better outcomes.**
- **Be assertive - Being assertive means being clear with others about what your needs and wants are, feeling okay about asking for them, but respecting the other person’s needs and concerns as well and being prepared to negotiate. Avoid using words like ‘never’ or ‘always’ or should (for example, ‘You’re always late!’, ‘you should do this’), as these statements are usually inaccurate, make you feel as though your anger is justified, and don’t leave much possibility for the problem to be solved.**
- **Seek professional help if your strategies aren’t working**

Remember – how we respond to anger will set the example for our children to follow.

Our behaviour is a choice. When dealing with anger which wolf do you want to feed?????

Adapted from Anger Management: [http://www.psychology.org.au/publications/tip_sheets/anger/#s5](http://www.psychology.org.au/publications/tip_sheets/anger/#s5)

**SPORT NEWS**

Due to the weather, our sports carnivals will not be on this week. They will now go ahead after the holidays on the following dates – Senior 9 July, Junior 10 July and Prep 11 July.

Last week it was reported that Keysha Matenga was selected in the District Touch Footy Team. The news gets better with Keysha gaining a spot in the South Coast Regional Team. Great work!!

**FLYING START – WHAT DOES JUNIOR SECONDARY LOOK LIKE?**

**NERANG STATE HIGH SCHOOL FROM 2014**

Six principles have been developed to underpin Junior Secondary and under these guiding principles, Junior Secondary will provide challenging educational offerings that engage young adolescents, while giving them a sense of belonging and support through the changes they face. These six principles are:

1. **Distinct Identity**
   Junior Secondary students will be encouraged and supported to develop their own group identity within the wider high school. This will involve dedicated school areas and specific Junior Secondary events.

2. **Quality teaching**
   Teachers working with students in the Junior Secondary years building the skills they need through additional professional development, so they can support young teens through these crucial early high school years. Some teachers from local primary schools will choose to
move to Junior Secondary at Nerang High, and existing secondary teachers may specialise in Junior Secondary

3. Student wellbeing
We will meet the social and emotional needs of our Junior Secondary students with a strong focus on pastoral care. For example, we will provide a home room to support students as they adjust to new routines and greater academic demands. We will provide specific programs to develop the skills our students will need as they enter high school and transition through the Junior Secondary school.

4. Parent and community involvement
We want parents to stay connected with their students’ learning when they enter high school. Parent involvement in assemblies, special events, award ceremonies and leadership presentations will be welcomed.

5. Leadership
We will be implementing leadership roles for our students in Years 7, 8 and 9 from 2014. Dedicated teachers experienced with teaching young adolescents will lead Junior Secondary. Our team of teachers will be led by our HOD Junior Secondary and his dedicated team of Year Coordinators, and of course our administration team.

6. Local decision-making
The needs of each school community will influence how Junior Secondary is implemented in our school. We are looking for parents to have a say in the way we do business in Junior Secondary.

DENTAL VAN
Students in Years 7, 6, 3, 2, 3/4, 1E, 1N, 1S, 1W) have been provided with an offer of oral health care pack to take home. The pack includes:
- Child & Adolescent Oral Health Service Brochure
- Examination Card

If your child is enrolled in one of the grades listed above and did not receive an offer of care pack and you would like to arrange for your child to receive oral health care, please contact the Oral Health Call Centre 1300 300 850 Monday to Friday 8.00am–4.30pm excluding Public Holidays.

If your child requires disability access please identify this requirement with the Call Centre Operator.

TUCKSHOP ROSTER
Thursday 13 June – Donna Kafoa
Ice Blocks – Mandy
Friday 14 June – Alex Wilson-McCarthy, Mandy
Ice Blocks – Mandy
Monday 17 June - Mandy
Ice Blocks – Kamila Bestmann
Tuesday 18 June – Irene Nicholson
Ice Blocks – Help please
Wednesday 19 June – Mandy
Ice Blocks – Mandy
Thursday 20 June - Mandy
Ice Blocks – Mandy
Friday 21 June – Mandy, Marnie
Ice Blocks – Mandy

Flexischools online ordering is our preferred method of ordering tuckshop and uniforms. If you haven’t registered at www.flexischoos.com.au please do so soon. It is quick and convenient.

Winter Warmers – Hot Chocolate $2.00, Spaghetti Bolognaise $4.00, Spaghetti Bolognaise & Meatballs $4.50. Teriyaki or Satay Chicken & Rice $4.50, Tortellini $4.00.

Help Needed – to continue to keep our prices low we need the help of volunteers. If you can help 1 morning or afternoon per fortnight, please come and see us.

Have a great week. Suzelle & Mandy

COMMUNITY NOTICES
HELPING HANDS Vacation Care program at either Ashmore State School or Benowa State School. Qualified and experienced staff, 6.45am to 6.00pm. For more information or to book please contact Helping Hands Ashmore on 0400 708 773 or Helping Hands Benowa on 0458 010 529 or email ashmore@helpinghandsnetwork.com.au or benowa@helpinghandsnetwork.com.au

GILSTON SS AFL AUSKICK CENTRE - Cost only $60.00!!! To pay online register at aflauskick.com.au. Please make cheques payable to: AFL Queensland. Sign on and 1st Session: 3:10–4:10pm Thursday 18 July. For more info. Contact Tim Searl on 5594 5722 Kids turning 5 in calendar year can participate. If you miss the first session you can join the following week. No specialist clothing required /football boots not necessary.

FIRST SWING GOLF for boys and girls aged 3-12 years. For after school program location details, session times and to enrol please visit www.firstswing.com.au or phone 0432 740 073.

HOLIDAY PROGRAM ‘Fun n Fitness Care’ – Mudgeeraba Creek State School – 24/6/13 – 5/7/13 – Monday – Friday 7.30am-5.30pm – approx. $15/day – www.funnfitnessvacationcare.com.au, phone 0404084195.
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Ingredients

- 1 cup flour
- 2 tsp baking powder
- ½ cup sugar
- 500g sweet potato
- ½ cup water

Method

- Chop sweet potato into small cubes and soak in water for 10 minutes
- Mix flour and baking powder in a bowl.
- Drain sweet potato and add sugar. Mix thoroughly.
- Add sweet potato to flour and mix together with water to form a slightly stiff batter.
- Spoon portions of batter into aluminium cupcake trays.
- Steam for 25 minutes.
- Eat warm.
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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<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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<tr>
<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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<tr>
<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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<td>Chicken Tandoori</td>
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<td>Chicken Honey Soy</td>
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<td>Salmon Avocado</td>
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<td>Vegetarian Green</td>
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<tr>
<td>Vegetarian Carrot</td>
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| Totals                | QTY | $        |

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.