For Your Diary

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>15 August</td>
<td>Eisteddfod Choir Competition 11.30am</td>
</tr>
<tr>
<td>Friday</td>
<td>16 August</td>
<td>Last day payment Mana-Spirit of Polynesia performance</td>
</tr>
<tr>
<td>Tuesday</td>
<td>20 August</td>
<td>Eisteddfod Band Competition 12.15pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>27 August</td>
<td>Prep to Year 7 Arts Performance “Mana, Spirit of Polynesia”</td>
</tr>
<tr>
<td>Thursday</td>
<td>29 August</td>
<td>Book Character Parade 9.15am</td>
</tr>
<tr>
<td>Friday</td>
<td>30 August</td>
<td>Gold Coast Show holiday</td>
</tr>
<tr>
<td>Friday</td>
<td>6 September</td>
<td>Last day payment Year 6 Lake Ainsworth</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11 September</td>
<td>School Photos</td>
</tr>
<tr>
<td>Thursday</td>
<td>12 September</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>13 September</td>
<td>Last day payment Year 7 Canberra Trip and Year 5 Lake Mallon</td>
</tr>
<tr>
<td>Friday</td>
<td>1 November</td>
<td>Family Arts Night</td>
</tr>
</tbody>
</table>

Deputy Principal’s Deposition

Nerang PCYC
The Nerang PCYC is having discussions with the school regarding opening a branch of the Nerang operation here at Gilston. This means a welcome addition to the services we can provide our students and families in both before and after school services. PCYC Nerang has been operating since 1982, providing an ever increasing range of activities for the whole family at affordable prices. For further information on what is actually available please follow this link http://pcyc.org.au/Clubs/Nerang.aspx
Representatives from Nerang PCYC will be attending the next P&C meeting to meet with the community and answer any questions.

Keep in Touch
If you’re looking for some good sites to help with homework and thinking skills at home, check out the ‘H’ page on our iZone+ edStudio (scan the code below or use Access Key S206116554). For other sites relevant to the specific learning your child is doing at the moment, visit the year level edStudios.

Before and After School Parking
Because of breaches to the school’s liability insurance policy and limitations of that policy, we can no longer allow any general public vehicular traffic to use the access road to the hall and lower oval area. We have also been advised by Police Traffic Branch that access to and from the road at peak times can and does create breaches of the traffic act which can attract fines. It can only be used for departmental employees and service providers. Handicapped parking is available in the staff and visitor parking area adjacent to the administration building. Staff have been advised to keep these spaces clear.

Internet Banking
Could parents and caregivers please make sure when making a payment to include the EQID number of the child you are making the payment for. The number is the Customer ID printed on the Tax Invoice sent home. This is imperative in making connections between the monies paid and the child concerned. Without this reference number there is no other way of accounting for your payment.
Please also note that money is only taken at the school on Thursdays and Fridays. Please do not send money in on any other day.

Red Foods Policy
We have had growing requests from children to bring chocolate to school to sell as fundraising for various community groups and organisations. While we commend students’ zeal, we have to focus attention on EQ policy around the supply of red foods in schools. RED ‘Occasional’ - limit the availability because foods in the RED category are of a poor nutritional value. A set of nutrient criteria/menu is provided to staff, students and parents who eat from the school tuckshop. While their needs may be different to children, it is important that adults in the school model healthy food choices; it is also a part of the national and school curriculum all students learn about. Could you speak to your children about not bringing red foods to sell. Another manifestation of this is other children are buying these goods and then finding they have no money to buy the lunch parents intended them to purchase.

Queensland Health Advice
A relative of one of our students has been diagnosed as having Avian Influenza (Bird Flu). The students have been checked. The risk of contracting the disease in a school setting/public place is extremely low. Further information is available on the fact sheet attached to this newsletter. If your child presents as having a high fever, cough, fatigue and aching muscles you should consult your doctor.
THE IMPORTANCE OF SLEEP

We all know how sleep affects our life – a good night sleep makes life’s dilemmas easier to cope with while a bad night’s sleep (or limited sleep) makes us grumpy, lethargic and mostly no fun to be around. Sleep problems in kids don't just drive parents batty, they also affect children's health and development, including academic performance, growth and even immunity.

Sleep researcher and psychologist Dr Sarah Blunden, from the Centre for Sleep Research at the University of South Australia, told a recent psychology conference in Melbourne (2010) that sleep problems – which can be medical or behavioural – can affect memory, attention, thinking ability and behaviour. For children there are also studies that link bed wetting with sleep problems.

The most common cause of medical sleep problems is snoring and obstructive sleep apnoea (holding the breath), but sleep walking or night terrors, periodic limb movement disorder or restless leg syndrome and other conditions, such as asthma and eczema, can also affect sleep.

Behavioural sleep problems can include difficulty falling or staying asleep, resisting going to bed, changing sleep hours (like teenagers do), and getting out of bed during the night.

So what is enough sleep?
- Toddlers need 12 to 14 hours sleep daily
- Primary school kids 10 to 12 hours.
- Adolescents need about 8½ to 9½ hours of sleep per night

Research suggests without this sleep, children don’t function as well. They’re more irritable, aggressive, hyperactive, fidgety, and can't concentrate or remember information, compromising learning, and exhibiting delayed response time. They get sick more and have an increased risk of accidents. We as adults can also relate to these symptoms.

Did you know? More than half of “asleep-at-the-wheel” car accidents are caused by tired teens.

Poor sleep can affect all of us at some time. Sleep experts recommend the following tips. Whether you be young or old or in the middle:
- Get into a routine - go to bed around the same time every night and wake up at the same time every morning
- Investigate if there are any fears or anxieties that might be keeping you/ them awake.
- Before bed, do relaxation, breathing or visualisation exercises (imagine a happy place such as the beach or park)
- Do relaxing activities such as reading, drawing, listening to quiet music in the hour before bed to help wind down.
- Turn off the television (keep TV out of the bedroom), computer, electronic games and other activities in the hour before bed.
- Avoid strenuous exercise in the few hours before bed but make sure you/ your child gets plenty of exercise during the day.
- Avoid caffeine (soft drinks and coffee) and limit spicy or salty food which can cause thirst – and wake you/ your child during the night
- Encourage your child to fall asleep on their own (even rather when already asleep)
- Use reward systems (star charts culminating in a lucky dip or favourite outing) to motivate preschool and school-age kids, especially if they are getting out of bed or coming into your bed at night
- Install a hall or night light if your child is scared of the dark

If all else fails see a GP who can refer you/ your child to a medical specialist, sleep physician or psychologist to investigate why you or your child struggles with sleep.

Adapted from: ABC Health and Well Being – Kids Need a Good Night’s Sleep by Helen Carter KidsHealth

SCHOOL PHOTO DAY 11-12 September
Please take time to read the relevant information on the MSP Photography payment envelopes sent home today and remember these helpful points:
- 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 portrait 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.

P&C NEWS
I enjoy looking at the history of Gilston State School, and recently came across the Inspector’s reports of years gone by. Extracts of 1922 - “An intensely earnest tone pervades the school. The pupils are exceptionally well in hand. Their behaviour is exemplary”, 1925 - “The garden trees and grounds have been well cared for and the garden is still the best on in the district”, 1950 - “Pupils are friendly and courteous, though some fail to stand when addressed by or addressing the teacher and ‘Sir’ is sometimes omitted”. Not sure that we could reinstate the “Sir” business but all these years on and so much is the same today. Well done Gilston.

New Volunteers - We’re on the lookout for you!! If you can help for 20 minutes of an afternoon it would be greatly appreciated. Please call me direct.

Uniform Shop - Stocks of winter fleecies will be replenished this week. Order online with Flexi Schools for delivery to the class.

Have a great week.
Narelle Scott P&C President Tel: 0403046920.

GILSTON CLUB
Hi Everyone,

Raffle Books – All books need to be returned by this Friday 16 August. Remember, the family that sells the most tickets gets an iPod Shuffle as a prize! We must account for EVERY book so please return them, sold or unsold. All books and money must be returned in a sealed bag/envelope and placed in the wooden box in the office. Sales are actually down this year, so if you haven’t sold yours yet, we would really appreciate every effort to sell them.

Entertainment Books – taking last orders!! All families will receive the final order form this week, enabling you to purchase a book. Either fill in the form at the bottom of the flyer and place in the wooden box in the office or you can purchase online. Sales will finish at the end of August, so get in now to purchase yours, keeping in mind the September school holidays will be upon us before we know it, and there are great vouchers to keep the kids occupied.

Father’s Day Stall – this will be held on Tuesday 27 August (Prep-Year3), Wednesday 28 August (Year 4–Year 7), and Thursday 29 August for any leftover stock. Friday 30 August is the Gold Coast Show public holiday.

Remember, for all things Gilston Club related, call or text me on 0414912217. Have a great week.

Lisa McMullin (100m), Liam O’Dwyer (high jump) and Declan Paech (high jump) will now compete at Regionals for our child gets plenty of exercise during Pod Shuffle as a prize!

SPORT
40 of our best athletes recently competed proudly at the DISTRICT ATHLETICS CARNIVAL. 11 of these returned last Friday to compete on CHAMPIONSHIP DAY. Marcus Gaudens-McMullin (100m), Liam O’Dwyer (high jump) and Declan Paech (high jump) will now compete at Regionals for a spot in the South Coast team at the State Carnival. Good luck boys.

Scott Stavar / HPE Teacher
SCHOOL BANKING
This term CBA is running another great competition for all student bankers. Every child who makes a deposit into their account this term, will go into the draw to win an iPad mini or one of 10 Dollarmite Back Packs.
The school with the biggest percentage of student bankers who make a deposit this term, will win a Marquee.
We need everyone to find their deposit books and send them in to School banking on Friday!
If you are not yet banking through school, you can start any time! Just go to your local CBA branch and open an account there, or for existing CBA customers, you can do it on line!
Good luck to everyone - let’s see if Gilston SS can win a Marquee!
If you have any questions, please call me on 0411 822 121.
Mia Pyyvaara

CHAPPY’S SPACE
How thinking affects feelings
It’s simple but true: what we think affects how we feel and behave. For children, unhelpful thoughts can lead to unhelpful behaviours like giving up on a task because they’re convinced they will fail. You can help by setting a good example and helping your kids to think positively. Read full article

Breakfast Club - Thank you so much to our parents and Impact church that help out every week. We really need a few more volunteers on board though if any parents/carers/grandparents are interested in joining our breaky club team. please contact chappy Sami on samanthab@chappy.org.au

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 Food Relief Newlife Christian Family Church Robina 5578 9322 Gold Coast

Saturday Night Kids Club- ‘Kids Roc’ 2nd & 4th Saturday of the month put on by Harvest City Church held in William Duncan School Hall. Enquiries - Sue 0421664466 www.kidsroc.com.au


Mark My Words is an annual art competition ran by S.U Qld whereby contestants choose something they find inspiring from the gospel book of Mark and share this through an art medium such as painting, drawing, collage, photography or any other medium they wish. Chappy Sami will be holding a lunchtime group where the children can participate in this competition and receive help with finding their inspiration and ideas to how they will express these. This will be held Wednesday first break except for 7 August and the competition finishes 26 August. For more information visit markmywords.org.au.

You can access the Chaplaincy service at Gilston via Mr Weatherburn or by contacting Chappy Sami or Chappy Chris on samanthab@chappy.org.au or chrisp@su-chaplain.com

QUOTES - “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” - Matthew 6:34

“Whatever is going to happen will happen, whether we worry or not.” — Ana Monnar

TUCKSHOP ROSTER
Thursday 15 August – Marnie
Ice Blocks – Mandi Roughley
Friday 16 August – Selena, Trish, Natalie
Ice Blocks – Kamila Bestmann
Monday 19 August – Dannie Faulkner
Ice Blocks – Nicole Meesen
Tuesday 20 August – Donna Kafa
Ice Blocks – Need help
Wednesday 21 August – Nicole Meesen
Ice Blocks – Donna Clarke
Thursday 22 August – Stacey Gardner, Irene Nicholson
Ice Blocks – Simon Beck
Friday 23 August – Alex, Natalie, Nicole
Ice Blocks – Kamila Bestmann

Volunteers are always welcome, come and see me in the tuckshop if you are interested.
Sushi Day is Tuesday. Please order by Monday.
There have been some price increases on the menu. Come and see me if you need a new menu.
Order online at www.flexischools.com.au. It is easy and convenient.
Have a great week. Mandy

COMMUNITY NOTICES
MERRIMAC STATE HIGH SCHOOL ENROLMENT INFORMATION EVENING for students in Year 8, 2014 Tuesday 20 August, 2013 at 6.30pm in the school Hall. Enrolment packs will be available from Merrimac SHS Admin or www.merrimacshs.eq.edu.au
Enjoy an entertaining afternoon at the MUDGEERABA UNITING CHURCH FASHION PARADE of pre-loved clothing Saturday 24 August 1.30pm. Admission $6 adults and $3 students which includes a delicious afternoon tea. Lucky door prizes and a Craft and Jam Stall. Enquiries phone 5525 1309.
GOLD COAST DOLPHINS’ FREE JUNIOR CRICKET COACHING CLINIC – Kerrydale Oval, Priddy’s Road, Robina – Saturday 7 September 10.30am-12.30pm. Boys & Girls ages 9-16. To register send your child’s name, age and contact details to coachingclinics@goldcoastdolphins.com.au
MUDGEERABA UNITING CHURCH 89 Franklin Drive Village Crafts Fair on 6 & 7 September. Displays and sales of handmade crafts and quilts, the work of local artists, plants, books, coffee shop & BBQ. Friday 9.00am-4.00pm. Saturday 8.00am-3.00pm. For bookings and enquiries phone 5525 1309.
CURRUMBIN COMMUNITY FARM SCHOOL SPRING FESTIVAL - Sunday 1 September, 9.30am-2.00pm - Live Music, Rock Climbing, Farmyard Feeding, Jumping Castle, Market Stalls, Food & More! Free Entry - Stall Holders Wanted – From $10 - 1226 Currumbin Creek Road, Currumbin Valley. Phone: 5533 0312 Email: alock16@eq.edu.au
The Nobby’s Beach Surf Club is holding its annual NIPPER INFORMATION OPEN DAY and SIGN ON Sunday 29 September at the Club from 9.00am to 12.00pm for ages 5 - 13yrs. For more information about Registration or pool swim proficiency, call the Club’s administrator, Maggie Mills on 5526 1117 or email maggie@nobbysselc.com.au
JUNIOR COOMERA COMETS TOUCH – Summer 2013 Boys & Girls 6 to 16 years. Sign on Friday 16 August 4.30-6.30pm, Saturday 24 August 10.00am-12.00 noon. Registration forms available on website http://www.comeracometsjuniotouchnet
LIONS CLUB OF ROBINA invites you to a TRIVIA NIGHT to aid Autism Gold Coast – 7/9/2013 – 7.00pm start – Merrimac SS Multipurpose Centre - $15 per person – bring your own drinks - reserve your table by emailing trivia.robilions@hotmail.com
FREE SEMINARS featuring local behaviour specialist and author of “Challenging Change, Behaviour Strategies for Life”, Tan Curtis, Great Hall, Somerset College
Thursday 15 August – Parental tips around behaviour management (5.30pm to 7pm)
Thursday 10 April 2014 – Social Skills (5.30pm to 7pm)
Thursday 12 June 2014 – Caring for self, whilst caring for others (5.30pm to 7pm)
RSVPs are essential and you can book in by calling Fabic on 5530 5099
## 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>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Teriyaki</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef Teriyaki</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Tandoori</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Lettuce Mayo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Sweet Chilli</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Honey Soy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Avocado</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salmon Avocado</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salmon Cream Cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prawn Lettuce Mayo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuna Avocado</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuna Sweet Chilli</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuna Mayo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg Salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetarian carrot</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetarian green</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetarian special</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avocado</td>
<td></td>
<td></td>
</tr>
<tr>
<td>California</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inari</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VIETNAMESE ROLLS $3.00</th>
<th>QTY</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Teriyaki</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Tandoori</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Honey Soy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef Teriyaki</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BBQ Pork</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salmon Avocado</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetarian Green</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetarian Carrot</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Totals</th>
<th>QTY</th>
<th>$</th>
</tr>
</thead>
</table>

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.