



# GILSTON STATE SCHOOL

## NEWSLETTER



Principal: Bruce Langes  
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### PRINCIPAL'S REPORT

Gilston is renowned for its reptiles, particularly the tree snakes and pythons. In keeping with the theme, we now have **scores of geckos** each **Monday** and **Thursday** as the children likely to be part of the **Prep program (Gilston Geckos)** next year participate in activities on site to assist with their transition. It has been a delight to see the eager faces and to meet some of the parents during these visits.

On the topic of Prep, it is **imperative** to our planning that we know about **all Prep enrolments** from within our catchment immediately. As I wrote last week I am making offers to those outside catchment based on the number of "insiders" we have listed. A significant change to this number will adversely affect our class numbers.

The data collected from the **School Opinion Survey** is useful for our planning. So far only eight parents have completed the survey. Please **make this task a priority** so that your views can be part of the data we use to shape our school's future.

**Same day reporting for absences** will be a feature of our school prior to the end of the year. We are currently investigating the best solution for our needs and will roll out the service after a decision has been made. Once the system is in place, any unexplained absence will be communicated to parents on the same day.

**Volunteers** are pivotal to the maintenance of many of the features at Gilston. I **thank each and every one of you** for the time and skills you dedicate to ensure our students continue to enjoy the special offerings each week. The **hardy band of people who comprise our P & C** are deserved of special mention for the extraordinary number of hours spent behind the scenes to coordinate many of the events that have become synonymous with our school. They are a true reflection of the You Can Do It! Program features that we promote with your children: Organisation, Persistence, Resilience, Confidence and Getting Along. Thank you!

Recently we have been focused on teaching children about the **safe and legal use of social media** and the internet. For those of you unable to make it to the information session led by our adopt-a-cop Alana, you may want to learn some more about cyber safety from the [Daniel Morcombe online safety program](#)

### FOR YOUR DIARY

Wednesday	27 July –	Year 5 Camp
Friday	29 July	Tyalgum Ridge Retreat
Friday	29 July	Last day Book Club Issue 5
Tuesday	2 August	Last day entry forms for recording a song
Sunday	7 August –	Sakai Bakuen Exchange
	14 August	Visit
Friday	12 August	Bush Dance 5.30-8.30pm
Thursday	18 August	Band at Eisteddfod (am)
Monday	22 August	Choir at Eisteddfod (6.30pm)
Friday	26 August	Gold Coast Show Holiday
Wednesday	7 September	Great Book Swap

#### 2016 Explicit Improvement Agenda

- Mastery of maths concepts – efficiency through CMC program
- Embedding scripted guided reading and monitoring of reading behaviours
- Embedding consolidation instruction through slides

#### Gilston Expectations

- Be a Learner
- Be Responsible
- Be Respectful
- Be Safe

#### Current Attendance Levels

P	1	2	3	4	5	6
94.94	94.98	94.43	94.82	94.35	94.02	94.59

**Pokémon Go** is certainly gaining widespread attention. It is clearly entertaining judging by the uptake by adults and children alike. Like many applications on line **people must be over 13 years** of age before they can legally sign up. In theory this precludes all our students at Gilston. I encourage all users to ensure they are **aware of the terms and conditions** associated with the use of the app especially those regarding the sharing of the images captured as part of the "game". In addition there are risks associated with children (and adults) being unaware of their surroundings during the activity leading to accidents, there are increased reports of trespass as people hunt down the characters and there are reports of children leaving home at night (with or without their parents' blessing) to access the special characters that are available after dark.

Yesterday, our upper school students competed in the **Gala day** and I am proud to share that I have received several reports about their conduct both on and off the field of play. I **commend** the students at the centre of these reports for **being wonderful ambassadors** for Gilston.

Most of you have a mobile phone of some description and as civically-minded individuals are keen to ensure that our public facilities including schools are free from wilful damage. To this end I ask you to store the following phone number for use when you see anything untoward occurring at Gilston or any other school. **131788** is the School Watch number specifically generated many years ago to keep our spaces free from harm. Please **make a call if you see something suspicious**.

A QParents app is now available on Android. Tam informs me that the transition was really simple.

Stay safe and keep smiling.  
Bruce

#### **DEPUTY PRINCIPAL'S REPORT** **A Challenging Forecast**

A recent report by the Foundation for Young Australians provides three dramatic forecasts for 2030.

They are saying that 44 per cent of jobs will be automated in the next ten years. Sixty per cent of students are chasing careers that won't exist and young people will have an average of seventeen jobs.

In a similar vein, the World Economic Forum forecasts in its report, *The Future of Jobs*, that five million jobs will disappear. Not just factory jobs but office workers, professionals in law and accounting will also be affected.

These trends are not likely to stop in the next ten years. The number of students enrolled in higher education for example is likely to double with the most growth in developing nations such as India and China. Many millions of these students will travel to other countries to service their higher education needs. Australia vies for that trade and already it contributes millions to our economy.

The latest OECD PISA (Programme for International Student Assessment), results show that the average fifteen year-old student in Shanghai is performing at a level two to three years (on average), above his or her counterpart in Australia. Korean, Hong Kong and Singaporean students are performing at least seven months ahead of Australian students in reading (English).

This means a world where learning is where you want it, when you want it, how you want it and albeit at a cheaper cost. The challenge for our students, our children, is to be able to successfully compete for and attain positions in higher education facilities when they want it.

**To do this they need to fully realise the importance of being fully involved in, and in control of, their education.**

#### **The Challenge for Our Students at Gilston**

Some observers will argue that schools, higher educational facilities and governments are taking the fun out of schooling and that it's not like the old days. Nothing is as it was but one could counter that the fun is still, and always will be there, but in a form that is different to some students' perceptions of the reason they are at school. It is not about who has the most/the coolest friends, who will play with me, who isn't talking to me, I don't feel like it, I'm tired, etc., etc. **It is a social environment** but in a context **centred around children learning and achieving**.

All athletes will try to be better than the day before, a personal best is what drives them, it makes them feel good, governments always try to make the country stronger financially, it gets them re-elected, that makes them feel good and a father will always do his best to provide for his family, because there's no better feeling.

A student's 'job' is to do just the same – to improve each day, be able to articulate and expand on each day with pride, enthusiasm and the desire to keep on doing it. The key for them is to realise that success in worthwhile pursuits equals happiness.

**Happiness is not something ready-made. It comes from your own actions.**

#### **P & C NEWS**

##### **The Gilston Family Bush Dance**

**Friday 12 August – 5:30 – 8:30pm**

Come one come all for a fun night of boot scooting, line dancing and a lot of laughs. Grandparents welcome. Siblings and friends more than welcome too with a ticket. Adults are not required to purchase a ticket.

There are prizes for those who want to get their country groove on!! Best dressed, best dancer. (Dressing up is optional).

**Save And Win: Buy your tickets before the event and you could win a \$50 Event Cinema voucher and save money as well.** Pre-purchase from flexischools or keep an eye out as tickets will be sold at the Rotunda closer to the time. Pre-purchases close Wednesday 10 August.

##### **Ticket Prices - Pre Purchase**

with Sausage and bread \$5.00 (\$8.00 on the night) with Gilston Gourmet cheeseburger \$7 .00 (\$10.00 on the night)

**Other items for sale on the night** - Cash Bar (beer and wine), drinks (soft drinks, poppers, water), Lamingtons, tea/coffee or hot choc, chips/chocolate, glow sticks  
Prizes to be won for Adults and kids.

**\*\*As alcohol is being served at this event ALL minors must be accompanied by an adult\*\***

**\*\*\* Volunteers Needed Urgently \*\*\***

Can you spare an hour or two Friday mornings? Help is needed with School Banking.

**Contact Tam 0415 444636**

We are **URGENTLY** seeking two host families **WITHOUT** dogs/cats for our **JAPANESE** group coming on Sunday 7 August until Sunday 14 August.

If you or an extended family member can assist, please call the office or email [ddoon3@eq.edu.au](mailto:ddoon3@eq.edu.au) ASAP.

#### **DISTRICT ATHLETICS**

This carnival will be held at Pizzey Park on Thursday 4 August. Any student aged 10-12 years who received a blue or red ribbon on Sports Day will attend a meeting on Thursday and receive an information letter. Please fill-in the relevant sections and return to me at school. Thank you.

Scott Stavar / HPE



## LIBRARY NEWS

**Book Club Issue 5** has gone home this week. All orders should be done on-line using the LOOP system of payment please. No cash comes to school. The last day for orders will be next Friday 29 July.

**Indigenous Literacy Foundation** – the Library will be holding the Great Book Swap on Wednesday 7 September. More details closer to the date.

Kathy Stone (Librarian)

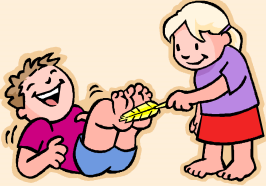
## CALLING ALL SINGERS...

### Would you like to record a song?

One lucky Gilston student will have the chance to do just that! How? Collect an entry form from Mrs Miller with all the details. Entry forms need to be **returned by Tuesday 2 August**.

## FROM THE GUIDANCE OFFICER – MICHELLE DAVIES

Laughter is the Best Medicine



### How is it that the sound of laughter is far more contagious than any cough, snuffle or yawn?

Laughter is a natural part of life.

The part of the brain that connects to and facilitates laughter is among the first parts of the nervous system to come on line after birth. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Now is the time to begin.

While humour and laughter can cause a domino effect of joy and amusement for anyone in range, it is well researched that this activity can make us healthier and helps us to live longer.

Though it can be difficult to define what exactly makes humour funny, laughter has long been considered helpful to the healing process.

Substantial research indicates that humour and laughter both play a health role. Did you know that laughing:

- **exercises the internal organs** (great for the stomach muscles and the cardiovascular system),
- **with all that mouth opening and deep breathing, laughing gets more oxygen to the brain** (to enhance alertness and thinking),
- **boosts endorphins** (natural mood-elevating and pain-killing chemicals),
- **strengthens the immune system** (to help fight off disease.)

Laughter has also been shown to **improve pain tolerance, reduce stress, lower blood pressure, and protect the heart.**

The social effects too are many. They include:

- improving a person's **optimism and outlook on life**
- **connecting** you to others – others will want to spend time with you
- fostering instant **relaxation**
- and most importantly **IT MAKES YOU FEEL GOOD**

Unlike more invasive therapies, laughter therapy is cheap and has no harmful side effects - not bad for such an enjoyable activity.

The great Groucho Marx who spent his movie life clowning around stated: **"A clown is like an aspirin, only he works twice as fast."**

But humour must be used with care. Children should not be exposed to inappropriate adult humour. Never use humour to offend or shame another person. It's not about laughing at another person but ensuring everyone enjoys the joke. If you feel a need to laugh at someone make sure that that someone is you.

Try these activities. They will benefit your child and you:

- Watch comedy DVD's and TV shows
- Visit the circus – do some clowning around yourself
- Listen to comedy while driving – the news these days is very depressing
- Read comic authors/ tell jokes.
- Seek out funny people
- Bring humour into conversations. Tell and invite funny stories
- Just practise smiling and laughing. If you have to - 'fake it till you make it'

Let's see more people laughing and smiling. Our communities, including schools and workplaces, can only benefit.

Adapted from Gregory J. Boyle and Jeanne M. Joss-Reid, "Relationship of Humour to Health", *British Journal of Health Psychology*, Feb. 2004.

## Here are some jokes to share with the Kids

- Q In which battle did Napoleon die?  
A His last
- Q What can you never eat for breakfast?  
A Lunch or dinner
- Q What looks like half an apple?  
A The other half
- Q If you throw a red stone into the blue sea what will it become?  
A Wet
- Q How can a man go 8 days without sleeping?  
A No problem, he sleeps at night
- Q How can you lift an elephant with one hand?  
A You will never find an elephant that has one hand!
- Q If it took 8 men ten hours to build a wall, how long would it take 4 men to build it?  
A No time at all as the wall is already built
- Q How can you drop a raw egg onto a concrete floor without cracking it?  
A Any way you want as concrete floors are very hard to crack.

## PLEASE...LET'S ALL REMEMBER TO LAUGH MORE OFTEN

**THE DOLLARMITES** have discovered Prize Lights in the Outback sky and they want to share these spectacular prizes with **SCHOOL BANKERS**. Keep saving to discover the Prize Lights. Simply make three or more School Banking deposits during Term 3 for a chance to win one of the Star Saver prizes, including camping kits, instant cameras and magazine packs. What's more, if you complete the fun Stargazing online activity, along with making three or more School Banking deposits during Term 3, you'll also have a chance to win one of 50 Supernova prizes – PlayStation 4 packs.

To complete your Stargazing online activity, or to find out more, visit [commbank.com.au/prizelights](http://commbank.com.au/prizelights).

## HELP NEEDED WITH STUDENT BANKING

### Do you have an hour to spare on Friday mornings?

If you have we really need your help with student banking. Call in to the Admin Block on Friday morning and talk to the girls.

## **GILSTON GOURMET**

Thursday 21 July - Tracey Zimmerman

Ice blocks – Help needed

Friday 22 July – Kyra Blows / Help Needed

Ice blocks – Jane H

Monday 25 July – Paula Black

Ice blocks – Emma S

Tuesday 26 July – Melanie Harrison

Ice blocks – Help needed

Wednesday 27 July – Help needed

Ice blocks – Help needed

Thursday 28 July – Tracey Zimmerman / Help Needed

Ice blocks – Theresa H

Friday 29 July - **HELP NEEDED URGENTLY PLEASE**

Ice blocks – Help needed

*As the last pie drive was so successful, we have been asked to hold another one; so keep an eye out in your youngest child's bag for a Pie Drive form.*

*You have 2 weeks to get lots of pie orders and then all money and orders are due back on Monday 1 August, 2016.*

*I would like to say a BIG THANKYOU to the Howell Family (Lillie and Pypa from year 5) for donating a very large box of apples.*

*Our volunteers are very low at the moment. If anyone can spare just 1 hour once a week or month, we would really appreciate the help. Here is something to think about:*

*"One tuckshop volunteer who works 4 hours per fortnight = 80 hours per year @ \$21.61 (Aust. minimum wage) = \$1729.00 per year. Not many people can say they have made such a sizable donation to their child's school".*

*Have a great week,*

*Nicole Meesen / Gilston Gourmet Convenor*

## **COMMUNITY NOTICES**

### **MERRIMAC STATE HIGH SCHOOL ENROLMENT**

**INFORMATION EVENING** for students entering Year 7 in 2017 will be held Tuesday, 16 August at 6.30pm in the Library. Enrolment packs will be available from Merrimac SHS Admin or [www.merrimacshs.eq.edu.au](http://www.merrimacshs.eq.edu.au).

### **ROBINA STATE HIGH SCHOOL ENROLMENT INFORMATION**

**EVENING** – Thursday 11 August 2016, 5.30-7.00pm. For more information contact Head of Junior Secondary, Mr Aaron Carlisle [acar161@eq.edu.au](mailto:acar161@eq.edu.au). [www.robinashs.eq.edu.au](http://www.robinashs.eq.edu.au)

**A BLACK TIE DINNER** will be held in the Ballroom, Nerang RSL on Friday 12 August to raise fund for the Anzac Day Commemorative Fund. Take a trip down memory lane with our guest of honour Air Commodore Don Solin RAAF Retd who was recently awarded the Legion of Honour by the French Government. Tickets \$150.00 per guest. Bookings at Nerang RSL or 5578 1222.

**CELEBRATE 40 YEARS OF HINZE DAM** Saturday 23 July 10.00am-4.00pm to be part of the fun. Lots of great activities including music with Blue Poppy and Midnight Grove, plenty of food stalls and displays.

**OZ TAG NERANG** – Junior Oz Tag is fun, safe and a fantastic way to make friends. To sign up email [nerang@oztag.com](mailto:nerang@oztag.com) or visit [www.nerangoztag.com](http://www.nerangoztag.com)

**FREE TRIPLE P SEMINAR PRESENTATIONS** will be held at Nerang Early Years Centre as follows: The Power of Positive Parenting Monday 1.00-2.30pm 18/7/16, 8/8/16, 29/8/16, Raising Confident, Competent Children Monday 1.00-2.30pm 25/7/16, 15/8/16, 5/9/16, Raising Resilient Children Monday 1.00-2.30pm, 1/8/16, 22/8/16, 12/9/16. To register, parents may phone our Nerang EYC on 5644 9100, or go directly to the Triple P website and register only at [www.triplep-parenting.net](http://www.triplep-parenting.net)

**FREE TENNIS LESSON** - Platinum Tennis Coaching located at the Hinterland Tennis Club, Price Street, Nerang are offering a free tennis lesson to any children wanting to get involved in the sport. We have designed our tennis programs to be a perfect blend of fun and education.

So if you are between 4-18 years of age why not come along and join at the club 6 days a week Monday to Friday from 3:30pm, Saturdays from 8.00am. We also have lessons available @ Gilston State School before school from 8.00am. If you would like to take this offer bookings are essential please contact Jono on 0488 696 939.