



GILSTON STATE SCHOOL

NEWSLETTER



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PRINCIPAL'S REPORT

I wish to lead this week by **thanking** those of you who gave of **your time to assist with the search** for Jocelyn. Finding her safe and well was a relief and wonderful reward for the outpouring of support from the local community. I also commend the Queensland Police Service and SES volunteers for their leadership of this response. In this time of bad news stories it is heartening to celebrate a positive outcome.

Tonight our **Year 5 campers** will spend their first night away. This is usually a very exciting time, perhaps not-so-much for the teachers. Gilston is fortunate to have **staff willing and able** to plan and supervise activities such as camps and I **publicly acknowledge** the additional commitment they make to provide these opportunities. I am confident the students will gain much from their involvement.

This week I have been able to **celebrate some wonderful writing** from students in Year 1 and Year 2. With the clear guidance of their respective teachers, these young people are working towards mastery of the assigned genre. Embedded within their writing are the **language conventions** upon which we **place great importance through our slides; the building blocks** of all writing. I congratulate all students for their progress and commend our teachers for these outcomes.

Congratulations Gilston parents and carers. You have exceeded the 2015 School Opinion Survey participation rate this year. So far **77** surveys have been completed, more than $\frac{3}{4}$ of the way to our target of **100**. The **online survey tool closes Friday** so there is still time to meet the goal. Thank you for providing us **feedback**.

It is **Eisteddfod** season again and our choir and band members, under the watchful of eyes of Alison, Marg and Steve, are honing their talents in readiness for the performance on the "big stage". Band and choir are like a team sport in that each individual is part of a larger entity with each contributing to the overall outcome. If your child is part of these groups please support them in their preparation so the "team" can flourish.

The **Gilston Bush Dance** is rapidly approaching and the excitement is building among students and parents alike. I hear talk of outfits, boots and plans to impress with their moves on the dance floor. Remember that pre-purchasing tickets will

FOR YOUR DIARY

Friday	29 July	Last day Book Club Issue 5
Tuesday	2 August	Last day entry forms for recording a song
Sunday	7 August – 14 August	Sakai Bakuen Exchange 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
Tuesday	30 August	School Photos
Wednesday	31 August	
Wednesday	7 September	Great Book Swap
Thursday	8 September	Book Character Parade

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
94.77	94.76	94.39	94.82	94.22	93.9	94.64

assist with the catering and will save you some money. You'll find more details later in the newsletter.

Someone unlikely to be doing much boot scooting will **Mrs Barr-Hamilton** who has sustained some injuries in a recent fall from a horse. She is recovering and is missing her students in 4W however is pleased that Mrs Dickmann has been able to take her place during her absence. On her doctor's advice, Mrs Barr-Hamilton is **not expected to return to work until Monday week**. She is a good sport and despite her serious injuries has sent me an image to give you a more clear idea. On behalf of the Gilston School community I wish Andrea a speedy recovery.



Imagine an unlicensed, under-aged driver at the wheel of a semi-trailer in the heart of Sydney. I am guessing you would have some concerns about the outcome of this exercise. I use this analogy to describe the risk of **young people engaging in social media applications on the internet**. The young driver might navigate safely and successfully but the risks of damage are high. So too with unfettered access to the internet, students are at high risk of "damage" to either themselves or others. I implore you to **ensure you place parental restrictions** on the devices your children access and ensure your **children use the internet under your supervision only**.

Reminder: **Supervision of children prior to 9.00am and after 3.00pm is the responsibility of parents** and carers. The only exceptions to this are the supervision provided in the collection zone and escorting children to the buses in the afternoon. Please remind your children of your trust in them to meet your expectations regarding their conduct at these times.

Every four years I look forward to the **Olympics** and marvel at the feats of the athletes. I deeply admire the dedication, commitment and sacrifices that underpin their respective achievements. Whilst this is the epitome of sporting achievement, something few of us will attain, each has arrived at this point by **setting and achieving goals**, being **persistent** and **resilient** in the face of failure and disappointment. I hope that you and your children gain inspiration from these individuals to pursue the next thing in your lives that you desire.

Stay safe and keep smiling.
Bruce

P & C NEWS

The Gilston Family Bush Dance
Friday 12 August – 5:30 – 8:30pm

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 the Rotunda. Pre-purchases close Wednesday 10 August.

Rotunda Pre-Sales - 8:30–9:15am

Wednesday 3 August
Thursday 4 August
Friday 5 August
Monday 8 August

Tuesday 9 August
Wednesday 10 August

****Cash Only****

Presale prices:

\$5.00 - Ticket and Sausage Sizzle

\$7.00 - Ticket and Cheeseburger

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

MUSIC ACHIEVEMENT

Recently Ginshirou Ueno from Year 5 competed in the Beenleigh-Logan Eisteddfod. He played the piano in the 9-11 Years Solo section, 9-11 Years Piano Solo Memorised and the 9-11 Years Romantic Period Music section. He received 1st place for all three performances. Congratulations Gin!

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. 3 finalists will perform at the school Bush Dance, with the winner announced on the night. Entry forms need to be **returned by this Tuesday 2 August**.

THANK YOU to everyone who came to my farewell last Wednesday afternoon and who contributed to making it so special for me. It was a lovely experience, seeing so many past students lining the pathway to the Library, and reminiscing with the parents. I would especially like to thank the wonderful staff for the afternoon tea, those who organised the contributions to and construction of the beautiful quilt and for everyone for the flowers, gifts, cards and kind words. I will always remember the "good" people of Gilston. "

Jo-Anne Lenan

LIBRARY NEWS

Book Club Issue 5 has gone home. 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 this 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)

GALA DAY

Last week, our Year 5 and 6 students travelled to Mudgeeraba to compete in a Sports Gala Day against other schools. They enjoyed playing netball, rugby league, soccer and AFL. The weather was fantastic as was our participation and sportsmanship.

A big thank you to all the teachers who coached teams and especially to Stacey Gardner who gave up much of her own time to coach the Year 5 netball teams.

We look forward to the next Gala Day on 5/9/2016.

ACTIVE & HEALTHY AFTERSCHOOL FITNESS

This 8 week program starts at our school this Thursday afternoon from 3:30-4:15pm on the main oval. It is a fun and free interactive sports agility training program created for students of all ages and fitness levels. It focuses on improving speed, strength, agility and endurance. It provides an introduction to the fundamental skills required for all sports. Parents are also welcome to join in the activities. See you there.

KOKODA CHALLENGE

It is always great to celebrate the sporting achievements of past Gilston students. Eloise Bentley recently completed the 48km Kokoda Challenge in 10 hours and 53 minutes. Eloise was a member of our K's4Kids running team last year. It's great to see she continues to compete in long distance running events. Well done Eloise.

Scott Stavar / HPE

FROM THE GUIDANCE OFFICER - Michelle Davies



Drawn from the KidsMatter Resources for Schools

Fears and Worries

As a parent or carer you probably already know that you are likely to be the first person your child will come to for reassurance and support if they are worried or scared.

It will be up to you initially to help your child to overcome their fears and take pro-active steps so that they can stop worrying and feel happier.

Providing hugs and a listening ear can help to restore your child's sense of safety and allow them to feel a little more confident.

It is also very important that you limit their exposure to frightening situations, such as television shows, movies and computer games that show violent and unsettling footage. Children do not yet have the life experience to be able to put these graphics into a realistic perspective. Many can suffer unnecessarily when a parent or carer fails to take their youth and immaturity into account.

Parents and carers can also play a leading role in helping their children to manage their fears.

Firstly, it is important that you acknowledge their feelings. You could for example say:

"I can see you are feeling worried about something. Would you like to share those worries with me? I'm sure I can help you with them."

Then try to put their worry into some sort of perspective e.g:

"That big scary storm was only on the T.V. I'm sure it is not going to happen here. After all, haven't we had a beautiful sunny day? I just saw the weather forecast and it says we are going to be having a lot more lovely days ahead."

Or you might be able to help them to put their own "more realistic" perspective on a situation just by asking lots of very relevant questions e.g.

Did you see any big black clouds in our sky today? What does that mean?

What does the sky look like when we are going to get a storm?

What did it look like today again?

What kind of weather do they say we are going to get for the next few days?

Anyway did anything happen to hurt us the last time there was a storm outside or were we just nice and warm and snug here inside here? ETC ETC

Alternatively you could choose some other creative strategies for helping your child to cope with and minimise

their fears, e.g "Let's create our own wind to blow all of our scary thoughts away" Take a deep breath and demonstrate how you could both blow the scary thoughts away."

Or

Get your child to pretend to place all of their scary thoughts in a box and put them out of the room for the night. Perhaps you could put them in your own room and tell your child that you will look after all of their scary thoughts for the night.

Or

Read them children's stories about characters who fight their fears and overcome them. Librarians can often be good at identifying children's stories that can help them with a worry or an anxiety. Just ask at your local library.

It's also a good idea to teach your child relaxation and mindfulness strategies so that they learn to think about where they are at the moment and not what they might worry about for the future. It can be a very good idea for adults to do this too.

Provide lots of praise and encouragement. Say things like: "You did it! I can see you are getting braver every day. You must be growing bigger and I am so proud of you for scaring all of those unnecessary thoughts of yours away.

If your child continues to have a lot of difficulty with worry and anxiety make sure you speak to someone about it. You could speak with your family doctor or even your child's teacher. It may help to get a referral on to a counsellor or psychologist who can work regularly with both you and your child and help them to change their unhelpful thoughts into more helpful and reasonable thoughts.

With a little bit of help from the grown-ups around them children can learn how to put things into perspective and how to avoid dwelling on things that might never happen.

GILSTON GOURMET

Thursday 28 July - Tracey Zimmerman/ Tanya Cameron

Ice Blocks - Help needed

Friday 29 July: Help needed please

Ice blocks - Help needed

Monday 1 August - Paula Black

Ice Blocks - Help needed

Tuesday 2 August - Melanie Harrison

Ice Blocks - Joan M

Wednesday 3 August - Help needed

Ice Blocks - Heather B

Thursday 4 August - Tracey Zimmerman/Tanya Cameron

Ice Blocks - Help needed

Friday 5 August - Help needed

Ice Blocks - Help needed

If you pre-order your child/ren tuckshop on flexischools and they don't come to school for whatever reason, please ring the tuckshop to cancel this order on the day so I can credit your account, otherwise I will cook/prepare your child's order and there will be no refund.

As Sushi Day was a huge success, we will be having another one later in August.

Have a great week; Nicole Meesen / Tuckshop Convenor

COMMUNITY NOTICES

HEAT GIRLS CRICKET LEAGUE open to girls aged 12-17 – 6 week Twenty20 competition. Teams and individuals are invited to register via Playcricket.com.au and search "Heat Girls"

MUDGEERABA SCOUT GROUP – Joey Mob (6-7 yrs), Monday 5.30-6.30pm, cub Pack (7-10 yrs) Tuesday 6.30-8.00pm, (Scout Troop (10-14 yrs) Wednesday 6.30-8.30pm. Call 0478 759 177 or email msgdenig@gmail.com.

