



# GILSTON STATE SCHOOL

## NEWSLETTER



Principal: Bruce Langes  
Deputy Principal: Graeme Weatherburn

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[www.gilstonss.eq.edu.au](http://www.gilstonss.eq.edu.au)

PHONE : 5501 2333

ABSENCE LINE : 5501 2360

FAX : 5501 2300

[admin@gilstonss.eq.edu.au](mailto:admin@gilstonss.eq.edu.au)

### PRINCIPAL'S REPORT

Whilst we didn't reach our target of 100 parent responses to the **School Opinion Survey**, we posted the best rate since the start of the online version. Thank you for making the time to provide valuable feedback about our school. I look forward to reading the results once they are collated and returned later in the year.

I was **impressed with the efficiency** with which the move of Year 6E took place yesterday. Led by Mr Preston, the adults and children alike stepped up to assist with the relocation of the classroom to the science technology room attached to the library. I **thank all involved** for making this happen so quickly.

You have read about the **QParent App**, you may have spoken to other parents about it, but you haven't yet signed up because you would like to know that it will be useful and save you time. This week I have included a [video](#) that outlines the features of the app to help convince you. The only feature not included at Gilston is the timetabling. The ladies in the office are willing and able to help with the establishment of the account for the app. All you need do is ask. I strongly recommend joining the other 215 parents who enjoy the efficiencies of the tool.

**NAPLAN reports** have been distributed to students in Year 3 and 5 this week. A glance through the reports lead me to be confident that there will be some positive comments coming from mums and dads. When the school summaries become available I know we will be able to celebrate progress and isolate any aspects that continue to challenge our learners. I **commend the students** for the achievement and **recognise the teachers** for the tutelage behind the results.

At Gilston we focus on the expectation of positive behaviours. These are listed on matrices displayed throughout the school under the four headings: **Be a Learner, Be Respectful, Be Responsible, Be Safe**. Students are recognised for demonstrating these expected behaviours through a range of methods including: in class charts, "gotchas", weekly assembly certificates, class dojo and term-by-term principal awards. In managing behaviours that do not align with the expectations we use a level system from 1-6. **Level 1** is a rule reminder, **Level 2** is a warning and rule reminder and working in isolation in the room, **Level 3** is time out within the room away from the group, **Level 4** is time out with a buddy class, **Level 5** may be either

### FOR YOUR DIARY

Friday	5 August	Last day payment Year 6 Lake Ainsworth Camp
Sunday	7 August – 14 August	Sakai Bakuen Exchange Visit
Friday	12 August	Bush Dance 5.30-8.30pm Last day payment Eisteddfod Band
Thursday	18 August	Band at Eisteddfod. Session commences 9.00am GC Arts Centre
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
94.97	94.68	94.57	94.9	94.43	94.29	94.8

detention or a visit to the office and **Level 6** is suspension from school. These levels exist to track and monitor behaviour and to ensure consistency throughout the school. I am very pleased that for most of our students these levels are not required. Ultimately, it is all about choices. Each student owns their own behaviour and must be willing to accept the consequences of their actions. I thank you for your continued support of our positive behaviour policy.

Following on from my piece last week about the risks associated with young people **accessing the internet without supervision**, I remind everyone to be vigilant. The **preventative actions** taken by parents are the best strategy for avoiding the dangerous outcomes.

Our **attendance levels** have been significantly affected by the latest flu and a range of illnesses that have struck. It will seem strange to read my next words in light of our dwindling figures. **Please keep your child at home when they are ill.** They are unlikely to learn in that state and are very likely to pass on the "bugs" to other students and our staff.

**Reminder:** At Gilston, each student who brings a **mobile phone** to school is to deposit it at the office in the morning and collect it in the afternoon. Should a student be found with a phone on them or in their bag during the day the phone will be confiscated and their parent advised to collect it from the office.

**Supermodels abound at Gilston.** I wish to acknowledge the efforts of our Gilston adults to ensure we set the positive examples in our daily activities. Whether it is travelling to or from school or at the school, our aim for adults to be positive role models is 100%.

Stay safe and keep smiling  
Bruce

## DEPUTY PRINCIPAL'S REPORT

### On Mindfulness

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noun

noun: mindfulness

1. The quality or state of being conscious or aware of something.  
"their mindfulness of the wider cinematic tradition"
2. A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

**Research** on the effectiveness of mindfulness could fill its own library. Mindfulness has been proven over and over to have enormous capacity to build a strong body, mind and spirit. Building the brain against anxiety is one of its wonders. Anxiety happens when the brain spends too much time in the future. This is where it grabs on to the 'what ifs'. Mindfulness strengthens it to stay in the present and asks the question, how bad is it really.

At Gilston all students have been shown and taught how to recognise things on the Catastrophe Scale. It's simple, and kids take hold of the concept beautifully. Children are mindful little beings anyway, but the more they can strengthen this skill, the stronger they will be. It's a wonderful skill to have, anxious or not. Mindfulness is about stepping back and seeing thoughts and feelings come and go, without judgment, but with a relaxed mind. It has been shown to strengthen the connection between the instinctive, emotional back of the brain (the heartland of the fight or flight response) and the pre-frontal cortex (the part of the brain that soothes it back to calm).

With this state of mind, or skill, students will be able to learn better, achieve higher. They need to be very aware that success is not the key to happiness. Happiness is the key to success. If you love what you're doing, you will be successful. What do they

need to do on a daily basis to achieve the dreams they have? A calm, purposeful state of mind focused on real issues and not perceived emotional response's will help immensely.

**The starting point of all achievement is a desire for things that really matter – not short term, self-indulgent, self-gratificational gains.**

### THE GILSTON FAMILY BUSH DANCE

Friday 12 August – 5:30 8:30pm

!! Tickets on sale at the rotunda!!

Monday, Tuesday, Wednesday 8:30–9.15am

**SAVE AND WIN: Buy your tickets before the event and you could win a \$50 Event Cinema voucher and save money too.** Pre-purchase from flexi-schools 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/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**

The P & C would like to say a big **THANK YOU** to Lisa Cochram for all the work she has done in our accounts department over the last couple of years. She has been an integral part of the P & C and Gilston Club over many years and we appreciate everything she has done. We wish her all the best for the future.

### THE NATIONALLY CONSISTENT COLLECTION OF DATA ON SCHOOL STUDENTS WITH DISABILITY

is an annual collection that counts the number of school students with disability and the level of reasonable educational adjustment they are provided with. The national data collection counts students who have been identified by a school team as receiving an adjustment to address a disability under the Disability Discrimination Act 1992 (the DDA).

The aim of the national data collection is to collect quality information about school students with disability in Australia. This information will help teachers, principals, education authorities and families to better support students with disability to take part in school on the same basis as students without disability. The national data collection is an opportunity for schools to review their learning and support systems and processes to continually improve education outcomes for their students with disability.

All schools across Australia collect information about students with disability. When undertaking the national data collection, every school in Australia will use the same method to collect information. Protecting the privacy and confidentiality of all students and their families is essential. Personal details such as student names or other identifying information will not be provided to local or federal education authorities.

Please contact the school if you seek more information about the Nationally Consistent Collection of Data on School Students with Disability.

You can also visit [www.education.gov.au/nationally-consistent-collection-data-school-students-disability](http://www.education.gov.au/nationally-consistent-collection-data-school-students-disability).

Denise Cox / Head of Special Education Services

### **INSTRUMENTAL MUSIC RECRUITMENT FOR 2017**

On Tuesday and Wednesday of next week, the Year 3 students will take part in some short listening tests during their class music lessons. The tests are the first stage in the selection of students for Gilston's Instrumental Music Program for 2017. Year 4 students can also be tested upon request.

See Mrs Miller for further information.

*Alison Miller / Music Teacher*

### **GILSTON GOURMET**

Thursday 4 August - Tracey Zimmerman/Tanya Cameron

Ice Blocks - Help needed

Friday 5 August - Help needed

Ice Blocks - Help needed

Monday 8 August - Paula Black

Ice Blocks - Help needed

Tuesday 9 August – Help needed

Ice Blocks - Joan M

Wednesday 10 August - Help needed

Ice Blocks - Heather B

Thursday 11 August - Tracey Zimmerman/Tanya Cameron

Ice Blocks - Help needed

Friday 12 August - Help needed please

Ice blocks - Help needed

**HOT CHOCOLATE** is back on the menu - \$2.50.

### **COMMUNITY NOTICES**

**DISCOVERY IN THE GARDENS** Saturday 13 August, 10.00am-2.00pm, Gold Coast Regional Botanic Gardens. Free hands-on garden and science fun for children and adults.

