



GILSTON STATE SCHOOL

NEWSLETTER



Principal: Bruce Langes
Deputy Principal: Graeme Weatherburn

Edition: 39/2016

Date: 30 November, 2016

www.gilstonss.eq.edu.au

PHONE : 5501 2333

ABSENCE LINE : 5501 2360

FAX : 5501 2300

admin@gilstonss.eq.edu.au

PRINCIPAL'S REPORT

Same day absence notification is a process whereby any unexplained student absences are communicated via text message to parents' mobile phones. Our first attempt at same day absence notification occurred Monday this week. Aside from a few technical challenges within the database and a need to expedite some communication between lodgement and processing of parent advice, the process was very smooth. I commend our administration staff for their attention to detail in this process and look forward to the advantages associated with this service. To avoid receiving an alert, ensure you **advise** the office of your child's absence ahead of time either by **phone** (absent line 5501 2360), **note** to the office, **QParents** app or **email**.

It is Tuesday as I begin writing this newsletter piece. I have just returned to the office after witnessing many of our Year 6 students leading learning for their younger counterparts. The concept of **Japanese Kids Being Teachers Festival** provides an opportunity for the older students to demonstrate their learning and gain an insight into what teaching young people is about. **Kylie** has again orchestrated this festival and I **commend her** for the outcome.

Each year the **carols** sung by the girls and boys in our **choir** bring smiles to the faces of the aged folk who reside at **Melody Park**. This year's visit occurred today. I suspect **Channel 7** heard about their talents and consequently we are expecting a visit by the station to capture the choir performance for their program.

On the topic of singing, I have walked in on many rehearsals this week as the students prepare for the **Christmas concert**. This popular event is always well attended and will be a pleasant start to the final week of school. It will commence at 9:15am on Monday 5 December, the program of events is attached to this newsletter.

The **swimming carnival** always brings out **healthy competition** between our houses. More impressive is the **sportsmanship** we have come to expect at the event where irrespective of the house colours, the support for, and **recognition of personal best** of their fellow students is impressive.

FOR YOUR DIARY

Wednesday	30 November	Junior & Senior Choirs to Melody Park
Thursday	1 December	Swimming Carnival Year 4-6
Friday	2 December	Instrumental Music Parent Meeting Some Junior and Senior Choir members recording for Ch 7 news
Monday	5 December	Christmas Concert 9.15am Prep – Year 4
Tuesday	6 December	Year 6 Wet N Wild
Wednesday	7 December	Year 6 Presentation
Friday	9 December	Last day Term 4 2016
Monday	23 January	First day Term 1 2017

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
94.72	94.66	95	93.97	93.37	93.32	93.2

Inclusivity has been a feature of Gilston for as long as I remember. At the core of the success of inclusion has been the staff in our Goldmine, our teachers and paraprofessionals. This year, under **Denise's leadership**, the team have built on the foundations of the past to extend the offerings leading to some impressive outcomes for students. Recently the expansion of the pathing on the southern and eastern side of the Goldmine has further enhanced our capacity to cater for a growing number of students requiring additional support.

Some of you will have noticed that **Year 2 managed to reach the 95%** running tally attendance target last week – their cell in the table on the newsletter is green. I **congratulate the families** in Year 2 for this outcome.

Please note that due to the change to the swimming carnival date, **this week's assembly will be this Friday at 9:15am**. At this assembly we will be announcing the nominees for the annual Year 6 awards, the winners of which will be announced at the Presentation Night next week.

Stay safe and keep smiling.
Bruce

DEPUTY PRINCIPAL'S REPORT

Let's think about brains, and kids having two of them.

We all know that healthy eating will have a positive effect on children. Also, poor nutritionally balanced eating has a negative effect on children's concentration.

Your child's brain develops rapidly in the first few years of life. By age 3, the brain has already reached almost 90 percent of its adult size. Brain development and growth depend on nutrition and lay the foundation for learning and behaviour. A healthy, balanced diet can help your child reach his or her full potential for concentration, memory, focus and mental capacity.

Both children and adults need to eat sufficient amounts from proteins every day to build and repair cells and chemical messengers in the brain. Protein-rich foods such as meat, poultry, fish, legumes and dairy provide amino acids which are the building blocks your body requires to make brain enzymes, chemical messengers and other proteins. All a no brainer. We all wish for ourselves and our families to have a happy outlook on life and an ability to engage and interact positively with others. We all want our children to have the ability to learn to have a healthy active body that grows into an adult of normal(ish) weight. We all wish for ourselves and our families a future free from chronic disease.

So, here's some statistics about the increase in problems with children's behaviour, development and health.

- 14% of Australian children aged 4 to 17 years have a mental health or behavioural problem
- Presently anxiety is the most common mental health condition affecting children in Australia
- 6.8% of children and adults have been diagnosed with ADHD
- 1 in 100 Australian children are now diagnosed with Autism
- Up to 70% of Australian children have low iodine which lowers IQ

The other day I listened to a lady talking about all this and during the talk she brought up something called "Leaky Gut Syndrome." and how it's becoming more and more of an epidemic. Many of the causes and cures of Leaky Gut are widely debated, but Doctors are becoming more aware of the condition and ways to treat it. The term is used to describe the condition of "Hyper permeable Intestines," a fancy medical term that means the intestinal lining has become more porous.

The fallout results in larger, undigested food molecules and other "bad stuff" (yeast, toxins, and all other forms of waste), that your body normally doesn't allow through, to flow freely into your bloodstream.

The intestinal lining is the first mechanism of defence for our immune system. The outer layers of intestinal cells (epithelial) are connected by structures called tight junctions. At the tips of these cells are the microvilli, which absorb properly digested nutrients and transport them through the epithelial cell and into the bloodstream. During the normal digestion process the tight junctions stay closed forcing all molecules to effectively be screened and only good molecules pass into the blood stream through the mucosa cells (think of them like bouncers at the front of a classy bar).

The cause of Leaky Gut is still being widely debated in the medical community. However, there is some level of consensus that the following are among some of the basic contributors.

Diet: Consuming high amounts of refined sugars, processed foods, preservatives, refined flours, and flavourings introduces high amounts of chemicals into the body that is seen as toxic.

Medications: Any medication prescriptions or even over-the-counter pain relievers can irritate the intestinal lining.

Magnesium: Magnesium plays an important role including the metabolism of food, synthesis of fatty acids and proteins, and the transmission of nerve impulses. Magnesium is one of the seven essential macro minerals; these are minerals that need to be consumed in relatively large amounts - at least 100 milligrams per day.

Lack of Vitamin B6: the metabolically active form of vitamin B6, is involved in many aspects of macronutrient metabolism and neurotransmitter synthesis

Lack of Zinc: Zinc is a critical piece of maintaining a strong intestinal lining

Yeast: Yeast is found in normal gut flora but as soon as it begins to get out of hand it mutates into a multi-celled fungus. Apparently yeast isn't the same as it used to be. In today's processed foods it's found in much higher/stronger concentrations, hence peoples inability to handle it now. So to use **Gluten** as a means to make my point (and the good doctor who I was listening to), the way people feel when they ingest foods with Gluten is the manifestation of **their stomach saying it's not well.**

Summarise;

The food we eat has a direct effect on the lining of our gut. The food we eat has a direct effect on our brain, good food is good for us, bad foods are not. Chemical messengers in our bodies (neurotransmitters), affect mood, concentration and focus.

So now let's put that aside, and go back to talking about **kids** and about them having **two brains**. There is now a large body of research about diet and how it effects children. This is manifesting at school and in the classroom as challenging behaviours such as hyperactivity (just can't sit still), poor short term memory (won't persevere, disorganized, poor marks), inattention, (can't focus or concentrate), impulsivity (uncontrollable, calling out, constantly talking), oppositional behaviours (irritable, uncooperative, argumentative).

Early to bed, early to rise and don't eat a lot of chips, makes a person healthy, wealthy and wise. Benjamin Franklin (sort of). All food for thought perhaps.

Graeme Weatherburn / Deputy Principal

UNIFORM SHOP OPENING HOURS 2017

The Uniform Shop will be open on the following dates:

Tuesday 17 January – 8.00am-10.00am

Thursday 19 January – 2.00pm-4.00pm

Monday 23 January (first day of term 1 2017) from 7.45am.

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?

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 yourself 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 1 December – Tracey Zimmerman

Ice Blocks – Help needed

Friday 2 December – Jenny / Nelly

Ice Blocks – Help needed.

Monday 5 December - Jenny

Ice Blocks – Help needed

Tuesday 6 December – Melanie Harrison / Amelia Edwards

Ice Blocks – Help needed

Wednesday 7 December – Jenny / Help needed

Ice Blocks – Help needed

Thursday 8 December – Tracey Zimmerman / help needed

Ice Blocks – Help needed

Friday 9 December – Jenny / Help needed

Ice Blocks – Help needed

Next Monday 5 December (Christmas concert day), we are having a **sausage sizzle at 1st break only** at the undercover area of the tuckshop. The sausage sizzle will cost \$1 per sausage in bread. Bring your gold coins to school.

Just letting everyone know that the tuckshop will be open right up to, and including, the last day of school, **Friday 9 December**. Our stock will get low; however we will always do our best to give your child what they ordered.

Anyone chasing swimming caps, these are available from the tuckshop for \$8.

Have a great week,

Nicole Meesen / Tuckshop Convenor

COMMUNITY NOTICES

MERRIMAC STATE HIGH SCHOOL YEAR 7 ORIENTATION DAY

Thursday 1 December, 9.00am-2.45pm. Please bring – primary school uniform, morning tea, swimming costume, towel, water bottle, sun protection. Lunch – sausage sizzle provided. Student enrolment for 2017 is required for attendance.

ROBINA STATE HIGH SCHOOL ORIENTATION DAY

Thursday 1 December, 9.30am-2.30pm. For more information or to be sent an enrolment pack please contact Mr Aaron Carlisle acar161@eq.edu.au

