



# Glenmore State School Newsletter

## NEWSLETTER NUMBER 13 12 May 2016

Thought for the week:

***"Children are made readers on the laps of their parents."***

**Emilie Buchwald**

### PRINCIPAL'S NEWS

By the time this week's newsletter reaches its intended readers, 2016 NAPLAN testing will be complete, apart from a small number of catch-up tests for students who were absent during the week. The test program concluded this morning with numeracy. Our students have worked hard during the test sessions. Preliminary data should be available early next term.

Last week, I wrote about the success of our sporting and music students. Following on from this, on Friday, Mr Kydd and two student representatives will attend Victoria Park to receive a set of Rugby League jerseys which are being donated to our school. These jerseys, together with the netball uniforms Mrs Desic purchased last year, will make us look very professional on the fields in the next round of sport.

On the music front, P & C have agreed to match the school's expenditure dollar for dollar for enhancing the instrumental music program. This means that potentially the music program will benefit from some \$3000 in funding – additional brass and stringed instruments and Glenmore music shirts are high on the list of priorities.

At any school, state or non-state, primary or secondary, from time to time parents communicate concerns about a variety of matters. At Glenmore, Mrs Lanyon and I endeavour to follow up any concerns diligently and professionally.

By far the most effective way to resolve concerns is through a calm and rational discussion, rather than when those concerns are brought to our attention with "all guns blazing". Information that students' have communicated at home sometimes differs from the reality of the circumstances, and they can be quite good at embellishing the facts. Closely related to this, is the issue of comment on social media, such as Facebook. In cases where comments are derogatory, impact on the school's or staff's reputation and are simply unfounded, schools have very effective avenues through DET to protect their reputation.

Today we have experienced the first cool weather for the year. During the warmer months, our uniform standard is very good. The standard declines with non-uniform jackets during the cooler months. Thank you for ensuring that your child / children continue to meet uniform expectations by wearing a jacket of the appropriate school colour (green) or the official school jacket which can be purchased from the tuckshop.

**Current attendance for each year level for Term 2 is:**

Year Level	Attendance Rate	Year Level	Attendance Rate
Prep	88.2%	4	90.0%
1	92.2%	5	91.3%
2	89.0%	6	92.6%
3	91.3%		

Overall school attendance for Term 2 is 90.6%. Every day counts. **We CAN do 92.**

*Mark Dunlop*  
Principal

*Quality Learning in a Caring Environment*

*All parents are invited to attend monthly P&C Association meetings*

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Great state. Great opportunity.



**Glenmore Standards**

*At all times:*

- I follow teachers/staff instructions immediately
- I keep hands, feet and objects to myself
- I wear my school uniform with pride
- I am well-mannered
- I respect the environment

These are the standards used to guide our students at Glenmore to 'be the best they can be'. The following students are recipients of the Gum Leaf awards – eight weeks of achieving all of the above standards:

<i>Katie Adams-Murphy</i>	<i>Emma Burfitt</i>
<i>Zajae Lyons</i>	<i>Dawn Ingui</i>
<i>Maddyson Currie</i>	<i>Allen Bacalso</i>
<i>Jessica Graham</i>	<i>Ingwa Limbu</i>
<i>Andrew Taylor</i>	<i>Mia Orcher</i>
<i>Carissa Smith</i>	<i>Stephanie Balbuena</i>
<i>Rose Cao</i>	<i>Amelia Jones</i>
<i>Carys Wratten</i>	<i>Victoria Silva de Oliveria</i>
<i>Cameron Price</i>	<i>Tyler New</i>
<i>Atyaf Awad</i>	

**Parenting Article:**

**The trick to being at your parenting best**

**By Michael Grose**

Parenting is place of great joy, but it's also a place of great struggle.

We struggle with our role as it's constantly evolving and changing.

We struggle with external factors such as the changing face of technology and its impact on kids' daily lives.

We struggle with factors we can't control such as the messages kids get from the media and their peers that we rather they didn't receive.

But the biggest struggle for most of us happens within the grey matter between our ears. It's the battle that goes on between our lizard brain (*where the fight or flight response occurs*) and our pre-frontal cortex (*where reasoning and calculation*) occurs.

The pre-frontal cortex (*put your hand on your forehead and you're there*) is a cool, calm and rational place. This article is being written from that space. The lizard brain sits way back in the middle of our brain and is programmed to take over from our pre-frontal cortex when we're under threat or stress. If I took a phone call about an imminent bomb threat while writing this article my lizard brain would take over and I'd be out of my office in a heartbeat. Writing would become impossible, not to say stupid! Thank goodness for our lizard brain. When I'm safe and feeling calm my pre-frontal cortex can do it's rational thing once more. This system has served us well, keeping us safe for an eternity.

Unfortunately our lizard brain, the simple creature that it is, can't differentiate between a significantly stressful situation such as a bomb threat and an everyday stressor such as a noisy sibling fight that occurs right under our nose. Our limbic system responds in exactly the same way – the lizard brain takes over from our pre-frontal cortex so you'll either fight (argue, yell, lash out) or flee (get away fast) regardless of the stress. Both situations would elicit the same type of physical response such as an increase in heartbeat, sweaty palms and shortness of breath. Only the severity and intensity of the response is different.

**Just when we need to be at our parenting best**

So the great struggle for many parents, and also the great irony, is that when we need to be at our parenting best (when we're responding to poor behaviour or a child's genuine cries for help)

our lizard brain often takes over and we're at our parenting worst.

That's why most of us know how we want to respond and communicate with our kids when we're calm but when we are under intense pressure not only can't we find the words we need but we lose our cool as well!

The good news is your lizard brain can be tricked into working for you, not against you. It takes patience and practice. Here's how...

**1. Recognise the situations and the symptoms**

Self-knowledge is the best knowledge you can have. When you understand the situations that cause you stress and bring you quickly to high emotion then you can prepare yourself in advance for such situations. Also when you understand your typical physiological responses you are well positioned to control your responses. Our physical responses vary. I generally feel nauseous; become physically agitated and my breath gets very high in my chest when I'm under intense stress. Knowing this has been a huge help to me staying calm in situations where I used to over-react.

**2. Train yourself to STOP!**

The lizard brain wants you to act fast – *to get away, to lash out, to defend yourself*- when you're under threat or stress. So going against this natural urge is a challenge but it can be done. Develop the habit of doing nothing when you find yourself under parenting stress. STOP rather than act impulsively. Don't let the lizard-brain win!

**3. Step away and breathe**

Deep nasal breathing is the quickest way to bring down your physical symptoms and rein in negative thoughts (*"I'm going to &&\*\* him!"*) that feed your lizard brain. Step away or turn slightly away from the stressful situation to help you breath slowly and deeply.

**4. Think of your Best parenting self**

Inspire your pre-frontal cortex to trump your lizard brain by activating an image of your 'best' or 'ideal' self as a parent. First you need to work out when you're at your parenting best – it maybe when you're patient, caring, loving and calm. Your "Best Parenting Self" is the motivator to help you refrain from making emotional responses that you'll regret later.

**5. Now act!**

Now that you're pre-frontal cortex is winning again it's time to think of the best possible response to a tricky parenting situation – which may be to ignore behaviour; use appropriate language or just listen calmly when your child is in distress.

So how often does your lizard brain win when you experience parenting stress. If it always comes out on top then you'll find it hard to parent as you'd like. You'll be fighting your limbic system as well as your kids. Get it under control and you'll be better placed to respond to your kids as you'd like to in the cool, calm light of day.

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**Cooler weather and upcoming Sports Day:**

It feels as if Autumn may have finally arrived! Students will need to wear a jumper at times. Please remember our school requirements for the cooler weather:

- Glenmore Jacket – available from the tuckshop
- Dark green jumper/sweater/sloppy joe – readily available from Big W, Best and Less etc
- Dark green trackpants – have skort/shorts in bag to change
- Dark green leggings or stockings – able to take off during the day

Our Sports Day is 22 June this term. All students are required to wear their House shirt on the day. These shirts are available from the tuckshop and can also be worn to school on days your child has PE.

*Lauree Lanyon*  
Deputy Principal



## STUDENTS OF THE WEEK

*Congratulations to the following students for the great effort this week*

### Prep

Keara Freeman  
Creeden Smallwood  
Patrick Kuhl  
Taine Lawton

### Year 1

Tyleisha Tilberoo  
Scarlett Lye

Zion Zaro

### Year 2

Sana Hassainiat  
Karen Arnaldo Cruz

### Year 3

Usharne Waller  
Caitlyn Porter  
Claire Flower

### Year 4

Thomas Sims  
Zane Rankin

### Year 5

Maddison Pianta  
Joel Campbell  
Tegan Pattel

### Year 6

Jock Crawford

Franz Bongco

### Library

Ingwa Limbu



## WELL DONE SLADE!!



Slade Carey from PKB is the Rockhampton Leagues Club Capras Junior Player of the Week.

As you can see from the write up below Slade works hard on and off the field.

**Congratulations Slade from Rockhampton Brothers JRL Under 6's!**

Slade is a real treasure on the field, his no nonsense running style and his driving tackling are some excellent features of his team performance. Slade gives everything on the field and is a great mate off it. He is also very caring young man, even to opposing players should they get hurt. He plays the game the way it should be played.

You're invited to bring your family to  
**FAMILY CONNECT'S**  
**Free Family Dinner**  
Glenmore State School - beside the oval  
Wednesday 5:30 pm  
familyconnect logo

## RELAY FOR LIFE



Eight of our staff members are giving up their weekend to get behind the Cancer Society and are

participating in the Relay for Life. Our team is called the **Glenmore Girls**.

Our enthusiastic team will start walking at 2pm on Saturday and finish at 8am on Sunday.

This year the walk is at Colts Rugby Union Oval.

If you are going out to the oval please pop over to our marquee and say hi. You can support our team by purchasing some goodies from our table or alternatively, you can make a donation to our team total online @

<http://www.relayforlife.org.au/>



## P&C PRESIDENT'S BLOG



9 -15th May

*"We now know that volunteering is not just good for our physical health, but for our psychological and emotional health too. Giving is one of the strongest predictors of increasing our health and happiness,"*

Dr Nielsen.

This week is National Volunteer week and the Glenmore P&C would like to say thank you to our volunteers in recognition of all the hard work and time given "freely" to our school towards its future success.

This National Volunteer Week we say thank you to the six million Australian volunteers and celebrate that they are living healthier, happier and more meaningful lives by volunteering. Volunteering is a core part of the community and plays a critical role in Australian society, and in Australia's economy, 57% of staff in volunteer organisations are volunteers and they form a formidable workforce powering many essential community, environmental, sporting, welfare, emergency services, education and cultural services and supports.

## Thank You



## DATE CLAIMERS

14 May	Relay for Life
26 May	Silly Scientist Visit (\$5 per child)
5 June	Rocky River Run
16 June	Public Holiday – Show Day
21 June	Sports Day
24 June	Last Day Term



**Enrolments for Prep 2017 are now being taken. Enrolment packs are available from the school office. Children born between July 1 2011 & June 30 2012 will be eligible for Prep in 2017.**

# FAMILY FUN DAY!



**SUNDAY 26th June 2016**

**9am to 1pm**

**Adults \$2 (14yrs+), Under 14 FREE**

**Purrey Steam Tram Rides \$2.50**

Ride on the world's only Purrey Steam Tram (operates 10am to 1pm) heritage railway carriages, steam & diesel engine, rail memorabilia, exhibits, live music, market stalls, vintage/Ford/classic cars, lots more.

Food on sale!

**Archer Park Rail Museum**

**Denison Street Rockhampton**

**(between Archer and Cambridge Streets)**



Supports Archer Park  
Rail Museum

Managed by Friends of Archer Park  
Station and Steam Tram Museum Inc.  
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