NEWSLETTER NUMBER 28
4 September 2014

Quality Learning in a Caring Environment

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

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DEPUTY PRINCIPAL’S NEWS

Thought for the week:
I cannot think of any need in childhood as strong as the need for a father’s protection.
Sigmund Freud

FETES AND FAIRIES
Last Saturday’s fete and 125th celebrations were great events. The official part of the celebrations was attended by many previous staff members, who spoke glowingly about their perception of the 2014 Glenmore. The fun and festivity that followed had a wonderful atmosphere. The whole day was a credit to the key staff and P & C members behind the organisation. My part in the fundraising centred upon the sum of $200 and my appearance in one of Mrs Barram’s fairy photos. The magic amount was reached, and as a man of my word, the fairy photo has been done. I’m sure that many of our students and parents will get a good laugh out of the end result!

2014 NAPLAN REPORTS
The 2014 NAPLAN individual student reports have arrived at school. Our office staff are currently preparing these reports for distribution to parents and caregivers. It is important to remember that NAPLAN represents one of many assessment tasks that students undertake in the course of the year. As Mrs Hills conveyed in previous newsletters, Glenmore students have performed very well again this year, with our Year 3 students achieving Glenmore’s best ever NAPLAN results.

BEFORE SCHOOL ROUTINES
We have very clear routines at Glenmore before the commencement of lessons at 8.50 am. Students are expected to remain in the covered area (adjacent to the tuckshop), with their school bags, until the 8.25 am bell, when they may then move to their classroom. Our ovals and playgrounds are NOT open before school, nor do we expect children to be running around buildings, especially prior to 8.25 am. Our basketball court is usually open before school but this depends on Mr Hill’s availability. Once students are on our school premises in the morning, our expectation is that they do not leave again, with the exception of attending Breakfast Club at Glenmore High. Occasionally, we have students arriving at school far too early – before 7.30 am. This means they have over 1½ hours before lessons start. This has the potential to lead to an unsettled start to the day.

CHILDREN AND SLEEP
Children’s sleep patterns and routines can have a significant impact on their achievement in the classroom. It is not uncommon in schools these days for children to be yawning and obviously tired, even during the morning session at school – prime learning time. It is also not uncommon that some students end up sleeping for a period of time during the day (e.g. in the sick bay) because they have not had sufficient sleep the night before. Factors which can impact on children’s sleep habits include TV, computers, the media and internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours. Poor or inadequate sleep can lead to mood swings, behavioural problems and cognitive problems that impact on children’s ability to learn in school.

Sleep Tips for School-aged Children
- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child’s bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.

Consistent routines around bed time are essential for students to succeed at school. Suggested guidelines, by health authorities, are outlined below:

Preschool 3 to 5 years old: 11 to 13 hours – most sleep is at night and daytime naps become rarer
School age 5 to 12 years: 9 to 11 hours – all sleep should be at night; daytime naps indicate insufficient sleep at night
Teenagers 12 to 18 years: 8.5 to 9.5 hours - all sleep should be at night; daytime naps indicate insufficient sleep at night

BREAKFAST CLUB AT GLENMORE HIGH
A breakfast program has operated at Glenmore High for some time. At the end of last term, the Commonwealth Bank donated $10 000 to this program, the result of a funding submission from the school. The breakfast program runs to ensure that students start the day with a nutritious breakfast, thus giving them the best chance of doing well at school. Our students are able to attend this program on the days that our own breakfast club DOES NOT operate – Monday, Tuesday and Friday. It is important to remember that the main goal of the program is to support students who may not be able to access breakfast at home. It is not aimed at providing a second breakfast for students who have had breakfast at home. Remember that the Glenmore High program operates on donations, as with the Commonwealth Bank funds, which are not limitless. We appreciate your discussion with your children about their need to attend breakfast club at Glenmore High.

YEAR 6 CAMP – PAYMENTS CLOSED
Year 6 camp payments are now closed. The deadline has been extended as far as possible. We have to submit final numbers to the venue and therefore cannot accept any additional payments. Students attending camp can look forward to three days of adventure and team-building activities, and judging by the 2013 experience, they will
return rather tired. Of course, the usual Glenmore behaviour expectations apply to all students attending camp.

**INSTRUMENTAL MUSIC RECRUITING FOR 2015**

Application forms were distributed this week to Year 3, 4 and 5 students for the Woodwind, Brass and Percussion program in 2015. These applications are due back by Friday 19 September. Applications for the String program are now closed. Mr McCabe will begin Woodwind, Brass and Percussion testing in Term 4. Mrs Svendsen has commenced testing students for the String program for 2015. Once completed, offers will be made to successful students.

**PREP ORIENTATION SESSIONS AND ENROLMENTS**

Each year, we run Prep orientation sessions for new Prep parents and children. These sessions will provide detailed information for parents and will allow our prospective Prep students to spend time in a Prep classroom doing a range of activities. We plan to conduct these sessions in Week 4 of next term. Exact dates and times will be communicated once finalised.

We are still taking enrolments and completing enrolment interviews for 2015. Once enrolment forms have been returned to the school office, students are guaranteed a place at Glenmore for Prep. Our office staff will then arrange an appointment for an enrolment interview. Please note that it is a requirement that we sight the student’s birth certificate as part of the enrolment process. Children born from 1 July 2009 to 30 June 2010 are eligible to start Prep in 2015. It helps us greatly with our forward planning for 2015, to have enrolments completed as early as possible. If you know someone who is planning to enrol their child at Glenmore for Prep next year, please encourage them to contact the office for an enrolment package.

**THE IMPACT OF FATHERS ON CHILDREN**

With Fathers’ Day close on the horizon, it is worth reflecting on the role and impact of fathers on their children. Noted sociologist Dr David Popenoe, a pioneer in the field of research onto fathers and fatherhood says that involved fathers bring benefits to their children that no other person is likely to bring.

Children with involved, caring fathers:

- Have better educational outcomes and better linguistic and cognitive capacities
- Are more patient and can handle the stresses and frustrations associated with schooling
- Are more emotionally secure, have better social connections with peers, are less likely to get into trouble at home, school or in the neighbourhood
- Are more likely to exhibit self-control and pro-social behaviour
- Have fewer school behaviour problems (boys) and stronger self-esteem (girls)

In summary, fathers have a powerful and positive impact on the development and health of children.

Fathers’ Day holds some significance for me, as my elder daughter, now 25, was born on Fathers’ Day 1989 – beats socks and handkerchiefs any day! I hope all our Glenmore Dads have a great Fathers’ Day this Sunday.

Regards

Mark Danlop
Deputy Principal

**TUCKSHOP NEWS**

Reminder – Tuckshop is closed Friday mornings during parade.

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<th>Monday 8</th>
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<tr>
<td>Tuesday 9</td>
<td>Carmen Davidson HELP NEEDED</td>
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<td>Wednesday 10</td>
<td>Roslyn Daley HELP NEEDED</td>
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<td>Thursday 11</td>
<td>Marlene Granshaw HELP NEEDED</td>
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<td>Friday 12</td>
<td>HELP NEEDED</td>
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**STUDENTS OF THE WEEK**

Congratulations to the following students for their great effort this week.

**Prep**
- Ky'arah Williams
- Grace-Eily Crawford
- Mikayla Bills

**Year 1**
- Catherine Beutel
- Taylah Motto

**Year 2**
- Jakteen Waterton
- Annabelle Masonwell-Jones
- Jakk Fossey
- Satchen Stubbs

**Year 3**
- Jesse Conrad

**Year 4**
- Tarenia Von Senden
- Jacob Howell
- Talis Morrell
- Kayla Foley

**Year 6**
- Joshua Morris
- Monica Lama

**BIRTHDAY WISHES**

Happy birthday to the following students celebrating their birthday this week.

- Acer Ahorro, Madison Batchelor, Chloe Tempone, Thais Carvalho Dos Santos, Malcolm Reeves, Benjamin Russell, Lucas de Oliveira Elias, Raya Barrett, Oscar Hills

**FETE RAFFLE WINNERS**

25. 3 piece bike wall art
24. Tablecloth & candleholder
23. Blue & White knee rug
22. Black & Mauve knee rug
21. Coloured single rug
20. Gift bath towel set
19. Set of 4 spice jars & vase
18. Folding chair
17. 6 piece colour knife block set
16. Set of 4 coupe bowls
15. Set of 4 coupe dinner plates
14. Quartz wall clock
13. Chopping board & recipe book
12. Set 6 metallic wine glasses
11. Speaker dock for iPod
10. Fire & Ice Laser Tag
9. Bowling voucher
8. $20 Kmart Gift voucher
7. $20 Spotlight giftcard
6. $25 Walkers Hot Bread voucher
5. $25 Walkers Hot Bread voucher
4. Funky Lounge
3. Mini Herb Garden
2. Gigaset Cordless Phone
1. Samsung Galaxy tab 4

Sophie Brookman
Corey Hartog
Scott Harmsworth
Don Knowles
A Thompson
Carmel Knowles
Sanderson Family
M Pict
J Robb
Angela Buchanan
T Bolaqace
Dave Beutel
Ryan Brookman
Lois Patel
Birgit Freitag
Miley Porter
Kara Alberts
Marhora Domic
A Russell
Lyndy Morris
Melissa Kapernic
Mrs Ros Allison
Mrs Jenny Saunders
Arkel Limbu

**P&C Meeting is now Monday 15 September**