



Glenmore State School Newsletter

NEWSLETTER NUMBER 33
29 October 2015

Thought for the week:

Empowering teachers, building sustainable societies" World Teachers' Day 2015

PRINCIPAL'S NEWS

This term is literally flying past. In the coming week or two, students will be completing some standardised tests in spelling and reading, and Year 2, 4 and 6 students will complete some literacy and numeracy practice tests. This data will show us the distance travelled for our students and will also give us a clear indication of strengths and areas for focus leading into 2016.

Class teachers have completed workshops with Mrs Suffolk, our Master Teacher, to refine Mathematics assessment tasks. These workshops produced excellent discussion and ideas, and ensured our assessment tasks align with the Australian Curriculum and our school Maths program. Mrs Suffolk is leading a major research project in Maths, focussing on open-ended tasks. Anecdotal and numerical data to date are both very encouraging.

Attendance at school is the essential ingredient to success at school. The mining industry may work rosters such as four days on, four off, but school does not. It is not uncommon these days for some students to have missed 200 days or more by Year 4 or 5. Clearly the gaps in their education are then too big to fill. To reinforce the "Every Day Counts" message, we have ordered a number of "Every Day Counts" polo shirts which will be worn by some of our teacher aides and front office staff. 92% attendance is the aim. We can do 92.

I would like to thank Mr Hill for his work with 5/6VJ over the past three weeks while Mrs Jones is acting as Principal at Westwood. Mr Hill has been an asset to our school and the students in 5/6VJ have developed a good rapport with him in a short time. That is a key characteristic of a good teacher. Mrs Hohn will take over from Mr Hill from next week, for the remainder of the term, while Mrs Jones is on Long Service Leave.

This coming Friday and Monday I have two days approved Long Service Leave. In my absence, Mrs Lanyon will be in charge of the school, assisted by Ms Kelly on Friday and Mrs Allison on Monday, so the school will be in good hands.

This Friday is World Teachers' Day. Every day, Queensland teachers are making a difference educating and inspiring young people across our state. World Teachers' Day is an opportunity to acknowledge our teachers and say thanks for the significant contributions they make in our classrooms and communities. Celebrated in more than 100 countries world-wide, World Teachers' Day was established by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) in 1994 to recognise the role of teachers in society. World Teachers' Day is held internationally on 5 October. As the day usually falls during school holidays, Queensland celebrates on the last Friday of October each year. Our Glenmore teachers do a first class job of teaching our students. I encourage you to acknowledge this effort.

Mark Darlop

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.



APPROPRIATE CONDUCT

It is our "Glenmore Standard" that the interaction of Glenmore staff with parents is conducted in a courteous and professional manner. This is something that Mrs Lanyon and I model in all our conversations with parents and community members, regardless of the circumstances.

Likewise, it is my expectation that this courtesy is reciprocated by parents and community members in their interaction with staff.

It is completely unacceptable that Glenmore front office staff be subjected to profane language and abuse AT ANY TIME. Our front office staff carry out a range of essential duties and are the first point of contact for parents who contact the school by phone and in person. **Front office staff should never be the target of abuse simply because of they are the first point of contact.**

There are times when you may have a legitimate concern about a particular matter and Mrs Lanyon and I aim to address these concerns in a timely manner. For most concerns, the class teacher should be the first port of call. A calm discussion about any concern, whether it be with the class teacher or Administration team, will achieve a more successful outcome than raised voices and language. This is also NOT the behaviour that should be modelled in front of children.

Principals have a range of actions at their disposal to respond to the above circumstances, including banning persons from the school premises. These are not actions I wish to have to take and therefore thank you in advance for ensuring interactions are conducted with due courtesy.

2016 CLASS PLACEMENTS

I invite parents to talk with me about any particular concerns about your child/ren's class placement for next year. As you will appreciate, class organisation is a complex task, and while we always endeavour to meet particular requests, there are many factors we must consider in the process. Please contact our front office to make an appointment prior to 16 November.

PREP 2016

Prep enrolment interviews are under way and it is great to meet our prospective preppies and families at these interviews. Please contact the school office for enrolment packs for 2016. Once enrolment forms have been returned, we will be able to schedule your enrolment interview. Glenmore's Prep program is second to none and the work our Prep students are producing is quite outstanding. Our students are continually exceeding these already high standards. Prep transition and information sessions are being held next week.

STUDENTS OF THE WEEK

Congratulations to the following students for their great effort.

Prep

Zackeriah Dickinson
Nicholas Lowery-Barsah
Ana Marques da Silva

Year 1

Brock Fossey
Andy Cao
Alexandra Millan

Year 2

Maddyson Currie
Jessica Graham

Year 3

Sheridan Sutton
Zane Rankin
Alec McLauchlan



Year 4

Zaria Morrell
Justine Villanueva
Rose Cao

Year 5

Janae Jarrett-Lawton
Lochlan Ohl
Kane Sutton

Year 6

Kaylah Foley
Eli Baynton-Bone
Kathleen Walker

LIBRARY

Blake James

LOTE

Jason Cameron

SEP

Tyson Saplos

DEPUTY PRINCIPAL'S NEWS.....

Last week, we had a number of gum leaf participants. These students have needed to continue to try diligently to reach the standards. These students have had to wait a long time and adjust their behaviour, organisation and presentation skills to ensure their success. The pride they showed as they collected their certificate demonstrated the importance of such resilience.

Our recipients this week are as follows:

Gum Leaf

Cortney Miller
Xaine Nevin
Haylee Warriner
Sophia Doyle
Tairan Halliday
Nikkiah Ishmail
Harlee Mark
Levi Maclean
Baileigh Bryant
Darryl Seifert-Sipolo

Gum Nut

Tahlia Cooney
Brock Fossey
Braedan Lye
Jet Constable
Declan Lye
Breanna Cooney
Hero Mercene
Gustavo Almeida
Carissa Smith
Quy Tran

Week 3:

Gum Leaf Award Winners



Gum Nut Award Winners



This week's parenting article:

Anxiety in children is upsetting for parents. You can feel helpless and unsure of what you should do to make them feel at ease. The following article may be useful....

What to say when kids become anxious

By Michael Grose

7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It's hard to know what to say when a child becomes overwhelmed with anxiety, but it's most important to be a strong, steady influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they'll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

'You're okay. I'm here and I won't be going anywhere.'

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that's okay; your presence will get the message across.

"You don't have to do anything right now. Just breathe."

A big part of the stress of anxiety comes when children don't know what to do. They don't have to fight the feeling of anxiousness, but

DEPUTY PRINCIPAL'S NEWS CONT...

let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

"Let's go for a walk and see if we can take some big breaths."

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child's body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they've practised when they aren't anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

"Take some big, deep breaths. I'll do it with you."

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn't matter whether the threat is real or not, the brain thinks and acts as if it's true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

"I'd like to understand what your worry feels like for you. Can you teach me?"

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child's ability to manage their feelings.

"What would you say to a friend who was going through what you go through?"

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

"Your brain is amazing. Every time you breathe through your anxious feelings you're teaching your brain how to manage your anxiousness."

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

Prep induction days:

There is a flyer included in this newsletter advertising our upcoming information mornings on 3 November and 5 November. If you do not need this flyer, it would be greatly appreciated if you gave it to a neighbour/friend who may wish to enrol their child in Prep in 2016. Glenmore State School has excellent Prep facilities as well as wonderful, experienced Prep teachers. Please show your support for our school by encouraging your friends or neighbours to attend one of these information mornings

Glenmore Celebrates 2016:

Rehearsals are well underway in all classes. Over the next couple of weeks, teachers will be sending home letters explaining your child's item and listing any costume needs. We aim to make our costumes as simple as possible with limited expenses involved. I hope you all have Monday 7 December in your diary! It will be an excellent night of fun and entertainment – a great way for the Glenmore Community to come together and celebrate.....and of course, there is the finale – ssh....top secret! Be there – it will be a once only event!!!

Lauree Lanyon

Deputy Principal

WOOLWORTHS EARN & LEARN

Our school earned 14700 points!! Great Effort!!

We have placed our order and have been able to purchase

- 14 various maths games
- Counters
- Games for the library in breaks
- Dominoes
- Craft supplies
- Science Kits

Our items should arrive in Term 1, 2016



BIRTHDAY WISHES

Happy birthday to the students celebrating their birthday this week.

Alex Hill, Tara Leabeater, Ameil Abadilla,
Levi White, Braedan Lye



SPORTS DRAW

CRICKET

Junior	vs Mt Archer @ Glenmore
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OZTAG – Saleyards Park

Glenmore Boys	vs Allenstown	Field 1 – 1.35pm
Glenmore Girls	vs Frenchville A	Field 8 – 12.45pm
Glenmore Mixed	vs Crescent Lagoon	Field 8 - 1.35pm

BASKETBALL – Hegvold Stadium

Glenmore 1	vs RGS Red 3 on Court 1 @ 12.45pm
Glenmore 2	vs FORFEIT
Glenmore 3	vs Frenchville 4 on court 1 @ 1.15pm
Glenmore 4	vs FORFIET

Reminder: Sport Fees are due now!!

BICYCLE RACK FOR SALE BY TENDER

Second-hand Bicycle Rack for sale by Tender. Further information can be collected from the school's office.

P&C NEWS

WIN A \$5 TUCKSHOP VOUCHER!

Do you know the answer to this riddle?

**Take away my first letter, and I still sound the same.
Take away my last letter, I still sound the same.
Even take away my letter in the middle, I will still sound the same. I am a five letter word. What am I?**

Write your answer on a piece of paper with your name and class and drop it in to the school office.

If your answer matches Mr Dunlop's answer you will go into the draw to win a \$5 Tuckshop voucher on next Friday's parade.

Tuckshop News

**We have anew flavoured Milk in stock
Choc Honeycomb only \$2.50.**

UNIFORM SHOP OPENING HOURS

Monday, Wednesday and Friday mornings 8.30am – 9.30am

COMMUNITY NOTICES

Girls aged 5 - 10 come and try Football
Indoor Sports Arena Hollingsworth Street



Girls aged 5 - 10 come and try Football Indoor Sports Arena
Hollingsworth Street North Rockhampton.

11.30 am – 12.30 pm Saturday 31 October 2015

11.30 am – 12.30 pm Saturday 14 November 2015

Indoor Sports Arena (ISA Centre) Hollingsworth Street Girls
aged 5 – 10

The Queensland Government has provided \$4,950.00 to
Football Central Queensland for

The **Get Going, Girls Come & Try Program in 2015**, to
increase Queenslanders participation in sport and recreation
activities

Capricorn Country Club

Junior Come and Try Days

6th of November and 13th of November

4:00pm till 5:00pm @ Capricorn Country Club

Driving Range

All you need is Closed in shoes, collared shirt,
water bottle and a hat”

BOTANIC GARDENS OPEN DAY

Get on down to our beautiful Botanic Gardens on
Sunday 1 November for treasure hunts, face painting,
mask making, garden tours and zoo feeds for the
Botanic Gardens Open Day.

Other activities include:

- Market stalls
- Bamboo wind chime making
- Kindy Sport games and mallet sports
- Tai Chi and Yoga for kids
- Devonshire Tea and Cello (\$9.50 - bookings
essential on 4922 4347)
- Music and dancing

Check out the [KickStart Facebook](#) page for more
information.

What: Botanic Gardens Open Day

When: Sunday 1 November

Where: Rockhampton Botanic Gardens

Time: 10am - 3.30pm

CHRISTMAS 2015

HOLIDAY FUN & GAMES @ the GYM

WEEK 1

MONDAY DEC 14
TUESDAY DEC 15
THURSDAY DEC 17
FRIDAY DEC 18

\$15/session/child or
\$50/week/child

WEEK 2

MONDAY DEC 21
TUESDAY DEC 22

\$15/session/child



**OPEN TO ALL CHILDREN
6-13 YEARS**

Victoria Park Gymnastic & Trampoline Club Inc
provides our community with a unique recreational
experience utilizing gym & tramp equipment and fun
activities.
Vici Park is offering the popular "Holiday Fun @ the
GYM" school holiday program for kids.
Participants dress - flexible, sporting but not baggy - no
skirts. Clean socks.
Morning tea required, water bottle optional.

ENQUIRIES & ENROLMENTS TO:

(email) vicipark@cqnet.com.au

(phone) **07 49225986**

(venue) Hall Street Wandal Q 4700



VICTORIA PARK
GYMNASTIC &
TRAMPOLINE CLUB INC




Book Fair "Under the Sea"

Book Fair "Under
the Sea" is

coming...it starts on 18
November. Start saving
now so you can buy some
wonderful books and
novelty items!





NOVEMBER - PREP INDUCTION MORNING (9-11am)

5 NOVEMBER – PREP INDUCTION MORNING (9-11am)

4 DECEMBER – YEAR 6 DANCE

7 DECEMBER – GLENMORE CELEBRATES (6.30pm)

8 DECEMBER – AWARDS CEREMONY (9-11am)

11 DECEMBER – LAST SCHOOL DAY FOR 2015

25 JANUARY 2016 – SCHOOL STARTS FOR 2016

Prep Induction Days

Do you have a child born between 1 July 2010 and 30 June 2011?

Please attend one of the Prep Open mornings at Glenmore State School. During these sessions parents will:

- *Meet in the school library for an informal discussion with administration*
- *Receive a Prep booklist for 2016*
- *View samples of uniforms*
- *Spend time with their child interacting with current Prep children in the classroom*
- *Receive a 'Read Me' Bag with story book, reading tips and a DVD*

When? Tuesday 3 November, 9.00 to 11.00 am

Or

Thursday 5 November, 9.00 to 11.00 am

If you have any questions, please ring the school on 49230666.

See you at Glenmore!

