

Glenmore State School Newsletter

NEWSLETTER NUMBER 34 5 November 2015

Thought for the week:

*To uncover your true potential you must first find your own limits
and then you have to have the courage to blow past them,
Picabo Street*

PRINCIPAL'S NEWS

The end of this week marks the mid-point of Term 4. This means that our 2015 Year 6 students have just five weeks left at Glenmore State School. High school transition activities have already taken place and will continue to roll out over the remainder of this term, facilitated by both the high school and our staff. Mrs Biddulph and Chappy Melissa will play a key role in this process.

It is important for our Year 6 students to reflect on these next five weeks at Glenmore and to focus on their time here ending in celebration rather than disappointment. Wise behaviour choices will enable students to complete their primary schooling on a high note, to graduate with their class mates and to participate in the traditional graduation dinner and dance at Glenmore Homestead; similarly poor behaviour choices will have the opposite result. One of the keys to a successful end to primary school is to ensure that students make their own wise choices and do not fall into the trap of being influenced negatively by peers. This lesson extends well into adult life and in my conversations with senior students about behaviour choices, I often wind the clock forward to confront them with a similar scenario, but with them as a young adult. Poor behaviour choices never end well.

It is also important that during the remainder of this term that our two school rules guide student behaviour. Glenmore expectations are very clear.

- **Keep your hands, feet and objects to yourself**
- **Follow the teacher's instructions immediately**

These rules have served us well and will continue to do so in 2016. There is no grey area when Mrs Lanyon and I are following up with students in relation to these rules.

Next week, John Fleming is back with us for the last visit for this year. This time, John will review our upper school teaching practices and provide us with feedback so we can further refine our work with your children. Glenmore will continue to work with John in 2016.

Last Sunday I was able to compete in the 33rd Noosa Triathlon – 1.5km swim, 40km cycle, 10km run. I was privileged to share this event with my younger daughter in what was her first Olympic distance triathlon. My connection with the Noosa Triathlon goes back to 1986 when I did the 4th Noosa Triathlon as one of 400 competitors – now there are thousands and it is an iconic event. In 1997, 1998, 1999 I cycled in Masters teams at Noosa, the last of which set a course record that still stands today. The all-important end result for 2015 – 2 hours 44 minutes 47 seconds for me and 2 hours 46 minutes 1 second for my daughter. The 34 year age difference had no bearing on the result, although I sense I will need more than experience next year!

This Friday we recognise the work of school tuckshop workers and volunteers. Though small in numbers at Glenmore, the service they provide for our children is first class. I encourage parents and children to say "Thank You" to our tuckshop ladies (and gentlemen on occasion) to help recognise the important role they play in our school community.

Mark Danlop

Principal



Quality Learning in a Caring Environment

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

Phone: 07 4923 0666

Fax: 07 4923 0600

Farm Street
NORTH ROCKHAMPTON, Qld 4701

Email: admin@glenmoress.eq.edu.au

Web: glenmoress.eq.edu.au

Great state. Great opportunity.



Glenmore Standards:

Our recipients this week are as follows:

Gum Leaf

Joshua Harbord
Lachlan Hickson
Jahna Meredith
Tyleisha Tilberoo
Mia Orcher
Sonya Storch
Malcolm Darkin
Alec McLauchlan
Alex Reid
Chantelle Smedley

Lashay Sauer
Elijah Gabel
Wyatt Hewitt
Xavier McAtamney
Tara Leabeater
Sayder Silva Paiva
Taylor Anderson
Lucas de Oliveira Elias

Gum Nut

Ella Spring
Alexandra Millan
Lili Pianta
Cooper Millan
Tayla Smith

Jayden Roberts
Tristan New
Emma-Sue Ingui
Alexia McInnes
Shaylee Ohl

Week 4

Gum Leaf Award Winners



Gum Nut Award Winners



2016 School and Vice Captains:

Nominations for these positions will be given to interested Year 5 students after parade on Friday. Please discuss this with your child – it is an excellent opportunity for children to challenge themselves and recognise areas of strength. House Captains will be completed in early term one next year.

Glenmore Celebrates 2015:

Notes about costume requirements, type of item should now be coming home – these will continue over the next couple of weeks. We have a wonderful range of items this year and it will be interesting for parents to watch the performances and get an insight into what type of learning has been happening in the rooms. This is an excellent way to come together as a school community and celebrate our achievements and continued improvement. Of course, there is the finale.....sshh.....it's top secret....but I will give you a hint....you will see something you have never seen before!!!! You *have* to be there !! **See you on Monday 7 December – BBQ at 5.30pm with the performances starting at 6.30pm.**

Deputy Principal

Lauree Lanyon

**REMINDER
FAMILY CONNECT
EVERY WEDNESDAY
5.30PM – 6.30PM**



Parenting course:

Please read this exciting opportunity for parents – Michael Grose is the founder of Parenting Ideas – his ideas and suggestions for parents are well recognised and supported by research. For more details read on.....

Join Michael Grose for a 4-week online parenting course
Parent Well with the Meta-Moment

Get the skills to be a more effective parent as well as help your kids better manage their feelings and emotions.

Parent Well with the Meta-Moment is one of a series of online courses to teach you how to gain mastery over your emotions so you can be successful in all areas of life.

- ✓ The Meta-Moment is a practical research-based tool developed by the Yale Centre for Emotional Intelligence
- ✓ Retrain your brain to be a better parent so you can always stay cool in stressful situations.
- ✓ Learn how to manage everyday stressful situations calmly so you don't respond with angry outbursts and don't say things to your kids that you regret later on.
- ✓ Help your children stay calm rather than overreact when others tease or taunt them.
- ✓ Develop critical greater self awareness of how your thoughts and emotions drive your behaviour, and importantly be able to pass these skills on to your children.
- ✓ Downloadable weekly videos, workbooks, learning activities and Facebook Q & A to discuss and answer your queries with Michael Grose
- ✓ A useful tool for carers and teachers who are looking for a great tool to help their students better manage their emotions
- ✓ Suitable for all age groups

The 4-week **Parent Well with the Meta-Moment** starts on 13 November.

Join now for a **special discount price of \$57** (normally \$67) to take advantage of **FREE** access to **Parentingideas Club** before the course starts on 13 November. Use special discount code: **METASPECIAL**

Or why not join **Parentingideas Club** for \$167 (normally \$197) annual membership and get access to **Parent Well with the Meta-Moment** plus the **CLUB** plus 4 more online parenting courses planned during the next 12 months. Use special discount code: **METASAVE**

Full details and registration at:

<http://www.parentingideasclub.com.au/Info/Membership>
Or contact the Parentingideas team 03 59831798
office@parentingideas.com.au

BIRTHDAY WISHES

Happy birthday to the students celebrating their birthday this week.

Talis Morrell, Mikayla Bills, Verna Mae Catubig, Jacob Aberdein

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.

STUDENTS OF THE WEEK

Congratulations to the following students for their great effort.

Prep

Quennie Mamaril
Mystanna Booth
Ella Spring

Year 1

Louise Dobbs
Suzanne Agugo
Luaitama Paia-aua-Doyle

Year 2

Sienna Lyons
Joshua Scandlyn

Year 3

Lucinda Barron
Jesse Jones

Year 4

Millie Taylor
Madison Brown

Year 5

Joshua O'Brien
Anna Riley

Year 6

Bernadette Catubig
Guilherme Silva

LIBRARY

Caitlin Rose

LOTE

Umanga Budhathoki

SEP

Nyreiky McKinley

TUCKSHOP DAY



The thousands of tireless tuckshop workers in Queensland schools are unsung heroes, so on the first Friday in November each year they get a collective pat on the back during Tuckshop Day.

Sometimes we forget to notice the important contribution tuckshop workers make to the everyday operation of our schools.

So here at Glenmore we would like to say a big THANK YOU to our tuckshop convenor, Mrs Bradshaw. We would also like to thank her little band of volunteers – Mrs Daley, Mrs Granshaw and Mrs Davidson.

SPORTS DRAW

CRICKET

Junior	vs BYE – Scratch match to be played at Glenmore
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OZTAG – Saleyards Park

Glenmore Boys	vs RGS	Field 10 – 1.35pm
Glenmore Girls	vs Mount Archer	Field 7 – 12.45pm
Glenmore Mixed	vs Parkhurst	Field 2 – 12.45pm

BASKETBALL – Hegvold Stadium

Glenmore 1	vs Glenmore 3 on Court 1 - 12.45pm
Glenmore 2	vs Allenstown 3 on court 2 - 1.45pm
Glenmore 3	vs Glenmore 1 on court 1 - 12.45pm
Glenmore 4	vs Allenstown 2 on court 3 – 1.45pm

P&C NEWS

The year has come to an end and our final fundraising event (*The Monster Christmas Raffle*) is about to go on sale 9th November. This year there are 5 chances to win a prize - the winners will be announced at the upcoming school concert on the 7th December.

Throughout this year, it has become clear that there are a limited amount of people wanting to volunteer or assist with the P & C. The Queensland Government only supplies enough funds for a school to operate and maintain its infrastructure. The P&C committee and members help raise funds for extra-curricular activities, the beautification of the school and other much needed projects to enhance your child's learning experience. For example, in 2006 the Glenmore P&C donated over \$60,000 of fund raising money to air-conditioning certain areas of the school.

This year out of over 400 students only 7 parents took an active role in the P&C. This means that 7 people are expected to run all the stalls, co-ordinate raffles, pie drives and sausages sizzles, and manage the tuckshop and uniform shop.

This perceived lack of interest from the community has left a few questions that need to be answered:

- Does the community want a tuckshop and uniform shop to provide discounted meals and uniform purchases?
- Is the community interested in further developing the school through joint projects?
- How can the school get more participation from the community?

Contrary what you might believe and what you've heard from other P&C's you don't need to give up your time or your life to help out. The main theme for this year was to Get Involved!

7 parents out of a school with 400 children chose to take that step. Think about this over the Christmas break and ask yourself - 'is seven people enough to provide a sufficient support service for all of our children'

Please share this discussion among friends and family because the P&C would like your feedback. panc@glenmoress.eq.edu.au

Signing off for 2015,

Gavin Pointing

PRESIDENT

Glenmore State School P & C

**TUCKSHOP SPECIAL
WATERMELON SLICES – 20c**

RIDDLE OF THE WEEK

WIN A \$5 TUCKSHOP VOUCHER!

Do you know the answer to this riddle?

Mary's father has 4 children; three are named Nana, Nene, and Nini. So what is the 4th child's name?

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.

UNIFORM SHOP OPENING HOURS

Monday, Wednesday and Friday mornings 8.30am – 9.30am

COMMUNITY NOTICES



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!

You're invited to...

A special opportunity for families **family connect** at Glenmore State School... Rockhampton District

Fun... playing together!

Faith... exploring life together!

Food... eating together

FREE! Meal to share together!

...activities that promote connection!

For more details, contact: Ross Ward Ph 4926 9669

Please note: Children need to be accompanied by a parent or guardian

Meeting every Wednesday!

Term 4

5:30 - 6:30 pm

Covered area near Tuckshop

Now meeting every Wednesday this term!

Providing opportunities for families to connect!

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 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”

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

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

27 JANUARY 2016 – SCHOOL STARTS FOR 2016
(Please note the change in date)