



Glenmore State School Newsletter

NEWSLETTER NUMBER 8

24 March 2016

Thought for the week:

A man who was completely innocent, offered himself as a sacrifice for the good of others, including his enemies, and became the ransom of the world.

It was a perfect act.

Mahatma Gandhi

DEPUTY PRINCIPAL'S NEWS

Term 1 is now over, in what seems like "the blink of an eye". Fortunately this year, we've made it without a cyclone. Looking back over the term, what have been some of the milestones and achievements to date?

- Welcoming 80 Prep students to Glenmore for 2016, requiring a 4th Prep class
- The highest enrolment numbers since Year 7's moved to high school (end of 2012) – currently heading toward 450 students
- Welcoming several new staff members to Glenmore, including our new Chappy Dan
- The continuing refinement of our teaching practice guided by John Fleming
- Raising the bar with uniform standards, with most students wearing black shoes
- Hundreds of Gotchas given out for positive behaviour
- The investiture of our 2016 school leaders
- The commissioning of our sports house flags and "House of the Week"
- Six pre-service teachers from CQUniversity on placement at Glenmore
- Improved attendance across the school, working toward the 92% goal
- Continuing support from the Baptist Church for our Kids Hope, Breakfast Club and Family Connect programs
- Leeanna Brill winning the Young Writers competition
- The publishing of Glenmore students' writing from the 2015 national competition
- Success in AFL, soccer and oztag against other state and non-state schools
- Glenmore's Challenge Cup teams competing strongly against other primary schools
- An enthusiastic and dedicated P & C team in place for 2016 and a successful Cookie fundraiser



This afternoon, Glenmore's Easter Bonnet Parade was held in the Senior Covered Area. It was a wonderful afternoon, with fantastic support from parents. Without doubt, it is the benchmark for school Easter parades! As well as the fabulous array of hats among our Prep to Year 3 students, the staff competition was hotly contested and, I feel, somewhat more competitive than among our students!

Current attendance for each year level is:

Year Level	Attendance Rate	Year Level	Attendance Rate
Prep	85.8%	4	90.0%
1	90.3%	5	93.0%
2	92.6%	6	92.3%
3	90.7%		

Our top class for Term 1 attendance is 5JS with 96.4%

Every day counts. We CAN do 92.

Have a safe and relaxing Easter Break.

Mark Darlop

Principal

Quality Learning in a Caring Environment

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

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Farm Street

NORTH ROCKHAMPTON, Qld 4701

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Great state. Great opportunity.



Parenting article:

This week's article is an excellent summary of the ideas discussed this term

10 researched-backed tips for raising happy kids by Michael Grose

There are plenty of evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters

Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2. Positive peers matter

Your child's friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

3. Parent mental health matters

If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter

Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships that have broken down. Start this with siblings first. With only-children, make sure you build these skills through plenty of interactions with peers.

5. Developmental matching matters

A number of studies have shown that much of what is considered 'poor parenting' has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters

Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point. If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children's happiness and wellbeing are well drawn.

7. Family dinners matter

Yes, you've got to eat. But you need to eat together. Significant research links family strength and children's wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8. Fun matters

Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids' cognitive and emotional development. Unstructured play helps children learn how to

work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9. Helping others matters

The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual's wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don't let their grumpiness put you off when you expect them to help.

10. Emotional intelligence matters

Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn't set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (*books come in handy*), playing sport (*a ball and some goalposts helps*) or learning to dance (*some suitable music helps*). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.

So let's recap!

To raise happy, successful kids:

1. Birth order matters
2. Positive peers matter
3. Parent mental health matters
4. Sibling relationships matter
5. Developmental matching matters
6. Good parenting matters
7. Family dinners matter
8. Fun matters
9. Helping others matters
10. Emotional intelligence matters



School Uniforms:

As we head into cooler weather next term, please remember the school expectations for winter clothing:

- Dark green jumper/sweatshirt – these are readily available at Big W, Best and Less, Target
- Glenmore Jacket – available at the tuckshop
- Dark green track pants
- Dark green stockings or leggings

Rockhampton's winter is usually mild. If students come to school with track pants and/or stockings, please ensure they have shorts/skorts to change into as the day becomes warmer.

If you need to buy new shoes over the break, the school expectation is black shoes or joggers.

The above requirements are needed to follow the Glenmore Standard '*At all times, I wear my uniform with pride.*'

End of Term One:

It has been a very busy term and it has flown by! Students are ready for a break – most have worked to the best of their ability each and every school day. We strive to ensure students become the 'best learners they can be'.

Enjoy your Easter Holidays – spend some time with your children, find some time for yourself, relax, have fun, be safe. See you in Term Two!

*Lauree Lanyon
Deputy Principal*

STUDENTS OF THE WEEK

Congratulations to the following students for the great effort this week

Prep

Jayleigh Lammermore
Myeisha Lammermore
Shannon Hunt
Ashleigh Riley

Year 1

Xavier McAtamney
Taylor Anderson

Year 2

Kevin Shapland
Sarah Riley
Montell Moore

Year 3

Jesse Taylor
Mason Russell
Tayloriah Motto

Year 4

Declan Lye
Shakaya Warriner

Year 5

Daimon Watson
Hope Little
Raya Barrett

Year 6

Karl Butac
Elijah Gabel



DATE CLAIMER



SAVE THE DATE

Thursday 5 May
10.15 - 11.40am

Bigger than ever.....

Our annual.....

MOTHERS' DAY MORNING TEA!

Enrol for Prep 2017 now!

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.

STUDENT ACHIEVEMENTS



Congratulations to Tegan Patel for having completed all the requirements to achieve her Grey Wolf Badge. The Grey Wolf Badge is the highest Achievement Badge a Cub Scout can earn. Tegans's dedication and hard work has seen her complete her Bronze, Silver and Gold Boomerang, 15 level 1 badges, 7 level 2 badges, 2 specialist badges and a Cub Scout Leadership badge.

If you would like information on joining Scouts phone Mr Kydd 0407 766 130.

Rugby League Regional Team Selection
Congratulations to Clay Dakin and Ihcalam Saunders
who have been selected to play in Rockhampton
Regional Rugby League Teams.

SOCCER REPORT

Glenmore Social B.

Glenmore B - 1 goal, Rockhampton Grammar Red 4.

A slow start allowed RGS to have 3 goals on the board before Bradley Bailey scored one for Glenmore. Bradley was our most effective forward with Cooper Millan standing up at the back with Jesse Conrad also trying hard.

Joel Campbell as goal keeper in the second half played really well with only 1 goal getting past him.

Glenmore Social A.

Glenmore A 2 goals, Rockhampton Grammar Black 4.

Another slow start allowed RGS to have 3 goals on the board before William Doan scored one for Glenmore. William was our most effective forward with Cooper Millan standing up at the back once again with Annaleese Hermann and Andrew Bell also trying hard.

The second half was much more even with both teams scoring a goal. Wykeakea Wasin scored for Glenmore

TERM 2 COMMENCES MONDAY 11 APRIL

All aboard!
School Holiday Fun
Archer Park Rail Museum

Ride the Purrey Steam Tram and have a close look at the C17 Steam loco
Climb aboard restored passenger carriages
Change the signals and use the antique phones and other fun activities. Food on sale.

WEDNESDAY 30th March 2016
10am -1pm
Children (18 mths and over) \$8.50
One adult free per family,
Extra adults \$5.80

supported by
 Rockhampton Regional Council

Managed by Friends of Archer Park Station and Steam Train Museum Inc.
Archer Park Rail Museum | Denison Street
Rockhampton | Phone | 4936 8191
Email | archerpark@bigpond.com
<http://qldrailheritage.com/archerpark/>



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