



Glenmore State School Newsletter

NEWSLETTER NUMBER 10
20 April 2016



The students of Glenmore State School are invited to participate in the ANZAC Day March on Monday 25 April. Each year, we endeavour to increase the number of participants in this march. Participation in this march is an excellent way to show our respect for this important occasion and to show the Rockhampton community the pride we have in our school.



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.



PRINCIPAL'S NEWS

Thought of the week:

You can't escape the responsibility of tomorrow by evading it today.

Abraham Lincoln

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On Monday we commemorate the 101<sup>st</sup> anniversary of the Gallipoli campaign in World War 1 and remember the combined efforts and sacrifices of Australian and New Zealand soldiers. It is important that our students know about ANZAC Day and what we are remembering on 25<sup>th</sup> April. Students and staff will join in our school ANZAC ceremony on Friday morning and I invite our students to march with Glenmore school on Monday morning. Our marchers have grown in numbers in the past few years and we have shown the Rockhampton community not only that we are proud to participate in the ANZAC march, but that we are proud of Glenmore State School. **It is important that students marching on Monday are in our full school uniform, including their hat and black shoes.**

The IDX project held in our library last week was a great success. Representatives from the National Centre for Indigenous Excellence, Helem Yumba, Telstra and Microsoft were glowing in their comments about the engagement of our students in the project. This positive feedback will find its way through the various communication channels of these organisations, far beyond the Rockhampton community. Thank you to all who enabled this project to take place at Glenmore and to the parents who attended on Friday afternoon for the presentations and BBQ.

For the community and visitors to our school, the school uniform gives a first impression of the school. Students in uniform, dressed neatly, reflects positively on any school. I am very pleased to say that the overwhelming majority of our students are consistently in uniform, and it is my expectation that this is the way we do things at Glenmore. For important occasions, our school leaders and representatives are provided with a formal uniform. Wearing our uniform with pride means:

- Full uniform – school shirt, correct shorts / skirt, black shoes, white (girls) grey (boys) socks, school hat
- In the colder months, wearing the Glenmore jacket or a jacket / jumper of the correct school colour (green)
- Shirt tucked in, collar straight, buttons fastened, cord on shorts tucked in
- No excess jewellery, nail polish or fake tattoos; long hair tied back (boys and girls); natural hair colour

Developing a high standard of personal presentation is something that is of great benefit throughout life, especially when aiming to secure a job. Workplaces have standards of dress whether it be for safety (high visibility, steel caps) or to present a high standard to customers or clients. Thank you for ensuring that your children are dressed in their uniform to our school's standards when they leave for school each morning.

Between now and Term 4, we are sometimes asked to complete references for Year 6 students who are seeking an enrolment at a non-state secondary school. One of my roles, as a state primary school principal, is to support transitions to state secondary schools. I am also a strong advocate of state education. My daughters were educated in the state school system from Preschool to Year 12. It is therefore my position to decline requests for references for non-state secondary enrolments. Semester reports are far more comprehensive than such references and it is my experience that students' enrolment prospects are not disadvantaged by the absence of a reference. I am happy to discuss any concerns relating to this, with parents.

Glenmore's attendance rate continues to exceed that of previous years, but that is no reason for complacency. We are still aiming for 92% school-wide attendance and some year levels are consistently exceeding that.

Current attendance for each year level is:

| Year Level | Attendance Rate | Year Level | Attendance Rate |
|------------|-----------------|------------|-----------------|
| Prep       | 86.02%          | 4          | 88.58%          |
| 1          | 90.61%          | 5          | 92.61%          |
| 2          | 91.53%          | 6          | 91.88%          |
| 3          | 89.74%          |            |                 |

**Every day counts. We CAN do 92.**

*Mark Dunlop*  
**Principal**

## DEPUTY PRINCIPAL'S NEWS

### Parenting Article:

This week's article builds on our theme of social and emotional wellbeing....

#### Exploring the New Frontier in Parenting – Emotions

By Michael Grose

It's official!

Emotions are now part of the parenting and educational mainstream!

For some time they've been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie *Inside Out* gives life to emotions in a fun, accessible way. It's a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

This is not to say that we ignore children's poor behaviour, neglect to set limits or not ask anything of them when they've experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

So where do we start? Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:

**1. Listen first** When your child fusses and fumes about some wrong-doing or hurt they've experienced clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.

**2. Contain rather than manage (let your kids do the managing)** Children's behaviour can become tangled up in upsets and disappointments. It's hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don't have to do that for them.

**3. Know that emotions can be pleasant and unpleasant** We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.



## DEPUTY PRINCIPALS'S NEWS cont

4. **Build a vocabulary around emotions** Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, 'I-messages' are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions.** Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that's not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don't always get it right. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality. Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. When it becomes part of your family's DNA then emotional intelligence will be passed down from generation to generation. You'll know it's had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

### Sports Day

At the end of this term we have our Inter House Sports Carnival. New students to the school have been allocated to a Sports House – Callistemon, Acacia, Banksia or Eucalyptus. Sports shirts can be purchased at the tuckshop. These shirts are to worn on Sports Day. They can also be worn to school on days your child has PE.

Parents are encouraged to attend Sports Day – please put Tuesday 21 June on your calendar!

### Healthy Eating at First Break

It is pleasing to see so many healthy lunches at Glenmore. Our tuckshop also has an excellent menu with a range of healthy meals. Every first break has 15 minutes of supervised healthy eating – sandwiches, fruit, yoghurt, cheese. Nutritional food at this time of the day 're-fuels' the brain ready for another round of learning.

*Lauree Lanyon  
Deputy Principal*

## NAPLAN

The National Assessment Program Literacy and Numeracy (NAPLAN) will be conducted from 10-14 May. All students in Years 3 and 5 must sit for the tests unless they are withdrawn by parents/carers or unless they qualify for an exemption. Where parents/carers do not want students to participate in the test, they must advise the Principal in writing of their request. Forms are available for this purpose. Students who are withdrawn from the tests will have no result recorded and no report will be provided. Adjustments may be permitted for students with a disability to support their access to the tests and facilitate maximum participation. Teachers will identify students who qualify for adjustments. Some students with a disability and EAL/D students who have been attending school in Australia for less than 12 months, may qualify for an exemption. This means they do not have to complete the NAPLAN tests. Parents of students who have been identified as requiring adjustments, or who qualify for an exemption, will receive a form to sign and return to school. If you have any questions regarding NAPLAN please contact Mark Dunlop on 49230666

*Enrol for Prep 2017 now!*

## STUDENTS OF THE WEEK

Congratulations to the following students for their effort this week

### Prep

Rihanna Dobbs  
Arya Patel  
Gabrielle Clark  
Kariz Albury

### Year 1

Isabella Menadue  
Tue Pham  
Jayden Wiersma

### Year 2

Braedan Lye  
Jayden Roberts

### Year 3

Tullen Broszat  
Elaria Bristow

### Year 4

Claire Flower  
William Doan  
Braydon Smithson

### Year 5

Andrew Bell  
Freda Paia'aua  
Nyreiky McKinley

### Year 6

Amelia Jones  
Peter Crane  
**LIBRARY**  
Kaitlyn Mizzi

## SPORTS DRAW – Friday 15 April

**AFL** - All games will be conducted at Kele Park (Entry Via Millewa St West Rockhampton) 12:15 for a 12:30 start to games

|          |                    |
|----------|--------------------|
| Glenmore | <b>SEMI FINAL</b>  |
|          | vs – TBA – 12:30pm |

### SOCCER

|         |                                              |
|---------|----------------------------------------------|
| Year 6  | vs Crescent Lagoon – Elizabeth Park – 1.35pm |
| Mixed A | vs Glenmore B @ Glenmore - 12.35pm           |
| Mixed B | vs Glenmore A @ Glenmore – 12.35pm           |

### OZ TAG – All games played at Saleyards Park

|       |                                                             |
|-------|-------------------------------------------------------------|
| Boys  | <b>SEMI FINAL</b><br>vs Frenchville Blue – Field 1 – 1.35pm |
| Mixed | <b>SEMI FINAL</b><br>vs Berserker – Field 3 – 12.45pm       |



**Good Luck to all our teams playing semi finals this week. GO GLENMORE!!**

## DATE CLAIMERS

|          |                                       |
|----------|---------------------------------------|
| 25 April | Public Holiday - ANZAC Day            |
| 28 April | District Cross Country                |
| 2 May    | Public Holiday – Labour Day           |
| 4 May    | Mothers' Day Stall (\$3 & \$5 Gifts)  |
| 5 May    | Mothers' Day Morning Tea              |
| 9 May    | P&C Meeting – 6.30pm                  |
| 26 May   | Silly Scientist Visit (\$5 per child) |
| 16 June  | Public Holiday – Show Day             |
| 21 June  | Sports Day                            |
| 24 June  | Last Day Term 2                       |





**YOU'RE INVITED TO**

**FAMILY CONNECT'S**

# **FREE DINNER**

-WEDNESDAY 5:30-6:30PM

-GLENMORE SS SHELTER ON THE OVAL

-BRING THE WHOLE FAMILY

Providence's  
Largest  
Support

**family** *connect*

**FUN - FOOD - FAITH**



# Bringing Up Great Kids Parenting Program

**Discover** ways to promote positive and respectful parent/child relationships using mindfulness and reflection

**Learn** to overcome the obstacles in the way of you being the parent you would like to be

**Identify** and address the sources of unhelpful and hurtful attitudes

**Reduce** parenting stress by developing self-care strategies

For more information call:  
**1300 523 985**

Communities for Children Facilitating Partner Initiative Capricorn is funded by the Australian Government and facilitated by The Smith Family

