

# Glenmore State School Newsletter

## NEWSLETTER NUMBER 16 2 June 2016

Thought for the week:

*"Nobody's perfect, but being a Queenslander is close enough."*

### PRINCIPAL'S NEWS

This week, our String Ensemble, fresh from their win at the eisteddfod, performed at Fanfare. Fanfare is a competition held by DET throughout the regions, with a final event in Brisbane. Our students earned a Silver Award for their performance. No Gold Awards were given, so our ensemble performed very well indeed. Congratulations to the String Ensemble and Mrs Svendsen.

In the sporting arena, Seth James excelled at the Capricornia Cross Country competition in Mackay. Seth placed 5<sup>th</sup> in his race and earned a spot in the region's team, to compete at the state championships in August. Seth had some training tips and guidance from Mrs Shaw, one of our teacher aides, as well as other coaching outside school. Well done Seth!

On Thursday and Friday this week, I will be attending the Central Queensland Region Principals' Conference in Gladstone. This conference occurs every two years and is attended by every state primary and secondary Principal in the region. In my absence, Mrs Lanyon will be Acting Principal and will be in charge of the school. She will be assisted by Mrs O'Farrell in the Acting Deputy Principal role. The school will be in good hands until my return on Monday.

The police attended Glenmore today following the abduction of our NSW attired manikin from the office foyer. A photo was sent to Mrs Snow of the manikin and its abductors. I believe the ransom was quite small as it was dressed in NSW colours. Senior Constable Brendan, the school-based police officer at Glenmore High, did some quick investigating and the manikin was returned to its place in the foyer. More mischief ensued and it was last seen facing the wall with head down!

By the time you read this newsletter, State of Origin Game 1 will be done and dusted. I had hoped to catch the second half of the game after driving to Gladstone Wednesday night for the conference. Alas, in a very modern high rise hotel, in 2016, the TV's message for that channel was "No reception" – can you believe that? So as I write this newsletter column, the outcome is a mystery. I hope Queensland delivered the goods!

I am following up rigorously with attendance. Parents of students with less than 85% attendance have received, or will be receiving a letter stating the attendance rate as at the beginning of May and an invitation to discuss the lack of attendance with me. There is no excuse for poor attendance at school. Even 75% attendance means a student misses a whole term each year – in effect, missing almost two years from the beginning of Prep to the end of Year 6. Almost half our school sit in the 95 to 100% attendance bracket and that is a great improvement over past years.

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

*Mark Dunlop*  
Principal

### STUDENTS OF THE WEEK

**Congratulations to this week's Students of the Week**

#### Prep

Tyler Findlay

Amy Pham

Tyran Glen

Sheyenne Jones

#### Year 1

Ella Spring

Dave Butac

Quennie Mamaril

#### Year 2

Justice Burnell

Kaidence Owen

#### Year 3

Kaida Howard

Ryan Guatam

Keisha Jenkinson

#### Year 4

Dominic Crane

Shakaya Warriner

#### Year 5

Thu Tran

Millie Taylor

Xander Brookman

#### Year 6

Umanga Budhathki

Jacob Howell

#### Library

Aiden Kreis



*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.



### Parenting Article:

As parents, we want our children to grow to be respectful, responsible citizens with confidence to handle new situations. This week's article gives advice on how we can encourage our children to have self-confidence...

#### **10 confidence-building strategies every parent and teacher should know**

By Michael Grose

Instilling confidence takes more than heaping praise on kids. Here are 10 practical confidence-building strategies for parents and teachers of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children's and young people's confidence is complex. It's more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are ten practical strategies that you can use to build real self-confidence in kids of all ages:

##### **1. Model confident thinking**

Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers, play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up."

##### **2. Focus on effort & improvement**

Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

##### **3. Praise strategy**

While effort is key for achievement, it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps also to focus language on better and smarter ways on improving. Comments such as "That was a smart idea to tackle the hardest task while you were fresh!" (strategy) and "You recognised the first few steps were the most important but then after that you were right" are descriptive statements that have significant instructional value for kids.

##### **4. Develop self-help skills from an early age**

A child's self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

##### **5. Give them real responsibility**

From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

##### **6. Practise unconditional acceptance**

Your ability to accept children and young people's best efforts in any area of endeavour, irrespective of the results, will go a long way toward to determining their self-esteem and confidence. If a child makes their bed to the very best of their

ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

##### **7. Expand their horizons/Recognise improvement**

Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today, have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children's horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends' places unattended when capable.

Focus your comments on children's effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that his school may require.

##### **8. Put the training wheels on to support learning**

Putting training wheels on a bike is a great way to teach a young child to ride. They keep them upright and mobile while they are getting the knack of balancing. We can use the same principle to support kids learning while they develop independence in many areas of life. For instance, we can accompany anxious kids to birthday parties and stay for a short time so they become comfortable before leaving.

##### **9. Build teaching and training into your day**

Teaching and training needs to be part of the everyday repertoire of a parent. This means we need to add a little extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form for a part-time job. When adults are busy it is often easier to do things ourselves.

##### **10. Ask children for help**

Doing things together is a great way to build competency and build the confidence that mastery brings. A simple way to initiate joint activity is to ask your child or young person to give you hand with something. Better still, get them to teach you or show you how to do something you are unfamiliar with. Being a teacher rather than the learner is a great confidence-builder particularly for those kids who struggle with activities that others find easy.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life's challenges and know that they can become more independent.



##### **Sports Day**

This is fast approaching – **Tuesday 21 June**. Please ensure your child has the correct Sports House shirt as this is required to be worn on the day. Nominations have now closed – we had practices last week and it was great to see the students trying so hard in their races. It is important to remember that not everyone can win. As long as you try your best, this is all anyone can ask.

Students also require their hat, sunscreen and water bottles on Sports Day.

##### **No longer needed school uniforms**

The school is always looking for old uniforms – at the moment, our small sizes (4 to 6) are in very short supply. If you have any uniforms at home that are no longer required, please send them to the office. Your support in this area is always very much appreciated.

**Enrol for prep 2017 NOW**



## DEPUTY PRINCIPAL'S NEWS Cont...

### Glenmore Standards

At all times:

- I follow teachers/staff instructions immediately
- I keep hands, feet and objects to myself
- I wear my school uniform with pride
- I am well-mannered
- I respect the environment

These are the standards used to guide our students at Glenmore to 'be the best they can be'. The following students are recipients of the Gum Leaf awards – eight weeks of achieving all of the above standards:

<b>Gabby Clarke</b>	<b>Gabriella Currie</b>
<b>Jonathan Goodsall</b>	<b>Aiden Kreis</b>
<b>Jaelah Allen</b>	<b>Quennie Mamaril</b>
<b>Lillian Pointing</b>	<b>Jayden Rigg</b>
<b>Abbey Guy</b>	<b>Sonam Lama</b>
<b>Seth James</b>	<b>Corbin Lyons</b>
<b>Thu Tran</b>	<b>Ebony Lye</b>
<b>Maddison Pianta</b>	<b>Allen Vergara</b>
<b>Daimon Watson</b>	<b>Braedon Lye</b>
<b>Brody James</b>	<b>Cody Chapman</b>



**Lauree Lanyon**  
Deputy Principal

## SILLY SCIENTIST VISIT

Ooh la lah! He is a scientist!



On Thursday 26 May, the Silly Scientist, Michael Evans engaged, enthralled and educated our children with his Science show complete with experiments, song and magic.

From playing the guitar (The teachers rocked to Thunderstruck!) to playing the didgeridoo, performing magic tricks and illusions to conducting scientific experiments with the help of student scientific assistants, the Silly Scientist held the interest of all students.

Who can forget the blue foaming elephant toothpaste (Google "Elephant Toothpaste" for home recipes), the red bubbling lava lamps or sounds of the ambulance taking the chicken to KFC? What about the zip-lock bags of coloured liquid pierced by bamboo skewers?

Michael explained how didgeridoos are the only musical instrument formed by insects – termites. Then he played the didgeridoo replicating sounds of animals suggested by students; an elephant, a horse, a kangaroo, a bear, a kookaburra, a snake, a hippopotamus! Only the eel suggested by one student stumped him!

Students were intrigued as he and his magical assistants performed illusions with a magic mirror box, identical shapes and a fascinating colouring book.



## DATE CLAIMERS

2 June	Book Club Orders Due
5 June	Rocky River Run
6 June	Talk to Space Station GSHS
6 June	P&C Meeting 6pm
9 June	Jump Rope for Heart
16 June	Public Holiday – Show Day
21 June	Sports Day
24 June	Last Day Term

**Important DATE!**

## ORAL CARE BRIGADE



4HD has joined the Oral Care Brigade and is participating in Colgate's Oral Care Recycling Program. Our school will earn rewards for every unit recycled so we want your old toothbrushes and packaging; toothpaste tubes and packaging; caps and floss containers. Check your classroom for a collection box or pop

your products into the collection box in the office. Thank you and our class looks forward to your support!  
Mrs Desic



## SPORTS DRAW

### Rugby League

Year 6	vs St Peter's @ Glenmore - 12:45pm
Year 5	vs St Peter's @ Glenmore - 1:45pm

### Last Week's Results

Glenmore 5A/B 12 lost to Allenstown 28  
Glenmore 6B 22 def Allenstown 16

### Hockey – All games played at Kalka Shades

Glenmore 1	vs Heights 4 @ 1.20pm vs RGG @ 2.00pm
Glenmore 2	vs Heights 7 @ 1.00pm vs Heights @ 1.40pm
Glenmore 3	vs St Anthony's 3 @ 1.20pm vs Heights 2 @ 2.00pm

### Last Week's Results

Glenmore (1) 3 def St Anthony's (1) 0  
Glenmore (1) 6 def St Mary's (2) 0  
Glenmore (2) 3 def St Joseph's W (5) 0  
Glenmore (2) 2 def St Joseph's W (1) 0  
Glenmore (3) 0 drew with St Anthony's (3)  
Glenmore (3) 0 drew with Heights(2) 0

### Netball – All games played at Jardine Park

Snr D	vs RGGs on Court 11 @ 12.30pm
Jnr D	vs St Joseph's on Court 10 @ 1.50pm
Jnr E	vs RGGs on Court G13 @ 1.10pm

### Last Week's Results

Snr D 3 lost to St Anthony's 130  
Jnr D 30 def St Mary's 1  
Jnr E 11 def St. Paul's 0

Round 2 was another great week for inter-school netball. Even though it was warm, the girls played right to the final buzzer. Congratulations to all the players. Training schedule is Tuesdays – fitness, ball skills and drills; Wednesdays on the netball court – Regional Shield team versus the inter-school teams.

**REMINDER: Please pack a water bottle and hat every Friday. Thank you. Mrs Desic**



## Pie 'n' Slice Drive

The annual Pie 'n' Slice Drive has arrived and many of you would have already had an order form sent home with your child. If you have not received an order form yet you can collect one from the school Administration Office.

Sports Day is just around the corner and the P&C's uniform shop is stocked with T-Shirts to support your child's house colours. The uniform shop is located in the tuckshop area.

Thank you to those people who volunteered for our latest Mother's Day Stall, all gifts were received well and our \$5 and \$3 stall's were a success. We are currently calling for volunteers to help pack pies once all pies and slices have been ordered. Last year there were 450+ pies and slices to check and pack in less than 3hrs. This mammoth task was aided by 9 volunteers at the time and was a success. So, if you would like to volunteer to help pack pies please leave your name and contact details at the Administration Office and our fundraising co-ordinator will get in touch with you.

Finally, our next meeting will be held

**Monday 6th June - 6pm**

at the schools Administration Office. On the agenda is discussions about purchasing new sports equipment, how to help our tuckshop stay afloat, and what we as a school community can do to fundraise for new school air conditioners, to name just a few.

If you would like to be part of this discussion, then come along on Monday night.

[pandc@glenmoress.eq.edu.au](mailto:pandc@glenmoress.eq.edu.au)

Yesterday 1VB students went to Glenmore High to learn about 'How materials change?'  
 seed + heat = popcorn  
 bread + heat = toast  
 milk + cold = milk  
 ice cube coloured water + cold = cold coloured ice cube  
 It was great to see how both the milk and coloured water melted. It was bts of fun to use the magnifying glass to look at the changes. A big thank you to Mr Barber for teaching us about these changes.



### Savvy Kids – Savvy Friends Enlightened kids build stronger friendships

#### What to expect

This program is held over three days with each session running for two hours.

The program will cover the following topics:

- Day 1: Expression of Self - expression of feeling, team building
- Day 2: Feelings - developing an understanding of feelings, team building
- Day 3: Friendship & Bullying - empower and build self-esteem & confidence



#### Who should attend?

This program caters to primary school aged children – 6 to 12 year olds

#### Date and location:

For 6-8 year olds  
 Date: Tuesday, 28 June, 2016 to Thursday, 30 June, 2016  
 Time: 9.30 a.m. to 12.00 p.m.

For 9-12 year olds  
 Date: Tuesday, 5 July, 2016 to Thursday, 7 July, 2016  
 Time: 9.30 a.m. to 12.00 p.m.

Venue: Umbrella Network, 254 Eldon Street, North Rockhampton

RSVP: Tuesday, 21 June, 2016 on 1300 523 985

Cost: \$15 per child per day - Please register to secure your place

Please bring your own snack for morning or afternoon tea and a bottle of water.

To register or for more info: 1300 523 985 or [registrations@centacare.net](mailto:registrations@centacare.net)

