

Glenmore State School Newsletter

NEWSLETTER NUMBER 17

9 June 2016

Thought for the week:

Coming together is a beginning; keeping together is progress; working together is success.

Henry Ford

PRINCIPAL'S NEWS

To begin this week's column, I want to acknowledge the work of Mrs Lanyon (Acting Principal) and Mrs O'Farrell (Acting Deputy Principal) in leading the school while I was at the CQ Region Principal's Conference in Gladstone last Thursday and Friday. The conference is held every two years and allows all Principals in the region to engage in professional development, hear departmental messages first-hand from senior Central Office staff and to learn from colleagues.

This week, Mrs Snow and I had a teleconference with the people from Schoolzine. Updating our newsletter has been on my agenda for some time, but not yet accomplished. Many local schools now use the platform provided by Schoolzine for their newsletters. If the plan comes together, our first newsletter will be published in Week 2 of next term and will then be done fortnightly. The advantages of Schoolzine are many:

- Schoolzine does all the formatting of content and photos – with an 8 hour turnaround time; we simply provide all the information and photos in a simple Word document
- The new newsletter will be compatible with smartphones and tablets
- Other capabilities include school calendars; the functionality to book parent teacher interviews online; send an enquiry to school; volunteer online for tuckshop
- A Schoolzine app for smartphones and tablets
- The ability to send out interim messages or reminders
- Access to forms such as update details, tuckshop roster, uniform price list
- The ability to subscribe to the newsletter
- Links to social media (also on our "To Do" list)
- A link directly to the school website

I will keep you updated on our progress with this project. It will be a timesaver for our office staff and the end product and other functionalities will be fantastic for promoting our school and keeping the school community up to date.

Attendance data continues to show a positive trend compared to 2015. The comparison is shown in the following table.

	Less than 85%	85 to 90%	90 to 95%	95% or better
2015	29.4%	11.1%	20.8%	38.7%
2016	21.3%	11.2%	20.7%	46.8%

I have forwarded letters to parents of students with less than 85% attendance offering the opportunity to discuss the lack of attendance and we have proceeded with other avenues of follow-up as well. There are no excuses for poor attendance at school.

Every day counts. We CAN do 92.

Last Sunday, a keen group of 20+ students took part in the Rocky River Run, in the 2km event. Seth James, fresh from his outstanding performance in Mackay and selection for the State Championships, was the first runner across the line in the 2km event. Mrs Freitag and I did the 5 km run and several of our staff – Mrs Lanyon, Mrs Morris, Mrs Humble and Mrs Snow - did the 5km walk. I was very happy to cross the line in 24 minutes 13 seconds, over a minute and a half better than 2015. Mrs Shaw, one of our teacher aides, was the chief organiser of our participation and was assisted by Mrs Desic in training the students in the lead-up weeks. To our surprise, Glenmore State School ended up with a quite large trophy as a result of our efforts in this event!

Mark Dunlop
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

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:

- Sheyenne Jones
- Tullen Broszat
- Amethyst Hornung
- Jesse Taylor
- Amy Pham



Parenting Article:

This week, Michael Grose has a guest contributor - *Dr. Jenny Brockis is the Brain Fitness Doctor. She speaks and writes about brain health and performance. Her new book Future Brain: The 12 Keys to a High Performance Brain is available online and at all good bookstores. www.drjennybrockis.com*

Getting children to sleep and stay asleep can be stressful for parents. However, the importance of adequate sleep can never be under-estimated. This article gives parents some ideas to ensure that your child is well rested and ready to learn...

Why effective learning starts with a good night's sleep

By Jenny Brockis

Sleep is an active phase of the learning process, which is why as parents the single most important thing we can do to help our kids be more effective learners is to ensure they get enough sleep.

During sleep the brain is very busy replaying the day's activities extremely fast, picking out the key items it believes are most relevant for long-term storage in our memory banks, and tossing out the rest.

The amount of sleep children require varies with age and they require more sleep than adults. **In primary school the recommendation is between 10 and 11 hours per night.** High school students need around 9 hours to function at their best. The challenge is how to fit everything into the school day along with homework and extra-curricular studies such as sport, music and drama, have enough down time to chill and relax and get enough sleep.

The best way to learn anything is to study the topic hard for a period of time and then go so sleep for 8 hours. While this may not be practical in our everyday lives, the principle is pay attention to what needs to be learned and then use sleep to consolidate memory and deepen the understanding of the subject.

Talking with your child can help them understand why sleep is so important, not just to help with their studies but also to manage their emotions more easily. Anxiety or worry about academic performance, friendship issues and generally keeping up with everything can interfere with sleep, as can receiving text messages or snap chats during the night.

Helpful tips to assist your young person to get enough sleep

1. Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but

while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.

2. If they are tired, suggest kids start going to bed 10 - 20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.

3. Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20-30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.

4. Many young people use their mobile phones as an alarm clock. If so, they can switch it to silent so messages from friends won't wake them during the night. Or buy them a clock so they don't need their phone at all.

5. There are a number of apps such as f.lux that will change the display light on computer screens to yellow, which doesn't impact the brain disrupting sleep patterns.

Sleep is essential to better brain health and performance, which is why getting enough sleep is never negotiable.



Tour de Chaplain – 23 July

The Rockhampton Local Chaplaincy Committee organises an annual bike ride to raise money for School Chaplains – *Tour de Chaplain*.



This year, our school chaplain - Daniel Gordon – will be riding. This is an excellent opportunity for Glenmore State School to get behind our School Chaplain and support him with a donation. We have a 'Change for Chappy' tin at the school office. If you would like to support Chappy Dan, please send along a gold coin and your child can place it in the Chappy tin. As the date gets closer, we will count the donations and see if there is a target we could aim for – currently we have 449 students in the school and 60 staff members – if we all donated just \$2, we could raise \$1018!! Come on Glenmore, we can do that!!

Contacting students during learning time



The school will always contact students in case of an emergency – at any time of the school day.

However, if this is not the case, please be aware that we will not interrupt learning time for a message that can be given to the teacher at break time to tell the student (e.g. mum will be picking you up at the bus shelter today and not in the covered area). Every time the office needs to call a classroom, we are interrupting teaching and learning which is the School's core business.

If you need to collect your child/children early, please come to the office and get the early departure slip and then walk to the classroom to collect you child/children and give the slip to the teacher. **Please remember, that early departures also interrupt learning for the whole class. Therefore, the reason for an early departure must be of an important and essential nature.**

It also needs to be noted that there are times throughout the day when there is only one staff member in the office. This makes personally contacting the rooms to get a child very difficult as the office cannot be left unmanned.

Please be considerate of these constraints and support the excellent teaching and learning that occurs at Glenmore State School.

DEPUTY PRINCIPAL'S NEWS Cont...

Every Child Central Queensland – Rockhampton North
Community Forum – Tonight 6.30 - 8.30pm



Rockhampton North Community Forum

Come and hear about this great new initiative about improving life outcomes for kids and how we can all work together as a community to give every child the chance to reach their full potential.

Central Queensland communities are great places to bring up kids but some worrying trends are present that we need to pay attention to. These type of problems are usually complex but by bringing people, communities and organisations together we believe we can develop better solutions.

This session will explain the power of collective impact and how it has made a difference to communities all over the world. There will be an opportunity for you to tell us what's important for your community and what you think it will take for us to get there.

Please come along to one the Forum sessions to hear more about this long term initiative and tell us what you think.

Date: Thursday 9 June

Time: 1.00pm - 2.30pm or 6.30pm - 8.00pm

Venue: Bauhinia House
Corner High and Berserker Streets
North Rockhampton

For more information go to www.everychildcq.org or check out our Facebook page.



Lauree Lanyon
Deputy Principal

STUDENTS OF THE WEEK

Congratulations to this week's Students of the Week

Prep Charlotte Hermann Lincoln Cleland Jake Hughes Shakira Moore	Year 4 Liam Walmsley Braydon Smithson
Year 1 Mystanna Booth Macy Durrand	Year 5 Seth James Hope Little
Year 2 Erica Fernandez Montell Moore	Year 6 Shirley-Jane Sims Alexis Walmsley
Year 3 Izzabelle Howell Meadow Russell	Library Kaida Howard



**ENROL FOR PREP
2017 NOW!!!!**

DATE CLAIMERS

9 June	Jump Rope for Heart
13 June	800m Race Events
15 June	ICAS Spelling Competition
15 June	Field Events
16 June	Public Holiday – Show Day
21 June	Sports Day
24 June	Last Day Term
11 July	School Resumes Term 3

SPORTS DRAW

Rugby League

Year 6	vs The Hall@ Rocky High Bottom - 12:45pm
Year 5	vs Cres Lagoon Victoria Park Top - 1:45pm

Last Week's Results

Year 6 - Glenmore 12 lost to St Peters 18

Year 5 - Glenmore 8 lost to St Peters 14

Hockey – All games played at Kalka Shades

Glenmore 1	vs Glenmore 3 @ 1.20pm vs St Joseph's W @ 2.00pm
Glenmore 2	vs Frenchville @ 1.00pm vs Stanwell @ 1.40pm
Glenmore 3	vs Glenmore 1 @ 1.20pm vs St Joseph's W @ 2.00pm

Last Week's Results

Glenmore (1) 3 def Heights 0

Glenmore (1) 4 def RGGGS 0

Glenmore (2) 6 def Heights 0

Glenmore (2) 0 lost to Heights 1

Glenmore (3) BYE

Glenmore (3) 1 def Allentown 0

Netball – All games played at Jardine Park

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

Last Week's Results

Snr D 17 def RGGGS 1

Jnr D 27 def St Joseph's 0

Jnr E 7 def RGGGS 0

Round 3 and our inter-school netball teams had another three wins! All girls played well and they're having a go playing in different teams and rising to the challenge. Congratulations girls! Round 1 MVP Madison Brown; Round 2 MVP Nyrieky McKinley and Round 3 MVP Raya Barrett. Weekly MVPs receive a \$2 tuckshop voucher from Coach Desic. See you on game day! Mrs Desic.

TUCKSHOP ROSTER

Monday 13 – Melissa Hixon
Tuesday 14 – Carmen Davidson
Wednesday 15 – Rosslyn Daley
Thursday 16 – SHOW HOLIDAY
Friday 17 – Lizzy Jenkinson

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



P&C PRESIDENT'S BLOG

VOLUNTEERS WANTED

Sports Day is just around the corner and the P&C's uniform shop is open for business. The uniform shop is located in the tuckshop area and is fully stocked with embroidered shirts to suit your child's sporting house - \$20 a shirt and funds go towards supporting the Glenmore School.

The Pie Drive has ended and all the order forms are with the Baker. Thank you to those families that have supported our pie drive.



We are currently calling for volunteers to help pack pies on the **22nd June**. If you would like to help, please give your name and number to the school administration ladies next time you are walking past the office. Also, if there are any parents that may have access to a

stock of supermarket shopping bags, we would welcome a donation of about 200 bags. Last year the Glenmore IGA was generous to donate 300 bags for our packing day.

On the agenda:

It was discussed at the most recent meeting that our tuckshop and uniform shop would step into the 21st century and adopt a system with EFTPOS facilities. Stay tuned for more info coming next term.

As always, you can communicate with your local P&C committee through email panc@glenmoress.eq.edu.au and/or [join in the conversation on Facebook](#)

SAVVY KIDS – SAVVY FRIENDS



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 schoolaged 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

Every day counts
Is your child at school today?



Reminder: Show Holiday Thursday 16 June

Reminder: Sports Day Tuesday 21 June

Please note: Monday 13 June is a school day!