1. What is Smiling Mind?

Smiling Mind is modern meditation for young people. It’s a simple process that gives a sense of calm, clarity and contentment. Smiling Mind offers a Mindfulness Meditation program consisting of a number of levels, each of which is designed to explore the present moment by bringing your attention and awareness of it in a specific way with curiosity and openness.

2. Can anyone participate?

Absolutely! You can even ask parents, grandparents or friends to join in and participate with you. For those aged six and under, have a parent or guardian sit with you and help you on your way.

3. Why should I participate in the program?

Research from all over the world has shown that by practising these types of exercises each day for ten days you can start making your mind smile on a more regular basis. Of course, the more you practise the better you get and the more smiling your mind does! This is why after taking part of the initial eight or ten-session program you’ll have access to a whole library of exercises and meditation sessions that will be available to you whenever and wherever you feel like using them.

Here are some results others have found after doing a 10-session program like Smiling Mind:

- It boosts levels of happiness and lowers the impact of stress
- It increases your ability to focus your attention and improves your memory
- It makes you less sensitive to pain and boosts your immune system, making you less prone to getting ill.
- It makes it easier for you to fall asleep peacefully.
- It even changes your brain!

Want more information?

From the Principal

Dom Carter and I have the very great pleasure of ‘looking after’ Gladstone West State School through the next two weeks while Margie takes some well deserved long-service leave to meet her first grand-child!

As you will see through this issue, there is plenty happening at West!

Parent/teacher interviews continue through this week (except on the Show Holiday) and I am hearing about some wonderful conversations (often led by the students!) where parents and their class teacher can probe and celebrate the students’ learning from Semester 1 and set learning goals for Semester 2.

Book Fair continues this week in the Library, so drop in and grab a great read to share with your student!

As next week’s Newsletter ‘goes to print’, the students will be involved in our whole school Fun Run.

Please, can we remind all parents to accompany their children if they seek sponsorship around the neighbourhood. Your children are every bit as precious to us as they are to you!

Finally, thanks to the many families who have registered for Botanic to Bridge and nominated West as the beneficiaries of your participation. This is a great fundraiser for the school!
Relax

There are lots of ways to relax. Some useful ways to teach children to use relaxation strategies to calm their angry feelings are:

**Deep breathing**

Slow deep breathing has a very helpful calming effect.

Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.

**Visualisation**

Have children visualise a very relaxing scene in their minds. For example, they might imagine themselves floating on an air bed in a swimming pool.

You can combine deep breathing with visualisation. For example, ask children to imagine a candle in front of them. As they exhale, ask them to imagine making the candle flicker but not go out.

**Robot/rag doll technique**

The robot/rag doll technique is useful for helping young children release muscle tension. Ask children to tense up all muscles in the body and visualise themselves as robots. Have them hold this tense state for approximately 15 seconds. Then ask them to release all the tension and visualise themselves as rag dolls, with all muscles very loose, and stay relaxed like this for 15 seconds.

**Next week —**

3. Use coping self-talk...

Health & Well-Being

**Community Spirit**

**Library**

A great way to get involved, get fit AND raise money for our P&C. Information available...

www.botanictobridge.com.au

♥ Primary Student—$10
♥ Family (2 adults + 3 kids) - $50...

16 August 2015

Books Light Up the World
Book Week 3-7 August
Volunteers Needed

As term 3 has commenced we are in need of some more volunteers to help in the Tuckshop. At GWSS we are lucky to have our tuckshop operate 5 days/week, but this requires parent help. If you can spare some time in the tuckshop we would love to hear from you.

Please note that our Uniform Shop will only be taking Cash for the next 2-4 weeks while we are awaiting another EFTPOS machine.

Queensland Symphony Orchestral

Instrumental students received a note last Friday in regards to a free concert being held at the Marina stage on August 7th.

This is definitely going ahead. $5.00 is now due.

We still have spare seats on the bus. Any instrumental students who would like to attend, please send in your payment of $5.00 and collect a form from the office.

Eisteddfod Dates

- Instrumental—Thursday 3rd September
- Singing Choirs—Tuesday 8th September
- Mime & Improv—Monday 14th September
- Speaking Choir—Year 3&4 Tuesday 15th September

Attendance Data

Boys…
13-27 July 2015 90.7% (2014-91.9%)

Girls…
13-27 July 2015 93.9% (2014-93.8%)

Boyne Island Environmental Education Centre

1. Overnight Option: $90
2. 2 ‘Day’ Option: $55

Dates / Classes Year 3
★ 7-8 September: 3A + 3E
★ 9-10 September: 3B + 3D
★ 14-15 September: 3C

Notes and invoices have been sent home today.

Payments are due by Friday 28th August
Hi everyone,

Many students in 6A are keen to support the Gladstone Creative Recycling Centre and Midday Rotary project to make Australia’s largest recycled rug constructed of 100% recycled fabric. This project is about showcasing recycling in a fun, easy and artistic way. For the 6A Cool Kids, it is about discovering that their small efforts can contribute to something bigger and they can make a difference in their community.

We will be creating 1 metre squares and we need fabric from old sheets, doona covers, t-shirts, work shirts etc. that we can cut and plait together. If you have some of these items that you no longer want please drop them off at 6A’s classroom or the office.

Thank you so much for your support.

6A Cool Kids

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6A Cool Kids

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2015 TERM CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd—7th August</td>
<td>Book Fair</td>
<td>9:00am—10:30am</td>
</tr>
<tr>
<td>5th August</td>
<td>Show Holiday</td>
<td>9:00am—1:00pm</td>
</tr>
<tr>
<td>7th August</td>
<td>QSO—Free Community Concert</td>
<td>9:00am—2:00pm</td>
</tr>
<tr>
<td>11th August</td>
<td>School Fun Run</td>
<td></td>
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<tr>
<td>16th August</td>
<td>Botanic to Bridge—Fun Run</td>
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<tr>
<td>21st August</td>
<td>Book Week—Dress up Parade</td>
<td>9:00am—9am</td>
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<tr>
<td>September</td>
<td>Year 3 Camp—Boyne Island</td>
<td></td>
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<tr>
<td>October/November</td>
<td>Year 4 Camp—Agnes Water/1770</td>
<td></td>
</tr>
</tbody>
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2015 TUCKSHOP ROSTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Tuckshop Staff</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Show Holiday</td>
<td>9:00am—10:30am</td>
</tr>
<tr>
<td>5th August</td>
<td></td>
<td>9:00am—1:00pm</td>
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<tr>
<td>Thursday</td>
<td>Helen Whitten</td>
<td>9:00am—2:00pm</td>
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<tr>
<td>6th August</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Maree Offord</td>
<td>9:00am—11:00am</td>
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<tr>
<td>7th August</td>
<td>Sandra Khalu</td>
<td>9:00am—2:00pm</td>
</tr>
<tr>
<td></td>
<td>Helen Whitten</td>
<td>9:00am—2:00pm</td>
</tr>
<tr>
<td>Monday</td>
<td>Maree Offord</td>
<td>9:00am—2:00pm</td>
</tr>
<tr>
<td>10th August</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Sandra Khalu</td>
<td>9:00am—2:00pm</td>
</tr>
<tr>
<td>11th August</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Tammy Honour</td>
<td>9:00am—11:00am</td>
</tr>
<tr>
<td>12th August</td>
<td>Brenda Lyons</td>
<td>9:00am—11:00am</td>
</tr>
</tbody>
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Year 4 Camp Invoices

Invoices have been sent home today for Year 4 camp. Two invoices have been sent home. Invoice 1 has optional activities available.

Payment is due by Friday 2nd September. Should you wish to negotiate a payment plan please contact our BSM, Kylie Richards.

- 26th—28th October—4A & 4E
- 2nd—4th November—4B & 4D
- 4th—6th November—4C
Woolworths Earn & Learn is back and it is now easier than ever to earn valuable resources for our school. Last year more than 14,500 schools and Early Learning Centres benefited from the program, boosting supplies in classrooms, libraries, music rooms, gymnasiums and science labs.

**It’s simple to participate.** From Wednesday 15th July to Tuesday 8th September 2015, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet. There’ll be one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco, and gift cards). Once completed, simply place the Sticker Sheet in the Collection Box, either at your local school or at our local Woolworths.

Sticker sheets are available from the School Office.

You can then redeem your Woolworths Earn & Learn Stickers for valuable education resources for your local school or Early Learning Centre.

### School Fun Run—Tuesday 11th August, 2015

**Fun Run Timetable is below:**

- **9.00 – 9.30** Prep
- **9.30 – 10.00** Year 1
- **10.00 – 10.30** Year 2
- **11.20 – 12.05** Year 3 & 4
- **1.45 – 2.45** Year 5 & 6

Come dressed as your favourite Sports Star or Super Hero,

We are conducting a School Run 4 Fun Program for the students as a major fundraiser for this term so we do ask for your support. The event will take place on August 31. All monies raised will provide additional resources such as Sporting Equipment for the students.

Students have now received a poster size Sponsorship Form with a great selection of toy brands including Nike, Sony, Apple, Disney Frozen, GoPro, Razor, Nerf and more. This form will assist with collecting sponsorship donations on behalf of the school.

Inside the Sponsorship Form you will find helpful tips on how to raise more money for the school as well as other benefits such as the chance to win a Bali Family Holiday.

We ask you to seek donations on a $2 or $4 or $5 or $10 per sponsor. Students who raise as little as $10 or more will receive a reward prize for their efforts. The more donations you receive the better prize(s) you can choose. You can even boost your prizes with the option to mix and match. More details are included in the attached Sponsorship Form.

A new way to help your child reach their fundraising goal is through online fundraising. Students who use online fundraising raise 5 times more! Simply go to www.australianfundraising.com.au/online, click onto the School Run 4 Fun image.

Once the fundraiser is complete, please cut out the ‘how to claim your prize section’ on the Sponsorship Form and return along with your monies to your class teacher on or before August 31. Please be sure to fill out your prize request. The individual prizes will be delivered shortly after.

We would also welcome parents and family members to attend the event day to help cheer on the students. Happy fundraising!

Thank you in advance for your participation.

Cliff Daley & Margaret-May Oostelen

Gladstone West State School
School Notices

What is BPOINT?

BPOINT is a secure card payment collection portal provided by the Commonwealth Bank of Australia (CBA). Parents can make payments on school invoices from their homes and offices or from their smartphones. BPOINT is the preferred payment method for the department due to the efficiencies that automated receipting brings to schools. Please find below information on how to use BPOINT when paying invoices from the school.
Parents may report an absence in the following ways.

- Student Absence Line
  - 49797366
- Note to Class Teacher
- Absentee form through our NEW Skoolbag App.

Please note that ALL absences need to be explained.

Please note that Brekky Club is on Tuesday, Wednesday and Thursday Mornings at the SEP Unit, commencing from 7.45am.

Community Notices
Community Notices

Benaraby State School
Country Fair 2015
Sunday 9th August
9am

Entry $2.00 for adults, children are free
Rides and games
Early birds: $1 entry ticket
Bottomless boat races
Rock Climbing
Market Stalls
Mums and dads
Fun for the whole Family

Benaraby State School
17 O'Connor Rd
Benaraby
Phone 4070 4555

For up to date information -
https://benaraby.qld.edu.au/Pages/default.aspx
or like us on Facebook

An Invitation to
Queensland Symphony Orchestra’s
MOVIE MASTERPIECES

ConocoPhillips on behalf of Australia Pacific LNG invites you to be our guest at Queensland Symphony Orchestra’s Movie Masterpieces

Date: Friday 7 August 2015
Time: 6:30pm for 7:00pm
Location: Australia Pacific LNG Corporate Marquee
Gladstone Marina Stage
RSVP: by Thursday 30 July 2015 to: APLNG.gladstone@conocophillips.com or on (07) 4636 7600

We hope you can join us for drinks, canapés and a spectacular evening.

Movie Masterpieces:
Join Queensland Symphony Orchestra (QSO) for a free evening of superb outdoor entertainment at the Gladstone Marina Stage.

Presented by QSO and Australia Pacific LNG, Movie Masterpieces will feature some of the state’s best classical musicians performing movie themes from blockbusters including Star Wars, Harry Potter and The Lord of the Rings.

Conductor: Guy Noble
Mezzo Soprano: Louise Dornman
Concertmaster: Warwick Ardenay
Principal Tuba: Thomas Alley

The Gladstone Enrichment through Music (GEM) Initiative is an innovative partnership between Australia Pacific LNG and the Queensland Symphony Orchestra delivering quality music education and concert experiences to the students and community of Gladstone.

Australia Pacific LNG proudly supports the Queensland Symphony Orchestra