When it comes to kids, people just don’t think about happiness enough these days. They think about success. They think in comparisons. They think about milestones, graduations and shiny trophies. They think about the obstacles that make parenting such an exhausting job….but hey don’t spend a lot of time thinking about what makes kids happy.

Once upon a time, childhood was filled with endless days spent outside and very little TV. Imaginations ran wild and kids made their own fun with nothing but a few Matchbox cars and an old cardboard box. They played, they learned, and they socialized. But most of all, they had fun.

That’s not to say that kids aren’t happy, because many kids are. Many kids live a life full of adventure and wonder in their own backyards.

7 Secrets of Highly Happy Kids:

1. They eat on time.
Eating at regular intervals refuels their growing brains and bodies and keeps hunger under control. When kids are calm and satisfied, they experience greater happiness.

2. They get consistent sleep.
Kids need to learn how to sleep. It’s up to us to teach them. When they are completely exhausted, they are cranky. When they are well-rested and ready to embrace the day, they are happier. Make sleep (and a consistent bedtime) a priority.

3. They play without instructions.
Unstructured playtime appears to be a lost art these days. Take a look at the busy schedule and find some time where your kids can just play each day. Play is good for the soul.

4. They are allowed to express emotions.
Kids yell when they’re mad. They cry when they’re sad. They might even stomp their feet and run around in circles when they’re not sure what to feel. Let them...it’s better than a lifetime of internalizing negative emotions that could lead to eating issues, depression or other emotional problems for your child.

5. They get to make choices.
Kids have very little control over their lives. A little bit of control goes a long way toward feeling happy. Give them the opportunity to make some decisions and watch them smile in return.

6. They feel heard.
Kids are intuitive. Even toddlers can tell when parents are tuning them out or answering on autopilot. Listen when your children speak. It’s the best way to build an open and honest relationship with your child and it makes your child happy.

7. They experience unconditional love.
Kids mess up. Because childhood is largely based on trial and error, and sometimes kids just need to take chances. Forgive them. Love them anyway.

Let them...it’s better than a lifetime of internalizing negative emotions that could lead to eating issues, depression or other emotional problems for your child.
Camp Notices

**Year 4 Camp**

The due date for payment for the Year 4 Camp at Agnes Water has been extended to this Friday 11th September. Please be advised that if we do not get sufficient numbers of students attending the Year 4 Camp at Agnes Water in October/November the camp will be cancelled.

This is regrettable particularly for those students who have indicated they would be attending, but only 65% of students have done this. This participation rate is not sufficient for camp to proceed.

Payment is due by Friday 11th September.

A decision will be made on Friday as to whether the camp will proceed and families will be notified by writing.

**Camp Dates**

- 26th—28th October—4A & 4E
- 2nd—4th November—4B & 4D
- 4th—6th November—4C

Parents should you wish to negotiate a payment plan please contact our BSM, Kylie Richards, please note that you are most welcome to make payments to the office prior to the camps.

Any further queries with payments please contact the office on 49797333.

**Health & Well-Being**

With the holidays only a couple of weeks away... Healthy snacks, that you can make with the kids...

**Apple and Apricot Pikelets**

Ingredients

- 1/2 cup diced dried apricots
- 1 tbs honey
- 2 tbs hot water
- 1 cup buttermilk
- 1 large egg
- 1 cup self-raising flour
- 1/4 cup minute oats
- 1 small apple (140g), peeled and grated
- Olive oil cooking spray
- Margarine spread or extra light spreadable cream cheese, to serve

**Method**

1. Combine apricots, honey and water in a small bowl. Cool slightly.
2. Whisk buttermilk and egg together in a jug.
3. Sift flour into a bowl. Stir in oats and apple. Make a well in the centre. Add apricot mixture and buttermilk. Stir to form a thick batter.
4. Heat a large non-stick frying pan and grease with cooking spray. Drop tablespoons of batter into hot pan, allowing room for spreading. Cook over a medium heat for about 2 minutes until bubbles start to appear on surface of batter.
5. Turn pikelets and cook other side for a further 2 minutes or until golden. Remove from pan. Repeat with remaining batter, re-greasing pan with cooking spray as required. Serve plain or lightly spread with margarine spread or extra light spreadable cream cheese.

**Community Spirit: GWSS P&C - Fathers’ Day Stall**

Thank you to everyone that came and purchased from our Fathers Day Stall. We hope all our Fathers had a fantastic day on Sunday.

Our Winner of the BBQ

1st Prize— Winner

Kylie Heard
At Gladstone West State School, it is important that all students wash their hands after using the toilet, to make sure no nasty germs can be shared, and we all stay healthy!

SWPBS: Washing your hands after going to the toilet

At Gladstone West State School, it is important that all students wash their hands after using the toilet, to make sure no nasty germs can be shared, and we all stay healthy!

**LOOKS like-**
- using soap and water to wash and rinse hands

**SWPBS: Washing your hands after going to the toilet**

- Looking for soap and water to wash and rinse hands
- Washing hands

**FEELS like-**
- Clean: Clean hands

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**Attendance**

<table>
<thead>
<tr>
<th>Attendance Data</th>
<th>For the Week 31 August—4 September 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall absence:</td>
<td>7.6%</td>
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<tr>
<td>EQ Goal:</td>
<td>5%</td>
</tr>
<tr>
<td>Monday</td>
<td>Week</td>
</tr>
<tr>
<td>Prep</td>
<td>14.8%</td>
</tr>
<tr>
<td>Year 1</td>
<td>8.3%</td>
</tr>
<tr>
<td>Year 2</td>
<td>9.7%</td>
</tr>
<tr>
<td>Year 3</td>
<td>10.5%</td>
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<tr>
<td>Year 4</td>
<td>11.5%</td>
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<tr>
<td>Year 5</td>
<td>15.1%</td>
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<tr>
<td>Year 6</td>
<td>9.9%</td>
</tr>
</tbody>
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**Fundraiser**

All students received a note in regards to the Crazy Camel Fundraiser last week. This is a great fundraiser that shows off your child’s artwork on a Calendar, Family Planner, Diary, Journal, Pillowcases or cards. Nominate the items you require and send in with payment. The students will complete their artwork in class, or photographs can also be printed (see flyer). Perfect for that unique Christmas Gift.

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**P & C**

The next P & C Meeting is on Tuesday 15th September in the Staff Room from 6.30pm. Everyone is welcome to attend.

**Uniform Shop Opening Hours**

Monday, Tuesday & Wednesdays

8.00am—9.00am
## 2015 TERM CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>11th September</td>
<td>Full School Assembly</td>
</tr>
<tr>
<td>14th September</td>
<td>Group Prepared Mime / Group Improvisation</td>
</tr>
<tr>
<td>15th September</td>
<td>Year 3 &amp; 4 Speaking Choir</td>
</tr>
<tr>
<td>15th September</td>
<td>P &amp; C Meeting—6.30pm in Staffroom</td>
</tr>
<tr>
<td>18th September</td>
<td>Last Day of Term 3</td>
</tr>
<tr>
<td>September</td>
<td>Year 3 Camp—Boyne Island</td>
</tr>
<tr>
<td>5th October</td>
<td>Public Holiday</td>
</tr>
<tr>
<td>6th October</td>
<td>Term 4 Starts</td>
</tr>
<tr>
<td>19th October</td>
<td>Pupil Free Day</td>
</tr>
<tr>
<td>October/November</td>
<td>Year 4 Camp—Agnes Water/1770</td>
</tr>
<tr>
<td>24th October</td>
<td>Advanced Life Photography—Family Portraits</td>
</tr>
</tbody>
</table>

## 2015 TUCKSHOP ROSTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Roster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Tammy Honour</td>
</tr>
<tr>
<td>9th September</td>
<td>Brenda Lyons</td>
</tr>
<tr>
<td></td>
<td>Jenny Nielsen</td>
</tr>
<tr>
<td>Thursday</td>
<td>Shannon Natoli</td>
</tr>
<tr>
<td>10th September</td>
<td>Jenny Nielsen</td>
</tr>
<tr>
<td>Friday</td>
<td>Maree Offord</td>
</tr>
<tr>
<td>11th September</td>
<td>Lynda Fieldus</td>
</tr>
<tr>
<td>Monday</td>
<td>Maree Offord</td>
</tr>
<tr>
<td>14th September</td>
<td>Jenny Nielsen</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Sandra Khalu</td>
</tr>
<tr>
<td>15th September</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Brenda Lyons</td>
</tr>
<tr>
<td>16th September</td>
<td>Helen Whitten</td>
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<td></td>
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</tbody>
</table>
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.

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**School Notices**

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**Family Portraits**

Our photographic fundraising day for Gladstone West State School is being held on Saturday 24th October. If you would like to book in for a sitting time please call Janenne Suter on 0411 400 018 or email jodyjanenne@bigpond.com. Once your booking is made a $20 payment can be made to the Admin Office.
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.

Year 7 at Toolooa SHS 2016 School Tour/Information Session

Date: Thursday 10 September
Times: Tour (4:30-6pm) Information Session (6-7pm)
Who Should Attend: Parents and students enrolled or intending to enrol in year 7 2016

Congratulations to the above students who attended the Advanced Learners Challenge at Toolooa State High School on Friday 4th September. Our Year 6 team came 2nd and the West Team got 3rd Overall. Well Done West!
Library

As we are already in Week 9, ALL library books are now due back to the Library. Please help your child/ren to locate their overdue library books and return them to the library by this week.

Student Absences

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.

Community Notices

SCHOOL HOLIDAY
TENNIS COACHING CLINIC

At the
GLADSTONE TENNIS AND SQUASH ASSOCIATION COURTS
MONDAY 28TH AND TUESDAY 29TH SEPTEMBER

Total Cost—$45.00

9.00 AM UNTIL 4.00 PM BOTH DAYS
2 FULL DAYS OF TENNIS, FUN & GAMES
PRICE INCLUDES LUNCH & A DRINK ON TUESDAY

LOADS OF PRIZES TO BE WON

This clinic is presented by:

Further information please phone:
Rob McBean - 0412723608 - 07 49722772
robert.mcbean@bigpond.com

Brekky Club

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

The Glen Cricket Club Sign On

Sign on this year for the Glen Cricket Club is Tuesday 8th and Thursday 10th September from 4.30pm to 5.30pm at Sun Valley Sports Park, Mercury Street Sun Valley.

Age groups available are U9’s to U16’s and Seniors.

For further details please contact Melissa Shea (Junior Coordinator) on 0407 501599 or melissa.shea@bigpond.com