In Focus: Solving the ‘problem’ of camps

Year 6 Camp—update...

As I shared last week, we have been developing a camping program that offers our students experiences that build on in-class learning while enriching opportunities to engage in active problem solving and team building.

We have tentatively booked a camp for our 2016 Year 6 students at the PCYC Yeppoon Recreation Centre, 14-18 March.

A letter has already been distributed to all Year 5 students outlining costs incurred and some general responses to the recent camping survey.

The two main concerns noted through the camping survey were cost and distance from home—we believe that the Yeppoon location alleviates both concerns.

We also spread the camps across the school year—in part to spread the financial demand on parents, but also...

From the Principal

Repeating—Some facts & data

At this time of the year, I often meet with parents who are concerned about the ‘slower or lower’ than hoped progress of their child.

As the parent of a child who experienced significant learning difficulties throughout his school years, I understand parents’ anxiety!

Instead—we need to analyse why a student is experiencing difficulty and what support can be provided to achieve improved outcomes, at the student’s level.

Results of a 21 year longitudinal study include...
- Repeating does not improve academic outcomes
- Repeating contributes to poor mental health outcomes
- Repeating leads to poor long term social outcomes
- Repeating contributes to a negative attitude to school and learning
- Repeating results in students dropping out of school
- Repeated students demonstrate higher rates of behavioural problems
- There is no advantage to students in delaying school entry for a year in order to increase ‘school readiness’

Year 5: end of year-ish—leadership skills

Year 4: mid year-ish—learning outside of the classroom, increasing independence

Year 3: last quarter of the year—time to develop maturity and confidence...option to stay overnight OR participate as 2 ‘day’ camp.

No camp can go ahead with less than 85% Support.

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Upcoming Date Claimers

- 3rd December—Best of West Celebration
- 9th December—Year 6 Graduation Parade
Congratulations to the following students on receiving the Best of West award for 2015.

Chase Fuller, Abdul Hadi Chishti, Will Barker, Maya Brown, Talitha Cue, Alexander Hutch, Sarah Heard, Mariah Byers, Brooklyn Brown, Ella Wright, Will Beamish, Caitlyn Rogers, Dornika Page, Honardar, Jessie Herbert, Lucas Regan, Tayah Phipps, Sahana Paymon, Ellie DeVries, Lachlann Druett, Nicholas Honour, Mieke Grobler, Jaeli Lindenmayer, Jack Hunter, Malia McKim-Hill, Libby Huth, Billy Herbert, Ella Robertson, Amelia Palacios, Jasmine Llewellyn, Abby French, Lauren Rosenberg, Caitlin Girdler, Jessica Watson, Ella Williams, Ratidzo Mabukwa, Rocio Perez, Amelia Williams, Tage Bergstrom, Taylah Cunningham, Kane Martin, Alahnie Rozycki, Lily Jarvis, Zachary Breadsell, Kaye Ng, Ella Grumbauer, Casey Llewellyn, Maddison Willis, Felicity Prizeman, Mia Bell, Clara Furness, Lucia Perez, Angela Perez, Bethany Morrissy.

Spotlight

...continuing from last week

Using hints and cues

Verbal directions, gestures and touch are cues for children that help them regulate their feelings and behaviour. When an adult points at interesting parts of a book, gently touches a child to take their turn in a game or says: "Look where I am pointing", it gives the child hints and cues of what to do.

Calmly naming feelings for young children like: "You sound angry" or "I wonder if you are frustrated!" helps them to recognise their emotions, something that is essential for the development of self-regulation.

Saying things like: "Let’s relax" or "I am here to help you", with a gentle touch can act as a cue for the child to start calming down.

Anger—ideas for families and staff

As children begin to use language, adults can provide cues about when and how to ask for help, when to take a break, or when to try a different way to do something.

Gradually withdrawing adult support

As children become more confident in their ability to work out their own difficulties (like sticking with challenging tasks or using words to sort out differences) parents, carers and staff can start to pull back a little.

Young children’s self-regulation skills are still developing, so ups and downs in how well they are able to manage their own feelings and behaviours are to be expected. Adults need to pay close attention and decide when and for how long they let children work things out on their own before offering support.

Other suggestions to consider

Other suggestions that can be useful when helping children keep a balance and manage their feelings and behaviours are:

- being calm
- responding and acknowledging what children are trying to communicate
- using supportive boundaries, routines and limits to provide structure and predictability
- making sure experiences are suited to the age of the child
- showing empathy and care towards children.

Health & Well-Being: ideas for holiday cooking

Ingredients

- Canola oil spray
- 1 cup rolled oats
- 1 cup plain flour
- 1/2 cup self-raising flour
- 1 cup caster sugar
- 1/2 cup desiccated coconut
- 1/2 cup diced dried apricots, pawpaw or pineapple
- 1/2 cup (125g) Meadow Lea Salt Reduced Spread, melted
- 2 tablespoons golden syrup
- 2 tablespoons water

Method

1. Preheat oven to 180°C (160°C fan-forced). Lightly grease a 20cm x 30cm lamington or slice pan with cooking spray and line with baking paper.
2. Place oats, flours, sugar, coconut and apricots into a bowl and mix well. Make a well in the centre.
3. Combine Meadow Lea, syrup and water. Add to dry ingredients and mix well. Press into prepared pan and bake for 25-30 minutes, or until golden brown.
4. Cool in pan and cut into 28 slices.

Yum...Admin available for taste-testing!

Kids Matter has excellent, easy to access resources...


Community Spirit:

Congratulations to the following students on receiving the Best of West award for 2015.

Chase Fuller, Abdul Hadi Chishti, Will Barker, Maya Brown, Talitha Cue, Alexander Hutch, Sarah Heard, Mariah Byers, Brooklyn Brown, Ella Wright, Will Beamish, Caitlyn Rogers, Dornika Page, Honardar, Jessie Herbert, Lucas Regan, Tayah Phipps, Sahana Paymon, Ellie DeVries, Lachlann Druett, Nicholas Honour, Mieke Grobler, Jaeli Lindenmayer, Jack Hunter, Malia McKim-Hill, Libby Huth, Billy Herbert, Ella Robertson, Amelia Palacios, Jasmine Llewellyn, Abby French, Lauren Rosenberg, Caitlin Girdler, Jessica Watson, Ella Williams, Ratidzo Mabukwa, Rocio Perez, Amelia Williams, Tage Bergstrom, Taylah Cunningham, Kane Martin, Alahnie Rozycki, Lily Jarvis, Zachary Breadsell, Kaye Ng, Ella Grumbauer, Casey Llewellyn, Maddison Willis, Felicity Prizeman, Mia Bell, Clara Furness, Lucia Perez, Angela Perez, Bethany Morrissy.
Week 9: At GWSS, we have lots of equipment to help us teach, learn, store things and keep things ready to use! We need to remember to put things away—name our belongings and accept that it is our responsibility to keep track of our “stuff”!

---

Tuckshop

**Hot Chicken Wraps**
$3.50

**Cheese Burgers**
$3.50

**Hamburgers**
$5.00

Tuckshop orders for the last day of school are due in by this Friday 4 December.

---

**Hot Chicken Wraps**
**Cheese Burgers**
**Hamburgers**
$3.50
$3.50
$5.00

---

**SWPBS Focus: Responsible—looking after your own belongings**

Week 9: At GWSS, we have lots of equipment to help us teach, learn, store things and keep things ready to use! We need to remember to put things away—name our belongings and accept that it is our responsibility to keep track of our “stuff”!

LOOKS like-
♥ Things put away where they belong
No lost property

SOUNDS like-
♥ No-one saying “Who owns this___”

FEELS like:
♥ Knowing where everything is
♥ Being ready for work

---

**Attendance Data**

**Term 4 Attendance...**

<table>
<thead>
<tr>
<th>Term 2</th>
<th>Term 4</th>
<th>YTD</th>
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<tr>
<td>91.2</td>
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<td>91.6</td>
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<td>92.4</td>
</tr>
<tr>
<td>92</td>
<td>92.5</td>
<td>92.4</td>
</tr>
</tbody>
</table>

School Goal: 95%

Zero heroes: Tuesday 8 December

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**Music**

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**Mayor’s Carols at the Marina Stage**

Friday 4 December

Students would have received a letter yesterday if they have been involved in the Gladstone West State School Singing Choir for the Carols being held this Friday night at the Marina Stage.

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**Year 2 Swimming**

Year 2 Swimming - Please find below the days and dates for the remainder of the term.

**Thursday 3rd December**
**Friday 4th December**
**Tuesday 8th December**
**Thursday 10th December**

Please make sure all your children’s clothing is clearly named.

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**Term 4 & Semester 2 Pizza Parties:**
Thursday 10 December

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**Extended Opening Hours**

We will be opening the uniform shop on Wednesday 20, Thursday 21, and Friday 22nd **January 2016** from 8.00am—11.00am

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**Year 2 Swimming**

Could you please return these notes to Miss Moffit by Thursday 3 December.

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**市委书记的圣诞颂歌**

欢乐颂

圣诞颂歌将在4月4日的晚上6点在Marina Stage举办。

欢迎大家。
**2015 TERM CALENDAR**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event / Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd December</td>
<td>Year 6 into 7 Orientation Days—GSHS</td>
</tr>
<tr>
<td>4th December</td>
<td>Best of West Celebration</td>
</tr>
<tr>
<td>5th December</td>
<td>Mayor’s Carols at the Marina Stage—6pm</td>
</tr>
<tr>
<td>7th December</td>
<td>Guzman Y Gomez—Fundraiser</td>
</tr>
<tr>
<td>8th December</td>
<td>Year 5 &amp; 6 Water Play Day</td>
</tr>
<tr>
<td>8th December</td>
<td>Year 5 Movie Morning</td>
</tr>
<tr>
<td>9th December</td>
<td>Year 6 Presentation—9.15am—10.30am Assembly</td>
</tr>
<tr>
<td>9th December</td>
<td>Year 6 Graduation Dinner—Camelot</td>
</tr>
<tr>
<td>9th December</td>
<td>Report Cards Issued</td>
</tr>
<tr>
<td>10th December</td>
<td>Year 6 Movie Morning</td>
</tr>
<tr>
<td>11th December</td>
<td>Last Day of 2015</td>
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</table>

**2016 TERM CALENDAR**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event / Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>20th—25th January</td>
<td>Pupil Free Days</td>
</tr>
<tr>
<td>20th January</td>
<td>Prep Students Meet the Teacher 8.30am—10.00am</td>
</tr>
<tr>
<td>26th January</td>
<td>Public Holiday—Australia Day</td>
</tr>
<tr>
<td>27th January</td>
<td>First Day of Term 1—2016</td>
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</tbody>
</table>

**2015 TUCKSHOP ROSTER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Name(s)</th>
<th>Time 1</th>
<th>Time 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd December</td>
<td>Tammy Honour</td>
<td>9.00am—11.00am</td>
<td>9.00am—11.00am</td>
</tr>
<tr>
<td>3rd December</td>
<td>Brenda Lyons</td>
<td>9.00am—2.00pm</td>
<td></td>
</tr>
<tr>
<td>4th December</td>
<td>Jenny Nielsen</td>
<td>9.00am—12.00pm</td>
<td>9.00am—2.00pm</td>
</tr>
<tr>
<td>5th December</td>
<td>Lynda Fieldus</td>
<td>9.00am—2.00pm</td>
<td></td>
</tr>
<tr>
<td>7th December</td>
<td>Maree Offord</td>
<td>9.00am—11.00am</td>
<td>9.00am—2.00pm</td>
</tr>
<tr>
<td>8th December</td>
<td>Jenny Nielsen</td>
<td></td>
<td>9.00am—2.00pm</td>
</tr>
<tr>
<td>9th December</td>
<td>Brenda Lyons</td>
<td>9.00am—11.00am</td>
<td></td>
</tr>
</tbody>
</table>

**BREAK UP DAY ON THE 11 DECEMBER**

All tuckshop orders for the last day of school must be pre-ordered by students and staff. Please complete an individual order form that was sent home last week with every student along with a brown paper bag and return it to the tuckshop by **Friday 4 December**.

Late orders cannot be accepted.

**Change of e-mail address**

This year’s change to the state school email system has altered the generic email address of each principal. Previously, you could use the.principal@gladstonewestss.eq.edu.au, now you will need to use principal@gladstonewestss.eq.edu.au
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 contact the office to follow through with your child’s unexplained absences.

Parents and caregivers are invited to the Year 6 Graduation Parade on Wednesday 9 December commencing at 9.15am where they will be presented with their Graduation Certificates.

If you have any students that are departing G.W.S.S at the end of 2015, could you please notify the Administration Office as soon as possible, so our 2016 classes can be finalised.

School will resume on Wednesday 27 January, 2016. Monday the 25th has now been designated as a Pupil Free Day.
School Notices

Gladstone West State School along with Guzman Y Gomez are holding a fundraiser this Saturday 5th December.

Flyers were sent home with every student last week. If you would like more flyers to hand out to work colleagues, friends or neighbours, you can collect them from the administration office.

Christmas Raffle 2015—Drawn 4th December

G.W.S.S. together with the P&C would like to say thank you for your support with this fundraiser.

All tickets must be returned (sold/unsold)

ALL SOLD TICKETS GO INTO THE DRAW TO WIN A BIKE & HELMET DONATED BY KMART GLADSTONE

All returned tickets go into the draw for a X-Mas Stocking and Slip-n-Slide courtesy of the P& C.

Christmas Multi-Draw Raffle

1st Prize: $300 Fishing Rod & Reel    2nd Prize: $200 Coffee Machine    3rd/4th Prize: $150 Kids Hamper    5th/6th Prize: $150 Ladies Hamper    7th Prize: $150 Mens Hamper    8th/9th Prize: $150 Wine & Meal Vouchers

10th Prize: $110 Cath’s Hair Studio Pack

11th Prize: $110 Family pass Return Trip on Curtis Endeavour & Coles Voucher

12th/13th Prize: $150 Xmas Hamper    14th/15th Prize: $150 Xmas Hamper    16th/17th Prize: $150 Xmas Hamper

Thank you to the following sponsors who have kindly donated towards our Christmas Raffle Hampers:

Kmart, Star Liquor, Dan Murphys, Diceys, McDonalds, Gladstone Fish Market, Barney Point Butchery, Hogs Breath Café, Ribs & Rumps, Pizza Capers, Curtis Ferry Services, Bunnings, Coles, Coffee Club, Woolworths, Trace of Beauty, Nice Nails & Beauty, Rocksalt, Caths Hair Studio, Active Physio Health, Chemist Warehouse

Thank you also to the P&C and our G.W.S.S Families & Staff
Community Notices

HARMONY FARM

Horse Riding Adventure
GET OUTDOORS THIS SCHOOL HOLIDAYS!
Join us on an adventure in the beautiful Boyne Valley!
We offer horse riding trials on our kid friendly horses through a track amongst the great outdoors!

Farm Stay Experience
CAMP OR BOOK OUR A FRAME HOUSE
If you’d like to experience the serenity at harmony farm where you can relax, unplug from technology and unwind, you have the choice to camp or stay in our A Frame farm house.
See our website for more details
www.harmonyfarm.org

HOW TO BOOK
Email harmonyfarm@mee.com
Phone: 4974 1267 or 0412 741 287

Over $11,000 in cash and prizes to be won!

54th Gladstone Harbour Festival
Get Involved!

Heading into its 54th year as Gladstone’s most loved event, the Gladstone Harbour Festival will once again bring the community a jam-packed program that is sure to entertain, but we need your help. This is your opportunity to get involved and win some great prizes. With over $11,000 worth of cash and prizes up for grabs in 2015 it is time to start thinking about your entry. Expressions of interest are sought for entrants in the Great Raft Race, Queen Quest, Talent Quest, Blessing & Dressing of the Fleet and the much loved Street Parade.

For more information call the office on 4972 5111 or go to www.gladstonefestival.com.
Entry forms available online Friday 4, December 2015.