Praise effort more than ability
Tell your kids that they are geniuses but they don’t know it yet.
It’s good to know that your parents think you are wonderful. Then focus most of your comments on effort.
For example, “You really worked hard at that well done!” “I noticed you really tried your best at that, I’m impressed” or “Wow, your practice seems to be really paying off”.

Mistakes are opportunities to learn.
If a child thinks they didn’t do well at something because they lack intelligence, they give up.
When they can see they are on a pathway of improvement they persist. Mistakes are an essential part of learning. The physicist Niels Bohr defines an expert as “a person who has made all the mistakes that can be made in a very narrow field.”

Creating something new involves making a lot of mistakes. One example is the bestselling Dyson vacuum cleaner. The inventor made 5,127 prototypes of the vacuum before getting it right.

“There were 5,126 failures. But I learned from each one. That’s how I came up with a solution. So I don’t mind failure”.

Parents can help children to learn that when you make a mistake all it means is that you haven’t learned how to get it right yet.

From the Principal
Over the last week—as in most weeks, I have the pleasure of speaking with several parents… sometimes it’s about checking up on older children who are now in high school, or chatting in the tuckshop (love your work!), sharing observations about the students.
Other times it might be to discuss a behaviour incident, positive or almost positive and sometimes it’s about addressing concerns or offering advice about school in general.
It was during one of these discussions that the conversation turned to attention spans. There is an old (but true) ‘saying’ that attentions span = the child’s age + 1...So that a 5 year old typically has a 6 minute attention span… 6 minutes that s/he can intently focus on something before wriggling, refocussing their vision or needing some input from others. An adult attention span is said to be about 18 minutes.
Plan some breaks, chats, questions, words of praise or check-ins with your kids as part of their work-time… helps them to set and re-set their attention to the task at hand.

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Upcoming Date Claimers
- 5th October—Public Holiday
- 19th October—Pupil Free Day
Health & Well-Being

**Berry Swirl Yoghurt Pops**

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

**Ingredients**
- 500g low fat Greek-style yoghurt
- 1 tsp vanilla essence
- 1/3 cup icing sugar
- 300g frozen mixed berries, thawed

**Method**
1. Blend yoghurt, vanilla and half the icing sugar in a blender or food processor until combined. Transfer mixture to a jug.
2. Add berries and the remaining icing sugar to blender or food processor. Pour in 1 cup of the vanilla yoghurt mixture and process until smooth and combined.
3. One-third fill popsicle moulds with vanilla yoghurt mixture then top up moulds with berry mixture.
4. Run a skewer through mixture in each mould to create a swirled effect.
5. Place moulds in freezer for 1 hour then insert a popsicle stick in each one and return to freezer for several hours or overnight until frozen solid.
6. Remove popsicles from moulds just before serving. If popsicles are difficult to remove, wrap a warm damp cloth around moulds for a few seconds and they should slide out easily.

School Banking

As you know School Banking were recently advised to recall the 'Cosmic Light Beam Torch' due to the inclusion of four button batteries. Following this decision the Commonwealth Bank have decided to withdraw the upcoming Lunar Light Band reward that was to be available in term 4. As a result a new reward the Galaxy Glider will be available to our students. Below is a statement issued from the Commonwealth Bank outlining this. We are sorry for any inconvenience this may cause.

**HELPERS NEEDED**

The banking ladies are looking for volunteers who are able to give some of their time on a Tuesday morning. If you can spare an hour or so from 9am on Tuesdays your help will be greatly appreciated. Just let the office know.

Thanks
The School Banking Team

**Commonwealth Bank School Banking Update – Please Read**

Following the decision last month to recall the *Cosmic Light Beam Torch* due to a potential safety issue, a decision has been made to also withdraw the upcoming *Lunar Light Band* reward from the School Banking Rewards Program.

To avoid disappointment there is a new reward item available for redemption in Term 4 while stocks last. Students can now test their skills with a game of frisbee with the new *Galaxy Glider*!

Once students have collected 10 tokens, they can simply include a note, along with their 10 tokens in their deposit wallet on banking day to advise that they would like to redeem their tokens for the Galaxy Glider reward item.

Don’t forget the Outer Space Savers Money Box is also available in Term 4.
At GWSS, it is polite and respectful to always pay attention to people when they are speaking. This shows the person that you are interested in what they are saying and displaying great manners.

**LOOKS like…**
- Having eye contact
- No speaking from the person listening

**SWPBS:** Respectful—paying attention to others when they are talking

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**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.

**Uniform Shop**

**Opening Hours**

Monday, Tuesday & Wednesdays
8.00am—9.00am

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

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**Attendance Data**

<table>
<thead>
<tr>
<th>Term 3 Attendance…</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>School Goal:</strong> 95%</td>
</tr>
<tr>
<td><strong>Congratulations…</strong></td>
</tr>
<tr>
<td>Prep C</td>
</tr>
<tr>
<td>Year 1B</td>
</tr>
<tr>
<td>Year 2E</td>
</tr>
<tr>
<td>Year 3B</td>
</tr>
<tr>
<td>Year 3/4E</td>
</tr>
<tr>
<td>Year 4C</td>
</tr>
<tr>
<td>Year 5C</td>
</tr>
<tr>
<td>Year 6C</td>
</tr>
</tbody>
</table>

Well done 3/4E—you hit our attendance target…
Pizza Party, Wednesday 16 September 1.00pm.

**Great Attendees = Great Learners**

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**The Combined Schools Strings Band** will be playing at 9am in the Undercover Basketball Courts this Wednesday. All classes will be attending and parents are most welcome to come along.

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**Music**

**The Combined Schools Strings Band** will be playing at 9am in the Undercover Basketball Courts this Wednesday. All classes will be attending and parents are most welcome to come along.

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**Cheerleading**

Good Luck to our Cheerleaders who are travelling to Brisbane on Thursday to compete in the National Schools Cheerleading Competition on Friday.
**2015 TERM CALENDAR**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>17th/18th September</td>
<td>National Schools Cheerleading Competition</td>
</tr>
<tr>
<td>18th September</td>
<td>Last Day of Term 3</td>
</tr>
<tr>
<td>5th October</td>
<td>Public Holiday</td>
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<tr>
<td>6th October</td>
<td>Term 4 Starts</td>
</tr>
<tr>
<td>8th October</td>
<td>Year 1 Swimming commences</td>
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<tr>
<td>19th October</td>
<td>Pupil Free Day</td>
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<tr>
<td>24th October</td>
<td>Advanced Life Photography—Family Portraits</td>
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<tr>
<td>24th November</td>
<td>Year 2 Swimming commences</td>
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</tbody>
</table>

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**2015 TUCKSHOP ROSTER**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>9.00am—11.00am</td>
<td>Brenda Lyons</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9.00am—2.00pm</td>
<td>Jenny Nielsen</td>
</tr>
<tr>
<td>Friday</td>
<td>9.00am—11.00am</td>
<td>Maree Offord</td>
</tr>
<tr>
<td>Friday</td>
<td>9.00am—12.00pm</td>
<td>Lynda Fieldus</td>
</tr>
<tr>
<td>Monday</td>
<td>LABOUR DAY</td>
<td></td>
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<tr>
<td>Monday</td>
<td>PUBLIC HOLIDAY</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>9.00am—2.00pm</td>
<td>Sandra Khalu</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9.00am—11.00am</td>
<td>Brenda Lyons</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9.30am - 11.00am</td>
<td>Tammy Honour</td>
</tr>
</tbody>
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**Camp Notices**

**Year 4 Camp CANCELLED**

Please be advised that due to insufficient numbers of students indicating that they will be attending the Year 4 Camp at Agnes Water in October & November, this camp has now been cancelled.

Parents have received notification and a refund form and all payments for camp will be refunded to families.

Your understanding in this matter is appreciated.

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**G.S.H.S. in 2016**

**Gladstone State High School 2016 Enrolments**

We are currently looking at enrolment numbers and forming classes and lines for 2016 so it is imperative that families in our catchment areas enrol their children as soon as possible.

Gladstone State High School is enrolment managed, only families living within our enrolment catchment are eligible to enrol. Please see the Catchment Map [http://www.qgso.qld.gov.au/maps/edmap/](http://www.qgso.qld.gov.au/maps/edmap/). If you are unsure or need assistance with this please contact the school office.

We are asking families who have not already enrolled their child for 2016 to please come into the office to enrol as soon as possible. IMPORTANT: Please bring with you proof of residence. This can include Electricity Invoice, current Council Rates Notice or a lease agreement. If you do not have any of these items please contact the school for further advice.

Upon receiving your completed enrolment form you will be contacted to arrange an enrolment interview. Interviews take approximately 15 minutes.

Should you have any queries in relation to enrolling at Gladstone State High School please feel free to contact us on 4976 6111.
Thank you to everyone that has helped collect the stickers for the Earn and Learn promotion that Gladstone West State School has been participating in. If you still have any sticker sheets or stickers at home please still bring them into the office.

Sport

Last Thursday our Gladstone West Netball Team competed in the Twilight Netball Carnival down at Boyne Island. The girls finished 2nd in their Pool. Congratulations Girls. Thanks to Mrs Sly, Mrs Twigge and Mrs Collette for all your great help.
There are still over 115 student loans that have not been returned. Please return all outstanding library books by Thursday 17th September.

Thank you.

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

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2016 G.W.S.S Eisteddfod Results

G.W.S.S Eisteddfod results:

- Prep/1/2 choir received 2nd place with 90 points out of 100.
- Year 3/4 choir also received 2nd place with 88 points.
- Year 5/6 choir received a Highly Commended with 86 points.
- Year 3/4 Speaking Choir received 3rd Place.

Many thanks to Bec Moffit & Melita Ryland for managing the choirs and to Norma Tanna for accompanying the choirs. A special thank you to Freyia.

Also thanks to Colleen Druett and Leanne Pearce for managing the year 3/4 Speaking Choir. Well Done West.

3rd place were the Gladstone West Diamonds - Casey, Lauren, Cyrena, Tiara and Janacia.

Congratulations to the G.W.S.S. Bin Band and Mrs O who came 1st in their category at the Eisteddfod last week.
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:

Robert McBean's tennis school

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