Planning
School planning ensures a safe, supportive, inclusive and disciplined learning environment for every student.

School planning supports the alignment of the school’s strategic directions with system-wide priorities, initiatives and performance measures. The planning process is led by the principal and engages the school community including staff, students, and parents.

Any corporate planning requirement beyond that which is stated in this framework requires the prior approval of the Deputy Director General, State Schools.

Key strategies for school education
• Successful learners
• Teaching quality
• Principal leadership and performance
• Local decision making
• School performance
• Regional support

Performance Indicators
• Improve student academic achievement.
• Improve Queensland Certificate of Education attainment.
• Close the gap in attendance, retention and attainment for Aboriginal and Torres Strait Islander students.

From the Principal
I have recently joined the happiest group of people in our population—the GRANDPARENTS!

All of our students have families and friends—grandparents by birth or through ‘adoption’… and this is a wonderful thing for both the kids and the ‘older folk’.

Now that I am a grandparent—I have noticed how many grandparents pick up, drop off, attend assemblies and come to a variety of different school events and activities...for their grandchildren.

Thank you—the ‘grand’ in the title reflects the love, care, support and patience you show every day, for our kids, their parents and our school.

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Upcoming Date Claimers
• 21st August—Book Week Parade—9am
• 11th September—Full School Assembly
• 7th – 15th September—Year 3 Camps
• October / November—Year 4 Camps
• 5th October—Public Holiday
• 19th October—Pupil Free Day
Health & Well-Being

Cancer Council Queensland: 5 practical tips to fend of the blues & stay healthy this winter season.

One, get active. When it’s chilly, it’s tempting to want to hibernate under the covers but a little movement can work wonders for your mood. Exercise releases serotonin in your brain which helps to regulate mood, sleep and warding off depression. A little physical activity releases mood-enhancing endorphins which can help reframe a negative mindset.

Two, get social. When winter sets in, a Friday night in watching the telly can be very tempting, and while there is nothing wrong with a little R&R, it’s important to make time for the people you care about. Spending time with family and friends is a sure way to lighten your mood and generate positive thoughts.

Three, don’t be a sleepy head. Both too little and too much sleep are no good. When it’s cold and dark outside, it’s normal to want to cash in on the zzzzzs, but it’s important to maintain a regular sleep schedule. Getting too much sleep (more than 10 hours a night) can contribute to your exhaustion and can cause memory and thinking problems. Try and go to sleep and wake at the same time every day, even weekends, and aim for at least six hours.

Four, embrace a little colour. Colour therapy is a natural way to lift your spirits. Brightening your room, office and your wardrobe with pops of colour can help brighten your mood on those drab winter days. Vibrant hues like yellow, orange and green can promote joy and laughter and tranquility.

Five, eat well. Pack main meals with foods rich in amino acid tryptophan, a key building block for serotonin (the happy hormone). Chicken, oily fish, dairy foods, soya, nuts and seeds are good choices, and vitamin B6 – found in brown rice, wholemeal wheat, beans and pulses will help you process it. Get a daily dose of foods rich in vitamin D, which is associated with better moods and can be found in eggs, oily fish, and fortified cereals.

So on those dreary, cold days - smile, focus on what makes you happy and use these five tips to feel happy - all year long. Your body and mind will thank you for it.

Community Spirit

On Friday you know, it will be quite a show. With sparkles and glitter and fairy wings that flutter and flit.

The torches, and lanterns will cast shadows and light
But no phantoms will pounce in delight.

Instead we will see—for both you and me
All manner of oddities for our eyes to behold…

We won’t guess who you are—unless we are told!

Which fish is whish?
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.

Size 10 dresses are now in stock.

SWPBS: Walking on the concrete.

Week 6- “Safe” - Walking on the concrete

At Gladstone West State School it is important that all students move about the school safely to avoid hurting themselves or others.

This would:

LOOK like-
- Students walking when on pathways and around buildings

SOUNDS like-
- Reminding each other that it is safe to walk

FEELS like-
- Calm
- Purposeful and safe

Attendance

Parents please be aware that if you have not collected your child by 3.15pm they will be sent to the office.

We do appreciate that you stagger your collection times to avoid traffic congestion.

Parents please note that consent/medical forms will be going home this week with those students participating in the Eisteddfod.

A $6.00 fee must accompany this form to cover Bus Transfers. A $3.00 fee will be for Concert Band only as they will require Parent Transport to the Gladstone Entertainment and Convention Centre and a bus will transport them back to School.

Eisteddfod Dates

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

Parents please be aware that if you have not collected your child by 3.15pm they will be sent to the office.

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Parents please note that consent/medical forms will be going home this week with those students participating in the Eisteddfod.

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

Payment is due by Friday 2nd September.

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

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

School Banking were recently advised about concerns to the ‘Cosmic Light Beam Torch’ reward item due to the inclusion of four button batteries that can be accessed by unscrewing the back of the torch. As a result Parents/Guardians are asked to dispose of the torch appropriately. Any students who have recently redeemed the torch are welcome to redeem another reward. The torch will no longer be available. Below is a statement sent to us from the Commonwealth Bank. We are sorry for any inconvenience.

The School Banking Team

Don’t forget Tuesday is banking day!!

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

Concerns have been raised regarding the ‘Cosmic Light Beam Torch’ reward item due to the inclusion of four button batteries that can be accessed by unscrewing the back of the torch.

Whilst this reward has been independently tested and deemed to meet relevant product standards the Commonwealth Bank have made the decision to proactively withdraw this item from the School Banking Rewards Program.

Parents/Guardians are requested to dispose of any ‘Cosmic Light Beam Torches’ their child may have already received as part of the Rewards Program. Students who have previously received a ‘Cosmic Light Beam Torch’ are welcome to redeem an alternative reward item.

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School Notices

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, gymnasiaums 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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**Fathers day is fast approaching, our P & C will be holding a fathers day stall the week prior to Fathers Day on the 6th September. Over the next couple of weeks students will be able to have a walk through to see what is available.**

**Fathers Day Stall will be open from 8am—9am every morning from Wednesday 26th August—Friday 4th September in the Parent Room which is located under C Block.**
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.
3D Coaching would like to congratulate Jessica Altouvas and her year group on their FunD run achievement and wish them all the best with the purchase of the sporting equipment for their school. Coach Ryan donated proceeds from Tuesday afternoon squad sessions to this fantastic cause.

3D Coaching is a local company focused on bringing all things triathlon (swim, ride, run) to the region. For more details on run sessions and junior session, contact Coach at ryan@3dcoaching.net.au or follow us on facebook “3D Coaching / Triathlon”.

3D Coaching is pictured along with one of students Jessica Altouvas with their kind donation to our schools Fun Run.
**BOOK WEEK DRESS UP PARADE**

We will be holding our annual Book Week dress-up parade this Friday, 21 August, from 9am-10am in the UCA. Students are encouraged to dress up in clothes/costumes/boxes/etc. The theme this year is Books Light Up Our World so students can come as their favourite book character or something related to light or one of the following ‘worlds’: World of fantasy; World of nature and animals; World of science, space and science fiction; World of adventure, mystery and superheroes; World of sport; World of people – families and countries, humour and history. Please send along a gold coin donation to support The Indigenous Literacy Foundation – a worthy charity putting books into the hands of children in remote Australian communities. If you would like more information about the Foundation, please go to: [http://www.indigenousliteracyfoundation.org.au](http://www.indigenousliteracyfoundation.org.au)

**Community Notices**

**Cricket at Calliope**

**Gladstone Invitation 11 v Wanderers Touring side**

**Starts 10.00am**

**Saturday 22nd Aug Bunting Park Calliope**

**Free Cricket** coaching starts at 10.00am all kids welcome

**Free Have A go Milo** cricket sessions in the afternoon 5 years and over girls and boys.

Food, Drinks and a good time will be available.

Bring A chair and enjoy a day out.

Saturday night there will be a meet and chat with the players at the Calliope Golf Club

**Women’s Health Centre are selling tickets to the Moscow Circus for a Special price of $20.00 for their show on the 27th August ONLY.**

**LIMITED TICKETS ONLY**
Community Notices

**Softball Batter Up**

*Softball Batter Up is a fun, game-based development program.*

Where:
Wednesday Afternoons 3.30pm-5.30pm starting August 12th
3 week program.
Gladstone Softball Fields, Memorial Park Harwood Rd.
Moree Muschi

$35 inclusive of all Softball activities and a pack containing Softball glove, ball and backpack.

Ages 4 to 12 Welcome

Register at www.softballbatterup.com.au
For more information contact Shane on 0407 778782 (After 5pm) or Email softball.gladstone@nareit.com

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**2015 Music in the Mountains**

**Friday 28th August**

*Settle in & soak up the atmosphere*

9.00pm - Gospel music with Jack & Wipem & special motivational speaker
King Tahuna from Rockhampton

**Saturday 29th August**

9.00am - Fun activities for the whole family with Dennis & Gladstone Artists
11.00am - Music & the universal language with King Tahuna
12.30pm - Combined lunch
1.00pm - Fun to the animals
2.00pm - A bush walk with a difference
4.00pm - Relaxing music
6.00pm - Family Fun Films, Music by Ron & Nancy Baker, Joan McKay, Vera Walker, Jack & Wipem & Ben Bowerer, Plus Mystery Entertainers

**DINNER AVAILABLE FOR PURCHASE** (in aid of the canoe club)

**Sunday 30th August**

8.00am - Sunrise on the Mountain - Photography Workshop plus sunrise
8.30am - Fun & Games for the whole family
10.00am - Horse Riding
11.00am - Special Features with Mark Turner
12noon - Lunch Time
1.30pm - Horse riding, Archery & Runaway Round

Bring the Family, come camp or visit for the day.
Donations in aid of the Boyne Valley Canoe Club are welcome.

Harmony Farm - Prizmans Rd, Ubobo
Please Contact: Dennis & Betty Martin
4974 1267 or 0429 741 287
This is a Drug and Alcohol FREE Event

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**SUPPORTING OUR COMMUNITY**

**Forest Springs**

**BIG DAY OUT**

**SUNDAY 30TH AUGUST**

9AM – 2PM

**FOREST SPRINGS PARK**

Supporting Gladstone Chappies helping students with issues such as family breakdown, school bullying, drug abuse, stress and anxiety.

We are teaming up with local partners to strengthen our community and would like you to be involved!

To be involved contact Eileen:
0419 497 922
eileen@forestsprings.com.au

**FREE ENTERTAINMENT | FOOD ACTIVITIES & GAMES | PRIZES**