### In Focus: celebrating 50 years of West

2016 is the 50th anniversary of the opening of Gladstone West State School—and we will be celebrating in true West fashion...everyone coming together!

In Term 4, week 2—that is the week beginning 10 October 2016, we will be having a **M-A-D-D Day**. We will use **Music—Art—Dance—Drama** to celebrate learning, creativity, fun and imagination. We will have activities to participate in, around the school, including indigenous games, making art works and dancing as well as presentations, an art gallery and performances.

We are getting ‘things’ started by initiating **West AIR—West Artists In Residence**.

**Why:** 1. Develop thinking and ways to play with ideas—stimulating creating thinking...contributing to developing writing

**What:** West AIR—West Artists In Residence

**How:**
1. Align the Visual Arts selected in the cohort overview with the West AIR program
2. Funding allocated 3 hours TRS per teacher + 3 hours artist to work with cohort
3. Various, local artists work with cohorts to develop art works as determined through planning...e.g. landscapes, portraits, mosaic, weaving, ceramics...

**When:**
1. Cohort teams in one of Term 1-2-3
2. Early weeks of each term...e.g. Term 1, week 2: Year 5 & Year 1 cohorts

**And...**
**M-A-D-D Celebration**...week 2 Term 4 **Music – Arts – Dance – Drama Celebration**

**So...**
A school ‘day’ to celebrate the school’s 50th Anniversary — art gallery, musical performances, drama and dance...guests across the school’s history.

### From the Principal

End of years are always a bit difficult to describe—there are many connected but also contrary emotions that seem to be whizzing around.

There is a sense of accomplishment—recognizing all the hard work that has been completed and the wonderful outcomes that have been achieved.

There is also a sense of relief—phew! Everyone...students, staff and families are ready to relax and enjoy the holidays.

There is a sense of loss too—that things will change, that classes will be dismantled and relationships will develop in different ways.

AND—there is also a sense of excitement...a new beginning is looming, lots of possibilities for positive, challenging and stimulating experiences.

On behalf of my exceptional staff, we wish everyone a safe, joyous and loving holiday season, and we are all looking forward to the adventure of 2016.

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### Upcoming Date Claimers

- 27th January 2016—1st Day of School
Spotlight

...continuing from last week

When children get caught up with angry feelings it can be difficult for them to calm down. This is because the body gets ready to fight when we are angry and can take some time to return to normal.

Teaching children steps to cool down their anger can help.

1. Rate your anger
Using a rating scale to notice how angry they are helps children become more aware of their angry feelings so that they know when to use calming strategies. Draw a thermometer to show the scale points of between zero and 10. Talk about the body signals that accompany each level. Ask children to rate their anger and watch it to see if changes. This encourages them to look for the signs of angry feelings and to see if they can lower their anger levels.

It is much harder to change anger when it is high, so when the rating goes above 6 it is usually best to teach children to move away from the situation. They can move to a special quiet space or ask an adult for help.

2. 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, e.g. imagine themselves floating on an air bed in a swimming pool. You can combine deep breathing with visualization, e.g. 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 helps 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 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.

3. Use coping self-talk
Using coping self-talk involves saying things to yourself to calm down. Children can be encouraged to say things to themselves like:
   - Take it easy
   - Take some deep breaths
   - Stay cool
   - It’s okay if I’m not good at this
   - Chill out
   - Don’t let him bug me
   - Time to relax!
   - Try not to give up

To teach children to use coping self-talk, it is helpful to model it yourself, e.g. make a point of saying out loud, “I need to relax”, “I’m going to cool down” or “I won’t let this get to me”. You can also use coping statements to coach children through stressful moments. Asking older children what they could say to themselves when they need to cool down their anger helps them learn to use coping self-talk for themselves.

This is best practised before children get angry.

Health & Well-Being: ideas for holiday cooking

http://heartfoundation.org.au/recipes

Banana Pikelets
- 10-15 minutes
- Makes 12 slices

Ingredients
- 1 egg
- 1 banana
- 1/2 cup brown sugar
- 3/4 cup reduced fat milk
- 1/2 teaspoon vanilla essence
- 1 teaspoon margarine spread
- Strawberries and extra banana, to serve

Method
1. Break the egg into a cup or small bowl and whisk using a fork.
2. Mash the banana in a separate mixing bowl and add the sugar, egg, milk and vanilla essence.
3. Stir in the flour, then allow to sit for a few minutes, so the flour absorbs some of the milk and the mixture thickens slightly.
4. Heat a frying pan over medium-high heat. Add the margarine spread, and cook the mixture in 1/4 cupfuls (you will need to cook them in batches).
5. After about 1 1/2 minutes, when bubbles appear on the uncooked surface, turn the pikelets over and cook the other side for a further 2 minutes.
6. Put the cooked pikelets on a clean dry tea towel until ready to use.
7. If not using them at once, cover with a tea towel so the pikelets don’t dry out.

Community Spirit:

Our Best of West students were treated to a trip to 1770 last Thursday and experienced a trip on the LARC.

Acronyms are sometimes fun—especially in the age of texting, tweeting and Facebooking...but because we start to use the acronym as part of our vocabulary, we forget what the individual bits mean.

W: Wide—this is part of a compound word ‘school-wide’, but really means that ‘it’ is in all classrooms, play spaces, walkways, toilets, tuckshop, offices... it’s about ALL school spaces

P: Positive—this is the most challenging part of ‘it’; POSITIVE means we choose to value AND recognise that every person (student, staff member, parent, guest) is Safe, Responsible, Respectful most of the time. ...It’s about valuing only the positive

B: Behaviour—we all act and react to people, events and situation, and all behaviour has purpose...to be noticed, to have friends, to escape fear, to gain support...it’s about what we ALL DO.

S: Support—none of us know how to behave in all situations without learning ‘stuff’ and as we learn we might make mistakes, we might forget what works positively for us., we might need help, reminders and encouragement...it’s about ALL of US learning to be together, so that we can intrinsically value and care for each other.

SWPBS Focus: What is this, and how does it work?

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

Thank you to all the wonderful volunteers that helped out in the Tuckshop throughout 2015, your help is greatly appreciated and we hope to see you all in 2016. Have a Merry Christmas and a Happy New Year.

Kay Castles

Attendance

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<tr>
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<th>2013</th>
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<td>92.5</td>
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So what are the questions?

⇒ Are our kids getting their entitlement of education?
⇒ Are the attendance data for our school improving?
⇒ Are there any patterns that might help us improve?
⇒ What data can we celebrate?
⇒ What data do we need to dig into a bit more?

Overall, our data hasn’t changed much—what does that mean in terms of our kids getting the education they deserve?

There are also sets of data to celebrate—Information about our kids and their Families really wanting fantastic outcomes!

Year 2: best attending cohort in the school

Pizza Parties—Term 4 and Semester 2 attendance champions

• 3/4E: Term 4—98% (including 2 months of 100%)
• 2E: Term 4—96%
2015 TERM CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>9th December</td>
<td>Year 6 Presentation—9.15am—10.30am Assembly</td>
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<td>9th December</td>
<td>Year 6 Graduation Dinner—Camelot</td>
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<td>9th December</td>
<td>Report Cards Issued</td>
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<td>10th December</td>
<td>Year 6 Movie Morning</td>
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<td>11th December</td>
<td>Last Day of 2015</td>
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2016 TERM CALENDAR

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

We would like to wish the following staff all the best for their new adventures in 2016.

Miss Helen Wakefield, Miss Grace Owbridge, Miss Hannah Thams, Miss Chantelle Burl, Mr Jesse Gadischkie, Mr Simon Boyles, Mr Shaun Holmes. Also to three of our teachers taking leave in 2016, Mrs Linda Ramsden, Mrs Sandy Holley and Mrs Kathy Pickup, all the best in 2016.

We would like to wish all our families and staff a

Merry Christmas and a Happy New Year.

School Banking

The ladies at School Banking would like to wish everyone a safe and happy holiday break and wish to advise School Banking will resume on Tuesday 2nd February (Week 2).

Thank you to all our parent volunteers throughout 2015. We will see you all again in 2016.
### Library

**OVERDUE LIBRARY BOOKS**

Parents could you please make sure your child/ren has returned their library books. All Library books must be returned by this week.

**PLEASE RETURN YOUR LIBRARY BOOKS!**

### Home Readers

If your child/ren has had a home reader throughout 2015 could you please check to see if it has been returned. We have a number of outstanding home readers missing and would like to make sure the sets are all ready for our 2016 year.

Thanks for your help.

### Medication

Please make sure that **ALL** medication including Asthma Puffers and Epipens are collected from the office by Friday 11th December.

Please note that you will need to return any medication in the new year and complete another green form for 2016.

### Graduation Parade

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.

### Christmas Raffle Winners

#### Christmas Multi-Draw Raffle

- **1st Prize**—Linda Reid
- **2nd Prize**—Alisha Goodman
- **3rd Prize**—Lynda Neill
- **4th Prize**—David Tyler
- **5th Prize**—Anthony Taylor
- **6th Prize**—Ross Burrows
- **7th Prize**—Josh Smith
- **8th Prize**—Libby Huth
- **9th Prize**—Lloyd Fraser
- **10th Prize**—Jean Smith
- **11th Prize**—Kamara McAllister
- **12th Prize**—Stephen Martin
- **13th Prize**—Erin Carter
- **14th Prize**—Kaylene Johansen
- **15th Prize**—Barbara Alport
- **16th Prize**—Aeden Davies
- **17th Prize**—Dawn Noakes

**Highest Book Seller**—Talon Whittaker Buckley

**Winner of the Bike**—Taylor Connor

Congratulations to all our Prize Winners.

Thank you for supporting G.W.S.S P&C.
On behalf of Gladstone West State School and Guzman Y Gomez we would like to thank you and the community for the support in Saturdays fundraising event.

Guzman Y Gomez are happy to inform us that they sold “306” Burritos Well Done!!

That means $765.00 will be donated to Gladstone West State School.

2016 Mayors Christmas Carols

Well done to the students at G.W.S.S and Mrs Moffit for performing at this years Mayors Christmas Carols at the Marina on Friday Night.

Our 5 little elves helping Santa along with Mayor Gail Sellers at the Mayors Christmas Carols were Ella. R., Sasha, Emily, Ella. W. and Kaye
Booklists dropped in by close of business on 11 December receive a free gift.

Office National Gladstone
Ph: (07) 4972 4255
Fx: (07) 4972 6046
163 Auckland Street, Gladstone Q 4680