



# COMMUNITY



## WELCOME 2019 PARENTS, STAFF AND STUDENTS



*Leigh-Anne Noonan*  
*President*



*Rachel Townsend*  
*Vice President*



*Belinda De Vries*  
*Treasurer*



*Emma Jefferis*  
*Secretary*



*Brett Benzie*  
*Grants*



*Linessa Welch*  
*Fundraising*



*Susan Noonan*  
*Fundraising*



*Jean Nash*  
*Fundraising*

*Damien Hoare, Kerrie Hamilton,  
Tiffany Wardill, Joanne Smith*

### Welcome..

A big welcome to all New Parents & Students, New Staff & Returning Staff and also to Returning Parents and Students to our wonderful school!

### What is the P&C?

The P&C is a group of people that are invested in the greater good of our school and our students. We at West, are a small committee and would love to grow. We work with the school on Fundraising events, School upgrades, Applying for various Grants available within the community, organising fun events like Family Fun Night, Movie nights etc and more...

### FAQ....

**How much time does it take?** As much or as little as you like. If you want to pick one event to help at that's fantastic.... If you want to attend all meetings that's great too! It's up to you how much you would like to put in. We aren't demanding and appreciate all anyone has to give.

**How long do meetings go for?** Usually an hour sometimes longer when planning a big event like Family Fun Night.

### I don't want to be asked to do stuff all the time...

Invites for helpers are always there but you don't have to do anything you aren't comfortable with. Everyone has their strengths and some people prefer to be a behind the scenes helper than on the front line. You do not have to do anything you aren't comfortable with. It's perfectly ok to say No :)

***We don't bite :) and are very welcoming,  
Come check it out.***

***We even have snacks & sometimes Pizza!***

# Parenting Resources

Parent TV - Parenting Advice on just about everything you can imagine!

Parent TV is an all round fantastic resource to all things Parenting. You can subscribe for an all access pass (Approx \$5.99 per month or \$49 per year) but there are some great free things as well. There is Information on Internet safety, Autism, Changes in child's personality, How to calm Anxious kids, Managing Anger and Eruptions, Parenting Advice and so much more.... A definite must to check out. <https://parenttv.com/>

## Children with Anxiety

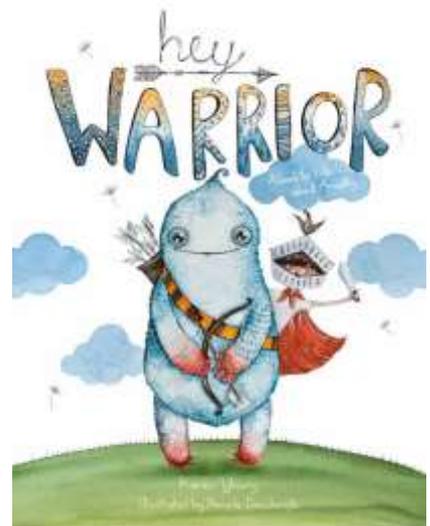
Some great videos for kids re anxiety and mindfulness. Also has a lot of information about the brain and how it works and other helpful stuff!

<https://www.heysigmund.com/category/with-kids/anxiety-videos-for-kids/>

## Recommended book.....

Hey Warrior by Karen Young

Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. Anxiety explained, kids empowered.



## Thank you Exiting Committee Members...

We would like extend sincere Thanks to our wonderful exiting Executive members Rachel Townsend (Vice President) and Emma Jefferis (Secretary). You both have been a wonderful support and help to all things P&C over the years and we are thankful for all that you both have done and donated for us and the school.

Also to Kay Castles who has been the wonderful Tuckshop Convenor for the P&C for many years. We thank you for all your hard work and dedication to your position. We are pleased that Kay has stayed on under the schools employment and look forward to seeing your smiling face around the school.



## How you can be involved? Every little bit helps! Even just one thing! Yes! **JUST ONE THING!**

One of the things that makes Gladstone West State School such a great place is our active, friendly, school community. We want to make sure every family (even new ones) have the opportunity to get involved. Volunteering at school is a great way to meet new people, make friends and your kids get a kick out of seeing mum/dad/grandparents or any other special person at school.

We would be extremely grateful if every family could nominate to do **“Just one thing”**. If you are able to help out and would like to be kept up to date with activities and events organised by the P&C, please let us know by email to:- **Gwssfundraising@gmail.com**

- \* Support your child’s teacher in the classroom, on sports days, camps, excursions and on Family Fun Night
- \* Come to our monthly meetings, we are friendly :)
- \* Assist with fundraising events and activities
- \* Contribute to and/or edit the P&C News
- \* Become a Tuckshop Volunteer
- \* Donate goods and services
- \* Become a School Banking Volunteer – on Tuesdays, 9am to 10:30am approx, in the Parent Room.
- \* Volunteer in the school library – book covering, Book Fairs
- \* Nominate for the executive committee, or a sub-committee
- \* Be a “Virtual Volunteer” making flyers, data entry, newsletters etc
- \* Have a special skill that might be useful? Let us know

Would you like to be kept fully in the loop of P&C Meetings but cant always attend. Email the president to be put on the mailing list:-

**[gwssfundraising@gmail.com](mailto:gwssfundraising@gmail.com)**

### AGM NOTICE for P&C Meeting

All Positions will be open. Nomination forms are available from Admin Office if you would like to put your name down for a position. Not keen for an official **role? That’s ok! You are still invited and welcome to come along to the meetings** and see what we do, and join in to help for events if you like. :)

19th February 2019 - 6pm  
Staff Room at the Admin Office