FROM THE PRINCIPAL

Farewell to our Chaplain

It is with mixed feeling that I announce that Carmen will be leaving our school with her last day being the 26\textsuperscript{th} February. Over the last two and a half years Carmen has worked to establish a Chaplaincy service in our school. She has been an active member of our school Learning and Wellbeing committee to support the resourcing and implementation of the following resilience programs for students: Friend, Friends for Life, Shine and Strength. Carmen has worked with Toowoomba City Women hosting the Mothers’ Morning Tea every month.

On behalf of staff I take this opportunity to thank Carmen for her dedication and commitment to supporting and helping students, staff and parents as they have faced the many challenges that life has presented. I wish her all the success in her future endeavors and know that she will continue to make a positive impact in the lives of both adults and students when they need it most.

We will farewell Carmen at Assembly next Friday 27 February. Parents wishing to catch up with Carmen are welcome to attend. Carmen will be at school working Tuesday, Wednesday and Thursday, please take the opportunity to catch up with her on these days.

Carmen will be hosting the final City Women’s Mothers Morning Tea next Thursday at 9.00am outside the Hall.

Parent Information Nights

Thank you to all parents who have attended parent information sessions. Below are the details for the sessions yet to be hosted:

\begin{tabular}{ll}
\textbf{Wednesday 18 February 2015} & \textbf{Thursday 19 February} \\
Year 1P & Year 4 - 3.15pm \\
Year 1L & Year 6 - 3.15pm \\
Year 2 & - 4.00pm \\
\end{tabular}

These sessions will be held in your child’s classroom. If you are unable to attend please let us know and we will forward any information that was provided. If you would like to make a time to meet with your child’s teacher please let us know.

Student Leaders

Thank you to all parents and community members for your support in assisting our senior student with their leadership application forms. Short listed students will be notified today. Students will be required to present a short speech to staff and peers at assembly this Friday 20 February which will be followed by a ballot open to students from Year 5-6 and all staff. House Captain Speeches will be made later that day to students in Years 4-6 in each house with a ballot to follow.

Gazette Distribution

Due to changes in our IT systems and with the development of the QSchools app, we have decided to discontinue the notification via email of our newsletters. We apologise for any inconvenience.

To keep up-to-date with news from Gabbinbar State School you can:

- See our website at gabbbinbars.eq.edu.au from 5pm Wednesdays of school weeks for the latest Gabbinbar Gazette (newsletter)
- See our calendar and news at our website
- Install the QSchools app on your smartphone, tablet or PC. Just install then Add Gabbinbar as a favourite school and allow push notifications
- Collect a paper copy of the newsletter (or ask your child to) from the office from 3pm Wednesdays
We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence

**School News**

### Student of the Week

Phoebe (PW), Ivy (PC), Claire (PS), Isabelle (1LG), Lachlan (1P), Bella (2G), Katie (2L), Thomas (2R), Jessica (3M), Siena (3H), Annika (4E), Tracey (4R), Riley (A1).

### Chaplaincy Committee AGM

The annual general meeting of the Gabbinbar State School Chaplaincy Committee will be held on Wednesday 25 February at 3.30pm in the Administration Block. People interested in supporting the chaplaincy service are encouraged to attend. For more info please contact Rob Callow 0417773984.

### Medical Records

To maintain both current and accurate records, we are requesting that parents/caregivers update their child’s general medical details and requirements to be administered at school. As children develop and mature there can be changes to dosage and/or medication timing. Schools need to have up-to-date information to ensure the safety and well-being of your child.

New medication forms are available from the school office. These forms need to be renewed at the beginning of the school year. If your child needs to have medication administered during school hours please complete the new forms as soon as possible.

For children with severe allergies, we require an ‘Anaphylaxis Action Plan’ to be completed by your GP, Paediatrician or Medical Specialist. Once provided, the school will arrange to meet with you, your child’s teacher and a member of the Administration team to formalise an internal school ‘Action Plan’.

### Chappy Chatter

As a chaplain I often get asked ‘how do I get my kid to toughen up a bit and take some of this stuff on the cheek more’. The first step is to change your perspective of it and wording. It’s called helping your child build resilience.

### What is resilience?

Resilience refers to a child’s ability to overcome or bounce back from anything that they find challenging, including events that seem relatively minor to others.

How do children develop resilience?

Research suggests there are three major categories of protective factors that support children to build resilience that schools can influence:

- caring and supportive relationships
- high but achievable expectations of students
- opportunities for them to participate in the school community.

Caring and supportive relationships that school staff form with students can buffer the effect of any negative experiences. Having high but achievable expectations of students, combined with providing the support they need to meet these expectations, means that students come to view themselves as competent and capable, which supports the development of resilience.

The sense of belonging, positive relationships and positive self-esteem that come about when children are active contributors in their school community helps them to build resilience.

### School staff can play an important role in helping children build resilience

Research suggests having a positive relationship with another adult outside of the family helps children to build resilience. This kind of relationship means that children have someone else to support them when times get tough, which helps them to bounce back after challenging experiences.

### What messages might we accidentally send children by telling them to be resilient?

Some children face so much hardship that caring adults in their lives are unable to protect them from or control. The great hope is that by helping children develop resilience we can ensure good mental health outcomes regardless of a child’s background and experiences in life.

However, we need to balance our desire for resilience with cautiousness about the messages we may be sending to children in the process.

Children have a fundamental need to express the range of emotions that arise through the process of growing up – and to have these emotions validated by the people around them (eg “It's okay to feel upset when something bad happens”).

(For more information, see the information sheet on the KidsMatter website [https://www.kidsmatter.edu.au/node/2639](https://www.kidsmatter.edu.au/node/2639)

Take care

Chappy Carmen

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### Date Claimers

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.02.15</td>
<td>P &amp; C Meeting - AGM @ 7pm</td>
</tr>
<tr>
<td>20.02.15</td>
<td>Friday Sport</td>
</tr>
<tr>
<td>20.02.15</td>
<td>Assembly, 9am – Student Leader Speeches</td>
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<tr>
<td>25.02.15</td>
<td>Chaplaincy Committee AGM – 3.30pm</td>
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<tr>
<td>26.02.15</td>
<td>Mothers Morning Tea</td>
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<tr>
<td>27.02.15</td>
<td>Assembly, 9am – Farewell Carmen (Chappy)</td>
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<tr>
<td>09.03.15 – 14.03.15</td>
<td>Book Fair</td>
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<tr>
<td>19.03.15</td>
<td>Show Holiday</td>
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### Payments Due

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>20.02.15</td>
<td>Friday Sport - $26.50</td>
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Payments for excursions, performances or student program will not be accepted after the payment due date under any circumstances.

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**SERIOUS FUN**

**MORNING TEA FOR MUMS**

Thursday 26 February    9.00am – 10.30am

Gabbinbar State School Hall.

Hosted by City Women and our Chaplain on the third Thursday of every month.

All mums are welcome to attend
Tuckshop News

<table>
<thead>
<tr>
<th>Tuckshop Day</th>
<th>Tuckshop Helpers</th>
<th>Tuckshop Home Bakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 19 February</td>
<td>Larry Heuston, Julie Manteit, Rob Callow</td>
<td>Home bakers needed please contact me if you can help out.</td>
</tr>
<tr>
<td>Tuesday 24 February</td>
<td>Larry Heuston, Kerrie Dow, Jane Higgs, Lisa Ramsey (Baking)</td>
<td>Penni Harth, Janet Edwards</td>
</tr>
<tr>
<td>Thursday 26 February</td>
<td>Larry Heuston, Lexie Shackleton, Charmaine Ingledew</td>
<td>Cheri Ochnio</td>
</tr>
<tr>
<td>Tuesday 3 March</td>
<td>Larry Heuston, Kerrie Dow, Dion Hutchins, Donna Elsey (8.30-10.00)</td>
<td>Nat Herbert</td>
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P & C News

The AGM for the P&C Association will be held TONIGHT, 18 Feb, at 7.00pm. All executive positions will be declared vacant.

- If executive positions remain vacant the P & C cannot operate and no sub-committees can be formed.
- What will happen if volunteers do not come forward and offer their time and support:

No Outside School Hours Care – The after school, before school and vacation care programs are overseen by a Sub-committee of the P & C. No P & C means this facility would cease immediately, leaving many families seeking care for their children at unfamiliar centres and in turn the need for transportation to these centres.

No Tuckshop – The tuckshop operates under the banner of the Gabbinbar P & C (and is one of its main sources of income), therefore no P & C - no tuckshop days or the special occasion Meal Deal Days.

No Fundraising Team – In past years Gabbinbar's fundraisers have been a major source of income for the P & C which allows contributions to be made across many areas of the school. Some events are not big money makers eg. Mother’s Day and Father’s day Stall. These activities are offered as a service for the children (and relieving Mum & Dad from shopping with the kids).

Other committees that wouldn’t be able to operate are the Student Banking, Second Hand Uniforms, Music Support and the Grants committee.

So why not attend the AGM and volunteer your time and support to one of the above sub-committees? Actions always speak louder than words when it comes to valuing your child’s learning. Joining the P&C is one of the best ways to show your children how much you value their education and how interested you are in what they do. By joining the P&C you are showing your children how committed you are to helping students and your school community. The more people involved the more exciting and successful the P & C will be.

Aaron Sapiecha (P&C President 2014)

OSHC

We are a P & C service known as OSHC and provide before and after school care as well as vacation care for Gabbinbar and other students.

Before care runs from 7am to 9am and after care from 3pm to 6pm with afternoon tea provided.

We need members for our OSHC Sub Committee. Please see Davina or attend the P&C AGM tonight!

For more information, see the P & C link under the “Our community” area at https://gabbinbars.eq.edu.au or contact the OSHC co-ordinator, Davina Quinn on QuinnD3@eq.edu.au or 4631 5266.

Uniform Shop

Pre-Ordered Uniforms – New stock of Blouses and dresses have arrived. If you have ordered either of these items they are now available to be collected from the office.

Uniforms can be purchased from 8am -11am each day. Parents can place a uniform order for collection at this time.

Second Hand Uniform Sales

Second Hand Uniforms are for sale on Monday and Wednesday mornings from 9am.

PLEASE NOTE: Sales are CASH ONLY.

PYJAMA FOUNDATION

The Pyjama Foundation was founded in 2004 and is a learning based charity that supports children in care who are often left behind academically.

The Pyjama Foundation’s Long Road walk was established in 2013 to raise awareness and funds to enable the Pyjama Foundation to help Australian children in foster/statutory care through our ‘Love of Learning’ program.

I am asking if you could please assist us by publishing the short excerpt below in your school newsletter please?

The Pyjama foundation’s annual Long Road walk to help support and raise funds for children in foster care is coming to Toowoomba on Sunday 29th March 2015. Every journey begins with one step. Join us for our walk at 4pm from Middle Ridge Park. Help make the future brighter for children in care.

Register now at www.thepyjamafoundation.com

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Gabbinbar Parents and Citizens Association (P&C) provides services including out of school hours care (OSHC) programs, tuckshop, second-hand uniform shop and the student banking program. P&C meets on the third Wednesday of each month at 7:00 pm.

Email: pandc@gabbinbarss.eq.edu.au
Web: gabbinbarss.eq.edu.au/OurCommunity/PandC
OSHC Phone: 07 4631 5266
Tuckshop Phone: 07 4631 5215 (Tuesdays and Thursdays)

C&K Gabbinbar Community Kindergarten operates on our school site.
Email: gabbinbar@candk.asn.au
Web: www.candk.asn.au/gabbinbar
Phone: 07 4613 6205
Fax: 07 4613 6209

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WEEKLY SPECIALS
Tuesday Nights we offer 2 Course or 3 Course Specials from $30*
Wednesday Nights are Theme Nights with Food from around the world*
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(subject to change)
For bookings please phone 4635 1219

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