Congratulations to all students who sat for the competition. You should be proud of your accomplishments.

2014 PREP ENROLMENTS
The end of the year is fast approaching which means that it is time for us to finalise planning for 2014. One of the biggest impacts on our planning for next year is student numbers. To assist us in planning for 2014 we need to have an accurate forecast of our 2014 Prep numbers. If your child will be attending Gabbinbar’s Prep program in 2014 we ask that you return your enrolment forms as soon as possible to enable us to confirm places available to offer to students from outside of our enrolment catchment. We also ask that you pass this message to any families who may be joining us for the first time next year. We would like to make the start of the year as smooth as possible for all involved and appreciate your assistance.

JUNIOR SPORTS
Congratulations to all students who participated in our Junior Sports last Friday morning. Our students are to be commended on their sportsmanship, their willingness to have a go and the way in which they encouraged and supported their peers.

A big thank you must go to the many parents and family members who attended on the day and helped with the rotational activities ensuring that all students were able to participate and have a good time. The high level of enthusiasm and participation was evident in the points accumulated for each house. This year we congratulate Evans House who was awarded the Junior Sports Trophy for the most points on the day.

Jouwana Habash
Principal

SERIOUS FUN
MORNING TEA FOR MUMS
Thursday 19 September 9.00am – 10.30am
Gabbinbar State School Hall.

MUSIC NOTES
Congratulations to the Junior and Senior String Ensembles who performed so well at Tyme. You looked great in your concert uniforms and were very disciplined in your performance. Thank you to parents for your support and all the administration staff for the organisation of this event.

The Junior and Senior String Ensemble will perform at the fete on Saturday in the hall at 10.45am. Please assemble in the music room at 10.15am to tune your instruments.

Heather Schnitzerling (Strings Teacher)
CHAPPY CHATTER

Signs of Unhealthy and Healthy Self-Esteem
Self-esteem fluctuates as kids grow. It's frequently changed and fine-tuned, as it is affected by a child's experiences and new perceptions.

Children with low self-esteem may not want to try new things and may speak negatively about themselves. They may exhibit a low tolerance for frustration, giving up easily or waiting for somebody else to take over. They tend to be overly critical of and easily disappointed in themselves. These children see temporary setbacks as permanent, and a sense of pessimism prevails. This can place children at risk for stress and mental health problems, as well as real difficulties solving different kinds of problems and challenges they encounter.

Children with healthy self-esteem tend to enjoy interacting with others. They're comfortable in social settings and enjoy group activities as well as independent pursuits. When challenges arise, they can work toward finding solutions and voice discontent without belittling themselves or others. A sense of optimism prevails.

If you would like to get more information/resources or handouts about self-esteem or any other relevant topic, please refer to www.cci.health.wa.gov.au

Take care
Chappy Carmen.

Attention Year 7 Students and Parents – Centenary Heights SHS Enrolments Due Now
Year 8 classes for 2014 are now being formed based on enrolment applications received to date. If you have not submitted an enrolment form and associated documents (to our school office) for your child please do so at your earliest possible opportunity – information will be used to place your child and to send an information package directly to you early in Term 4 if enrolment is confirmed. Details of the enrolment process can be found on our website, including information about our Enrolment Management Plan (Catchment Area): http://centheigshs.eq.edu.au/wcmss/
The Year 7 to 8 Orientation Day will be held on Tuesday, December 10 commencing in the school hall at 8.45am.

Students who have not had their enrolment confirmed by Tuesday, December 3 cannot be accommodated on this day.

Please contact Tim O'Connell on 46367500 or email tocon1@eq.edu.au for further details, if required.

STUDENT of the WEEK

Sophie (PW), Chloe (PS), Bella (1E), Kyrna (2G), Jayde (2P), Bryce (3P), Jacen (A2), Connor (3/4R), Oscar (4E), Annabelle (5C), Ruben (5L), Lachlan (6M), Elijah (6/7G), Jed (7B), Charlotte (A1), Patrick (A3), Ned (A2).

GOTCHA AWARDS

Announcing Beginners’ Chess
These lessons are especially for new and beginner players from prep to year 4. Our experienced chess tutor, Mr Les Lord, will teach children the fundamentals of chess over the term.

Time: Thursdays 11:00-12:00 (Students have First Break in Library)

When: Starting Thursday 10 October for 8 weeks

Place: Gabbinbar Library

TUCKSHOP TALES

A big THANK YOU to our helpers and bakers so far this term. Your support of the tuckshop is greatly appreciated. We are always looking for new helpers and home bakers, so if you are interested, please let me know so I can include you on the roster. It’s a fun morning and morning tea or lunch is provided.

Don’t forget Friday treats this Friday from 3pm. Larry Heuston 0417731126 or leanne.heuston@bigpond.com

P&C NEWS

FETE THIS SATURDAY, 19 October - 10am till 3pm!!
Helpers are desperately needed to help run the food stalls at our fete on Saturday. If you can help please ring Shauna Whiteley on 0401405016. Last days to pre order your arm bands from the library for a $25. They will be available on Saturday for $30.

Please take HOME BAKING to The Hall Fri 8:30-9:15, 2:45-4pm or directly to the stall early Saturday.

For any further information, please contact:
Shauna: - 0401 405 016  Amy: - 0434 566 746

OSHC

Hi and welcome to another week of OSHC news! We are very excited that the FETE is on this Saturday. We have lots of goodies for our stall and are still receiving goods, even though our shed is groaning! The children have done some fantastic art works which will be for sale. Make sure you pop into the Gallery on Saturday! Our Second Hand Stall needs some parent helpers from 12pm onwards. If you can spare an hour to help out that would be great. Please let me know.

We will be open on Monday 21st for the PUPIL FREE DAY, from 8am to 6pm. Please book your child in ASAP, we are rapidly approaching our cut off point.

Davina Quinn
OSHC Coordinator
Gabbinbar State School 07-4631 5266

We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
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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: pncd@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: gabinbar@canbk.asn.au
Web: www.canbk.asn.au/gabbinbar
Phone: 07 4613 6205
Fax: 07 4613 6209

Dinah Haswell Oral Health Therapist
Caring gentle dentistry for children (birth to 17yrs)
Ph: 4635 6838
Medicare Dental Voucher Welcome

The Grand Central Medical Centre
54-72 Reading Street, Maryborough
Phone: 07 4633 1000

THE GRAND CENTRAL MEDICAL CENTRE IS TAKING NEW PATIENTS

Dr Darshika Ellopola
Dr Jacelyn Raviera
Dr Dulana Pinniyaathirage
Dr Lakshman Ellopola
Dr Rita Ponce

Our surgery hours are as follows:
Mon – Fri 8:30am – 5:00pm
Sat 9:00am – 1:00pm

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