We value: Achieving your Best, Being Respectful and Responsible, Caring and Confidence

Creating a beautiful place to belong, inspire and grow
**DATE CLAIMERS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>15 Oct – 1 Nov</td>
<td>Prep-2 Swimming Lessons</td>
</tr>
<tr>
<td>28 Oct – 1 Nov</td>
<td>Book Fair</td>
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<tr>
<td>01.11.13</td>
<td>Casual Dress Day (Book Fair)</td>
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<tr>
<td>5 &amp; 12.11.13</td>
<td>Year 7 High School Transition</td>
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<tr>
<td>20.11.13</td>
<td>Music Recruitment Performance</td>
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<td>21.11.13</td>
<td>Mothers’ Morning Tea</td>
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<td>22.11.13</td>
<td>School Disco</td>
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<tr>
<td>26.11.13</td>
<td>Encouragement Awards Presentation</td>
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<tr>
<td>28.11.13</td>
<td>Music Awards Night</td>
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<td>04.12.13</td>
<td>Gold Award Reward Day</td>
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<tr>
<td>06.12.13</td>
<td>Swimming Carnival</td>
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<td>11.12.13</td>
<td>End of Year Concert</td>
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**FROM THE PRINCIPAL’S DESK**

**Measles health alert**

Queensland Health is concerned about the number of measles outbreaks in Queensland this year. Measles is a highly infectious disease that begins with symptoms such as fever, tiredness, cough, runny nose and/or red inflamed eyes. Measles can lead to complications such as middle ear infections, pneumonia (lung infection) and encephalitis (inflammation of the brain).

Measles can spread very easily. Vaccination is the only way to prevent measles. Queensland Health encourages anyone who has not had two measles-containing vaccinations, or who is not sure about their vaccination status, to get vaccinated as soon as possible. The measles vaccine is free from your local doctor for anyone born from 1966 onwards.

If parents think their child might have measles, they are advised to keep them away from school and make an appointment with a doctor or phone 13 HEALTH (13 43 25 84) to organise medical assessment.


**2014 PREP ENROLMENTS**

Thank you to all parents who have returned their child’s Prep Enrolment Applications. We are currently finalising our 2014 Prep enrolments and planning our orientation program.

If your child will be attending Gabbinbar’s Prep program in 2014 we ask that you return your enrolment forms to enable them to participate in our orientation program. 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.

**Thanks to the tuckshop team!**

This Friday 1st November is Tuckshop day. On behalf of our staff and Students I would like to take this opportunity to thank Larry and his many volunteers for their time and commitment to making our tuckshop a place that offers us all healthy and nutritious lunches and one cannot forget the ever popular Friday treats.

Jouwana Habash (Principal)

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**Library News**

**Book Fair**

Thanks mums, dads, grandmas, grandads, friends and children for supporting the Book Fair in the Library. It continues until 3:30 pm on Friday 1 November. Everybody is welcome to come to the library 8:15 to 8:45 am and 3:00 to 3:30 pm from Monday 28 October until Friday 1 November. We accept cash, cheques, credit and debit cards (EFTPOS). All purchases benefit the whole school community.

**Casual Dress Day**

On Friday 1 November children can dress up as a favourite book character or wear appropriate casual dress and donate a gold coin. Proceeds will purchase library books from the fair.

Anthony Seng (Teacher-Librarian)

**Clifford the Big Red Dog**

Our special guest on assembly this week was Clifford the Big Red Dog, the much-loved book and TV character. Clifford joined us to promote Book Fair.

**STUDENT of the WEEK**

Mia (PW), Taj (PS), Adhin (PG), Tristan (1E), Chloe (1R), Lola (3M), Lillian (3P), Angus (3/4R), Blake (5C), Ella (5L), Mari (6M), Tatum (6/7G), Gabby (7B), Amelia (7B), Zachary (A2), Luke (A1).

**OPTIMINDS**

Amelia, Gabby, Lily and Jade were recognized for their participation in Optiminds and Problem Solvers for more than 2 years.
**GOTCHA AWARDS**

Declan

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**CHAPPY CHATTER**

**Healthy Self-Esteem (Continued from last week)**

These tips can make a big difference in fostering healthy Self-esteem in a child:

- Helping kids set more accurate standards and be more realistic in evaluating themselves will help them have a healthy self-concept.
- Be spontaneous and affectionate. Give hugs and tell kids you're proud of them when you can see them putting effort toward something or trying something at which they previously failed. Put notes in your child's lunchbox with messages like "I think you're terrific!"
- Give praise often and honestly, but without overdoing it. Having an inflated sense of self can lead kids and teens to put others down or feel that they're better than everyone else, which can be socially isolating.
- Give positive, accurate feedback.
- Create a safe, loving home environment.
- Encourage your kids to talk to you or other trusted adults about solving problems that are too big to solve by themselves.
- Help kids become involved in constructive experiences. For example, mentoring programs in which an older child helps a younger one learn to read can do wonders for both kids. Volunteering and contributing to your local community can have positive effects on self-esteem for everyone involved.

When promoting healthy self-esteem, it's important to not have too much or too little but "just enough." Make sure your kids don't end up feeling that if they're average or normal at something, it's the same as not being good or special.

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](http://www.cci.health.wa.gov.au)

Take care

Chappy Carmen

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**OSHC**

Hi and welcome to another week of OSHC News!

As we approach the December Vacation Care period, we are unsure of our opening weeks as work on the school buildings has been planned. The refurbishment works may also affect us in the three weeks of January holidays. We will inform parents as soon as possible if we are unable to offer vacation care.

Thank you for your patience!

As we approach the end of the year, we would like to start on our booking confirmations for 2014. Please fill out the Expression of interest sheet, available this week as to your child's booking for next year if you know it. Our service is running near to licensed capacity and places will be limited next year. We are still striving to establish a new premises for OSHC to ensure stability for and future growth of our school community.

Davina Quinn

OSHC Coordinator Gabbinbar State School 4631 5266

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**TUCKSHOP TALES**

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<thead>
<tr>
<th>Tuckshop Day</th>
<th>Tuckshop Helpers</th>
<th>Tuckshop Home Bakers</th>
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<tbody>
<tr>
<td>Tuesday 29 October</td>
<td>Larry Heuston</td>
<td>Vicki Flynn</td>
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<tr>
<td></td>
<td>Elizabeth Wembri</td>
<td></td>
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<tr>
<td>Thursday 31 October</td>
<td>Larry Heuston</td>
<td>Rebekah Sullivan</td>
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<tr>
<td></td>
<td>Jenny Welsh</td>
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<tr>
<td></td>
<td>Julia Wilkie</td>
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<tr>
<td>Tuesday 5 November</td>
<td>Larry Heuston</td>
<td>Janet Edwards</td>
</tr>
<tr>
<td></td>
<td>Julie Leahy</td>
<td>Nat Herbert</td>
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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

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**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/](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.

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**P&C NEWS**

**Plant Sale – Friday 1st November**

Plants left over from the FETE will be sold for $.50c on Friday afternoon from 3pm at the Tuckshop. Painted Pots and Grassheads will be sold for $1. Come and grab a bargain.

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**DISCO**

**FRIDAY 22 November 2013**

Gabbinbar School Hall

P-3 Disco 5:15pm – 6:30pm  Cost $4
4-7 Disco 6:45pm – 8:30pm  Cost $6

Popper and Chips included with entry.

Glow Sticks for sale - $1

Tea/Coffee/Biscuit will be on sale for parents.

**PLEASE NOTE:** Students will need to be dropped off and picked up from the Hall by parents/guardians.

Disco is open **ONLY** to Gabbinbar State School students
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