We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
QUEENSLAND ANZAC CENTENARY

5 AUGUST - 9:30AM

Share a piece of history online with the Queensland Anzac Centenary commemoration in Parliament at 9.30am on Tuesday 5 August on the Queensland Parliament website. The Premier will read the transcript from 100 years ago, when Premier Digby Denham pledged Queensland’s support to the First World War effort. http://www.parliament.qld.gov.au/

INSTRUMENTAL MUSIC

Congratulations to the Instrumental students who performed at the Eisteddfod last week.

There will be no band or lessons on Thursday, 31 July as Ms Warfield will be at the eisteddfod.

Thursday, 7th August lessons and band will resume as per the timetable.

NATIONAL SELF-Detection PROGRAM FOR SCOLIOSIS (NSDP)

Scoliosis (spinal curvature) is an important health problem for adolescent girls. A brochure has gone home to all Year 6 and 7 girls highlighting awareness and suggesting a simple detection test. For more information please see www.scoliosis-australia.org. This service replaces the previous whole school screening conducted in the past.

Mother’s Morning Tea

Thursday, 31 July
9.00am – 10.30am
Gabbinbar State School Hall.
MOBILE DENTAL CLINIC NEWS
The Mobile Dental Clinic 42A is open each Monday - Friday from 8.30am until 4.00pm. Our phone number is 0408 767 779
Registration forms have been issued to all students and we are making appointments with all families who have returned their registration forms. Appointments will be made with their parent / carer so they can attend with their child /children at times that are suitable with the dental van and parent.

If there are any concerns please contact the Dental Van.
Thank you
Karen, Sandra, Brenda and Mel
Dental Staff

CHAPPY NEWS
SUPPORTING CHILDREN'S CONFIDENCE

How confidence develops
For most children, starting school means spending more time on learning and less on play. It also means more expectations of them – from parents, carers, school staff and also from themselves.
Primary school children typically start out with high expectations. When they see how well they do things compared to others, their view of their own abilities often changes. They learn that they are good at some things and not so good at others. They also see how other children and school staff respond to what they do. These things influence children’s confidence in their abilities and also influence how willing they are to have a go in situations where they feel unsure.

How parents and carers can help Confident Thinking:
Self-esteem is an important part of confidence. Having good self-esteem means accepting and feeling positive about yourself. Confidence is not just feeling good but also knowing you are good at something. Particular ways of thinking are very important for building confidence.

Helpful ways of thinking include:
- believing that, if you try, you can succeed
- finding positive ways to cope with failure that encourage having another go
- enjoying learning for its own sake by competing with your own performance rather than that of others
- making sure that goals are achievable by breaking down large tasks or responsibilities into small steps
- being ready to help when necessary, without taking over.

Dealing with disappointment:
Everybody fails to achieve their goals sometimes. Parents and carers (and school staff) can help by:
- responding sympathetically and with encouragement (eg “That was disappointing, but at least you had a go.”)
- helping children focus on what they can change to make things better, rather than thinking that the situation is unchangeable or that there is something wrong with them (eg “What can you try that might make that work better next time?”)
- challenging ‘I can’t’ thinking by showing and saying you believe in them and reminding them of what they have achieved.

Optimistic thinking recognises what has been achieved more than what is lacking.
It looks at the glass as half-full rather than half-empty.
Parents and carers can help children focus on their effort and on achieving personal goals.
Parents and carers can help children focus on their own effort and on achieving personal goals as the best way to measure success.

P & C NEWS
RACE DAY Cancellation
The 2014 Gabbinbar State School Race Day has been cancelled due to the lack of ticket sales. Thank you to those who did support this event by purchasing tickets early and those who have assisted in the organisation of the event. A full refund for purchased tickets is available for collection from the office.

TUCKSHOP ROSTER

<table>
<thead>
<tr>
<th>Tuckshop Day</th>
<th>Tuckshop Helpers</th>
<th>Tuckshop Home Bakers</th>
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</thead>
<tbody>
<tr>
<td>Thursday 31 July</td>
<td>Larry Heuston Jen Munt Jenny Walsh</td>
<td>Janet Edwards Cheri Ochner</td>
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<tr>
<td>Tuesday 5 August</td>
<td>Larry Heuston Julie Leathy</td>
<td>Alisa Dwyer</td>
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<tr>
<td>Thursday 7 August</td>
<td>Larry Heuston Jen Munt Charmaine Inglede</td>
<td>Rebekah Sullivan Vicki Flynn</td>
</tr>
<tr>
<td>Tuesday 12 August</td>
<td>Larry Heuston Rob Callow</td>
<td>Nat Herbert Penni Harth</td>
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We are still in need of a couple of tuckshop helpers, so if you can spare an hour or two on Tuesdays or Thursdays please let me know. It is a fun morning, and morning tea or lunch is included, as a thank you for your help.

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

OSHC
Parents of children in Outside School Hours Care (OSHC) are invited to become more active in the service by joining the OSHC management committee. The OSHC committee meets once per month at 6pm for an hour on the 3rd Wednesday of the month. The monthly P & C meeting is on this night, commencing at 7pm. Attending the monthly meeting is a mandatory requirement of being on the committee. Meeting dates for the rest of 2014 are: 20 August, 17 September, 15 October, 19 November, and 17 December.

Secretary – take notes during monthly meeting, email to committee chair, alterations, and circulation to committee via email. Other activities as required, totalling 4 hours per month.
Grants – identify suitable grants available to OSHC, prepare draft submissions. Total 4 hours per month
Resourcing – Working with the Director and programmers to source resources for the program. Total 4 hours per month.

Please see Davina if you are interested in helping.
We are always happy to receive any goods you no longer need, or we can use for arts and crafts. We currently are after a drill for small maintenance jobs, and a kitchen appliance to make smoothies.

Davina Quinn
OSHC Coordinator 4631 5266

SECOND HAND UNIFORMS
Please note:
Second Hand Uniforms are available for purchase from 9:10am on Tuesday, Wednesday and Thursday mornings.
We have plenty of jumpers and track pants in stock in all sizes. Enquiries or appointments can be made by phoning Sharon on 0423 654 259.

HAIR ACCESSORIES: Hair Scrunchies, clips and head bands are available for purchase through the school office. All hair accessories are in the Gabbinbar school colours.
Prices are: Headbands $5; Scrunchies $4; Clips $3. Cash only. All proceeds go to the P & C.
Devils Softball Club
Sign On Days 2014

~ Fun ~ Family ~ Friendship ~

Sunday 17 August 2014
Highfields Sports Grounds
Kuhls Road Highfields
10am - 12noon

Sunday 31st August 2014
Kearneys Spring Sporting Complex
12noon - 2pm

Have you ever wanted to play softball?
Do you want to be part of a club whose values include a focus on fun, family and friendship?

Then come along and join in the fun and try at the locations listed above.

Devils Softball Club is looking for players to join in this great game for the 2014/15 season. Players of all ages are encouraged to sign on from 6 years old. We invite all members both new and old to come along and try their hand at Softball.

Activities Include:
\- Fun and Games
\- Parents and Kids T-Ball Game

All Enquiries Contact:
\- Jodie: 0408177097
\- jleys@hotmail.com.au
\- Krystel: 0491891004
\- kleys@live.com.au

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ENGAGING ADOLESCENTS™
FREE PARENTING COURSE

Parenting skills for resolving teenage behaviour problems
A one day program for parents and carers
on Saturday 30th August 2014 from 9am to 4pm
at the University of Southern Queensland

Learn:
\- Some common ground shared by parents & reasonable expectations to hold about adolescents
\- New understandings of adolescence
\- A three-option model & flow chart for decision-making
\- Self-check-in, first - for parents.
\- Building relationship with your teenager and making the best of your non-crisis conversations with them
\- Skills for tough conversations for handling those problems you just can’t ignore

Who’s running it?
James Brown is a Lecturer at USQ and clinical psychologist with specialist skills in the treatment of childhood and adolescent disorders as well as extensive training and experience in facilitating parent workshops. James is the parent of 4 children.

This is a free parenting program offered by The University of Southern Queensland as part of a research program into the effectiveness of this program for parents of teenagers. We invite participants to support the USQ’s research by electing to complete a brief series of surveys.

What parents have said...
A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received from the course helped him to keep his cool and brought a more favourable outcome.

A single mum in the week following the course made an appointment with her 15 year old son during the week and had a far more courteous discussion with him than would previously have been the case.

Registration:
The course is free and sponsored by the University of Southern Queensland
To register go to www.usq.edu.au/engaging-teens or contact
James Brown on 4631 1457 or James.Brown@usq.edu.au
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@canbk.asn.au
Web: www.canbk.asn.au/gabbinbar
Phone: 07 4613 6205
Fax: 07 4613 6209

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