FROM THE PRINCIPAL

Internal Car Park – Parent Notice!
Our school precinct is a very busy area before and after school. Access within the Internal Car Park is for staff, parents of students with disabilities and private suppliers and contractors only – it is not a general ‘pick-up’ and ‘drop-off’ area! Please help us keep your children safe.

Children’s Book Week 16 – 22 August
Children’s Book Week starts next week and students of all ages can find a good read on the 2014 Book of the Year shortlist. This year’s theme is ‘Connect to reading – reading to connect’ and highlights the benefits of exploring other people’s stories.

The reading period for the Premier’s Reading Challenge closes on 5 September. All registered students — make sure you are on track to meet your reading target before the deadline.


We will be celebrating Book Week next Friday 22 August, encouraging students and staff to dress in their favorite story book or comic character. Dive into your cupboard and see what you can find to make your favorite character come to life. Please see the library news for more details.

Student of the Week
Abbie (1G), Thomas (1R), Savannah (2G), Aleigha (2G), Chris (3M), Alexander (3P), Bryce (4E), Bree (5C), Dara (5L), Caitlin (6H), Matthew (6W), Dominic (A1), Joey (A2), Emily (A3).

Gotcha Winners - Matthew (6H).

Media Consent Forms
Important Reminder: New Media consent forms are effective from the start of this term. Students’ name and images will not be permitted to be used if new forms have not been received by the office. If you haven’t returned your form, we ask that these be completed and returned as soon as possible. If you are unable to find your forms, copies are available from the front office. Unfortunately we are unable to place photos of our students in the Newsletter if the current consent forms are not completed.

Every Day Counts at Gabbinbar
Every Day Counts because children achieve better when they attend school all day, every day.
Every Day Counts because going to school means getting a better chance at life.
Every Day Counts because school helps children build social and emotional skills such as communication, teamwork and resilience.
Every Day Counts because going to school is a legal requirement.

Student Absences
A reminder to all parents that it is your responsibility to notify the school of your child’s absence. You can do this in four simple ways by:
1. Phoning the Absence line 46315260, this service is available 24 hours a day.
2. Sending a signed and dated note to school with your child.
3. Emailing the school via our website – click on the tab ‘Absentee-eLine’ and emailing us.
4. Emailing directly: absences@gabbinbarss.eq.edu.au

Please include your child’s name, class, day(s) they are away and the reason for absence eg. illness, doctors appointment…
School News

Life Ed
The Life Ed Van will be visiting the school from 25th August – 5th September. An information letter with permission slip will be sent home today. The Program for each year level is listed below:

Prep - Clued Up
When Cockey goes missing, Harold, with the help of the class, does some earnest detective work to find him. The components of a healthy lifestyle, including safety with medicines are examined in the search for Cockey. Other issues covered include:
- personal safety
- syringe safety
- body knowledge and self-assertion skills

Year 1 - Harold’s Mystery Tour
Harold invites the class to attend a mystery tour in a special bus. On a humorous journey they visit a variety of places including The Full Body Experience, a beach and a waterslide. They discuss issues and engage in activities centred on:
- the main internal human body parts % safety in public places
- safe use and storage of medicines % appropriate remedies for illness
- being scared/pressured to do things and ways of coping

Year 2 - All Systems Go
Inside a futuristic machine ‘The Venture’, the Captain and his crew take the class on a tour of the human body. Travelling through the blood we explore the functions of various body parts and how magnificent the human body really is. The students discuss issues and engage in activities centred on:
- peer pressure
- second hand smoking
- safety with medicines
- factors that influence the function of body systems

Year 3 – Be Cyber wise
This module focuses on cybersafety, cyber ethics and building positive relationships with friends online and offline. The students explore a range of issues such as password security, risks of sharing personal information, how to communicate respectfully both online and offline, and strategies to handle bullying including cyberbullying.
- responsible and respectful behaviour when using communication technology
- skills for building positive relationships with friends
- keeping personal information safe online
- strategies to deal with bullying and cyberbullying
- exploring the role of bystanders

Year 4 - Mind Your Medicine 4th and 5th Yr of schooling
Describes the factors that can contribute to a person’s sense of self-worth. Recognises that health is made up of many dimensions such as physical, emotional and environmental
- recognises that effective communication is an essential component of maintaining positive relationships
- identifies medicines as drugs and the consequences of their misuse
- recognises that medicines are sometimes needed to maintain health

Year 5 – On the Case
Join Mac McHardy, a time travelling detective, and his sidekick ‘Conan’ as they gather evidence to persuade McHardy’s great, great granddaughter not to take up smoking. Set in a fantasy world of futuristic steam powered machines, students travel through time, collaborate and explore:
- What's in a cigarette
- Effects of smoking
- History and laws
- Myths and facts
- Influences and pressures
- Strategies to reduce harm

Year 6 - Think Twice
- Recognises that alcohol is a legal drug but there are laws controlling its purchase and use
- Recognises that alcohol passes through and affects body systems, sometimes changing behaviour
- Discusses the level of consumption of alcohol for an adult that is low risk
- Examines both short and long term health consequences associated with alcohol misuse
- Discusses the myths surrounding the use of alcohol
- Recognises the level of risk is defined by the relationship between the environment, the drug and the person

Year 7 – It’s Your Call
Explains the definition of a drug
- Recognise that legal drugs (e.g. alcohol, caffeine, nicotine and medicines) have varying degrees of risk
- Recognises the level of risk is defined by the relationship between the person, the drug and the environment
- Describes behaviours that can risk the safety of self and others
- Examines S.E.A.R.C.H. as a problem-solving model

Payments Due

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Date Claimers

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Newsletter
To subscribe to The Gazette via email, see the instructions on our website (gabbinbarss.eq.edu.au) under Newsletters/Archive. Alternatively, send an email to newsletters@gabbinbarss.eq.edu.au with the subject of SUBSCRIBE to get the Gazette. Families who are unable to access the online can collect a paper copy from the front office.

Student Absence Phone Number
In addition to the option of emailing student absences to absences@gabbinbarss.eq.edu.au, parents may instead call our new student absence line 4631 5260. If you call, please be ready to provide your name and contact details, the student’s name, the reason and expected days/dates of absence. This service is available 24 hours a day.

Thank You
Thank you to all parents who donated bottle tops for our science program. We now have sufficient for our activities.

Chess News
Permission notes and information for students who have nominated for the Teams Chess Championships on Tuesday 2 September go home this week. Please look out for it and return to school by 22 August with payment. If you have any queries, please contact Mr Seng on 4631 5222.

We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
Library News
To celebrate Children’s Book Week for 2014 students are invited to dress up as their favourite book or comic character on Friday 22 August. Parents are welcome to our assembly at 9 am to see the cast of characters. As this is a fun voluntary activity we certainly don’t expect parents to go to a lot of expense. Parents are welcome to visit the library to see our display of the short-listed and winning books.
Mr Seng
Teacher-Librarian

Student Council News
Free Dress and Crazy Hair Day
Last Thursday the Student Council held their fundraiser for the Leukaemia Foundation. Thanks to everyone who came in free dress and/or had crazy hair. There were some really creative hairstyles presented. A total of $423 was raised. Congratulations to all who participated and thanks again for supporting such a worthy cause.

Chappy News
I have been asked many times by parents “how do I get my child to like their own body”. I struggled with this as a child as I was skinny and had legs like a giraffe. Not all that flattering and the other kids made sure I knew it. So let’s start to address the many concepts and misinformation that is around about body image.

What is Body image?
Body image relates to how a person thinks and feels about his or her own body. Body image also refers to the way we see our body and the way we think that others see our body. There are different aspects of body image;

1. The way we see our own body (Perceptual)
   Our body image is not always an accurate reflection of what our body actually looks like. For example, many people in our society perceive their body to be larger or fatter than it really is. Perceptual body image is the difference between what you perceive your body to look like and what your body actually looks like.

2. The way we feel about our body’s appearance (Affective)
   We all feel a certain way about the way we look and aspects of our appearance. Affective body image refers to the amount of satisfaction or dissatisfaction we feel about our general appearance, our weight or shape and even about specific body parts.

3. The thoughts and beliefs we have about our own body (Cognitive)
   The feelings that we have about our body and its appearance are often associated with certain thoughts or beliefs. When we feel dissatisfied with some aspect of our body it is usually because we believe that it is not the right shape, size or colour. For instance, the many boys in our society who are dissatisfied with their body shape think that they should be larger or thinner.

4. The things we do because we are dissatisfied with our body (Behavioural)
   Often, feelings of dissatisfaction with the body can lead a person to avoid doing certain things that might evoke those concerns. For instance, many people who have body dissatisfaction avoid doing physical exercise with their peers.

(To be continued)
Take care
Chappy Carmen

OSHC
Hi and Welcome to another week of OSHC news.

Please be advised that the following fee increases approved by the P&C Committee will apply at Gabbinbar OSHC from the 1st of August 2014. Increases will be applied to accounts from Monday 18th August 2014.

- AFTER SCHOOL CARE - $22.50 PER DAY
- BEFORE SCHOOL CARE - $15.00 PER DAY
- BEFORE SCHOOL CARE COMBINED WITH ASC ON SAME DAY - $10.00
- AFTER SCHOOL CARE- CASUAL - $25.00 DEPENDING ON AVAILABILITY
- Non Cancellation Fee - $10.00 per session

Parents of children in Outside School Hours Care (OSHC) are invited to become more active in the service by joining the OSHC management committee. Secretary – take notes during monthly meeting, email to committee chair, alterations, 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
- Administration - Assist with OSHC administration as determined by the Director. Filing, bookkeeping, letter drafting, website update. Total 4 hours per month. Please see Davina if you are interested in helping.

Davina Quinn, OSHC Coordinator 07-4631 5266

We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
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@gabbinbarssl.eq.edu.au
Web: gabbinbarssl.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