FROM THE PRINCIPAL

Congratulations to Mr G and the Junior Choir on their outstanding Gold Level performance at the Choral Fanfare yesterday. It was my pleasure to accompany these students along with Ms Connell and watch them perform. Over the semester we have had the pleasure of hearing them perform at assembly and have seen their development as a choir culminating in this performance. With such positive feedback from the adjudicator who ‘loved their focus, sense of theatrical, and great stage presence’ they have demonstrated their great potential as a choir. Well Done!

STUDENT HEALTH

As the terms moves into the second half and with winter upon us, the number of student who are at times unwell or require time of school is on the increase. Research into the health benefits of sleep demonstrate that sleep plays a critical role in immune function, memory and learning to name but a few, (Harvard Medical School). Below is a Parent Tip sheet from our Regional Guidance Officer for Mental Health.

SLEEP HABITS FOR CHILDREN

Sleep research shows that children who develop good sleep patterns usually carry these into adolescence, and beyond. If you are a parent of young children struggling to get them asleep or battling kids who want to stay up longer then a proper working knowledge of good sleep habits and sleep hygiene is a must...

GREAT SLEEP HABITS INCLUDE:

1. **Regular bedtimes.** Kids may fight this but be regular during the week and let kids stay up a little later on the weekends.
2. **A wind down time of up to 45 minutes prior to bed.** This includes, removing TV and other stimuli, calming children down and limiting food intake (and caffeine for teenagers).
3. **Bedtime routine** such as story, teeth cleaning that signals psychologically that it is time for sleep.
4. **Keeping bedrooms for sleep** and not TV or devices. Bedrooms that resemble caves seem to be recommended.
5. **Maximising the 3 sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (hormone that prepares you to sleep).

It seems sleep is one thing we can all be educated about. We take it for granted and often view poor sleepers through a behaviourial lens. Better knowledge of the biology of sleep and also sleep patterns will go a long way to helping kids and teens get a good night’s sleep. I believe it is an absolute essential for good modern parenting.
School News

<table>
<thead>
<tr>
<th>Date Claimers</th>
<th>Details</th>
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<tbody>
<tr>
<td>05.06.15</td>
<td>Assembly – Senior Choir Performing</td>
</tr>
<tr>
<td>09.06.15</td>
<td>Centenary Heights Enrolment Information Evening – 6pm – CHSHS School Hall</td>
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<tr>
<td>12.06.15</td>
<td>Centenary Heights School Tours (9-10am)</td>
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<tr>
<td>17.06.15</td>
<td>Gold Award Ceremony @ 9am</td>
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<tr>
<td>17.06.15</td>
<td>P &amp; C Meeting @ 7pm</td>
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<tr>
<td>25.06.15</td>
<td>Mothers Morning Tea</td>
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<tr>
<td>25.06.15</td>
<td>Athletic Carnival</td>
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<tr>
<td>26.06.15</td>
<td>Athletic Carnival</td>
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<tr>
<td>26.06.15</td>
<td>Last day - Term 2</td>
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<tr>
<td>13.07.15</td>
<td>Term 3 commences</td>
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Payments Due

<table>
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<tr>
<th>Date</th>
<th>Payable For</th>
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<tbody>
<tr>
<td>12.06.15</td>
<td>Senior Shirt - $35</td>
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Payment for Excursions, Performances or Student program will not be accepted after the payment due date under any circumstances.

Student of the Week

Gemma (PW), Charlie (PS), Elizabeth (PC), William (1LG), Brody (2G), Sophie (2G), Tyla-Jo (2L), Adelina (2L), Taj (2R), Jakiah (3M), Max (3H), Tristan (4R), Christopher (4E), Lola (5C), Nhyckoz (6L), Landon (6W).

Gotcha Awards

Annabelle (PS), Bronson (4E), Thomas (2R)

Report Cards

Starting this semester, Gabbinbar State School will be trialing electronic report cards delivered by email, in addition to printed report cards, with the view electronic report cards being the main format in Semester 2.

Parents should have received an email from administration@gabbinbarss.eq.edu.au using the current information provided to the school. Thank you to those who have emailed a confirmation or seen our office staff in person.

If you did not receive this email please check your junk or spam folder. Please add the email address Application.ONECHOOL@dete.qld.gov.au to your contacts/address book to ensure the emails do not get directed to your junk or spam folder in the future.

To update your email contact details please email us at administration@gabbinbarss.eq.edu.au

Parent Information

We are currently updating contact details for each child at Gabbinbar State School. We have had many instances already this year in which either home or emergency details have changed but parents have not notified the school. It is vital that we have the correct contact details and emergency numbers to assist us when having to contact you if your child is unwell or injured.

If you are unsure if your details are up-to-date, please contact the office.

Choir FANFARE Notes

Following on from the Senior Choir’s success at Eisteddfod, the Junior Choir competed in Education Queensland’s Choral FANFARE with great aplomb.

The high performance standard continued with the acclaimed conductor of “Voices of Biralee”, Mrs Julie Christiansen AOM, acknowledging the developing skills of the choir, as evidenced not only by their great sound and expressive interpretation, but also by their appearance and confidence on stage.

The choir were awarded GOLD adjudication for their performance, which is an excellent result reflecting the high standard of the choristers’ developing skills. A huge thank you to Miss Duanne – our wonderfully supportive accompanist – and all staff, parents and families who had the children looking their best, and supported us with their attendance. It shows the children that this is a valued part of our School program and the importance of your support, both tacit and implied, cannot be overestimated.

Semester 1 music is now being collected, (and I would ask for your assistance in ensuring that your child has fulfilled their responsibility with this). Choirs will be enjoying the “Mintie Meeting de-brief” with me this week. Any students wishing to join for the 2nd half of the year are urged to see Mr G. immediately.

Chappy Word

Hi everyone,

Last Thursday was our monthly Mother’s Morning Tea and the Mothers and I had a lovely time with the ladies from City Women. It was a great opportunity for us all to talk and to get to know each other.

Thank you City Women for all the wonderful food. The next morning tea will be on the 25th June. I would love to see you there.

Food for thought

As you are aware, many of us have recently celebrated Mothers’ Day. This year, I found myself considering what it was about my mother and father that made them such great parents. The answer, I realized, was that they both gave me unconditional love. They may not be perfect, but because of that, they would always love me and would nothing could ever change the fact that I was their daughter, yet, in spite of my many flaws, I was always reminded that it was their unshakable love that made me want to be a better person, a better daughter.

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Please remember that the greatest thing that you can give your children, your parents and your siblings is your unconditional love. They may not be perfect, but after all, neither are you.

A message from Chappy Tricia.

We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
MOTHERS’ MORNING TEA
Thursday 25 June
9.00am – 10.30am
Gabbinbar State School Hall
Hosted by City Women on the third Thursday of every month. Everyone is welcome to attend.

Gazette Distribution
To keep up-to-date with news from Gabbinbar State School you can:
- See our website at gabinbarss.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

P & C News
The P & C will be holding a Family Photo Fundraiser on 1st August. For those families who have indicated they will be coming, thank you for your support.
It's not too late for anyone else wishing to have their family portrait photo taken. Please contact Julie in the office or myself on the details below.
We will be sending out time preference sheets 1st week back of term 3.
Date Claimer: Family Movie Night Fundraiser will be held in the hall on the 15 August. More details will be announced shortly.
P & C will be holding a 5c fundraiser. Each class will be given a jar to collect their 5c. Whichever class raises the most money will win a class party. The competition will begin in term 3 and will finish on November 30.
There will be a number of other exciting fundraisers coming up for terms 3 & 4. More details to be announced next week.
If you have any fundraising ideas or wish to help out, please contact Alison Briese on 0400128343.

Tuckshop News

<table>
<thead>
<tr>
<th>Tuckshop Day</th>
<th>Tuckshop Helpers</th>
<th>Tuckshop Bakers</th>
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</thead>
</table>
| Thursday 4 June | Larry Heuston  
                  | Rob Callow  
                  | Charmaine Ingledew       | Sue Long  
                  | Cheri Ochnia  |
| Tuesday 9 June | Larry Heuston  
                  | Dion Hutchins  
                  | Donna Elsey              | Janet Edwards  |
| Thursday 11 June | Larry Heuston  
                  | Jenny Welsh (If Available) | Charmaine Ingledew       | Penny Hagarty  |
| Tuesday 16 June | Larry Heuston  
                  | Jane Higgs  
                  | Christina Kunde          | Penny Harth  
                  | Nat Herbert |

We will be having a sausage sizzle meal deal on Thursday 25 June. Forms will be sent home shortly. The meal deal will need to be returned to the Tuckshop or school office no later than Thursday 18 June.

PLEASE CUT OUT THE ORDER BOX AND ATTACH TO A CLEAN PAPER BAG.
Larry Heuston 0417731126 or leanne.heuston@bigpond.com

Bookclub
Thank you so much to everyone who ordered bookclub for issue 3. We managed to raise $291.50 in rewards for the school to spend on new books and resources. It is also great to see so many books making their way into people’s homes.
Issue four has been handed out to all of the children and has some great things on offer. These forms are due back to the school by Thursday 11th June. If you have any questions or concerns please contact me (Dennielle) on 0403674443.
Thanks so much,
Dennielle

OSHC
Hi and welcome to another week of OSHC news.
Please note our MOBILE PHONE is no longer operational. While we decide whether we replace this phone, please use our landline number 4631 5266, or email QuinnD3@eq.edu.au for bookings, cancellations or inquiries.
Our new winter menu is proving a big hit, especially with all of these chilly afternoons we have been having. Our baby chickens are also a big hit! We will have 12 hatching over the next week.

FOUR weeks remain until it is Vacation care time again! The program will be available on Tuesday 9th of June, please fill in the Expression of Interest sheet at OSHC this week if you will need care for your children.

This week, our Educator introduction is Davina. Davina is the Nominated Supervisor and Coordinator at Gabbinbar OSHC. After a long history of working in childcare, Davina has been at OSHC for 6 1/2 years. In her spare time, she enjoys craft activities and gardening.

Davina Quinn,
OSH C Coordinator
07-4631 5266

RAI DIRECT REFERRAL PROCESS.
DIRECT REFERRAL PATHWAY

Step 1. Referring Agency meets with family.
Step 2. Assess whether family meets eligibility criteria.
Criteria for Direct referral are:
The referred child is 0-17 inclusive years of age;
The family has high and complex needs;
The child and family have had involvement with the statutory child protection system, or are at risk of progressing into the statutory system; and
The family would benefit from intensive and specialist support services.
Step 3. Referring agency to complete referral form and have parents/guardians sign informed consent document.
Step 4. Referring agency to fax completed referral form to RAI Service on 32504787.

IF CHILDREN ARE AT IMMEDIATE RISK, PLEASE CONTACT DEPARTMENT OF CHILD SAFETY THROUGH YOUR AGENCY’S NORMAL CHANNELS.

We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
2015 DOWNS RUGBY TEENAGE GRAND FINAL DAY

Venue: Gold Park Top Oval
Date: Sunday June 7th 10:00am-3:00pm
Under 13 Grand Final - 10:00am
South Toowoomba vs Goondiwindi Emus (Greg Holmes Shield)
Under 14 Grand Final - 11:15am
Toowoomba Bears vs Highfields Redbacks (Berrick Barnes Shield)
Under 15 Grand Final - 12:30am
Toowoomba Bears vs Goondiwindi Emus (Tim Horan Shield)
Under 16/17 Grand Final - 1:45pm
USQ Saints vs Toowoomba Bears (Hugh McMeniman Shield)

Mitchell Bradbury - Rugby Operations Officer
Unit 11/ 189 Anzac Avenue, Toowoomba
PO Box 1070 Toowoomba, QLD, 4350
P/F: (07) 4633 7733 M: 0448 342 273
W: www.downsrugby.com.au

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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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