FROM THE PRINCIPAL
This week we are celebrating our Support Workers – Teacher Aides, Admin Staff and Grounds staff for the work they do in our schools. Their work supports teachers in creating opportunities for all students to learn, develop and be the best they can be. As teachers we recognise the important part support staff play in our school, and take the opportunity this week to thank them for their valuable contributions to our school.

Optiminds Success
This week we received the news that our Language and Literature Optiminds team received an Honours Awards at the recent Optiminds competitions held at the UQ Gatton Campus. We congratulate the team on their success.

2016 Prep Enrolments
To assist us in planning for 2016 we need to have an accurate forecast of our 2016 Prep numbers. If your child will be attending Gabbinbar’s Prep program in 2016 we ask that you return your enrolment forms as soon as possible to enable us to confirm numbers and finalise planning for information sessions. 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.

Parent-Teacher Interviews for Term 3
Parent-Teacher Interviews will be offered next week. Thank you to parents who have returned their forms. This week teachers will send home confirmation of interview times. If you are unable to make your interview at the allotted time, we ask that you notify the school as soon as possible, so our teachers can work to allocate you an alternative time.

Our teachers look forward to meeting with you to discuss your child’s progress.

Parenting Tips from our Senior Guidance Officer (Mental Health)
THE 8 TRAITS OF EMOTIONALLY STRONG FAMILIES

1. Members come together regularly and enjoy each other’s company.
A variety of Strong Families Studies agree on one fact – that people in strong families come together either formally to share a meal or meet on people’s birthdays and other special events; or come together informally – they just hang out together.
How much time do you spend with your family?

2. People share their feelings, even unpleasant feelings and they learn how to manage them effectively.
People in strong families connect on a deeper emotional level. When someone is unhappy or miserable; it’s not ignored. It’s acknowledged and it informs how people behave – whether to give that person space; provide a shoulder to lean on or simply to cheer them up. Does your family connect on an emotional level?

3. Family members care deeply about each other – come together through difficulty.
People in strong families draw together when the chips are down and crisis happens. Hardship galvanises rather than pushes people away. Would your family pull together or disintegrate when hardship hits?

4. Family members communicate and show emotion.
People don’t always get their communication right but there is a willingness to forgive transgressions of others and to look for ways to move forward rather than be stuck in the past. How much affection is shown in your family on a daily basis?

5. Conflict is resolved respectfully and responsibly, rather than ignored.
Parents will see conflict situations as opportunities to bring people closer together rather than take sides and apportion blame. Is conflict ignored or handled respectfully in your family?
6. There is a strong sense of shared identity.
   Strong, emotionally smart families have a strong sense of who they are. They generally have identifiable rituals and traditions that are passed down from one generation to the next. **What are your key traditions and rituals?**

7. Decisions are shared and all members honour opinions and ideas.
   The old autocratic parenting approach “Do as I say”, no longer works in Western families. Parents in strong families use an authoritative parenting approach to raise their children. **What parenting approach do you use?**

8. There is a feeling of optimism and hope in the family.
   Strong families usually have something bigger than them that they connect with – whether it is religion, caring for the environment or shared compassion for mankind – hope and optimism are gained from a shared set of ethics, beliefs or values. **How does your crew measure up?**

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**School News**

<table>
<thead>
<tr>
<th>Date Claimers</th>
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<tbody>
<tr>
<td>08.09.15</td>
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<td>10.09.15</td>
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<td>17.09.15</td>
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<td>13.10.15</td>
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<tr>
<td>20.10.15</td>
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<td>27.10.15</td>
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**Payments Due**

| 04.09.15       | Yr 2 – History Excursion - $10 |
| 11.09.15       | Yr 4 – Kids Space Excursion - $10 |
| 16.09.15       | Yr 2 - Swimming - $45 |
| 16.09.15       | Yr 6 - Cent Heights Transition Program - $12 |

Payments for Excursions, Performances or Student program will not be accepted after the payment due date under any circumstances.

**Student of the Week**

Cooper (PS), Zani (PC), Mahalia (1LG), Serah (1LG), Ella (1L), Mya-Rose (1P), Aidan (2G), Nathan (4R), Sarah (4E), Blake (5C), Jack (5M), Kirrilie (6W), Charlotte (A1), Riley (A1).

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**Gotcha Awards**

Adam (3H), Jaxson (1LG), Joshua (2G), Teddy (3H), Aidan (2G), Georgie (2G), Brody (4E).

**Chappy Word**

Hi Everyone,

Words – have you ever realised just how powerful they are?

If you use your words for criticising, for judging others and for gossiping, then you have the power to cause a lot of heartache and upset.

However, if you choose to use words to encourage others, to compliment others and to let people know how much you appreciate them, then you will have the power to make real and positive changes in people’s lives.

In the Message Bible in Proverbs Chapter 18 verse 21 we read, ‘Words kill, words give life; they’re either poison or fruit – you choose.’

Correctly chosen words can nourish your life and your relationships. Each time you say something nice to a person, you will see a change in their faces and that change will make you feel good about yourself. The positive influence that you will be having on others will also be having a positive effect on you.

Over the next few days, why not look for opportunities to encourage someone for their effort in having a go at something. Look for other people to whom you can offer a compliment and thirdly look for yet others that you can thank for something that they’ve done for you.

You will be surprised at how much enjoyment you will get from doing this.

A message from Chappy Tricia

These articles are taken from Su Qld Chappy Resources

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**Gardening News**

The Gardening Club is always looking for new plants. If you will not be redeeming your plants voucher that came out with rates notices last week, we would love to use your voucher. Please send in to the school office.

**Swimming Program – Yr 3-6 Term3**

<table>
<thead>
<tr>
<th>Depart</th>
<th>Lesson Time</th>
<th>Friday, - 4/9</th>
<th>Depart Centenary Heights</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00am</td>
<td>10.15am</td>
<td>3H &amp; 3M</td>
<td>11.15am</td>
</tr>
<tr>
<td>11.30am</td>
<td>11.45am</td>
<td>4R &amp; 4E</td>
<td>12.45pm</td>
</tr>
<tr>
<td>12.15pm</td>
<td>12.30pm</td>
<td>5M &amp; 5C</td>
<td>1.30pm</td>
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<tr>
<td>1.30pm</td>
<td>1.45pm</td>
<td>6W &amp; 6L &amp; A1/A2</td>
<td>2.45pm</td>
</tr>
</tbody>
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We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
**Chess News**

Sixteen Gabbinbar chess players from years 2 to 5 played in yesterday’s Toowoomba District Primary School Teams chess championship. A record number of players participated in the chess tournament, with 119 teams of four from 28 schools.

Our Gabbinbar 1 team placed in the top half of the field with our other teams a bit behind. I’m especially proud of our year 2 players for bravely facing much-older opponents and taking it all in their stride.

Thank you very much for your support of chess and for the development of junior chess at Gabbinbar. All the Gabbinbar children had a great day playing seven rounds of chess. A special thank you to parents who assisted on the day.

Advanced tutoring continues for the next two weeks at Gabbinbar.

**Beginners’** tutoring for prep upwards starts next term; more information soon.

**Woolworths Earn & Learn 2015**

This program is designed to assist schools in obtaining valuable teaching resources - simply by doing your grocery shop at Woolworths.

Receive one sticker for every $10 spent (excluding liquor, tobacco and gift cards). Stickers can be dropped into the collection box here at the school. At the end of the promotion, we’ll be able to select from over 7,000 valuable school resources including maths & science equipment, arts and crafts material, sports gear and lots more.

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**P & C News - Fundraising**

**Bookclub**

Issue 6 catalogues have now been distributed to the classes. Spare forms are available from the library. Orders are due on **Friday 11 September** and should be placed in the P&C slot in Admin.

This will be the last book club for the year but you will be able to purchase more amazing books from the Book Fair in 4th Term.

**5 cent challenge**

We’ve now raised over $1360.00. 1LG have surged ahead with $180.65. 2L are in second on $121.65 with 2G a very close third on $121.45. Reminding you all, we would prefer 5c coins only. With a little over 2 weeks to go until the competition ends, the prize can still be won by any class.

A massive thank you from the P&C for everyone’s fantastic effort.

**Fathers Day**

The P&C will running the Father’s Day stall on Thursday, 3rd September. There will also be some raffles running on the day. We will also have a small range of presents for Grandfathers available at the stall. Raffles will be drawn on assembly this Friday.

**OSHC**

Hi and welcome to another week of OSHC News.

Our **VACATION CARE PROGRAM** is out now for the upcoming September holidays. Please book your child in asap, so we can finalise arrangements. We have planned two fabulous excursions which need minimum bookings to go ahead. Remember we provide all food and activities for children during Vacation Care!

Outstanding fees need to be paid before vacation care bookings will be confirmed. Please see Davina to discuss your accounts.

We would like to welcome the new families we have enrolled at OSHC. From permanent bookings to emergency casual places, we are a vital service for Gabbinbar Families. We are currently at capacity most afternoons, so please let us know ASAP if you need to cancel an afternoon, so families on the waiting list can receive care. Thank you

We are needing donations of SCRAP PAPER for art and craft and paper plane making. If you can donate some from your office it would be greatly appreciated. We also are grateful for any other donations of art/craft items, as our children love using these resources every day. Thank you to Ms Wood and Ms McCarthy for their generous donations last week!

Davina Quinn,
OSHC Coordinator
Gabbinbar State School
07-4631 5266

**Lost Property**

The lost property bins are overflowing with lost clothing – mainly jumpers. Please check bins regularly for any items your child may be missing.

**Second-Hand Uniforms**

**KEEP WARM!!!**

- Trackpants available from just $2 each.
- Jumpers from $10.
- Yoga pants from $1, plus plenty of 50c plain blue jumpers to add layers.

**Hours:**
- Wednesday 8.45am - 9.15am
- Thursday 2.45pm - 3.15pm.

Contact Kylene: 0412 020 030

**Tuckshop News**

<table>
<thead>
<tr>
<th>Tuckshop Day</th>
<th>Tuckshop Helpers</th>
<th>Tuckshop Home Bakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 3 September</td>
<td>Larry Heuston, Rob Callow</td>
<td>Penny Hagerty</td>
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<tr>
<td></td>
<td>EXTRA HELPER NEEDED</td>
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<tr>
<td>Tuesday 8 September</td>
<td>Larry Heuston, Charmaine Ingledew</td>
<td>Nat Herbert, Erin Belot</td>
</tr>
<tr>
<td></td>
<td>HELPER NEEDED URGENTLY PLEASE</td>
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<tr>
<td>Thursday 10 September</td>
<td>Larry Heuston</td>
<td>Sue Long</td>
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<tr>
<td></td>
<td>EXTRA HELPER NEEDED</td>
<td></td>
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<tr>
<td>Tuesday 15 September</td>
<td>Larry Heuston, Jane Higgs / Donna Elsey</td>
<td>Janet Edwards</td>
</tr>
</tbody>
</table>

**Tuckshop Catering**

Our school is hosting a conference on Saturday 12 September. The tuckshop has been asked to do the catering for this event. I have it all organized, however I need a few volunteers to help make around 300 sandwiches and wraps.

If you can spare an hour or so, please let me know ASAP.

**Jack, Walter, Angus and Riley playing on the top tables**
Students’ School Banking

Hi everyone,

I have a few notes regarding student banking.

- There has been a recall of the Light Beam Torch which is one of the Term 3 reward items, due to easy access of the batteries inside the torch and the potential harm it can cause to children. Below you will find some FAQs from CBA as to why this has happened. Notes have gone home to those students who have previously ordered the Light Beam Torch to place an order for a replacement reward item.

FAQs: School Banking reward item recall

Summary:
- Commonwealth Bank is recalling the ‘Cosmic Light Beam Torch’ as part of our School Banking Rewards Program due to a potential safety issue.
- Please rest assured we have not received any reports of injury but concerns have been raised about the potential for a child to access the button batteries inside the Torch.
- We have taken these concerns seriously and are immediately recalling the Torch as a precautionary measure.
- Commonwealth Bank considers the safety of all its customers as the utmost priority.

QUESTIONS

Why did CBA decide to recall the Torch?
- The torch contains four button batteries that may be accessed when you unscrew the back of the item.
- If these batteries are swallowed they may cause serious injury.
- While we have not received any reports of injury, we take the safety of our customers seriously and believe the most appropriate action is to remove the Torch from our Rewards Program and immediately recall it.

What do parents need to do as a result?
- If their child has a Torch, we ask that they immediately remove it from their child’s possession and dispose of it safely.

Will there be a new prize to replace the cosmic torch?
- Yes - we are offering children a replacement reward item from our Rewards Program (subject to availability).
- School Banking coordinators will be able to help parents order an alternative reward item without affecting their child’s current token tally.

Who should parents contact if they have further enquiries?
- From Wednesday, 26 August until Friday, 28 August, customers can contact us from 9am to 6pm (AEST) on 1800 674 496.
- From 31 August, the helpdesk will resume normal hours, available Monday to Friday 9am to 4pm (AEST).

Was the Torch tested before it was included in the rewards program?
- Yes - when we selected this reward, it was independently tested and met relevant product safety standards (including the International Standard on Electric Toys (EN62115) and Australian Standard on Safety of Toy Sets (AS8124).
- However, we have listened closely to concerns raised and undertook a further internal review which has resulted in the decision to voluntarily recall the Torch.

- We believe this is the most appropriate action for our customers and their families.
- I am in the process of updating our student banker database. I currently have 25 student bankers who have not banked at all this year but in particular I want to focus on 13 of those students who have not banked within the last 18 months to 2 years. In our list of student bankers there are also past students that have siblings still attending Gabbinbar State School. Older and younger siblings are more than welcome to bank through our student banking program however they will not be included in receiving reward items. Their deposits still contribute to the commission that Gabbinbar will receive from CBA on a quarterly basis. It would be hard for me to remove students from our database but I truly understand that there are reasons as to why students can no longer participate in the banking program. If the older high school siblings also wish to be deleted from the database, please let me know accordingly.

- Just a reminder to keep making your deposits on a weekly basis to make sure your entry is automatically entered into the Disneyland Holiday draw. Only 13 banking days left this year!!! You need to make 25 deposits this year to enter.
- Only 3 banking days left for the Term 3 competition to win iPad minis, headphones and book vouchers. Don’t forget you can also qualify for extra entries by completing the Money Mission on through the prize portal on the Commonwealth Bank website. All you need to do to qualify for an entry is make 3 deposits in Term 3.
- Finally – Don’t forget your bank books tomorrow!!!

Amy Manthey
Student Banking Co-ordinator
0429 597 093 or manthey_crew@hotmail.com

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Toowoomba Community Conversations Event:
Toowoomba Regional Council would like to make Toowoomba residents aware of the October 28th Community Conversations event which will be taking place at the Drayton Memorial Hall, 39 Brisbane Street. Attendees are invited to arrive at 6:00pm for a 6:30pm start and the night will conclude at 8:00pm with tea, coffee and light food provided. For further information, please contact Community Liaison Officer Andrew Spradbrow on 0474 041 010.
PEACH – ‘Parenting, Eating and Activity for Child Health’

Get your family active and eating well

Families in Toowoomba can now sign up the free healthy lifestyle program called PEACH™ – Parenting, Eating and Activity for Child Health. Registrations are open for a new group to commence in term 4, 2015.

The program is fun for kids and helps parents and carers make healthy eating and activity a part of every-day life. It is available to families with a child aged between 5-11 years who is above a healthy weight their age and consists of 10 group sessions that run for 90 minutes each.

Topics covered include nutrition skills, reducing screen time and being more active as a family. While the parent sessions are taking place, children enjoy active play with a trained child physical activity facilitator.

What: PEACH (Parenting, Eating and Activity for Child Health) program
When: Term 4, Tues 4-5.30pm (weekly)
Where: St Mary’s College
Cost: FREE

The program is funded by the Queensland government and being delivered state-wide by the Queensland University of Technology.

If you would like more information about the PEACH™ program or to register please contact free call 1800 263 519 or visit www.peachqld.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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