FROM THE PRINCIPAL

Regional Sport
Congratulations to the following students on their outstanding achievements at the Regional Athletics Trials this week.

- Jorden Wright 2nd in multi event
- Lillian Hanssen 3rd 100 metres & 3rd in multi-event
- Biar Deng 3rd high jump
- Apajok Deng finalist 200 metres

Jorden and Lillian have been selected in Darling Downs team to compete in Townsville later this year. We wish them all the best as they prepare for the State Titles.

2016 Prep Enrolments
We are currently finalising our 2016 Prep orientation program. 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 include your child in our planning for activities and 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 include all prospective students in our orientation activities and appreciate your assistance.

Parent-Teacher Interviews for Term 3
Parent-Teacher Interviews are being held this week. Thank you to parents who have taken the time to meet with teachers to discuss their child’s progress. 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 appreciate your time to discuss your child’s progress.

Parenting Tips from our Senior Guidance Officer (Mental Health)

Three Mind Sets for Parenting Success

1. Believe in your child
   This is easy if you have an early maturer, a child who has talents that you value, or one who easily achieves anything she or he puts his mind to. But it’s a different story if you have a child who struggles at school or to make friends, or just has a different interest than you. Your belief in your child’s abilities is revealed through your expectations, your body language, even the expression on your face.

2. Look for the best
   What you focus on expands so if all you focus on is misbehaviour and poor performance then you will get more of those things. Set your antennae for children’s strengths, abilities and social behaviours and invariably you will get more of those.

3. Think long term
   If you want your child to become independent then don’t do everything for him or her. You need to teach them some skills so they become self-sufficient.

Awareness, teaching and opportunity are the main requirements for kids to pick up these skills. They need to be aware of what can be done. They need to acquire the skills – some take more teaching than others. They also need opportunity to put things into place.
We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence

School News

**Date Claimers**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.09.15</td>
<td>Mothers Morning Tea</td>
</tr>
<tr>
<td>16.09.15</td>
<td>P &amp; C Meeting, 7pm</td>
</tr>
<tr>
<td>17.09.15</td>
<td>TYME—Senior Choir, Concert Band and Ensemble</td>
</tr>
<tr>
<td>18.09.15</td>
<td>Yr 4 Kids Space Excursion</td>
</tr>
<tr>
<td>06.10.15</td>
<td>Yr 2 Swimming commences</td>
</tr>
<tr>
<td>09.10.15</td>
<td>Interschool Sports commences (Yr 5 &amp; Yr 6)</td>
</tr>
<tr>
<td>13.10.15</td>
<td>Cent Heights Transition Program</td>
</tr>
<tr>
<td>20.10.15</td>
<td>Cent Heights Transition Program</td>
</tr>
<tr>
<td>27.10.15</td>
<td>Cent Heights Transition Program</td>
</tr>
</tbody>
</table>

**Payments Due**

- 11.09.15 – Yr 4 – Kids Space Excursion - $10
- 16.09.15 - TYME - $4
- 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**

Lachlan (PW), Max (PS), Leilani (PC), Lauren (2G), Addison (2G), Johann (2L), Rasheed (3M), Ebony (4E), Bindi (5C), Connor (5M), Lillian (6L), Callum (6W), Ned (A1)

**Gotcha Awards**

Angus (5M), Abraham (PS), Annabelle (PS), Elliot (PS), Gemma (PS), Harry (PS), Mason (1L)

**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.

**Chappy Word**

Hi Everyone,

Hope you are all enjoying the warmer spring weather and that everyone has recovered from all the illnesses that have been going around. This Thursday we have Mother's Morning Tea on again. I am looking forward to catching up with you, please feel free to come and join us.

This week’s theme is Perseverance in the Tough Times.

It’s a fact of life that all of us experience both good and bad times. We welcome the happy occasions, but quite understandably, we fear the difficult experiences. If you think about it though, you will realise that it is actually through and as a result of those tough times that you find yourself growing in maturity and in emotional strength. So next time you find yourself facing struggles in your life, try not to despair, instead ask yourself, 'Is there something that I can learn from what I’m going through?’ Perhaps there are some positive changes that you can make that will improve your situation. Consider whether you need to talk to someone, to get advice.

Most importantly, never lose hope. Remember that all things have a time limit. Keep looking forward to when circumstances will improve and you will be smiling again.

A message from Chappy Tricia

*These articles are taken from SU Qld Chappy Resources*

**PLEASE NOTE:**

**CHANGE OF DATE**

**MOTHERS’ MORNING TEA**

**Thursday 10 September**

9.00am – 10.30am

Gabbinbar State School Hall

Hosted by City Women. Everyone is welcome to attend.

**Tuckshop News**

<table>
<thead>
<tr>
<th>Tuckshop Day</th>
<th>Tuckshop Helpers</th>
<th>Tuckshop Home Bakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 10th September TERM 3</td>
<td>Larry Heuston</td>
<td>Sue Long</td>
</tr>
<tr>
<td></td>
<td>Charmaine Ingledew</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXTRA HELPER NEEDED</td>
<td></td>
</tr>
<tr>
<td>Tuesday 15th September TERM 3</td>
<td>Larry Heuston</td>
<td>Janet Edwards</td>
</tr>
<tr>
<td></td>
<td>Jane Higgs / Donna Elsey</td>
<td></td>
</tr>
<tr>
<td>Thursday 17th September TERM 3</td>
<td>Larry Heuston</td>
<td>Not Required. Thank-You to all our fantastic bakers in term 3</td>
</tr>
<tr>
<td></td>
<td>Rob Callow</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXTRA HELPER NEEDED</td>
<td></td>
</tr>
<tr>
<td>Tuesday 6th October TERM 4</td>
<td>Larry Heuston</td>
<td>Janet Edwards / Penni Harth</td>
</tr>
<tr>
<td></td>
<td>Belinda Parkes</td>
<td>Nat Herbert</td>
</tr>
</tbody>
</table>

Our school is hosting a conference on Saturday 12th September, the tuckshop has been asked to do the catering for this event. I have it all organised however I need a few volunteers to help make around 200 sandwiches and wraps. If you can spare and hour or so, please let me know ASAP. Larry Heuston 0417731126 or leanne.heuston@bigpond.com

**Date Claimers**

- 10.09.15 – Mothers Morning Tea
- 16.09.15 – P & C Meeting, 7pm
- 17.09.15 – TYME—Senior Choir, Concert Band and Ensemble
- 18.09.15 – Yr 4 Kids Space Excursion
- 06.10.15 – Yr 2 Swimming commences
- 09.10.15 – Interschool Sports commences (Yr 5 & Yr 6)
- 13.10.15 – Cent Heights Transition Program
- 20.10.15 – Cent Heights Transition Program
- 27.10.15 – Cent Heights Transition Program

**Payments Due**

- 11.09.15 – Yr 4 – Kids Space Excursion - $10
- 12.09.15 – TYME - $4
- 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.*
Working Bee
This Sunday, 13th September, we will be holding a working bee from 10am-1pm to reduce the amount of problem weeds and plants in our school grounds. Rajesh Jalota has already identified these problem areas and requires support to remove these. If you could assist, it would be greatly appreciated. Bring cutting tools, spades and general weeding equipment.

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. In week 1, we are visiting a Farm to learn all about where our food comes from, and in week 2, we have an exciting visit to Gumminggurr to learn about Aboriginal culture and history in the Darling Downs region. 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. Thankyou Davina Quinn,
OSHC Coordinator
Gabbinbar State School
07-4631 5266

P & C News - Fundraising
5 cent challenge
We've now raised over $1500.00. 1LG are still in the lead with $208.40. 2G are second with $155, 2R third with $146 and 2L fourth with $131. Reminding you all, we would prefer 5c coins only and we have a little over a week to go. Some classes can still catch and pass 1LG but don't leave it too late. Last collection will be done after assembly on the 18th September. A massive thank you from the P&C for everyone's fantastic effort.

Father's Day
This year's stall was a success and we hope all the fathers had a great day on Sunday. Thank you to all the volunteers who helped man the stall and congratulations to the raffle winners Anelma, Brody, Jamie and Ebony.

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.

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.

We also have many sets of glasses in the lost property. If you think they may belong to your child, please contact the office.

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

Woolworths Earn & Learn 2015
As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thanks to everyone who supported our school. We're now at the important stage of the program where the Sticker Sheets are collected and lodged as our Earn & Learn claim. We will then be able to get new educational equipment for our school. Please send in your Woolworths Earn & Learn Sticker Sheets and any loose Earn & Learn stickers you may have.

Thanks again for all your support.

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 for 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

We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
Residents of Toowoomba are invited to meet Mayor Cr Paul Antonio and available Councillors.

This is an opportunity for community priorities and future visions to be presented as agenda items for Council consideration. Attendees will also be able to ask questions.

Join us at the Drayton Memorial Hall, 39 Brisbane Street on Wednesday 28 October commencing with refreshments at 6pm. The forum is scheduled to commence at 6.30pm, and will conclude at 8pm with a light supper.

For further information relating to community submissions/visions or to RSVP please contact Toowoomba Regional Council’s Community Liaison Officer, Andrew Spradbrow on:
Mobile 0474 041 010 or email andrew.spradbrow@toowoombarc.qld.gov.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@candk.asn.au
Web: www.candk.asn.au/gabbinbar
Phone: 07 4613 6205
Fax: 07 4613 6209

These advertisers support us, please support them: