FROM THE PRINCIPAL
As the term draws to a close I would like to take this opportunity to thank all parents and community members for your support throughout the term. Your support through regular class volunteers work, willingness to attend excursions, sporting events and class activities and the support of our P&C have enabled us to provide our students with varied learning opportunities that have seen them excel in many areas.

WEED BUSTERS
Well done to our weed busters who attended the P&C working bee on Sunday: Rajesh Jalota, Kylie Tomasi with Deklin, Gus and Rosemary, Jeannie O’Reilly with Karina, and staff members. We have made a start ridding our garden of spreading weeds and the gardens are looking wonderful. Thank you.

Carnival Entry
Year 4s planted and grew this edible plants basket to enter in the Carnival of Flowers Hanging Basket competition on display now at Cobb & Co museum. Look for it in the courtyard of you go to the museum during the carnival.

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.

Keep a watch on our school these holidays
With the holidays fast approaching, we need you to look out for after-hours crime in our school. If you see anything suspicious, please call School Watch on 13 17 88.

The School Watch program is a partnership between the Department of Education, Training and Employment, the Queensland Police Service and the State Government Protective Security Service. It aims to reduce vandalism, theft and arson in Queensland schools.

If you do see something suspicious, please don’t attempt to intervene. Call the School Watch number and let the local police or State Government Protective Security Service deal with the matter. Keep the number handy - 13 17 88 - and let’s work together to help create a safer school community.
School News

Date Claimers

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<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>18.09.15</td>
<td>Last day of term 3</td>
</tr>
<tr>
<td>06.10.15</td>
<td>First day of term 4</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>
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<tr>
<td>20.10.15</td>
<td>Cent Heights Transition Program</td>
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<tr>
<td>27.10.15</td>
<td>Cent Heights Transition Program</td>
</tr>
</tbody>
</table>

Payments Due

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>07.10.15</td>
<td>Beginners Chess - $36</td>
</tr>
<tr>
<td>07.10.15</td>
<td>Interschool Sports - $25</td>
</tr>
</tbody>
</table>

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

Chappy Word
Hi Everyone,
I don’t know about you, but this term has really flown by for me. I thought I would let you know a few things that I have been doing in the school this term. During this term the Year 6 students have been attending Bella Girls (formerly known as Shine) and Strength Programs and they have their graduation from these programs on this week. We all have had a wonderful time and the students have learnt many useful social and emotional skills that I hope will assist them in the future.

During lunch breaks I have been running activities that include blowing bubbles, colouring in, threading, board games, cards and play dough. I find that this a great time for me to get to know the children in a relaxed and fun environment.

On the last Thursday morning of every month outside the hall, we have a Mothers Morning Tea. As the weather seems to be warming up the numbers of ladies seem to be getting larger. These Mothers morning teas are very relaxed and we have the opportunity to talk about a whole range of subjects.

It will be great to see you all again next term and look forward to seeing more come and join us.

I would just like to wish you all have a very happy and safe holidays and I look forward to seeing you all next term. I will leave you all with this inspirational quote

- No winter lasts forever; no spring skips its turn. - Hal Borland

A message from Chappy Tricia

Student of the Week
Sophie (PW), Samuel (1L), Henry (1P), Mia (2L), Hayley (2L), Jackson (2R), Olivine (3H), Grace (4R), Karina (4E), Lachlan (5M), Catherine (6L), Taylah-Jane (6W), Patrick (A2)

Gotcha Awards
Lachlan (PW), Sophie (PW), Karina (4E)

Book Fair
Our twice-yearly Book Fair is almost here. Our bookshop in the library starts Thursday 8 October and continues until Wednesday 14 October. Students will have a chance to browse through the huge range of books on offer during library times and at break times. Parents and families are most welcome before and after school. All sales help add resources to Gabbinbar library for everyone to use.

Chess
Beginners’ chess lessons suitable for students in prep and older begin the first week of next term. Forms are available from the office or library; the cost is $36 for eight weeks.

Beginners’ Chess Tutoring
FREE try-out day
First Break, Thursday 17 September in the Science Lab (students bring own lunch)

Anthony Seng
Teacher Librarian

Enter the 2016 Premier’s Anzac Prize to win a firsthand Anzac experience
Applications for the 2016 Premier’s Anzac Prize are open until 30 October 2015. The successful applicants will travel to Gallipoli and the Western Front to experience the dawn service and visit other historic locations.

To enter, students are required to submit an application form along with a two to five minute multimedia presentation reflecting on how the Anzac tradition has shaped our nation and why it is important for future generations to keep the tradition alive.

**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 have an exciting visit to Gummimgurruru to learn about Aboriginal culture and history in the Darling Downs region, and in week 2, we are visiting a Farm to learn all about where our food comes from. 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.

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.

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

**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 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](http://www.peachqld.com.au)

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**Tuckshop News**

<table>
<thead>
<tr>
<th>Tuckshop Day</th>
<th>Tuckshop Helpers</th>
<th>Tuckshop Homebakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 17th</td>
<td>Larry Heuston</td>
<td>Not Required.</td>
</tr>
<tr>
<td>September</td>
<td>Rob Callow</td>
<td>Thank-you to all</td>
</tr>
<tr>
<td>TERM 3</td>
<td></td>
<td>our fantastic</td>
</tr>
<tr>
<td></td>
<td></td>
<td>bakers in term 3</td>
</tr>
<tr>
<td>Tuesday 6th</td>
<td>Larry Heuston</td>
<td>Janet Edwards</td>
</tr>
<tr>
<td>October TERM 4</td>
<td>Belinda Parkes</td>
<td>/ Penni Harth</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nat Herbert</td>
</tr>
<tr>
<td>Thursday 8th</td>
<td>Larry Heuston</td>
<td>Sue Long</td>
</tr>
<tr>
<td>October TERM 4</td>
<td>Charmaine Ingleedew</td>
<td></td>
</tr>
<tr>
<td>Tuesday 13th</td>
<td>Larry Heuston</td>
<td>Danielle Griffin</td>
</tr>
<tr>
<td>October TERM 4</td>
<td>Donna Elsey</td>
<td>Erin Belot</td>
</tr>
</tbody>
</table>

A big thank-you to all the lovely ladies that gave up their Saturday morning to spend time with me in the tuckshop making sandwiches and wraps for the conference. Also a massive thank-you to MASTERHIRE for the donation of the cold room, without it we would not have been able to cater for this event. Have a good break everyone and we will see you all back here on the 6th October. Larry Heuston 0417731126 or leanne.heuston@bigpond.com

**P & C News - Fundraising**

5 cent challenge

We’ve now raised over $1700.00. 1LG are still in the lead with $218. The year 2 classes are second, third and fourth with 2R on $174, 2G on $167 and 2L on $148. A1/A2 $218.

Just a few days left to catch and pass your class teacher.

**Ceramic Wall tile mural**

Keep an eye out for the expressions of interest for this new fundraiser which will be held over term 4. Forms are being sent home this week. If you are interested, please complete the form and return to the P & C slot by the 9th October.

**School booklist fundraiser**

The P & C are considering providing a booklist service as a fundraiser over the Christmas break. Before we can proceed we need at least 30-40 volunteers for about a week at the start of January who are willing to come in to pick and pack books. If you can volunteer please contact fundraising coordinator Alison Briese on 0400 128 343.

**Bookclub**

Thank you to everyone who has supported the book club program this year. This year book club has earned a total of $1078.50 in classroom resources for our school! All of the Issue 6 orders have been submitted and we are just waiting for the order to arrive. The books will be delivered to the classes either by the end of this week or when school returns in term 4. Book Club will return to the school in Term 2, 2016.

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We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
GABBINBAR OSHC
Providing quality before and after-school care and vacation care

Gabbitinbar Primary School
Cnr Stenner & McKenzie Streets
Toowoomba 4350
Email: QuinnD3@eq.edu.au
ph: 07 4631 8266
A P&C Operated Service
Gabbitinbar OSHC has been operating for over 10 years.
In that time many children from Gabbitinbar SS and numerous other schools have enjoyed after-school care and vacation care at our facilities and we continue to provide this excellent service.

Opening Hours
BEFORE SCHOOL CARE
Monday to Friday 7.00am-9.00am

AFTER SCHOOL CARE
Monday to Friday 3.00pm to 6.00pm

VACATION CARE
Monday to Friday 7.00am-6.00pm

Children are served a healthy Afternoon Tea during after school care and all meals during vacation care.

Programs are developed through observations of children’s play and interests.

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@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:

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**THE GRAND CENTRAL MEDICAL CENTRE**

IS TAKING NEW PATIENTS

Dr Darsika Ellepola
Dr Jocelyn Baviere
Dr Lakshaman Ellepola
Dr Rita Ponce

Our surgery hours are as follows:
Mon – Fri 8.30am – 5.00pm
Sat 9.00am – 1.00pm

20 Hill Street, Toowoomba

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**Ridges Bar & Bistro**

The perfect place to sit back and relax for lunch or dinner.

Open for Lunch 7 days and Dinner Tues - Sat

**WEEKLY SPECIALS**

Tuesday Nights we offer 2 Course or 3 Course Specials from $30*

Wednesday Nights are Theme Nights with Food from around the world*

Thursday Nights we offer either a Barra or Club T Bone from just $17*

(subject to change)

For bookings please phone 4635 1219

Middle Ridge Golf Club - Why not make it your Club

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**John McVeigh MP**

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P 4639 1199 F 4639 1045 E toowoomba.south@parliament.qld.gov.au
W www.johnmcveighmp.com ""T John McVeighMP""

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*For bookings please phone 4635 1219"
Who are we?

The research team is part of an international group of researchers from Mater Children’s Hospital, Brisbane; The University of Queensland, Brisbane; and The University of Alberta, Canada. It is led by Dr Jane Nikles (UQ), Prof Geoff Mitchell (UQ), A/Prof Honey Heussler (Lady Cilento Children’s Hospital) and Dr Hugh Senior (UQ).

For further information, please contact:

Email: mynap@uq.edu.au
Web: http://mbs.uq.edu.au/mynap-study

Prof Geoff Mitchell
g.mitchell@uq.edu.au
A/Prof Honey Heussler
h.heussler@health.qld.gov.au
Dr Jane Nikles
ujnikle@uq.edu.au
07 3381 1597

You also need to speak to your doctor about the study.

The MY NAP Study

“Does your child have trouble sleeping and have a diagnosis of ADHD?”

Ethics approvals

The project has been granted the following ethics approvals:

Mater HREC/14/MHS/AM01
UQ HREC - 2012000999

ADHD flier for families
**What is the MY NAP study about?**

We are undertaking a study to look at the effectiveness of Melatonin in helping children go to sleep; particularly those children who have a diagnosis of ADHD and are currently on medication.

This study is designed in a way that it can help provide information for individuals, and also group information. This information could be useful in determining if melatonin has a significant effect on sleep for your child. Results from this study can be given to your doctor to help in treatment planning for your child.

This study is funded by the National Health and Medical Research Council (NHMRC).

**Attention Deficit Hyperactivity Disorder (ADHD)**

ADHD is a complex disorder involving difficulties with hyperactivity, concentration and attention.

Children with ADHD often have difficulty sleeping with problems trying to settle down in the evening. This can be complicated by the medications used to treat ADHD (such as with stimulants like Ritalin and Dexamphetamine).

**What is Melatonin?**

Melatonin is a natural hormone that is produced by a part of the brain, called the pineal gland. It is often described as the hormone of sleep and it helps to regulate other hormones and maintain the body’s circadian rhythm.

It has been used in children to help with their sleep from time to time, however the scientific research has not decided whether there is a true effect seen in children with ADHD. One of the best ways is to see whether your child sleeps better with melatonin, or a placebo (inactive medication).

**Who is eligible to take part in this study?**

- Children between the ages of 6 – 17 years;
- Who have a diagnosis of ADHD
- Who are treated for their ADHD with Stimulants such as Ritalin, Dexamphetamine etc.
- Who have trouble sleeping
- If you are already on Melatonin this is OK

**What would be involved?**

If you are interested in taking part in the study, please contact the research assistant via email: mynap@uq.edu.au or telephone 07 3381 1597 for further information and to confirm your child’s eligibility.

In the first phase, you would be asked to initially complete some questionnaires and be given information about healthy sleeping habits. Your child’s sleeping activity would be monitored for two weeks.

At the end of the two weeks, your child would be given the medication (either melatonin or a placebo) for 1 week blocks, for six weeks. During the six weeks, you would be asked to keep a sleep diary and complete more questionnaires. Your child will wear an activity watch to help us measure their sleep activity.

MyNAP Study Information Leaflet v1