FROM THE PRINCIPAL

On behalf of staff I take this opportunity to welcome back new and returning students to term 4. This term is shaping up to be busy with several school events on the calendar. I ask you to put the following end of year events on your calendar to ensure that students are able to participate in these activities which are held outside of school hours:-

- 2nd December Music awards (Choir & Instrumental Music Program)
- 7th December Concert (All Students)
- 9th December Graduation (Year 6)

The school Swimming Carnival (Students born 2003 -2007) will be held on Friday 4 December at Rangeville State School pool. Further details and travel arrangements will be send home closer to the date.

Student Absences

Fact: If a child is 10 minutes late to school every day (in a year), this is equivalent to **32hrs** of class time missed.

Fact : If a child averages 1 day per week absence during a school year, this is equivalent to approximately **8 weeks of missed schooling** (it should be noted that a normal school Term is approximately 10 weeks).

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.

What the law says:

- Under the law, you must make sure your child attends school on ALL school days unless you have a reasonable excuse.
- You must not keep your child away from school for minor reasons.
- Under the law, schools must monitor attendance of students and follow up with parents and caregivers any unexplained absences.

Do I need to let the school know if my child has been away?

Yes – Parents must let the school know the reason for the absence, if not beforehand, then within two days of their child’s return to school.

Emailing directly: **absences@gabbinbarss.eq.edu.au**      Phone: **46315260**

2015 Prep Enrolments

Thank you to parents who have returned enrolment forms for Prep in 2016. We are currently finalising plans for our transition program commencing with parent information session in coming weeks. If you intend to enrol your child in Gabbinbar’s Prep program in 2016 and have not submitted your enrolment application, we ask that you make this a priority to enable us to confirm numbers and finalise planning. 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.
School News

Date Claims

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>08-14.10.15</td>
<td>Book Fair</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>21.10.15</td>
<td>P &amp; C Meeting, 7pm</td>
</tr>
<tr>
<td>23.10.15</td>
<td>Junior Choir Assembly Performance</td>
</tr>
<tr>
<td>27.10.15</td>
<td>Cent Heights Transition Program</td>
</tr>
<tr>
<td>13.11.15</td>
<td>Senior Choir Assembly Performance</td>
</tr>
<tr>
<td>02.12.15</td>
<td>Music Awards Night</td>
</tr>
<tr>
<td>04.12.15</td>
<td>Swimming Carnival</td>
</tr>
<tr>
<td>07.12.15</td>
<td>School Concert</td>
</tr>
<tr>
<td>09.12.15</td>
<td>Yr 6 Graduation</td>
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Payments Due

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>07.10.15</td>
<td>Beginners Chess - $36</td>
<td></td>
</tr>
<tr>
<td>07.10.15</td>
<td>Interschool Sports - $25</td>
<td></td>
</tr>
<tr>
<td>13.11.15</td>
<td>Swimming - Prep – Yr 1 - $45</td>
<td></td>
</tr>
</tbody>
</table>

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

MUSIC NOTES

Welcome back everyone to what promises to be another busy term.

As has happened previously, the program for Classroom lessons with me for this term will be roughly in 2 halves, with the first half working through the final programmed work and then assessments before I start to support the classroom teachers with their plans for the End – of – Year Concert.

Featured class lesson songs with accompanying Ostinati and Xylophone with the classes will be:-
- P & G1’s – Rig-a-jig-jig; G2’s – Bluebird;
- G 3’s – Good News;
- G4’s Peanut Butter;
- G 5’s – Grandma Grunts;
- G6’s – The man on the flying Trapeze.

Some important dates to note for the term please:-
- Choir Performances on parade:-
  - Senior – November 13
  - Junior – October 23
- Music Awards Night – December 2
- School Concert – December 7

Book Fair – our pop-up book shop

- Book Fair starts tomorrow, Thursday 8 October and continues until Wednesday 14 October.
- Students will have a chance to browse during library times and at break times.
- Parents and families are very welcome before and after school.
- We accept cash, cheques (made payable to Gabbinbar State School), credit cards and EFTPOS.
- Parents can also pay with credit cards online; see the flyer (attached); a similar flyer was sent home this week.
- All sales help us to purchase resources for our school.
- Come along to assembly at 8:00-9:30 AM on Friday 9 October to see our special surprise Book Fair guest.

Chappy Word

Hi everyone,

Hope you all had a great holiday and are getting back into the routine of getting back to school again. During last term I had a few parents talk to me about their children having difficulty with sleeping, so I thought I would give you a few articles on sleep over the next few weeks. I hope you find them helpful.

Sleep and kids’ mental health

Did you know that childhood sleep problems are really common? It is thought that about 40% of primary school kids have an issue of some sort.

It makes sense that sleep and a child’s mental health and wellbeing go hand-in-hand. In fact, insufficient and broken sleep has been associated with numerous issues, such as: increased behavioural, social-emotional and academic problems; trouble starting primary school; ADHD-like symptoms (ie concentration, attention, and impulse-control difficulties); and even depression.

Associate Professor Harriet Hiscock, paediatrician and researcher at The Royal Children’s Hospital Melbourne, says that behavioural sleep problems make up the bulk of issues seen in kids. Chances are you’ve already experienced some of them at your place. For example, she says children may:

- want to co-sleep with adults
- use stalling techniques (‘just five more minutes’, wanting a drink etc)
- refuse to go to bed (engaging in long conversations, tears or tantrums)
- get out of bed frequently (for a drink, the toilet, to talk)
- wake often
- have difficulties getting to and returning to sleep (eg lying awake worrying)
- experience anxiety-related insomnia (more common in primary-age children)
- have nightmares or night terrors.

According to Associate Professor Hiscock, there are many possibilities for why sleep issues are so wide-spread. “There’s most likely better recognition and help-seeking for sleep problems so more kids are coming to health professionals,” she says. “There’s definitely an increased use of mobile devices and computers in the bedroom that can cause difficulties quieting down, and which reduce the brain’s production of melatonin that helps us go to sleep. Kids are also doing more in their day, so time to sleep is probably not prioritised.”

It’s really important to put a good night’s sleep at the top of the to-do list. When your child is sleeping well, chances are you will be too, which means the whole family will be at their very best, mentally and physically.

A message from Chappy Tricia

These articles are taken from SU Qld Chappy Resources

Book Week Free Dress

We have received a thank you letter from the Make-A-Wish foundation for our generous donation of $294.95 raised through our Book Week Free Dress Day held in September. Our support will help them grant wishes which make a significant and lasting difference to the physical, mental and emotional health of children with life-threatening medical conditions.

Thank you to all students and staff who participated by dressing as book characters.

We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
Chess News

Chess tutor, Mr Lord, and students at our chess try-out day.

There was a fantastic turnout for our beginner’s chess come-and-try day last term. Lessons start tomorrow, Thursday 8 October, and continue for eight weeks. It’s not too late to join in, but permission notes and payments must be returned by 9 AM.

Anthony Seng
Teacher-Librarian

Tuckshop News

<table>
<thead>
<tr>
<th>Tuckshop Day</th>
<th>Tuckshop Helpers</th>
<th>Tuckshop Home Bakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 8 October</td>
<td>Larry Heuston</td>
<td>Sue Long</td>
</tr>
<tr>
<td></td>
<td>Charmaine Ingledew</td>
<td></td>
</tr>
<tr>
<td>Tuesday 13 October</td>
<td>Larry Heuston</td>
<td>Danielle Griffin</td>
</tr>
<tr>
<td></td>
<td>Helper Needed PLEASE</td>
<td>Erin Belot</td>
</tr>
<tr>
<td>Thursday 15 October</td>
<td>Larry Heuston</td>
<td>Penny Hagerty</td>
</tr>
<tr>
<td></td>
<td>Rob Callow</td>
<td></td>
</tr>
<tr>
<td>Tuesday 20 October</td>
<td>Larry Heuston</td>
<td>Penny Harth</td>
</tr>
<tr>
<td></td>
<td>Jane Higgs</td>
<td>Nat Herbert</td>
</tr>
</tbody>
</table>

Welcome back everyone. Hope you all had a good break. We have some new lines in the tuckshop this term, Golden Circle fresh juice - Apple/Apple Blackcurrant/Apple Mango Banana $1.50 each, Fresh cheese and crackers $0.50 each, Arnott’s Biscuits 2 x cream packet or 2 x plain packet $0.30 each.

Larry Heuston 0417731126 or leanne.heuston@bigpond.com

P & C News - Fundraising

5 cent challenge

We raised an impressive $2,157.95 in total for the school. Thanks to everyone who participated in this event. The winner of the class party was A1/A2 who raised $301.25, bringing in over $160 in 5c coins in the last week. Well done guys, thank goodness we had the counting machine to count it all. Final class tallies were:

<table>
<thead>
<tr>
<th>Class</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>A1/A2</td>
<td>$301.25</td>
</tr>
<tr>
<td>1LG</td>
<td>$237.65</td>
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<tr>
<td>2R</td>
<td>$218.95</td>
</tr>
<tr>
<td>2G</td>
<td>$211.25</td>
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<tr>
<td>2L</td>
<td>$181.70</td>
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<tr>
<td>PC</td>
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</tr>
<tr>
<td>3H</td>
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<tr>
<td>3M</td>
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<tr>
<td>1P</td>
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<tr>
<td>5M</td>
<td>$86.80</td>
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<tr>
<td>6L</td>
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<tr>
<td>5C</td>
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<tr>
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<tr>
<td>4R</td>
<td>$28.30</td>
</tr>
</tbody>
</table>

Classes 1LG, 2R, 2G, 2L and PC will receive consolation prizes this week.

Thanks to Naomi, Kylene and Lisa who counted the coins each week.

Ceramic Wall tile mural

Reminder that if you are interested in this event, completed forms need to be returned to the P&C slot by the 9th October.

Please note the School booklist Fundraiser and Snax with Attitude Fundraiser will no longer be proceeding.

SECOND-HAND UNIFORMS

Warm Weather Has Arrived!

Shorts clearance until the end of October.

All $3 each unless priced lower.

Start planning for next year!

Hours: Wednesday 8.45 - 9.30
Thursday 2.45 - 3.15

Contact Kylene: 0412 020 030

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.

We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
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 Term 4 of OSHC news!

We had a great Vacation care this September. The highlight would have been visiting a farm and seeing all the baby animals. Too cute!! We have a fair bit of lost property so please check if anything is yours.

We will be open on the upcoming PUPIL FREE DAY on Monday, 19th October. Space is limited so please indicate your intentions this week on our expression of interest sheet at OSHC.

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

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
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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