FROM THE PRINCIPAL

ICAS Spelling Competition Results

Congratulations to all students who sat for the ICAS UNSW Spelling Competition earlier this year. There were 25 students who sat for this test and they did very well overall.

We celebrate the following Students on their outstanding achievements:

- **Distinction** – Top 10% of the state:
  - Eve (Yr 3)
- **Credit** – Top 36% of the state:
  - Siena (Yr 3), Bethany (Yr 4), Kya (YR 4), Sienna (Yr 4), Annika (Yr 4), Belita (Yr 5), Lilly (Yr 6)

**Participation:**
- **Year 3:** Edward, Riley, Ella, Chelsea
- **Year 4:** Tristan, Max, Grace, Cerys, Ebony
- **Year 5:** Baillie, Walter, Rory, Kellie
- **Year 6:** Cooper, Ashdyn, Benjamin

Congratulations to all students who participated in this competition. You should be proud of your accomplishments.

Reminder that Monday 19 October will be a Student Free Day

State Wide Moderation: Teachers will be meeting with cluster schools moderating samples of students’ work. This is a valuable exercise to ensure that we have consistency of marking.

**Please Note:** Staff will be absent from the school and the office will be closed.

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.

**Gotcha Awards**

School News

Date Claimers

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>08-14.10.15</td>
<td>Book Fair</td>
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<td>19.10.15</td>
<td>Pupil Free Day</td>
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<tr>
<td>20.10.15</td>
<td>Cent Heights Transition Program</td>
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<td>21.10.15</td>
<td>P &amp; C Meeting, 7pm</td>
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<td>22, 23, 29, 30.10.15</td>
<td>Yr 4 Cycle Safety</td>
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<tr>
<td>23.10.15</td>
<td>Junior Choir Assembly Performance</td>
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<td>27.10.15</td>
<td>Cent Heights Transition Program</td>
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<td>29.10.15</td>
<td>Mothers Morning Tea</td>
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<td>30.10.15</td>
<td>Day for Daniel</td>
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<td>30.10.15</td>
<td>World Teachers’ Day</td>
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<tr>
<td>13.11.15</td>
<td>Senior Choir Assembly Performance</td>
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<td>02.12.15</td>
<td>Music Awards Night</td>
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<td>04.12.15</td>
<td>Swimming Carnival</td>
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<td>07.12.15</td>
<td>School Concert</td>
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<td>09.12.15</td>
<td>Yr 6 Graduation</td>
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Payments Due

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<tr>
<th>Payment Date</th>
<th>Event</th>
<th>Amount ($)</th>
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<tbody>
<tr>
<td>13.11.15</td>
<td>Swimming - Prep - Yr 1</td>
<td>45</td>
</tr>
<tr>
<td>19.10.15</td>
<td>Yr 4 Cycle Safety</td>
<td>20</td>
</tr>
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</table>

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

Student of the Week

Jamie (PW), Zani (PC), Kelley-Anne (1LG), Maha (1L), Zavier (1L), James (1L), Ivy (1P), Chase (1P), Blake (3H), Lulu (5C), Mustafa (6L), Kassidy (6W).

Day For Daniel 2015

Get Red, Red, Ready for Friday 30 October.
Wear Red and Educate. Crimes against children have no place in modern Australia. Please support this National Day of Action by sending your child to school, on Friday 30 October, wearing something red. Our goal is to empower children to ‘RECOGNISE, REACT and REPORT’.

Chappy Word

Hi everyone,

I hope you are all well and enjoying this beautiful weather. This week as I am continuing on with the articles on sleep I have found. I hope you find them useful.

How screen time affects rest

When little ones don’t get enough shut-eye they can become cranky, tired and moody, and run the risk of developing a host of physical and behavioural problems. And with more children using technology (at younger and younger ages), sleep specialists are seeing a clear link between too much screen time – the use of TV, computers and mobile devices – and poor quality of rest.

“The main effect of overusing media devices is that it can decrease the total amount of sleep kids get,” says Dr Sarah Loughran, sleep researcher at the University of Wollongong. She says excess screen time can hamper sleep in three main ways:

- **Timing** - the use of electronic media can lead to delays in children’s bedtimes, resulting in less time being available for sleep.
- **Content** - engaging the brain with exciting or provocative information before bed may trigger emotional and hormonal responses (like adrenalin), which can reduce the ability to fall and stay asleep.
- **Light emissions** - light from electronic devices can disrupt the body’s natural occurring circadian rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle.

Being wise to your child’s screen time consumption can have far-reaching benefits for the whole family, for instance, more sleep! It should only take a few adjustments to your evening routine. Dr Loughran suggests the following:

- **Set a ‘bed time’ for media devices** - this should happen one or two hours before kids go to sleep, and applies to adults too so everyone gets into good habits.
- **Tweak their bedtime routine** - let kids wind-down properly in the run-up to bed, replacing screen time with gentle activities like stories, talking or bathing.
- **No media devices in the bedroom** - kids may kick back at first, but you will soon see the rewards of setting and sticking to this tough rule.
- **Replace screen time with exercise during the day** - outdoor exercise in bright light is wonderful for sleep and helps balance their ‘virtual’ and real lives.
- **Limit food and drinks during screen time, especially at night** - electronic devices tend to encourage mindless over-eating and drinking (especially of caffeine), which can stimulate the body and imbalance hormones.

What constitutes ‘too much’ screen time remains to be defined. You might like to read up on the Department of Health guidelines. They recommend that children five to 12 years have no more than two hours of screen-based entertainment per day, and that two-to-five year olds have less than one hour.

A message from Chappy Tricia

These articles are taken from SU Qld Chappy Resources

We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
Book Fair
As part of our Book Fair, our pop-up bookshop in the library, Clifford (The Big Red Dog), visited Gabbinbar on Friday 9 October for assembly.
Clifford was a big hit with most of the children, although the toddlers who joined their mums and dads at assembly weren’t so sure they liked such a big dog.
Classes had a chance to meet Clifford individually and have their photos taken.
Our Book Fair finishes at 3:30pm on Wednesday 14 October. Thank you to everyone who visited; your purchases help to put books into our library.
Anthony Seng
Teacher-Librarian

STUDENT BANKING
I hope you all had a safe and enjoyable holiday and are keen to get back into the school routine. I am looking forward to see if we have any new bankers join us this term. Remember, there is no such thing as too late when joining the school banking program.

Following the decision last month to recall the Cosmic Light Beam Torch due to a potential safety issue, CBA have also decided to withdraw the Lunar Light Band reward from the School Banking Rewards Program.

To avoid disappointment, there is a new reward item available for redemption in Term 4. Students can now test their skills with a game of Frisbee with the new Galaxy Glider. There is a number of previous reward items that are still in stock. Students can now order any of the following items throughout Term 4:

- ET DVD
- Intergalactic Rocket
- Invisible Ink Martian Pens
- Outer Space Savers Money Box
- Galaxy Glider Frisbee

Also, there are some reward items still available from last year, which can also be ordered.

- Scented Pencils
- Shark Plush Toy Keyring
- Swimming Bag

All items are on a while stocks last basis.

If you have any questions, please do not hesitate to contact me.

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

MOTHERS’ MORNING TEA
Thursday 29 October
9.00am – 10.30am
Gabbinbar State School Hall
Hosted by City Women. Everyone is welcome to attend.

SECOND-HAND UNIFORMS
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

P & C News
The monthly meeting of the P & C Assn will be held next Wednesday at 7pm in the Admin building. Everyone is most welcome to attend.

Tuckshop News

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<th>Tuckshop Helpers</th>
<th>Tuckshop Home Bakers</th>
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<tr>
<td>Thursday 15 October</td>
<td>Larry Heuston</td>
<td>Penny Hartry</td>
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<td></td>
<td>Rob Callow</td>
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<tr>
<td>Tuesday 20 October</td>
<td>Larry Heuston</td>
<td>Penny Harth</td>
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<td>Belinda Parkes</td>
<td>Nat Herbert</td>
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<tr>
<td>Thursday 22 October</td>
<td>Larry Heuston</td>
<td>Sue Long</td>
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<td></td>
<td>Charmaine Ingledew</td>
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<tr>
<td>Tuesday 27 October</td>
<td>Larry Heuston</td>
<td>Erin Belot</td>
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<td></td>
<td>Jenny Welsh</td>
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</tbody>
</table>

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

OSHC
Hi and welcome to another week of OSHC news!
We will be open on the PUPIL FREE DAY on Monday, 19 October. We are fully booked!
If you need care please see me so your name can be put on the waiting list. If you indicated YES OR MAYBE on the expression of interest sheet this week, your child is booked in.
Please cancel if you know you don’t need the care so our waiting list families can have a place. Thankyou
We have a fair bit of lost property so please check if anything belongs to your children.
Davina Quinn,
OSHC Coordinator
Gabbinbar State School
07-4631 5266

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.


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

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

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GABBINBAR OSHC
Providing quality before and after-school care and vacation care

Gabbinbar Primary School
On Stener & McKenzie Streets
Toowoomba 4350
Email: QuinnD3@cq.edu.au
ph: 07 4631 8266
A P&C Operated Service
Gabbinbar OSHC has been operating for over 10 years. In that time many children from Gabbinbar 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 from Prep through to Grade 7 are eligible for care.
Our educators hold current Blue Cards and First Aid Certificates.

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

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Year 5 students and parents are invited to attend a
College Years Information Session for entry into Year 7 2017

Wednesday 14 October
Fairfax Library and eLearning Centre from 6:00pm

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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.
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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