FROM THE PRINCIPAL

ICAS English Competition Results

Congratulations to all students who sat for the recent ICAS UNSW English Competition. There were 19 students who sat for this test and they did very well overall.

We celebrate the following results:

**High Distinction – Top 1% of the State!!**

Distinction – Top 10% of the state:
- Corys (Yr 4)

Credit – Top 36% of the state:
- Lucy (Yr 2), Eve (Yr 2), Kya (Y4), Kellie (Yr 5), Belita (Yr 5), Lilly (Yr 6)

Merit – Top 45% of the state:
- Sienna (Yr 3), Riley (Yr 3), Ashdyn (Yr 6)

Participation – Year 3: Edward, Chelsea, Bethany
- Year 4: Sienna, Tristan, Max, Ebony

Congratulations to all students who sat for the competition. This is an excellent result.

Report Cards

This Semester Student Academic Reports Cards will be delivered by email. Parents and guardians are asked to ensure that they have updated their contact details in particular their email. To update your email contact details please email us at administration@gabbinbars.eq.edu.au.

If you would like to request a hard copy of your child’s please contact the Office either by phone or by email using the email to the address above.

Please contact the school on 4631 5222 if you have any questions.

School Road Safety

As part of the Government's commitment to enhance road safety by installing flashing school zone signs, I have been advised that we will be part of the 2015-16 program. Flashing school zone signs will be installed on Mackenzie and Stenner Streets. Our commitment to ensure the safety of all students as they travel to and from school remain one of our priorities and I remind parents, guardians and those who support students when travelling to school be aware of and comply with road safety requirements in particularly in school zones considering the unpredictable nature of young people.
School News

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<th>Event</th>
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<td>Yr 4 Cycle Safety</td>
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<td>09.12.15</td>
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Day for Daniel – Friday 30 October

Day for Daniel is coming up on Friday 30 October. ‘Wear Red and Educate’ is the theme of Day for Daniel to raise awareness about child safety and protection and promote a safer community for children. Further information for the event can be found on the Day for Daniel website. Students are invited to wear red to school on this day as part of our schools commitment to educating students about safety and their protection.

2016 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.

Advancing education

Join the conversation on the Queensland Government’s Advancing education action plan. Working together will ensure the best rollout of the plan’s actions across early childhood services and schools. View Advancing education and the #codingcounts discussion paper to expand coding and robotics in Queensland schools, and offer your feedback through an online survey at http://advancingeducation.qld.gov.au/

Chappy Word

Hi everyone, here is the last article on sleep. I hope you have found them informative and helpful. Just a quick reminder that next Thursday, 29 October is Mothers Morning Tea. I look forward to seeing you all there.

Dealing with bedtime worries and nightmares

Sleep problems tend to be emotional rather than physical in nature.

Dr Sarah Blunden, the head of Paediatric Sleep Research at Central Queensland University, says that fear is the biggest factor when it comes to common sleep issues like bedtime nervousness and nightmares.

“We know that children who are more fearful or anxious generally tend to sleep less well,” says Dr Blunden. “This is one of the main reasons why kids have problems getting to and staying asleep. Kids who are less fearful still wake up in the night (due to natural sleep cycles), but they find it easier to get to and return to sleep.”

About bedtime worries

“Bedtime is the time of day that we are alone with our thoughts,” says Dr Blunden. “Nerves at bedtime often mean we don’t want to be by ourselves. This is especially so for children.”

Young children tend to fear things in their surroundings, like monsters under the bed, nameless noises, and shadows. Older kids are better able to interpret their environment (ie a noise or shadow might be a robber trying to break in), and ruminative on their relationships and life issues.

How to deal with bedtime worries

• Help them to be brave - use a reward system (eg stickers or treats).
• Try not to get frustrated - kids naturally want to do the right thing, so try and understand why they are fearful and avoid escalating emotions.
• Give the child some control - allow them to choose a tool to help them be brave (worry dolls, ‘monster spray’, a radio to cover noises, a torch etc) and contribute to their sleep environment (eg a special blanket, pillows, toys).
• Negotiate - get their input on aspects of their routine, like how many stories to read before bed, and when you will return to check on them.

About nightmares

“All of us have had a nightmare,” Dr Blunden says. “We believe they are the brain subconsciously processing information from the day, which is why we dream about real things in our lives. However, they can become a problem for children if they are frequent, persistent, and more and more distressing.”

Dr Blunden says the main contributors of nightmares include an anxious or fearful temperament, being a light sleeper, a genetic predisposition (eg if mum or dad has regular nightmares), physical and mental stress (including trauma) and, possibly, diet and eating before bed (which stimulates the metabolism and brain activity and may prompt nightmares).

How to deal with nightmares

• Talk it out - explain to your child that dreaming is a natural process, that they are safe, and that the dream will not come true. This is particularly important for young children who cannot yet understand that dreams aren’t real.
• Change the ending - have your child describe, write or draw a more positive ending to their dream (eg the robber is caught by police). This is an example of ‘cognitive restructuring’.
• Seek help - speak to a health professional like your GP or a psychologist if nightmares continue and are overwhelming for your child. The great news is that nightmares are easily treated.

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
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.

Tuckshop News

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<th>Tuckshop Helpers</th>
<th>Tuckshop Home bakers</th>
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<td>Larry Heuston</td>
<td>Sue Long</td>
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<td>Charmaine Inglede</td>
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<td>Tuesday 27th Oct</td>
<td>Larry Heuston</td>
<td>Erin Belot</td>
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<td>Jenny Welsh</td>
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<tr>
<td>Thursday 29th Oct</td>
<td>Larry Heuston</td>
<td>Janet Edwards</td>
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<tr>
<td></td>
<td>HELPERS NEEDED</td>
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<td>PLEASE</td>
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<tr>
<td>Tuesday 3rd Nov</td>
<td>Larry Heuston</td>
<td>Penni Harth</td>
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<td></td>
<td>Jane Higgs</td>
<td>Nat Herbert</td>
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Tuckshop Day
- Thursday 22nd October
- Tuesday 27th October
- Thursday 29th October
- Tuesday 3rd November

Tuckshop Helpers
- Larry Heuston
- Charmaine Inglede
- Jenny Welsh
- Erin Belot
- Janet Edwards
- Penni Harth
- Nat Herbert

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

Ceramic Tile fundraiser
We have received enough interest to proceed with this fundraiser. We will be doing both tile sizes. Parent order forms will be sent home next week. Please complete and return with money to the P&C slot. Return date for forms and money to be advised soon. Once we have received your orders, paper for your child's artwork will be sent home to complete before the end of the school term. It will take around 4-6 weeks to make the tiles. We will arrange a working bee to assemble the tiles into a mural hopefully sometime in the school holidays or very early in the 1st term.

Christmas Raffle
Do you own a business, or know someone who does. We are looking to run a Christmas raffle but need donations of goods or services to be able to do this.
If you have something can you please contact Alison on 0400 128 343 to arrange collection. Alternatively you can leave at the admin office. All donations will be needed by 21st November.

Tupperware fundraiser stalls
Amy Manthey will be running some Tupperware stalls in the school hall during November to raise funds for the P&C. Date and times will be advised by Amy.

P & C News - Fundraising

We have purchased a sewing machine for the children to use, and would love any donations of scrap fabric you no longer need. We are also needing scrap paper for paper aeroplane making! By donating scrap A4 paper, you will be helping us promote sustainable practices for our service and children.

We have a fair bit of lost property here, including many jumpers and DS games. Please check if anything belongs to your children.

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

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

OSHC
Hi and welcome to another week of OSHC news. We finished our busiest week of the year at OSHC last week with a visit from Shadow Minister for Science, Information Technology and Innovation, John McVeigh. Mr McVeigh was interested to learn about our service and how we are using the recent government grant we received. It was great to discuss the OSHC sector and issues with Mr McVeigh and we thank him for his time.

Parents have received requests throughout this year regarding BOND payments. All outstanding payments need to be finalised by the end of OCTOBER to ensure your child's booking isn't cancelled. We have waiting lists for some days so please make payments ASAP.

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OSHC Coordinator
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The Great Bake Sale is back, and we're giving away over $35,000 worth of cash and muffins to Aussie schools! All you need to do is vote for your local school for their chance to win big! Go to www.greatbakesale.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