WORLD TEACHERS’ DAY

This Friday we celebrate World Teachers’ Day. Celebrated in more than 100 countries world-wide, World Teachers’ Day was established by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) in 1994 to celebrate the role of teachers in society. World Teachers’ Day is held internationally on 5 October. As the day usually falls during school holidays, Queensland celebrates on the last Friday of October each year.

At Gabbinbar our mission is to create a beautiful place to belong, inspire and grow. A place where every student is recognised as being an individual that has great potential and makes a valued contribution to our school community. To achieve this every day, in classrooms, our teachers are making a difference educating and inspiring our students to be the best they can be. World Teachers Day is a wonderful opportunity to draw public attention to the important role of teachers in our local communities. This week, I would like to take the opportunity to thank all of our teachers, support staff and Teacher Aides for their work to ensure that all of our students are able to access quality learning programs and have the opportunity to achieve to their potential.

I am honoured to work with a committed group of staff who focus on ensuring that each individual student has access to quality learning opportunities that helps them to grow to be the best they can be. I acknowledge that to achieve this we need a strong partnership between school and home. To the many parents and volunteers who support our teachers through work in classrooms on a regular basis, support with specific activities such as swimming and excursions, and those who offer help throughout the year as required, I take this opportunity to thank you for supporting our staff and being active members of our wonderful school community.

Parenting Tips from our Senior Guidance Officer (Mental Health)

ANNOYED OR DISAPPOINTED? - By Michael Grose

Do you say you’re annoyed with your child when really you are disappointed with how they have behaved? Do you or anyone you know get angry, when really they are just sad? I see these emotional miscalculations all the time. Parents who get really peeved at their kids for some type of misbehaviour so they over react, when deep down they are disappointed at how their child acted. I see lots of dads and mums get really angry with their early teen sons who have developed ‘an attitude’ when deep down they are grieving the fact their child is no longer there. So grief is expressed as anger. Being an emotionally intelligent parent can help prevent this from happening. It helps parents as well as kids to identify and put a name to how they are feeling. It also helps to know there is an on/off switch to emotions. Instead there is a thermostat that can be adjusted.

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.
School News

Date Claimers

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ICAS Maths Competition Results

Congratulations to all students who sat for the recent ICAS UNSW Maths Competition. There were 27 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:**
- Ashdyn (Yr 6)
- Eve (Yr 2)
- Lucy (Yr 2)
- Riley (Yr 3)
- Bethany (Yr 4)
- Kya (Yr 4)
- Cerys (Yr 4)
- Seanna (Yr 4)
- Bronson (Yr 4)

**Credit – Top 36% of the state:**
- Hannah (Yr 2)
- Lucy (Yr 2)
- Riley (Yr 3)
- Bethany (Yr 4)
- Kya (Yr 4)
- Cerys (Yr 4)
- Seanna (Yr 4)
- Bronson (Yr 4)

**Merit – Top 45% of the state:**
- Sienna (Yr 3)
- Edward (Yr 3)
- Belita (Yr 3)
- Arsha (Yr 6)

**Participation –**
- Yr 3: Sylvia, Chelsea
- Yr 4: Grace, Hayden
- Yr 5: Sam, Bree
- Yr 6: Bree, Freyja

State Primary Track and Field Championships

On the 16th, 17th and 18th of October 3 Gabbinbar students represented the Darling Downs region at the State Championships in Townsville.

Kyrna Crump competing in the AWD (Athletes With a Disability) classification placed 1st in the 800 metres, 3rd in the Shot Put.

Lillian Hanssen placed 6th in her heat of the 100 metres and 9th in the 4x100 metre relay.

Jorden Wright placed 18th in the Multi Event (100 metres, 800 metres, Shot Put and Long Jump).

Congratulations to all 3 students on their efforts.

Darling Downs Aquathon Championships

On Friday 23rd October Sienna Deurloo competed in the Darling Downs Aquathon Championships in Dalby. The Aquathon consists of a 1 kilometre run, 200 metre swim followed by another 1 kilometre run. Sienna placed 1st in the 10 years girls age group and has now been selected to compete at the State Championships in February next year. Congratulations Sienna.

Tuckshop News

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<td>Thursday 29th October</td>
<td>Larry Heuston, Charmaine Ingledey</td>
<td>Janet Edwards</td>
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<td>Tuesday 3rd November</td>
<td>Larry Heuston, Jane Higgs</td>
<td>Penni Harth, Nat Herbert</td>
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<td>Larry Heuston, Rob Callow</td>
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<td>Tuesday 10th November</td>
<td>Larry Heuston, Belinda Parkes</td>
<td>Danielle Griffin, Erin Belot</td>
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The Tuckshop is a service run by the P&C and currently survives on the support from only a few students and teachers. Over the past months our sales have been considerably down. To ensure the continuation of this fantastic service we need the contribution of the whole school community.

So come on everyone, order your lunch at least once a week to keep this valuable service operating.

Larry Heuston 0417731126 or leanne.heuston@bigpond.com

Student of the Week

Ellord (PW), Mia (PS), Joshua (PC), Jack (1LG), Chloe (1L), Anna (1L), Samuel (1L), Shun (1P), Kaylee (2G), Bianca (2G), Lanu (2L), Tyler-Jo (2L), Xavier (2R), Nathania (2R), Mia (3M), Hannah (3H), Holly (4R), Isabella (5M), Riley (A1), Dominic (A1), Luke (A1), Charlotte (A1), Corey (A2)

Larissa (PW), Lotte (PS), Mila (PC), Flynn (1L) Ryan (1L), Zoe (1P), Hannah (1P), Abby (2G), Cameron (2G), Lucas (2R), Sam (5M), Xavier (6L), Rhiannon (6W), Bree (6W), Freyja (A1)
Chappy Word

Hi everyone,
During October from the 9th to the 15th was mental health week and there was some great television shows on the ABC. It was really good to see these programs that promoted mental wellbeing, furthering knowledge about mental health and assisting in eliminating the stigma that surrounds mental illness. I have found an article that assists adults to recognize the signs of mental health difficulties in young children. Early intervention is the key to having the best chance of preventing mental disorders or providing early intervention to minimise the impact of mental illness across the lifetime is during childhood.

Acting early for children’s mental health
It can be difficult for families and care-givers to know when to seek help for mental health difficulties in infancy and early childhood. Children demonstrate a great variety of behaviours and strong emotions in the first few years of life, most of which are common and do not result in problems. Yet, it remains true that a person’s life-long wellbeing is much improved the earlier in life a mental health difficulty is identified.

“Mental health diagnoses in children are relatively easy to treat and take a relatively short amount of time compared to older children, adolescents and adults,” says Dr Nicolle Milburn, Clinical Psychologist and Infant Mental Health Consultant.

“And so it’s really important that we get in quickly when a mental health problem arises, because it will probably resolve reasonably quickly rather than it becoming entrenched.”

Mental health difficulties in the young look quite different to those in older children, says Dr Sophie Havighurst, Clinical Child Psychologist.

“One of the first things is that kids are not really able to tell you if they’re having a hard time. They don’t communicate with words. Instead, they communicate with their behaviour,” she says.

“What we do when we’re observing a child who is having difficulties is we identify what’s happening in terms of how they’re managing their emotional and relational world. How are they managing separation from their care givers? What are we are seeing in terms of their social relationships? Are they confident with other kids or are they not?”

The BETLS tool is a simple and effective way for educators, families and even health professionals to gather and organise these cues, and is a good starting point for approaching a family if there is a legitimate concern. It helps assess the pervasiveness, frequency, persistence and severity of problems in the following areas:

- **Behaviour** – What are their internalising (eg nervousness, anxiety, worry, sadness or withdrawal) and externalising (eg hyperactivity, aggression or problems paying attention) behaviours?
- **Emotions** – How might they be feeling (eg difficulties with expression or calming down)?
- **Thoughts** – How might they be thinking (eg negative thinking towards themselves or their environment)?
- **Learning** – What is their ability to pay attention, remember information, complete tasks, communicate with others, and use physical skills?
- **Social relationships** – What is their ability to form relationships, respond to social cues, and engage with others?

It is important if you have concerns about your child’s mental health that you seek help from your doctor. A message from Chappy Tricia

These articles are taken from SU Qld Chappy Resources.

P & C News – Fundraising
Ceramic Tile fundraiser
Parent order forms will be sent home this week. Please note there is a small difference in prices that was just advised. It will be an extra $5 for each tile size. Please return forms and money to the P&C slot by 8th November.

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 you wish to donate, please contact Alison on 0400 128 343 to arrange collection. Alternatively you can leave donations at the office. All donations will be needed by November 21st.

Christmas Appeal
This year Gabbinbar State School will participate in the Adopt-a-Family for Christmas appeal run by local charities Toowoomba Chronicle. We will be adopting 2 families, one for the Junior School and one for the Senior school. We will be asking for donations of non-perishable food, clothes, toys, books and other grocery items. Once we have family details we will send information home. This should be towards the end of November.

OSHC
Hi and welcome to another week of OSHC news.
Parents have received requests throughout this year regarding BOND payments. All outstanding payments need to be finalised by 31st OCTOBER to ensure your child's booking isn’t cancelled. We have waiting lists for NEW families next year.

We are currently at capacity, so will need to use the Priority of Access guidelines for NEW families next year.

If we receive no communication about your child’s care needs, you will be placed on the waiting list for 2016. 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, hats, waterbottles and DS games. Please check if anything belongs to your children.

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

**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.

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**Disco**

**Gabbinbar State School**

**Term 4 Disco**

**When:** Friday, October 30, 2015

**Where:** Gabbinbar State School Hall

**Who:** Kindy – Year 2:
5.30pm – 6.45pm - $4.00

Year 3 – Year 6:
7.00pm – 8.30pm - $6.00

Free drink and chips included with entry
Glow sticks for sale $1

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**FREE back to school health check for kids!**

**12, 13 and 14 January 2016**

**Foot checks**
- Lower limb and calcaneal
- Foot arches
- Nails
- Skin

**Vision screening**
- Eye chart
- Hand-eye

**Nutrition assessments and dietary advice**
- Healthy eating tips
- Dietitian consultation

**Education and development assessments**
- Reading
- Writing

**Registration essential**
Phone 31289777 to register or for further information.

[www.healthclinics.qut.edu.au](http://www.healthclinics.qut.edu.au)
41 Mulk Avenue, Kelvin Grove 3055 609

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