FROM THE PRINCIPAL

NAPLAN
All students in Year 3 and Year 5 will once again be participating in the National Assessment Program – Literacy and Numeracy (NAPLAN).

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7 and 9. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. All government and non-government education authorities have contributed to the development of NAPLAN materials.

Why do students do NAPLAN tests?
NAPLAN is the measure through which governments, education authorities, schools, teachers and parents can determine whether or not young Australians are meeting important educational outcomes in literacy and numeracy. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools, states and territories with information about how education programs are working and what areas need to be prioritised for improvement.

NAPLAN tests are one aspect of a school’s assessment and reporting process; they do not replace the extensive ongoing assessments made by teachers about each student’s performance.

What will be tested and how?
NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. The content of each test is informed by the national Statements of Learning for English and mathematics, which underpin state and territory learning frameworks. Questions are multiple-choice or require a short written response. The writing task requires students to write a text in response to a prompt.

To give you an idea of what the tests look like, sample questions and a sample writing task are available on the NAP website: www.nap.edu.au

Who will run the tests?
NAPLAN tests are conducted at schools and administered by classroom teachers, school deputies or principals. Each state and territory is responsible for marking the tests in accordance with strict guidelines and processes.

If you have any concerns regarding your child’s participation in the NAPLAN program please discuss this with your child’s teacher or a member of our admin team.

Below is the NAPLAN 2016 Test timetable for this year’s testing program.

<table>
<thead>
<tr>
<th>Tuesday 10 May Official test date</th>
<th>Wednesday 11 May Official test date</th>
<th>Thursday 12 May Official test date</th>
<th>Friday 13 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Language conventions</td>
<td>3. Reading</td>
<td>4.1 Numeracy</td>
<td>Catch up tests permitted</td>
</tr>
<tr>
<td>Yr 3: 40 min</td>
<td>Yr 3: 45 min</td>
<td>Yr 3: 45 min</td>
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<td>Yr 5: 40 min</td>
<td>Yr 5: 50 min</td>
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<tr>
<td>20 minute break</td>
<td>20 minute break</td>
<td>20 minute break</td>
<td></td>
</tr>
</tbody>
</table>
School News

2016 school holidays and term dates

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
<th>Length</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>Wednesday 27 January - Thursday 24 March</td>
<td>9 weeks</td>
</tr>
<tr>
<td>Term 2</td>
<td>Monday 11 April - Friday 24 June</td>
<td>11 weeks</td>
</tr>
<tr>
<td>Term 3</td>
<td>Monday 11 July - Friday 16 September</td>
<td>10 weeks</td>
</tr>
<tr>
<td>Term 4</td>
<td>Tuesday 4 October - Friday 9 December</td>
<td>10 weeks</td>
</tr>
</tbody>
</table>

Date Claimers

- 03.03.16  Chaplaincy Committee Meeting
- 04.03.16  Clean Up Australia/Schools
- 04-10.03.16  Book Fair in the Library
- 04-14.03.16  Life Education
- 11.03.16  Assembly - Leaders’ Badge Presentation and Jnr Choir
- 16.03.16  P & C General Meeting
- 18.03.16  Harmony Day Parade
- 22.03.16  Cross Country (All Grades) 9.00-11.00am
- 24.03.16  Mothers Morning Tea
- 24.03.16  Last Day Term 1

Parent Teacher Interview

Parent Teacher Interviews will be held on Tuesday 22nd and Wednesday 23rd March 2016 from 3.30pm – 6.30pm. Notes were sent home on Monday. Parents are asked to return page two with their preferred times to the class teacher before Friday 11th March 2016 so a timetable can be organised.

Student Leaders’ Badge Presentation

Congratulations to the students who were elected by their peers and staff members to the positions of School Captains and Leaders. On Friday 11 March, the Student Leaders will be presented with their badges during Assembly. Mr. John McVeigh, (Member for Tamba South) and past school captains (Joshua Melia and Hannah Kinder) have been invited to attend.

Schools Clean Up day is FRIDAY March 4

Gabbinbar State School will be participating in the 25th Anniversary Schools Clean Up Day. We are registered as a ‘clean-up’ site. There are over 1300 schools registered! Students will work with their classes to clean allocated areas of the school with their teachers at a time that suits during the day. Students are encouraged to bring a pair of gloves for this activity.

Local community events for Clean Up Australia will take place on Sunday 6 March and can be found on the council website.

Teaching our children that picking up rubbish is important to preserve our environment!

11-12 yrs Schools Aquathon Championship

On Saturday 20th February Sienna (5D) competed in the Queensland 11-12 years Schools Aquathon Championship in Hervey Bay. The Aquathon consists of a 1000 metre run followed by a 200 metre ocean swim followed by another 1000 metre run. Congratulations Sienna on being chosen in the Darling Downs team and displaying Gabbinbar’s values of achieving your best.

Range Zone Swimming

On Tuesday 16th February 13 students from our school competed at the Range Zone Swimming Selection Trials. The purpose of these trials is to select students to trial for a place in the Darling Downs team at the State Championships. To be selected students had to achieve qualifying times while swimming at our Inter House Swimming carnival,

The 13 swimmers who swam for our school were Angus, Bethany, Kya, Sienna, Riley, Sam, Sylvia, Rory, Heather, Kellie, Kiara, Nathania and Lulu.

All swimmers performed very well with all swimmers achieving at least 1 Personal Best against some of Toowoomba’s strongest swimmers.

Our congratulations go to Sienna who was in 7 events and has been selected to trial at Darling Downs in all 7 events. Sienna finished the day with 1 first, 3 seconds, 2 thirds and a fifth. 6 Personal Bests out of 7 races, an outstanding effort. Good luck at Gatton next week Sienna.

Book Fair – a bookshop in the library

Our twice-yearly Book Fair runs in the Library from Friday 4 March to Thursday 10 March. All students will have an opportunity to explore Book Fair in library lessons during the week. Keep an eye out for the flyer going home with students next week.

We love to see mums and dads, grandparents and family visiting the Book Fair before and after school (8:00-8:45 and 3:00-3:30). Supporting our Book Fair means more books in the library for everyone.

Book Fair accepts cash, EFTPOS, credit cards and cheques made out to “Gabbinbar State School”.

Anthony Seng
Teacher-Librarian

Year 4 News

The Year 4’s would like to thank the Toowoomba Regional Council Education officers, Dianne and Ann for coming to talk to us about Waste Management in Toowoomba. We learnt about the importance of carefully managing our school and household waste; where our waste goes, including a photo tour of the new Waste Facility at Wellcamp; and what the council is doing to improve waste management in our region. EVERYONE can help.

In this photo we have Blake, Roua’a and Rosie with the bins our council has available for you to sort your rubbish, making sure you recycle as much as you can, before it is taken away to be responsibly disposed. Riley is holding some of the goodies students were given.

We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
Social Media and the School Community

The internet, mobile phones and social media provide wonderful opportunities for you to network and socialise online. While these technologies provide positive platforms for sharing ideas, they also have the potential to cause pain and suffering to individuals, groups or even whole communities.

Just as you would discourage your child from behaving inappropriately online, it’s important to remember that sometimes negative comments that parents and caregivers post about their school community have a greater impact than expected.

This guide offers some information to parents and caregivers about how to use social media in relation to comments or posts about their school community.

Reputations of teachers, schools, principals and even parents can be permanently damaged — and in some cases, serious instances of inappropriate online behaviour are dealt with by police and the court system.

Is it appropriate to comment or post about schools, staff or students?

• Parental and community feedback is important for schools and the department. If you have a compliment, complaint or enquiry about an issue at school, the best approach is to speak directly to the school about the matter, rather than discussing it in a public forum.

• While many schools use social media to update parents of school notices, the department prefers that parents contact schools directly with a compliment, complaint or enquiry due to privacy considerations. Imagine if your doctor, accountant or banking institution tried to contact you to discuss important matters via Facebook.

• If you have raised an issue with a school or know that another person has, consider refraining from discussing those details on social media, particularly the names of anyone involved.

• Keep comments calm and polite, just as you would over the telephone or by email.

• If you encounter negative or derogatory content online which involves the school, hinders a child’s learning and/or affects the school community at large, contact the school principal.

Possible civil or criminal ramifications of online commentary

A serious instance of inappropriate online behaviour may constitute a criminal offence and become a police matter. For example, online content may substantiate the offence of ‘using a carriage service to menace, harass or cause offence’ (Criminal Code Act 1995 (Cth) s. 474.17).

School staff may contact their union or obtain personal legal advice if they feel that online content seriously impacts their reputation. Defamatory online content may give rise to litigation under the Defamation Act 2005 (Qld). If you upload photos of your children, be mindful of who might be in the background. You might be happy to share your child’s successes with your friends and family via social media, but some parents are not. If you are tagging or naming students, consider that other parents may not want their child’s name attached to images online.

What about other people’s privacy?

What if I encounter problem content?

Taking the following steps may help resolve the issue in a constructive way:

• refrain from responding
• take a screen capture or print a copy of the concerning online content
• if you consider problem content to be explicit, pornographic or exploitative of minors, you should keep a record of the URL of the page containing that content but NOT print or share it. The URL can be provided to the school principal, or police, as needed for escalation of serious concerns
• block the offending user
• report the content to the social media provider.

Student of the Week

Week 4: Jesse (PW), Georgina (PS), Angus (PC), Rosalie (1L), Jackie (1L), Cooper (1P), Lachlan (2G), Anna (2F), Sienna (2R), Nathania (3M), Oliver (3H), Blake (4E), Ashlee (5D), Hannah (5D), Kya (5M), Sophie (5M), Isabel (5/6I), Charlotte (A1), Riley (A1)

Week 5: Sarah (PW), Jaxen (PS), Summer (PC), Elliott (1L), Lachlan (1L), Savanna (2R), Lanu (3M), Chloe (3H), Sophie (3F), Lilly (4R), Riley (4E), Jack (6C), Patrick (6W)

Gotcha Awards

Week 5: Rikki (5D), Kyden (5M)

MOTHERS MORNING TEA

24 March
9.00am – 10.30am
Gabbinbar State School Hall
Hosted by City Women on the third Thursday of every month. Everyone is welcome to attend.
P & C NEWS

The P&C AGM was held last Wednesday and I would like to thank everyone who attended. I would also like to thank the people who have kindly taken on roles as our executive and sub committees. I appreciate the time and effort you all invest to making our P&C a successful group, working together to achieve great results for our school.

The P&C Executive positions which were filled at the P&C AGM last Wednesday are:

- **President**: Shauna Whitley
- **Vice President**: Julie Leahy
- **Secretary**: Lisa Ford
- **Correspondence Secretary**: Naomi Daley
- **Treasurer**: Earl Douglas
- **Grants**: Position Vacant
- **OSHC Co-ordinator**: Davina Quinn
- **Second Hand Uniforms**: Kylene Howell
- **OSHC President**: Janet Edwards
- **Student Banking**: Amy Manthey
- **Tuckshop Treasurer**: Julie Leahy

Nominations are called for the position of Grants Co-ordinator. We are also looking for interested parents to join the music support group and the fundraising committee.

The Music Support Group’s function is to support the Music teachers and music programs including Junior and Senior Choirs, Concert Band and String Ensemble. The group primarily organises the performance uniforms for Eisteddfod and other performances. If you have any spare time to help sort through and hand out uniforms, please contact the school office on 4631 5222 or email pandc@gabbinbars.eq.edu.au.

The Fundraising Committee aims to raise funds to support the operation of the many facets of P&C and Gabbinbar SS. Throughout the year volunteers will be needed to help run fundraising ventures, as well as Mother’s and Father’s Day stalls. If you have any ideas that you wish to contribute or time to offer, please contact the office on 4631 5222 or email pandc@gabbinbars.eq.edu.au.

If you missed the AGM, or wish to volunteer in another capacity please contact the office 4631 5222.

**Fundraising**

School Fun Run - The school will be holding their cross country on the 22nd March. Once again the P & C will be conducting their annual fun run to coincide with the cross country. Sponsorship forms have been sent home and need to be returned to the P & C Slot in the school admin building by Friday 18th March.

Every student who raises $10 or more gets to choose a prize from the sponsorship form and this year they will also be automatically entered into the draw for a chance to win a 2 night family holiday at SeaWorld resort to the value of $600. Please note this prize only covers accommodation. From the sponsorship form and please contact the office on 4631 5222 or email pandc@gabbinbars.eq.edu.au.

If you have any questions please contact the P&C.

**Uniform Shop**

New uniforms can be purchased every morning before 11am at the office.

**Second Hand Uniforms**

A range of items available from jumpers to trackpants.

- **Hours**: Wednesday morning 8:45 - 9:15am
  - Thursday afternoon 2:45 - 3:15pm

  Contact: Kylene 0412 020 030

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

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**ELECTION DAY**

Saturday 19th March

**BAKE SALE**

The Gabbinbar State School P&C is calling for volunteers who are interested in taking advantage of the State Government’s election to RAISE FUNDS FOR OUR SCHOOL.

We are asking for your baked goods to sell at our cake stall on Election Day. Any kind of baked goods will be appreciated, but please be sure to label them with the ingredients. Disposable trays to display your baked goods on are available from the P&C room in the office. Please grab some to take home with you before you start baking so nobody has to lose their Tupperware.

If your time is too precious, why not buy a tray of baked goods when you come to vote and tell your family, neighbours and friends to do the same.

If you can help in any way on Election Day even if it’s just for half an hour, please contact Shauna Whitley on 0401 790 829

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**Gabbinbar Chaplaincy Committee**

Our chaplaincy service continues to be a great help to many students, parents and staff of our school community. Working in the background is the Chaplaincy Committee whose primary role is to support Chappy Tricia. If you value the chaplaincy service and would like to see it continue, consider joining the Chaplaincy Committee. Our first meeting for the year will be on Thursday 3rd March at 3.30pm in the school staff room. This meeting will also “double” as the annual meeting during which appointments will be made. For more info please contact Rob Callow 4635 9672.

**Chappy Word**

Hi Everyone,

Last Thursday we had our first mother’s morning tea for the year. We had some new mothers come along and we had a wonderful time relaxing and talking together. Our next one will be on Thursday the 24th March, please feel free to come and join us.

This week I have an article from the Kidsmatters website for you on Mindfulness. Mindfulness is a great tool that helps to reduce stress and build resilience and much more. I hope you find this article useful.

**What is mindfulness?**

Mindfulness is a whole body-mind state of awareness that involves ‘tuning in’ to the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future- which is often our brain’s default mode.

Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a
clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

The benefits of mindfulness with children
• Research shows that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and decision making abilities.
• Mindfulness training involves tuning in to internal and external experiences with curiosity resulting in increased self-awareness, social awareness, and self-confidence.
• Mindfulness training increases children’s ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques.
• Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children’s awareness of others and helps them to build positive relationships.

Mindfulness and childhood mental health
• Mindfulness training has been shown to reduce the severity of depression, anxiety and ADHD in children.
• Mindfulness builds resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

Mindfulness for parents
The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practices themselves! The more present and mindful you are with your children, the more happy, mindful and resilient they will be. Mindfulness training can assist parents to remain in the present moment and engage more fully when interacting with their children. Research shows that parents and carers who practice being mindful around their children contribute to improving their child’s sense of self-worth and self-esteem.

• Mindful play: Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that’s fine – that’s just what minds do! Use your child as an anchor to come back to every time your mind wanders away.

• Mindful cooking: Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.

• Mindful dinnertime: Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It’s a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.

• Mindful teeth brushing: Getting kids to brush their teeth can be a challenge, so why not make it a challenge, by inviting them to try to do it mindfully with you? Invite them to pay attention to the feel of the brush in their mouth and the sensation and taste of the toothpaste. Ask them three things they noticed that was different about their brushing tonight than from the previous night.

A mindful partnership
KidsMatter has joined forces with Smiling Mind, a free program that helps develop Mindfulness Meditation skills in children. Read more about the collaboration between KidsMatter and Smiling Mind.

To read the full article or to find out more information the website address is: https://www.kidsmatter.edu.au/mental-health-matters/mindfulness

This article was resourced from Chappy Lounge, Kidsmatters website

A message from Chappy Tricia
Resourced from the Kids Matters website. More information can be found at: https://www.kidsmatter.edu.au/mental-health-matters/starting-school/understanding-behaviour

Mobile Dental Clinic News
The Mobile Dental Clinic 42A is open each Monday - Friday from 8.30am until 4.00pm.

Our phone number is 0408 767 779

Appointments will be made with student’s parent/carer so they can attend with their child/children at times that are suitable with the dental van and parent.

If there are any concerns please contact the Dental Van.

Thank you
Karen, Sandra, Brenda and Mel

Dental Staff

Tuckshop News

<table>
<thead>
<tr>
<th>Tuckshop Day</th>
<th>Tuckshop Helpers</th>
<th>Tuckshop Home bakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 3rd March</td>
<td>Larry Heuston/Rebekah Nelson</td>
<td>Karen Newman</td>
</tr>
<tr>
<td>Tuesday 8th March</td>
<td>Larry Heuston/Jane Higgs/Chiera Oeser</td>
<td>Home baker needed. please let me know if you can help</td>
</tr>
<tr>
<td>Thursday 10th March</td>
<td>Larry Heuston/Rebekah Nelson</td>
<td>Nat Herbert</td>
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<tr>
<td></td>
<td>Charmaine Ingledeka</td>
<td>Sue Long</td>
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<tr>
<td></td>
<td>Lexie Shackleton/Jennie O’Reilly</td>
<td>Sarah Brown-Duthie</td>
</tr>
<tr>
<td></td>
<td>Belinda Parkes</td>
<td>Erin Belot</td>
</tr>
</tbody>
</table>

A great big welcome to all our new helpers and bakers this term, thank you for giving up your time to help in the Tuckshop. “Hello Pandas” are not available, White Wings Cookies are available in their place. Larry Heuston 0417731126 or leanne.heuston@bigpond.com

West Wanderers Football Club

Soccer registrations for West Wanderers Football Club are closing soon. West Wanderers is situated on the southern side of Toowoomba at Nell E Robinson park on Hume Street, between Alderley and Stenner Streets. Please register online by following the instructions on our website www.westwanderers.org

Once registered further details regarding Muster Day will be forwarded to you.

Any questions please contact us at juniorvp@westwanderers.org

DANCE CONNECTION

The Children’s class is on Wednesday 3.45 – 4.45 at Dance Connection, (upstairs) 15 Railway Street, Toowoomba. Cost is $7 per child. It is a fun social dance class for school aged children.

Gayle Ward

Dance Connection
http://www.toowoombadanceconnection.com/
0414933726

Upstairs 15 Railway Street
Toowoomba

We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence
Limited places available for players in all age groups! It's your last chance to get in and have some fun with your friends on the football pitch before team nomination deadlines! Tee up some of your closest friends and smash some goals this season!

Send your enquiries to gardencitysoccer@outlook.com or go to www.myfootballclub.com.au to register to play.

Follow us on
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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