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Gabbinbar Gazette

Creating a beautiful place to belong, inspire and grow

FROM THE PRINCIPAL

SCHOOL OPINION SURVEY

Each year, the Department of Education and Training undertakes a survey of parents and students to gauge their satisfaction with important aspects of schooling. This year the survey is to be completed online and all parents are invited to participate. This week, the eldest child in each family will be given an information sheet containing details for how to complete the survey.

Over the next few weeks students in Year 5 and 6 and a random sample of students from year 4 will be given the opportunity to complete this survey.

Later in the year, our school will receive a report outlining the results of the survey. The results will help the school to evaluate and to reflect on how well our school is going, and to identify areas for future development. The survey results also form an important part of the school's annual report. For these reasons, I hope you will complete the questionnaire to provide us with your opinions and feedback about aspects of the school's operations.

Thank you for feedback that helps us to review our practices and improve our school.

AFRICAN BEAT - SCHOOL PERFORMANCE



On Wednesday 10 August 2016 we will offer students the opportunity to attend a performance from the African Beat - Salaka Sharing the Spirit of African Interactive Drumming Tour

When: Year 3-6 at 11.50am
Prep to Year 2 1.55pm

Cost: \$5.50

Permission notes will be sent home in coming days. An invoice will be emailed to parents who wish to make their payment via BPOINT.

Payment and permission notes must be returned to the school office by **Tuesday 2 August** so we can confirm numbers with the performers.

RELIEF AND CASUAL TEACHER AIDES AND ADMIN STAFF

We are currently updating our files for relief and casual Teacher Aides and Admin staff. If you are interested in being placed on our register please email us a copy of your current resume and availability days to admin@gabbinbarss.eq.edu.au, alternatively drop one into the office.

REPORT CARDS

Electronic report cards were emailed to parents in the last week of Term 2. If you did not receive this email, please check your junk or spam folder. Please add the email address Application.ONESCHOOL@dete.qld.gov.au to your contacts/address book to ensure the emails do not get directed to your junk or spam folder in the future.

If you would like to request a hard copy of your child's report please contact the Office either by phone or by email using the email address administration@gabbinbarss.eq.edu.au



School News

2016 school holidays and term dates

Term	Dates	Length
Term 3	Monday 11 July - Friday 16 Sept	10 weeks
Term 4	Tuesday 4 October - Friday 9 Dec	10 weeks

Date Claimers

15.07.16	Gold Awards Presentation
18.07.16	Junior Athletics Rotations
28.07.16	Mother's Morning Tea

School Crossings

Parents are reminded not to stop unnecessarily at crossings unless a School Crossing Supervisor is about to enter the road as this creates a bank up of traffic. Our SCS have been trained to monitor this as well. ☺

Student of the Week

Week 11: Elaina (PW), Daniel(PW), Ali(PS), Lachlan(PC), Liam(PS), Annabelle(1LF), Max(1LF), Mila(1P), Jacobi(2G), Mikkaela(2G), Maha(2F), Elliott(2R), Eli(2R), Jessica(4R), Olivine(4E), Rosie(4E), Jordan(5D), Zayan(6W), Larrisa(A1), Dominic(A1)



Gotcha Awards

Week 11: Eric(5/6I), Caitlin(2G)



Library Monitors

Our term 3 library monitors have taken up their new positions. They are Bailee H, Lachlan O, Maddi P, Sam L, Tianna S, Imogen B, Nathaniel K, and Walter J. Library monitors help younger students, with activities, with shelving books and other jobs at lunch times; they are a great help and we appreciate their commitment.

Library monitors will officially receive their badges on assembly on Friday 29 July.

Anthony Seng
Teacher-Librarian

Advanced Chess Term 3

Advanced Chess players are invited to tutoring on Thursdays at 11am in the Science Room with Mr Lord. Lessons will start **THURSDAY 21 July** with a cost of **\$30** for 9 lessons. Permission forms are available from the office.

Chappy Word

MOTHERS' MORNING TEA

Thursday 28 July

9.00am – 10.30am

Gabbinbar State School Hall



Hosted by City Women on the third Thursday of every month. Everyone is welcome to attend.

I hope you all had a relaxing holiday, many of the families I have talked to this week said they spent their holidays sleeping in and spending time rugged up in front of the fire, just spending time together. So with all that family time together, this week's article is on about family working together.

Happy families work together

"Dad, will you tell Tina not to come into my room?" Twelve-year-old Luke was complaining about his six-year-old sister. Luke's Dad, Robert, had only just got home and was still hanging up his coat. "Dad! She's bugging me!" called Luke as he led Tina by the hand into the lounge room. "A 'hello' would be nice," said Robert. "Yeah, hi. I'm trying to do my science project. I need my space," Luke replied. "Tina, how about you stay out here with me?" Robert suggested. Tina was not very keen on this idea. "But I want to play and you'll be too busy," she whined. "Here we go again", thought Robert. "If only we all got on better."

Managing family relationships so that everyone's most important needs get met can be hard work. All families have times when tempers get frayed, feelings get hurt and misunderstandings occur. Maintaining positive connections when these things happen requires good communication and creative management. Effective communication means that everyone has a say and is listened to. This can be a challenge in busy families. Pressure to get things done can mean there seems to be little 'quality time' for talking and listening to each other. Whether or not time is a problem, negative styles of communication often undermine relationships. This occurs, for example, when family members speak to each other disrespectfully or use put-downs. Building positive family relationships does not mean having no conflict. Dealing with conflicts positively, as well as making time to relax and do fun things together, help to strengthen family relationships.

Set the tone for positive communication

Research on communication in families shows the importance of parents and carers communicating warmth and caring and also setting clear expectations for children's behaviour. Making time for family members, communicating effectively and supporting each other are important ways of strengthening families and building positive relationships. Parents and carers can set a positive tone for communication through their own example. The way you listen, and the attention and importance you give to what family members say, is as important as what you say to them and how you say it. This may not always be easy, especially when you are tired or busy and have to deal with complaining or conflict. However, listening and acknowledging others' feelings and wants helps to reduce conflict and improves communication.

A message from Chappy Tricia

Resourced from the Kids Matters website.

Tuckshop News

Tuckshop Day	Tuckshop Helpers	Tuckshop Home bakers
Thursday 14 th July	Larry Heuston/Letisha Gant Rebekah Nelson	Sue Long
Tuesday 19 th July	Larry Heuston Jane Higgs	Ryan Walker
Thursday 21 st July	Larry Heuston/Rebekah Nelson Rob Callow	Erin Belot
Tuesday 26 th July	Larry Heuston Chiara Oeser	Nat Herbert

Please continue using our current 2016 menu till the end of the year, there has been a lot of changes with the new smart choices guidelines. A new menu will be issued in January 2017 with the new smart choices changes. Pies are back on the menu and now the four and twenty slams will be discontinued as they do not meet the guidelines. If you have any questions please come and see me or give me a call anytime. We are always looking for helpers and homebakers, so please, if you can help out in this term please let me know. Larry Heuston 0417731126 or leanne.heuston@bigpond.com

P & C NEWS

P & C Meeting

The monthly meeting of the P & C will be held on Wednesday 20 July at 7pm in the Admin building. Everyone is most welcome to attend.

Gabbinbar Election Day Fundraiser

Thank you to everyone who baked helped at the stall and brought sausages on Election Day. A special thank you has to go to the students who helped set up, serve customers all day, helped with the big job of packing up and did it all with big smiles on their faces. With everyone's help, we managed to raise close to \$1500. What a fantastic school community we have.



Uniform Shop

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

Second Hand Uniforms

Hours: Wednesday 8.45 – 9.15 and Thursday 2.45 – 3.15.
Contact: Kylene:- 0412 020 030

Lost Property

We have many sets of glasses in the lost property. If you think they may belong to your child, please contact the office.



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COMMUNITY NEWS

Motivational Coaching
Track and Field Coaching
for aspiring young
athletes from Prep to Yr 12

0427 732 914

TOLEMAN
TRACK & FIELD COACHING

REGISTRATION ESSENTIAL
VENUE: Gabbinbar Primary
School Bottom Oval
DAYS: Mon Tue Wed Thur Fri
TIME: 3:30-4:30pm
4:00-5:00pm
Weekends by appointment

atoleman3@gmail.com
www.tolemantrackandfield.com
www.facebook.com/tolemantrackandfield

Coaching Services

Superhero Squad Yrs P-2 - \$5 per student
45 minute fun based session for young children. Motivating students to develop an understanding and love for Athletics. All round fun & fitness using gameplay.

Lightning Squad Yrs 3-6 - \$5 per student
1 hour session with emphasis on developing Track & Field skills, technique, core stability in aspiring young athletes. Focus is on individual event strengths, correct technique and training as they develop and progress through school competition.

Junior Training Squad Yrs 7-9 - \$7 per student
1.5 hour session for maturing young athletes with a focus on specialising in a chosen track or field event. Disciplines in block starts, finishing, warm-up, drills, speed, endurance and nutrition are all discovered here.

Senior Training Squad - Yr 10 to Masters - \$10 per athlete
1.5 hour session (includes periodised program) for well developed athletes wanting to enhance their performance in a competitive environment comprising elements of speed, endurance and power. Key focus on elements of technique, core stability, discipline, speed and power.

Team Fitness & Conditioning - \$10 per person or \$100 per Team
A motivational conditioning based program done at your chosen Team facility to enhance speed, speed endurance, power & core stability into a cross section of sporting disciplines. Speed is the key element to success in any sport.

TO REGISTER FOR SESSIONS
PLEASE GO TO MY WEBSITE
www.tolemantrackandfield.com
CLICK THE REGISTRATION FORMS TAB
COMPLETE & SUBMIT
ALTERNATIVELY PLEASE EMAIL: atoleman3@gmail.com
OR PHONE: 0427 732 914



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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Dr Jocelyn Baviera Mon - Fri 8.30am - 5.00pm
Dr Lakshaman Ellepola Sat 9.00am - 1.00pm
Dr Rita Ponce 20 Hill Street, Toowoomba

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WEEKLY SPECIALS
Tuesday Nights we offer 2 Course or 3 Course Specials from \$30*
Wednesday Nights are Theme Nights with Food from around the world*
Thursday Nights we offer either a Barra or Club T Bone from just \$17*
 (*subject to change)
For bookings please phone 4635 1219

Junior Golf Clinics
 Great for the Kids!
 Thurs 3:45pm-4:45pm
 \$5 per student
 (not conducted during school holidays)

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