



189 Stenner Street  
 TOOWOOMBA QLD 4350  
 Phone: 07 4631 5222  
 Fax: 07 4631 5200  
 OSHC: 07 4631 5266  
 admin@gabbinbarss.eq.edu.au

[gabbinbarss.eq.edu.au](http://gabbinbarss.eq.edu.au)

# Gabbinbar Gazette

## FROM THE PRINCIPAL

*Creating a beautiful place to belong, inspire and grow*

As the term draws to a close I would like to take this opportunity to thank all parents and community members for your support throughout the term. Your support through regular class volunteer work, willingness to attend excursions, sporting events and class activities and the support of our P&C have enabled us to provide our students with varied learning opportunities that have seen them excel in many areas.

### Farewell to Chappy Trish

Over the last year and a half Trish has worked as our Chaplain supporting students, parents and staff. Trish has been an active member of our school Learning and Wellbeing committee that support the resourcing and implementation of the following resilience programs for students: Fun Friends, Friends for Life, Bella and ADAM. Trish has also worked with Toowoomba City Women hosting the Mothers' Morning Tea every month.

On behalf of staff I take this opportunity to thank Trish for her dedication and commitment to supporting and helping students, staff and parents as they have faced the many challenges that life has presented. I wish her success in her future endeavours and know that she will continue to make a positive impact in the lives of both adults and students when they need it most.

We will farewell Trish at Assembly next Friday 16<sup>th</sup> September. Trish will be at school working Tuesday, Wednesday and Thursday next week, please take the opportunity to catch up with her on these days.

Trish will be hosting the final City Women's Mothers Morning Tea next Thursday at 9.00am outside the Hall.

### Teacher Aides and Support Staff Day

Last week we took the opportunity to thank and acknowledge the wonderful efforts of our teacher-aides and support staff. Through today's newsletter I'd like to publicly recognise the dedicated efforts and professional contributions that our teacher aides and support staff make to supporting students and teachers at our school. The help that these valued colleagues offer goes a long way in our classrooms, providing the extra attention that a number of students need to get the most out of a lesson whilst assisting our teachers to organise engaging and educationally rewarding activities each day.

If you're visiting our school this week, feel free to offer your own vote of thanks to our teacher-aides and support staff.

### Advanced Music Camp

Last month I had the opportunity to hear our Strings students performed as part of the Regional Advanced Music Camp Primary String Ensemble conducted by Mr Michael Stockwell. Regional music camps provide our students the opportunity to work with a variety of music teachers and students from across the Region and perform in a large Ensemble. I look forward to the opportunity to attend the Intermediate music camp performance next term.

### Ms Graf on leave

Ms Gretchen Graf, our teacher of Chinese, leaves for a three-week study tour of China on Saturday 10<sup>th</sup> September. State school second-language teachers who rarely get the chance to practise speaking and using the language they teach (with other adults) are sometimes offered such opportunities by the International branch of Education Queensland. We wish her an exciting trip, and hope she will bring back some interesting treasures from this ancient culture.



**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

**Payments Due**

09.09.16 – T.Y.M.E Festival - \$5.50
09.09.16 – Kids Space (Yr 4) - \$11
14.09.16 – World of Maths - \$6
14.09.16 – CHSHS Transition (Yr 6) - \$11
16.09.16 – Swimming Program (P-6) - \$42
<i>Payments for Excursions, Performances or Student program will not be accepted after the payment due date under any circumstances.</i>

**Date Claimers**

09.09.16	Kids Space (Yr 4)
09.09.16	Interschool Sport (Yr 5 & Yr 6)
15.09.16	Mothers' Morning Tea
15.09.16	T.Y.M.E Music Festival
05.10.16	World of Maths
11.10.16	Year 6 Transition
18.10.16	Year 6 Transition
25.10.16	Year 6 Transition
30.11.16	Music Awards Night
05.12.16	End of Year Concert
07.12.16	Year 6 Graduation

**Parent-Teacher Interviews for Term 3**

Parent-Teacher Interviews are being held this week. Thank you to parents who have taken the time to meet with teachers to discuss their child's progress. If you are unable to make your interview at the allotted time or were unable to make a time for this week, I ask that you notify your child's teacher as soon as possible, so they can work to allocate you an alternative time either this term or early in term 4. Our teachers appreciate your time to discuss your child's progress.

**2017 Prep Enrolments**

We are currently finalising our 2017 Prep orientation program. If your child will be attending Gabbinbar's Prep program in 2017 we ask that you return your enrolment forms as soon as possible to enable us to include your child in our planning for activities and information sessions. 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 include all prospective students in our orientation activities and appreciate your assistance.

**Gotcha Awards**

**Week 7**

Dola, Elijah



**Week 8**

Deklin, Lola, Jamie-Lea, Ned, Poppy, Claire, Mitchell



**Student of the Week**

**Week 7**

Jemima (PW), Natasha (PW), Annlea (PS), Jamie (1L), Mia (1LF), Ella (1P), Livian (2G), Arwen (2F), Joel (2F), Elliott (2R), Kye (3H), Cameron (3F), Holly (3F), Jakiah (4R), Siena (4E), Corey (5/6I), Ethan (5/6I), Lola (6W)



**Week 8**

Hayleigh (PW), Campbell (PC), Phoebe (1L), Rosalie (1L), Lachlan (1LF), Alakai (1P), Livian (2G), Chase (2G), Samuel (2F), Josh (3M), Thomas (3H), Bianca (3F), Joe (4R), Tycannah (4E), Bethany (5D), Tyla (5/6I), Kellie (6C), Zayan (6W), Dominic (A1)



## Music Notes

### T.Y.M.E. news...

**Members of the Senior Choir, Concert Band and String Ensemble** will have received the information / permission letter for the annual **T.Y.M.E. festival to be held at USQ on Thursday, September 15.**

This will contain all the information related to Performance times and places and I would ask you to keep an eye out for it and retain for your benefit.

It is a wonderful day of celebrating everything wonderfully music that the Downs has to offer, and gives our children not only the opportunity to perform in another setting in front of their peers, but also they get to see and hear so many others doing the same.

### **CLASS UPDATE:**

Our study of "**Let's sing around the world**" is progressing well – and we're on track to keep to our itinerary dates and deadlines.

So far, we've visited Greece, France, South Africa and China – with 3 more countries to go.

**How is your Grade 3 – 6 child going with their Workbook?** Are they keeping up to date with it? These will be collected in the last week of term, for assessing.

## Chappy Word

Hope you are all well, and looking forward to the coming spring holidays. Next Thursday the 15<sup>th</sup> of September will be our last Mothers' morning tea this term, please feel free to join us. The wonderful ladies from City Women bring along a lovely morning tea and are very friendly.

This week's article is on children and hardship, because life just is challenging for all of us sometimes.

### **Children and hardship (Stuff happens).**

Looking after three children on her own has not been easy for Denise. Sometimes the pressure gets to her and she feels like she can't cope at all. She doesn't know how she would manage without her 11-year-old daughter Alison. Every morning Alison makes the lunches and gets the younger children to school. She makes the dinner when Denise is not feeling well, and makes sure the washing up gets done. Recently Denise got sick and had to give up her part-time job. Then they had to move house. Alison helped to organise things and looked after her little brother and sister too. Just lately, though, something seems to be troubling Alison. She hasn't been as patient with the younger children as usual. The other day she lost her temper with Denise. "Why can't you look after us like other mothers do?" she said. Denise was very upset. She wondered whether she had been relying too much on Alison. She worried that Alison might be having trouble coping too.

Families and children may experience pressures for reasons that they can't control. In the story above, Alison's family has had to face lots of challenges. Her Mum has been struggling with her health and her finances, while trying to bring up three children on her own. Alison has been her main support, but now it seems the responsibility may be wearing Alison down. Is Alison likely to develop difficulties as her mother fears? Perhaps. It depends a lot on what else is going on for Alison, at school, with her friends, and with other important people in her life.

### Mental health risk factors

The sorts of things that make it more likely that children will experience mental health difficulties are known as mental health risk factors. Risk factors are things that put stress on the child or family and make it harder for them to cope.

Examples of risk factors that can affect children's mental health include:

- experiencing serious illness – either the child or

- a member of the family
- having no friends and/or being bullied
- high levels of family conflict
- experience of trauma or abuse
- having a parent with mental health problems
- family financial problems.

Things that protect mental health

Just because one or more risk factors are present for an individual child it doesn't mean that the child will necessarily develop a mental health difficulty. When protective factors are present they help to balance out the risk of developing mental health difficulties.

Examples of protective factors include:

- having a supportive parent, carer and/or teacher
- doing well at school
- having a positive coping style
- getting help with worries early
- having support from wider family, friends and community members.

How parents and carers can help

When children are exposed to mental health risk factors it is helpful to try to build up protective factors to support their mental health. Some of the ways you can do this include:

- Spend time listening to your child and help her or him to feel understood and loved.
- Take time out to have fun when you can – play games, go to the park, watch a movie together as a family.
- Set up a support network with people you trust (ie family and close friends). Talk through with them how they can best support you and your children during times when you have trouble.
- Teach your children what to do and who to contact when they need support.
- Help children learn coping skills for understanding and managing feelings.
- Ensure your child's class teacher knows about any difficulties that may impact on your child's attitudes and behaviour at school.

A word from Chappy Tricia

*This article was resourced from the Kids Matters Website*

## MOTHERS MORNING TEA

**15 September**

**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

### P&C Meeting

The monthly meeting of the P & C will be held on Wednesday 14 September at 7pm in the Admin building. Everyone is most welcome to attend.

### Second Hand Uniforms

Hours: Wednesday 8.45 – 9.15 and Thursday 2.45 – 3.15.

Contact: Kylene: - 0412 020 030

Please note that the second hand uniform shop will be closed the last week of term.

**Tuckshop News**

Tuckshop Day	Tuckshop Helpers	Tuckshop Home bakers
Thursday 8 <sup>th</sup> September Term 3	Larry Heuston/Rebekah Turl Letisha Gant	Sue Long
Tuesday 13 <sup>th</sup> September Term 3	Larry Heuston Jane Higgs	Ryan Walker
Thursday 15 <sup>th</sup> September Term 3	Larry Heuston/ Rebekah Turl Rob Callow	
Tuesday 4 <sup>th</sup> October Term 4	Larry Heuston Chiara Oeser	Nat Herbert Sarah Brown-Duthie

The tuckshop will only be open for first break Tuesday 13<sup>th</sup> NO other menu items will be available. We are always looking for new helpers and home bakers, if you would like to help out please contact me. Larry Heuston 0417731126 or leanne.heuston@bigpond.com

**Fundraising**

**Father's Day Stall**

Thanks to everyone who supported the Father's Day Stall. We raised close to \$700. Congratulations to the winners of the raffle prizes, Obi Costigan, Kelsey Cosgrove, Jake Clayton and Hayden Oxford. Thanks to all the lovely ladies who volunteered their time to run the stall. We hope all the father's enjoyed their gifts and their special day.

**Gabbinbar Wall Tile Mural**

For those families who purchased a tile, we are close to seeing the tiles installed. Work should be completed in term 4.

**OSHC**

Hello and welcome to OSHC News!  
The vacation care program is out now! Please remember that all children need to be enrolled at OSHC before they can attend any care. Enrolment packs are available from the OSHC office. We have some fun days and activities planned, so book before places are filled!

We are currently reviewing our policies and procedures around children with Asthma and allergies. If you have been asked to provide this paperwork we would appreciate all paperwork to be completed and returned promptly. Enrolments can be cancelled if we don't have the correct information about your child's health and wellbeing.

Life skills are also an important part of children's leisure time. You can help by reminding your child to remember their hats, water bottles, jumpers and homework. A reminder that children should be encouraged to leave toys at home. If children have extracurricular activities such as reading groups, we need to be informed of this by a parent/guardian as it requires children moving from care environments.

We have placed a new community noticeboard at the OSHC door. If you have any flyers or information which may be of interest to the community, please see me to add to our notices.

We also have our community produce table if you have any spare produce you would like to donate or swap.

**CHILD PROTECTION WEEK 2016 ART COMPETITION**

This year's theme for the Child Protection Week art competition is "What safety means to you". Art works can be a painting, drawing, collage, photo or whatever you feel captures the essence of the theme.

Age ranges for entries are 4-7 years, 8-11 years, 12-14 years, 15-18 years, and adult.

Entries will be uploaded on Facebook in the Child Protection Week 2016 Art Competition event on the Page/YouthConnectTRC. Like your favourite entry!

**ENTRIES CLOSE MIDNIGHT 9 SEPT 2016**

Great prizes to be won!

EMAIL YOUR ENTRIES TO [childprotect@raq.org.au](mailto:childprotect@raq.org.au)

For more information contact Relationships Australia on 07 4638 4700 [www.ct4yourweek.org.au](http://www.ct4yourweek.org.au)

**TOOWOOMBA CITY ROLLERS PRESENTS... CARNIVAL OF CARNAGE**

**SATURDAY SEPT 17**

**TOOWOOMBA CITY ROLLERS RANGE RASCALS VS JUNIOR ROLLER DERBY IPSWICH JUNIOR GAME**

**TOOWOOMBA CITY ROLLERS RANGE RENAGADES VS EAST COAST DERBY DOLLS WOMEN'S GAME**

**DOORS OPEN 5PM @ THE CLIVE BERGHOFER ARENA 235 HERRIES ST, TOOWOOMBA**

STALLS, RAFFLES, COMMENTATORS, SEATING, HOTFOOD & BAR

**ENTRY @ DOOR**

ADULT - \$15  
CONCESSION - \$10  
KIDS 6-12 - \$8  
KIDS 5 & UNDER - FREE

**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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**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**  
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 Thurs 3:45pm-4:45pm  
 \$5 per student  
 (not conducted during school holidays)

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586 Ruthven Street, Toowoomba Qld 4350 • PO Box 3005, Toowoomba Qld 4350  
 P 4639 1199 F 4639 1045 E toowoomba.south@parliament.qld.gov.au  
 W www.johnmcveighmp.com IF JohnMcVeighMP



Authorised by John McVeigh, 586 Ruthven Street, Toowoomba Qld 4350