



Nothing But The Best!

Mount Gravatt State School Newsletter

3 March 2016

Principal's Message....

Parent-Teacher Interviews will be held in the next few weeks. I urge all parents to make a time to speak with the teacher. In this way we can work together to help your child achieve their best. You should receive a note from your child's teacher to arrange a time to meet. If you can't come along, please contact us so we can set up a phone discussion or you can chat via email with your child's teacher.

Parents should note that we will be strict this year with excursion payments and permissions. Please make sure your payments are in on time and forms sent back. Please keep all notes/payments separate from others as we have had some mix ups with tuckshop orders and jacket orders being in together and not making it in time to the correct person.

The Year 3-6 excursion to GOMA payment is due tomorrow! I ask that all families get a formal (striped) shirt for use on excursions. These are available from the uniform shop. Some small sized second hand ones may be available. If you cannot obtain a formal striped shirt, please contact us to make other arrangements.

I would love to see many families help out on the upcoming election day cake stall the P&C is running. This could be a major fundraiser for us, so we do need your help! We need people to bake home made goodies (eg biscuits, cakes, slice, sweets) and get them to us on Friday 18th March. We also need helpers for the stall on Saturday 19th. Please help! The funds do help your children.

I would also love to see more families at our P&C AGM on Thursday 17th March at 7pm.

Regards

Jenny Watson

Fri 4 March
Student Clean Up
Australia Day
Rubbish Collection

Fri 4 March
Yr 3-6 Excursion
money due

Thurs 17 March
Yr 3-6 GOMA
excursion

Thurs 17 March
P&C AGM

Sat 19 March
P&C Cake Stall

Parents & Citizens Association meets 3rd Thursday of month, 7pm - All Welcome!

1263 Logan Road • PO Box 678
Mount Gravatt Q 4122

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Great state. Great opportunity.



The Buzz

Be Safe!
Be Responsible!
Be Respectful!

Awards were recently presented to:

Student of the Week: *Natasha, Jordan, Benji, Dylan, Rehan, Baylie, Faiza, Louis, Hasan, Seyara, Lilly, Maya, Anshuman, Senadie, Te Omeka, Hannah T, Joya, Parsa, Hunter, Jaxon B, Jakai, Emma*

Reading Award: *Lisanth, Harmony, Liam, Cadil, Tamsin, Lily F, Ayub, Jakai, Chris, Jesse, Sarah, Tasmiya, Tyler, Arum, Olivia, Ella R, Aled, Louis, Liam I*

You Can Do It! Award: *Ali S, Hannah ML, Nate, Subayda, Chloe L, Jamie, Cayni, Seb U, Thomas, Luke G, Jaideep, Joshua, Sana, Luka, Luke G, Maddie, Lilly W, Amelia-Mae, Giang, Ann*

WELL DONE!

BUZZ Awards

Our new improved Buzz Awards program kicks off next week. To receive their Bronze buzz awards students need to demonstrate over a four week period that they are safe, responsible and respectful and that they demonstrate their five keys to success: Getting Along, Persistence, Confidence, Organisation and Resilience. Students complete a checklist and have it approved by their teachers. Bronze certificates are presented in class. Silver and Gold awards will be presented on assembly and new prizes for 2016 awarded.

P&C News

Our Parents and Citizens Association Annual General Meeting will be held on Thursday 17 March at 7pm in the library meeting room. We urge everyone to attend. There is an important need to have more parents involved in the school decision making. At the next meeting House Names will be finalised.

If you would like to join the P&C but cannot make it along to the meeting, please collect a membership form from the office. You must complete a membership form each year. Membership forms can be submitted at the AGM even if you cannot attend, however any later membership applications must be presented when you attend a meeting.

We look forward to meeting our new families.

P&C Bake Sale—Local Council Elections

Our P&C has been invited to run a "Bake Sale" (cake stall) at the Mt Gravatt Showgrounds on election day, March 19th. This is a great fundraising opportunity!

We will need your help!

We need people to cook home made foods for us to sell—cakes, biscuits, slice, sweets, treats.

There is a sign on sheet in the school office. Please contact the office with your name, contact number and what you can cook for us. E.g. 1 cake and 1 batch biscuits. Also please advise if you can deliver it to the school on Friday 18th or showgrounds on Saturday 19th March. We also still need volunteers at the showgrounds on Saturday. Even if you can just give one hour of your time it would be appreciated! Every little bit helps!

Parent Teacher Interviews

Parent teacher interviews will be held over the next few weeks. Notes will be sent home from the teacher to arrange times. It is important that all parents make time to speak with the teacher about your child's progress. 5/6M Parent teacher interviews will be held later this term when Mr Meehan returns from leave. If you don't get a copy of the Parent—Teacher interview note, please contact us.

Parking

Please do NOT park in the Disabled Car Park space unless you have a current permit. We have several students who need this space for disability access, so only those families have permission to park in that space. The parking space for those with Disability permit is managed by the Brisbane City Council and violations of the use of this park may be referred to the council.

Student School Banking

We are again checking interest in running the Commonwealth Bank School Banking program. The Banking program helps teach children the all-important skills of money management. The program invites children to make deposits into their personal Commonwealth Bank account at school and rewards them for regular saving behaviour. Every deposit earns the student a Dollarmites token and once they've collected 10 tokens they can redeem for a reward. There is no minimum deposit. The school (P&C Association) receives commission for running the program.

To run the program we need at least three volunteers to coordinate the school banking. This would require coming to the school, processing the deposits and banking the money once a week.

Please complete the form (on back of the newsletter insert) telling us if you are interested in your child banking through the school and if you can help as a volunteer.

Tuckshop Meal Deal

Our next Meal Deal day will be next Friday, 11th March. Order forms will be sent home today or tomorrow. Cost is \$6 for pizza and a drink. Please make sure your order is in a brown paper bag, with correct change and student name on the front.

Nude Food Days

Wednesday is Nude Food day. Please try to send rubbish free lunch!

Excursion

A reminder that Year 3-6 excursion payments are due TOMORROW, 4th March. Late payments will not be accepted.

Students should wear full formal uniform on excursion—striped shirt and black shorts/culottes. They must have a hat.

Clean Up Australia Day

Since 1992, school communities across Australia have demonstrated their support for caring for the environ-

ment through participating in Schools Clean Up Day. Schools Clean Up Day is on this **Friday 4th March 2016**. Mt Gravatt State School staff and students will be rolling up our sleeves and helping to clean up our wonderful school. **Gloves will be provided.**

Brisbane City Council Visit: Rethink Your Rubbish

Today our school was involved in a special visit by Brisbane City Council. They were here to teach us about the 3 Rs: Reduce, Recycle and Reuse. We learnt about what goes in and what should NEVER be put in each of our Wheelie bins (Red, Yellow and Green). Also, we participated in games where we had to sort rubbish into the correct bins placed in front of each group. At the end of the presentation, we saw how we can also recycle food via compost bins or worm farms. It was very interesting and informative.

By Kaitlyn, Zainab and Subayda Yr6

Homework Club

Where? Mt Gravatt State School BBB Room
 When? Tuesday afternoons 3:00pm - 4:15 pm
 Who? Students in years 3 -6

Registration essential. Forms available from school office and must be completed prior to attending Homework Club. For further information contact: Alison: 3343522; Sandra: 33434471 A St Marks Uniting Church initiative.

Uniform Shop

The uniform shop is open:
 Tuesdays—8.30am-9.30am
 Thursdays—2.30pm-3.30pm.
 Cash only. At other times please send payment and order details in and the order will be filled as soon as possible.
Please note: Costs for our uniforms have risen, so some price increases are now effective. Formal dress shirts are \$35 and sports shirts are \$28. Shorts are \$15 and culottes are \$20.

Help Needed!

Mount Gravatt East family (Eyre Street) is looking for someone to assist with school drop off and pick up on Mondays

and Fridays for a Prep-aged school student. Dad works early and Mum doesn't drive. Happy to pay for some greatly appreciated assistance. Anyone interested please call Tarni on 0412 531422 or phone the school.

SPORT NEWS

Current District trials!

Girls soccer trials for soccer for those born in 2004/2005/2006 are on the **7th and 8th of March**. Please bring shin pads, water bottle and if you are trialling for Goal Keeper your own mouth guard.

District Trials for boys Soccer for those born in 2004 /2005 are to be held on the **15th March**. You will be required to bring your own shin pads, water bottle and if you are trialling for Goal keeper your own mouth guard.

AFL trials are on the **15th March**. You will be required to bring your own water bottle and mouth guard

Hockey Trials for both boys and girls will be held on the **23rd March** for those children born in 2004, 2005, 2006 . You will be required to bring your own shin pads, mouth guard, water and hat.

If you are interested in trialling for any of these positions please collect all the relevant information and paper work from the office. If you have any questions please find me and ask.

Elaine Wixted
 PE Teacher

Scholastic Children's Book Warehouse Sale

Thousands of fantastic children's books will be on sale, including paperback novels, picture and chapter books. Open to the public.

Wednesday 16 March: 8am-6pm

Thursday 17 March: 8am-6pm

Scholastic Warehouse, 2/350 Lytton Road, Morningside.

PPP Parenting Seminar

Free Triple P—Power of Positive Parenting Seminar
 With Profession Matt Sanders.

Ever wondered: "why does my child do that?" Find out how to get more of the behaviour you like—and less of the behaviour you don't like.

Wednesday 13 April, 7pm-8.30pm

Auditorium, Coorparoo Secondary College

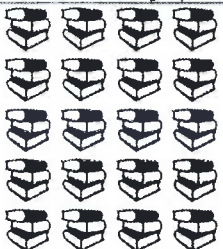


Cnr Stanley Street East and Cavendish Road, Coorparoo.

Come early for tea and coffee—seminar starts promptly at 7pm.

Proudly hosted by Joe Kelly (MP, Greenslopes)

Register at www.tripleparenting.net

WHY READ 20 MINUTES AT HOME?

Student A Reads	Student B Reads	Student C Reads
❖ 20 minutes per day.	❖ 5 minutes per day.	❖ 1 minute per day
❖ 3,600 minutes per school year.	❖ 900 minutes per school year.	❖ 180 minutes per school year.
❖ 1,800,000 words per year.	❖ 282,000 words per year.	❖ 8,000 words per year.
		
❖ Scores in the 90 th percentile on standardized tests	❖ Scores in the 50 th percentile on standardized tests	❖ Scores in the 10 th percentile on standardized tests

If they start reading for 20 minutes per night in Kindergarten, by the end of 6th grade, Student A will have read for the equivalent of 60 school days, Student B will have read for 12 school days, and Student C will have read for 3.

WANT TO BE A BETTER READER? SIMPLY READ.



Building parent-school partnerships

WORDS Michael Grose



Teasing V Bullying

When speaking with parents when I present at schools, or engaging with them via our social media, bullying is always a hot topic. A recent Facebook post had one of our biggest engagement rates ever. It begged the question - "What is bullying? Do we mix it up with teasing and other forms of mean behaviour?"

It's an important topic that needs clarification.

Bullying is a term that's wrapped in emotion. For many people it's associated with bad childhood memories. It's been estimated that around 40 per cent of people have experienced bullying in the past. It's something that we don't want to happen to our kids.

But I fear it's being overused at the moment and confused with teasing and rudeness.

Rudeness refers to thoughtless behaviours and thoughtless words. Kids often do rude things to each other without thinking their actions through. Examples include breaking wind in a child's direction; joking about the colour of a child's hair in front of others; failing to share possessions and neglecting to acknowledge someone. Rudeness is usually about selfishness

and thoughtlessness. Taken on their own many rude behaviours can be seen as an element of bullying but when looked at in context they are more about thoughtlessness, lack of consideration and poor manners rather than a deliberate attempt to hurt someone.

Teasing refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It's generally an attempt to get under a person's skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person's rights. But generally teasing doesn't have the key ingredients that make up bullying.

Bullying is the *selective, uninvited, repetitive* oppression of one person or group by another. It involves **three elements** - intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past children and young people could escape bullying behaviours by being at

home. Cyber-bullying means that children can't escape bullies like they once could.

Why the distinction? I hear the term bullying misused a great deal in the media and when talking with parents. We run the risk of "The Boy Who Cried Wolf" Syndrome where we become so desensitised to the term that we (or teachers) ignore it when children really are the victims of bullying. We also run the risk of failing to skill our kids up to manage rudeness and teasing if we categorise every awful behaviour that kids experience as bullying.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills; getting others involved; building up a child's support networks; and building self-confidence that can take a battering.

Bullying needs to be taken seriously. But we also need to be discerning about bullying behaviours.

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



Mount Gravatt State School – School Banking interest \$

- Yes! I would be interested in my child taking part in the School Banking Program.
- Yes! I could volunteer my time once a week to help coordinate the School Banking Program.

Parent Name: _____

Students: _____

Signed: ____/____/2016

Mount Gravatt State School P&C Association Bake Sale – Saturday 19th March

- Yes, I can help the P&C with the cake stall by...
 - Baking something: _____
 - Helping out on the 19th at the Showgrounds
 - Other: _____



Parent name: _____

Contact Number: _____

Signed: ____/____2016/



Wipe out Waste



Pack waste free food!

Did you know that up to 50% of items in school/preschool bins come from food and drink packaging is brought from home?



Pack

- Snacks in reusable containers
- Drinks in a reusable bottle
- Reusable utensils when needed
- A reusable lunchbox or backpack



Avoid

- Lunches packed in plastic bags, cling film or foil
- Disposable drink boxes, cans, cartons and bottles
- Disposable forks and spoons
- Pre-packaged lunches or single serve items

