



Glamorgan Vale State School

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Principal: Mr Graham Rickuss

FROM THE PRINCIPAL'S DESK:

Thought for the Week:

The man who does things makes mistakes, but he never makes the biggest mistake of all – doing nothing.

After an exciting but exhausting first week, the children have begun to get back into the routine of the school. The children have been working hard to ensure that they have a good year.

Student Leaders Elections.

Today on assembly the students presented their speeches for School Captain and School Prefects. These students were Taneesha Beattie, Cheney Freese, Courtenay Rayner, Samara Wendt, Ryan Dawson, Lacclan Gottfried, Connan McIntyre, Rory McIntyre and Scott Wright. The students then voted on who they wished to represent them for the year. Come along next week to see the new School Captain and School Prefects for Glamorgan Vale State School. Next week, the students who would like to be Sports House Captains and Vice Captains have a chance to do their speeches.

5/6/7 Playground Roof

Last week we had the roof delivered for the 5/6/7 playground. At present the pieces of the roof are sitting at the far end of the car park as many of you have seen. When the weather improves it will be erected.

Bookclub All orders together with money will need to be returned to the school office by no later than Wednesday, 13 Feb.

Happy Birthday! to Harrison Klee, who celebrated his special day this week.

Dates to mark in your calendar:

Wed 11 Feb

School Captain badge ceremony and Sport Captain speeches on assembly.

New Families Morning Tea hosted by the P and C

P and C Meeting 6:30pm

Wed 18 Feb

Sport Captain badge ceremony

Thurs 12 March

'Power of One' anti-bullying presentation

Tues 17 March

School Photos

Fri 3 April

Grandparents Day

Thurs 9 April

Last Day of term.

Tues 21 April

Term 2 begins

12 – 14 May

3, 5, 7 National Testing of Literacy and Numeracy.

22 – 24 June

4 – 7 Camp at Currimundi with Cluster Schools

This Week's Awards were presented to:

Cooper Jones for working well during class.

Tayla Finn for settling well into Prep.

Cheneya Freese for being a good role model.

Christian Sokoll for working hard on his schoolwork.

Mitchell Hutchins for excellent effort in writing.

Taleah McMullen for excellent effort in writing.



How you can help your child with reading

As a parent, you are your child's first teacher and it is important to encourage your child to read outside of the classroom.

Our school is asking all parents to help their children to improve their reading skills. You can do this by:

- visiting the local library – this is an economical way to provide access to different kinds of books and learning materials and allows children to borrow from a wide range. Your library may also offer a reading program which makes reading an exciting experience and allows them to mix with other children
- asking 'why' questions as you read a book or story together to help your child understand and asking them to think about alternate endings to make much-loved books even more interesting
- reading to your child as often as you can and by trying to carry a book with you when away from home
- letting your child hold the book and turn the pages when you are reading together – this lets your child join in and allows you to talk about the pictures
- congratulating your child on their reading – this will encourage them to enjoy the reading experience
- pointing out words as you read them, especially long or interesting words – this will create a word bank or a spelling list which will help your child with their writing
- making a message board or space at home and encouraging your child to read and leave messages for other family members – this will also give them an important job in the household.

For more tips and online resources about literacy and numeracy visit

www.education.qld.gov.au/parents/map/

Fight Fire Fascination

Many children will, at some stage during their childhood, display a natural curiosity about fire. But playing with fire is another matter all together.

As parents and carers, you play a pivotal role in educating your child about fire safety.

However, what do you do when you find your child playing with matches or lighters, setting rubbish or paper alight or even burning toys or other people's valuables?

Children don't often consider the ramifications of starting a fire, and if you suspect your child's fascination with fire is risking their safety or the safety of others, help is at hand.

The Queensland Fire and Rescue Service has developed the Fight Fire Fascination Program to support parents in their efforts to educate their children about fire and promote fire safety.

Through the program, also known as *Triple-F*, specially trained firefighters work directly with your child and family in a series of home visits.

They explain the consequences of playing with fire and teach your child to make positive choices with regards to fire and help them understand how their behaviour affects others.

The Fight Fire Fascination is a free confidential service that brings together the Queensland Fire and Rescue Service, schools, and other services, where necessary, to help families address this very serious issue.

To find out more about the Fight Fire Fascination program visit www.fire.qld.gov.au or contact your local fire station.

Fun facts: Do you think babies slobber a lot? Dairy cows can produce 124ml of saliva every minute. Talk about a slow eater – a cow can spend up to eight hours a day chewing its food. A cow spends 13 hours a day lying down. A cow has four stomachs. A dairy cow can produce 27kg of milk daily.

COMMUNITY NOTICES:

Lowood / Fernvale Hairstylist February specials: 5 foils for \$25, 4 splices for \$25, eyebrow wax \$5, eyelash tint \$8. Phone: 54 261434 – 75 Main Street, Lowood or 54 270300 – 102 Brisbane Valley Highway, Fernvale.

Bike Repairs Selling second hand bikes and parts. All bike repairs done promptly. Phone Eric on 54262470 or call at 8 Park Street, LOWOOD.

Joke of the Week:

'Two's company and three's a crowd, so what's four and five?'

Nine!

Junior Rugby League Do you want your kids to be part of a close knit team? Then come down to the Roosters club at Anzac Park in Rosewood on sign-on day, 7th February from 2pm – 5pm. Under 6's – Under 16's. We are always looking for new players, coaches, first aiders and volunteers. Go the Roosters! Enquiries 54609032.

Lowood Scouts Joey Scouts are starting in Lowood! Joey Scouts is the first section of Scouts, for boys and girls aged 6-8. The emphasis is on fun and friendship and a gentle introduction to a world of challenges and adventures through Scouting. Joey's will start on Tuesday 3 February from 4.30 – 5.30pm with an information hour at the Scout Den in Haslingden Park Drive (off James Street) Lowood. Section times:
Joey Scouts: Tuesday, 4.30 – 5.30pm Cub Scouts: Thursday, 4.30 – 6.30pm Scouts: Thursday, 6.45 – 8.45pm.
For more information contact John Palmer on 54246345 or 0409 472780.

Gymnastics Rosewood Gymnastics Club offers recreational programs for girls and boys from beginners to levels. Morning and afternoon Kindergym groups for children 15mths to 5yrs. Afternoon groups for children 6yrs to teens, beginners to more advanced levels. Sign on day: 5 February – 1st lesson free. For information phone Tracey (Coach) on 54 642450 or 0407 750544.

Building high self-esteem in your child – by Michael Grose

Children's self-esteem influences their social behaviour and learning. Children with low self esteem are less likely to step out of their comfort zones to extend themselves and try new experiences. They tend to take fewer risks than those with healthy level of self-esteem. Misbehaving children are generally discouraged children. Lacking confidence to belong through positive ways they find their place within their family and peer group through misbehaviour. Quite simply if children have a healthy level of esteem and feel good about themselves they are more likely to make friends and succeed at pre-school and at school. But what is self-esteem and how do children acquire it? Self-esteem refers to the image or picture of ourselves that each of us carries around in our heads. This image or picture is constructed through our experiences and is strongly influenced by the messages that others send. The way we interact with children on a daily basis influences the positive picture that they construct of themselves. Let them know through our language and our behaviour that they are capable and worthwhile and they will begin to believe it. The messages we send to children influences the way they see themselves as well as our relationship with them. For parents the essential question is: What type of self image are you helping your children to construct? While children have countless experiences in settings outside their home and receive messages from many sources including their peers parents have a huge influence on the way children see themselves. In fact, when children are very young their sense of self is linked to their parents so a parent's self-esteem is obviously an important determinant in a child's self-esteem. Children with a healthy level of self-esteem generally:

- feel worthwhile (and lovable)
- believe that they are capable
- extend themselves as learners

Following are some ideas that adults can use to promote self-esteem in children:

1. Build on children's strengths. Point out to children their areas of expertise. This is often difficult with young children but as they progress through primary school they have more options for success available.
2. Give kids realistic responsibility. Develop self-help skills from an early age.
3. Develop the courage to be imperfect. Let them know that mistakes are part of learning. Ask any golfer.

4. Encourage sensible risk-taking. Help them to develop the attitude that anything is possible.
5. Establish an achievement board or corner in your house or room.
6. Develop a strong language of encouragement that focuses on effort, improvement, their contribution and displays your confidence in their ability to succeed.
7. Stick positive affirmations around the house. Use them yourself.
8. Tell children how you handled difficult situations in your life. This is extremely reaffirming for kids.
9. Ask children their opinions on important family matters. It shows you value their input.
10. Mirror back a positive self-image or picture.
11. Self-esteem comes from achieving success in high risk areas so help them achieve in an area such as public speaking or drama.
12. Look for small victories or achievements and celebrate them.
13. Provide them with opportunities to take risks and make mistakes.
14. Remind kids that we only grow and improve when we take risks.
15. Help children set goals and stick to them.
16. Write letters or notes of appreciation. Leave notes under the pillow, in lunch-boxes or on the computer in Email.
17. Help kids accept responsibility for their own actions and their own fate.
18. Give objective feedback but begin with a strength or positive.
19. Compare them only to themselves.
20. Teach them how to reframe problems or see a situation from a positive point of view.

Glamorgan Vale State School
P&C ROUNDUP
Wednesday 4th February 2009

P&C Executive

President: Brett Freese - 54 266 320
Vice President: Shane Beattie - 54 262 208
Treasurer: Kym Zahnow - 54 266 297
Secretary: Karen Dunbar - 0437 929 792
Email : pciti18@eq.edu.au

Welcome Back

The P&C would like to welcome everyone back to school in 2009 and extend a very special welcome to all the new families. The P&C Roundup is separate to the School Newsletter as it focuses on keeping everyone up to date with what is happening in the P&C and the community. It is issued very fortnight on a Wednesday with the School Newsletter. We trust you find it informative and welcome any feedback.

Tuckshop Roster Request

To enable us to provide Tuckshop, we request assistance from two parents to prepare and cook the food from 9am each Friday until around 11.30am. If you can assist with tuckshop this term, even if it is for just one day, please enter your name on the roster request form which is on the noticeboard in the Playshed. Please add your name by **this Friday 6 February** so that we can organise a roster for this term. We appreciate the parents who give up their time to help the P&C keep the tuckshop running.

P&C Welcome Morning Tea

Our traditional morning tea to welcome new families is on **Wednesday 11th February** under the school following the Parade where the School Captains and Prefects will be announced and the speeches for the Sports and House Captains made. We'd love to see as many people as possible to come along and have a cuppa with us and meet the new families.

P&C Meeting

P&C Meetings are held every month at the school normally on the second Wednesday evening of each month.. The next P&C meeting will be held on **Wednesday 11th February** commencing at **6:30pm**. Please come along and have your input into the P&C.

School Uniforms

The School Uniform Co-ordinator is Carol Lister. She can be contacted on 54267885 if you have any questions. We have a wide range of uniforms in stock. There are uniform order forms in the P&C folder in the Playshed.

Australia Day 2009

Thankyou to all the people who volunteered to assist with the Australia Day stall at Cormorant Bay at Wivenhoe Dam on what was a very hot Saturday. The final figures regarding the profit will be known at the next P&C meeting.

P&C Contact Numbers

At the top right hand corner of the Roundup you will see the names of the P&C Executive and their contact numbers. In addition, the following members hold these positions below :

Asst. Secretary/Treasurer:	Robyn Hinrichs	54 261 663
Tuckshop Convenor:	Annette Davis	54 261772
Asst. Tuckshop Convenor:	Trish Whalley	54 266292
Uniform Co-Ordinator:	Carol Lister	54 267885
Fundraising Co-Ordinator:	Trish Whalley	54 266292

NRL Footy Tipping Contest

It won't be long before the ref blows that whistle and the NRL footy season kicks off again. As in previous years we'll be running a tipping contest. Please see the flyer attached for details.

Australia Day Awards

A number of awards were announced on Australia Day by the Somerset Regional Council . We are pleased to announce that the 'Glamorgan Vale Gala 2008' was nominated for Somerset Community Event of 2008. Also Geoff Beattie was nominated for Citizen of the Year. Unfortunately neither of the nominations picked up an award on the day, but we can all be proud of their nominations.

Winner of the Cultural Award was Neil Norwood from Toogoolawah. Neil is a member of the Brisbane Valley Writers and Reciters Group since it was founded in 2006 by providing banners, signs and equipment and constantly being on hand to help at events. Neil is also a member of community radio station Valley FM since its inception through donations and equipment as well as a volunteer announcer, particularly the Poetry Hour program that is broadcast weekly - as a poet or back up support. Neil has overcome his fear of performing with the writing of over 200 poems and has published 4 books of poetry, which have been well received by the public.

Neil was nominated by the Writers and Reciters Group for achieving exceptional results overcoming disabilities and as a result Schools are now asking him to talk to students who feel they may be under-achievers and show them any person can achieve their goals.

He actually wrote a poem for the occasion and read it out at the awards ceremony. We thought it might be a good idea to share it with everyone and Neil has given us permission to publish a copy of it in the Roundup:

GOOD OLD SOMERSET

I am honoured to be nominated
For this 'cultural award'
Though I thought it was a set up
Definitely not, I am assured.

There are others more deserving
Who's input has outshone mine
Thought to be in such good company
Will allow my star to shine.

Yet I have a love for what I do
Although I'm not sure what I've done
But let me tell you honestly
That so far it's all been fun.

One cannot do it on their own
We are helped along the way
By a band of unsung heroes
Who deserve to have their day.

Everybody that I've met
Have helped shape what I do
And I thank them unconditionally
A generous set, that's so 'true blue'.


Now in closing I have this to say
Life's as good as it will get
And there's no better place to live it
Than in good old Somerset.....

Neil Norwood ("Woody")
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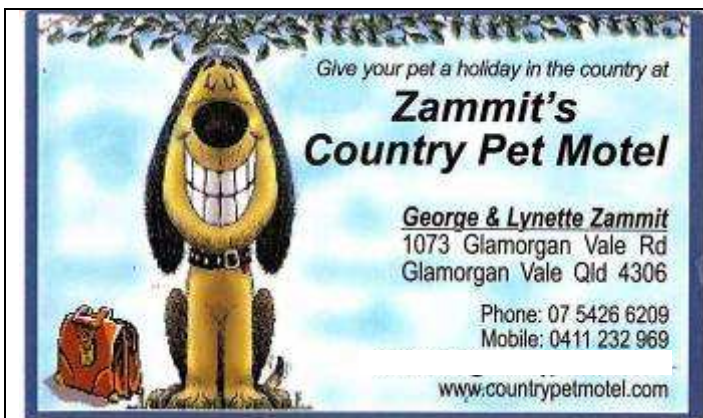
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Community Billboard

Dates to Remember

- Friday 6th February – Tuckshop Roster Requests due back.
- Wednesday 11th February – P&C Welcome Morning Tea 9:15 – 10:00
- Wednesday 11th February – P&C Meeting at the School at 6:30pm.
- Friday 6th March – NRL Footy Tipping forms due back.

A New Arrival

There is a new baby on the block! Paul & Freda Mackenzie have welcomed a son, Alexander born on Australia Day - the same day as his little sister Maxine who is now 2. We wish them all the best with their new little bundle.

Tennis Club Meeting

The Glamorgan Vale Tennis Club will be holding a meeting at the Glamorgan Vale Community Hall tonight, **Wednesday 4th February** commencing at **7:30pm**. Everyone is welcome to attend.



NRL COMPETITION 2009



Yes, it's that time of year again. The Glamorgan Vale State School Parents & Citizens Association is holding its annual **Footy Tipping Competition**.

Please join in the fun of this non-profit, social competition for all ages.

The competition is run on a weekly basis. The cost is still only \$25 for the season, with all the proceeds going towards prize money. The prize money split-up will depend on how many entries are received.

The P&C rules are:

- 1 point for a win (a draw constitutes a win)
- 2 bonus points for selecting a full round of winners
- Zero points if no entry received
- Entries must be in each FRIDAY – BEFORE KICKOFF
- Your \$25 is due with your entry form

If you are interested in joining us for some tipping fun, please complete the form below and place it in the P&C letterbox by **Friday 6 March**.

Let's see who has the most creative Entry Name. The full draw will be issued to tippers.

Round 1 tips are due by kick-off on **Friday 13 March**.

=====

NRL FOOTY TIPPING COMPETITION ENTRY FORM

YES, I/WE WOULD LIKE TO ENTER THE 2009 COMPETITION
AND THE \$25 ENTRY FEE IS ENCLOSED.

ENTRY NAME: _____

CONTACT PERSON: _____

CONTACT PHONE: _____

EMAIL ADDRESS: _____

P&C Use: Entry Fee rec'd ___/___/___