Term 3 Week 6 27 August 2014

Photos of the week: Awards

WHAT’S HAPPENING
25 Aug – 5 Sept  MOVband challenge
25 Aug – 5 Sept  Swim & Survive
26 August  Back to Basics cooking
27 August  Assembly 2:30 hosted by 3/4M
1 September -  Dolphins’ Sports Day
2 September  EIU & Dolphins Father’s day stall
4 September  Seahorses K-6 Father’s Day stall
5 September -  Seahorses’ Sports Day
8 September  Book club orders due back
10 September  Board meeting 5:30
10 September  P&C meeting 7pm
19 September  BillyG fundraising orders due back
22 September  School Photos – K- 6 and Dolphins
26 September  School Photos - Seahorses

NOTES TO BE RETURNED

TERM DATES 2014
Term 1 31 Jan to 11 April
Term 2 28 April to 4 July
Term 3 21 July to 26 Sept
Term 4 13 Oct to 17 Dec

Direct deposit details
Gilmore Primary School
Direct Deposit Westpac
BSB: 032 777

Radio GPS
Be in the know
Gilmore Primary’s own radio station
Keep up to date on school events and news
Access via Facebook or
http://www.spreaker.com/user/radio.gps

Student Banking Every Thursday

No hat – Play in the shade
Dear Parents

HATS ON AGAIN!
As part of our school’s SUN SMART policy, students are to wear a hat when outdoors during the months when the daily UV rating is expected to rise above 3.
For us at school, this begins next Monday 1 September and will continue through for the rest of the school year.

NO HAT – PLAY IN THE SHADE!
Caps are not acceptable as they offer minimal protection from the sun (they leave the cheeks / lips / neck exposed)
Students will need to be wearing either a ‘bucket’ or ‘broad brimmed’ style hat.

✔️  ✔️  ✔️

SLIP on a shirt  SLOP on sunscreen  SLAP on a hat  WRAP on sunglasses  SLURP water regularly

Don’t forget your SOCs?
Our P & C is actively engaged in the SOCs fundraising activity which brings benefits (through discount vouchers) to you. Don’t forget to, where possible, support the businesses which are supporting your P & C (in turn supporting YOUR children through providing addition resources for them to use at school)
A new SOCs voucher sheet will be distributed over the next week.

Active Kids Challenge
We are now into week 4 of the Physical Activity Foundations ‘Active Kids Challenge’. Students from both the Jeannie Baker and Robin Klein units have the added incentive this week and next to try and clock up ten movement kilometres per day as part of the MOVband Challenge.

P & C Father’s Day Stall
The stall will be run next Tuesday and Thursday so that children have an opportunity to buy a small gift for Dad. Gifts are between $3 and $5 – Could you please also send your child to school with a plastic bag in which to carry their purchase. (Further details are provided elsewhere in the Gazette)

Lost Property
It is amazing what turns up in lost property from time to time. If you are missing a jumper, hat, ball, T-shirt, drink bottle, lunch box, shoe, or even a scooter – check out the lost property or ask at the Front Office.

Upcoming happenings:
- 25 August to 5 September: Intensive Swimming Scheme, K to 6
- 27 August: Year 3/4 assembly
- 1 September: Dolphins’ Sports Day
- 2 September: EIU & Dolphins Father’s Day stall
- 4 September: Seahorses & K to 6 Father’s Day stall
- 5 September: Seahorses’ Sports Day

At school – on time – in uniform – in class ready to learn
Congratulations to our Term Five winners: Cheyarn, Lachlan, Aidan, Jamie, Mikayla, Maddison, Violet, Tahlia, Wesley, Blaze, Nikolai, Chantelle. Ben. Olivia, Kaleb, Latrell, Cooper, Dylan.
“Nobody wants their kids to fail so what are the things we may be doing to prevent them from living to their full potential? Mel Hearse talks to an expert.

Looking to raise the next Richard Branson or Beyoncé? Here are five parenting behaviours that can hold back our kids, according to leadership expert Dr. Tim Elmore – bestselling author of more than 25 books and founder and president of Growing Leaders, an organisation that focuses on helping young people develop their leadership skills.

**Parenting behaviour #1: Not letting your children experience risk**

This can be a tricky one for us parents – keeping our babies safe is ingrained from before they are even born, which is generally a good thing! The problems come when we are reluctant to let go and let them learn hard lessons for themselves – falling off the swing hurts and while it’s not good for a young baby (which is why they have the ultra-protective swing seats), for a three year old, being able to jump on the swing solo and run the risk of falling off is necessary in order to let them learn and grow.

As Dr Elmore explains, taking risks teaches kids to make informed choices about behaviour when they are older. By not letting them take age appropriate risks now, there’s a good chance they won’t know how to determine good risks from bad when they are older, or they’ll lack the confidence in themselves to even try. Allowing your kids to take some risks also shows them you believe in their ability to not only make choices, but recover when they fall.

**So how do you get the balance right?**

Obviously pushing your newborn in the pool is taking things too far, but how do you know when it’s OK to let them climb to the top of the playground, walk to school alone or skateboard down a hill? The trick is to look around and let them take risks that are age appropriate – calling the climbing frame out of bounds when they are learning to walk is not coddling them, but doing so when all their friends are approaching expert level on them probably is.

Also, factor in their nature – my eldest son is far more cautious than my younger son, so I am much more willing (encouraging even) of him taking risks because he inherently ‘looks before he leaps’.

**Parenting behaviour #2: Rescuing them too quickly**

Dr Elmore says when we rescue too quickly and over-indulge our children with assistance, we remove the need for them to navigate hardships and solve problems on their own. This can be anything from ‘helping’ them with their homework (i.e. doing the bulk of their project for them), zipping up their jackets, taking over their cooking experiment or negotiating an argument with their friends for them.

The biggest outcome of this perfectly understandable behaviour, according to Dr Elmore, is you disable them. He explains doing things for them is ‘parenting for the short-term’ and it sorely misses the point of leadership – to equip our young people to do it without help. On his blog post on the topic, Dr Elmore explains just as muscles atrophy inside of a cast due to disuse, your kids social, emotional, spiritual and intellectual muscles can shrink if and when they’re not exercised.

The balance? Give them a chance to sort things out and don’t be afraid to let them struggle through – and if they ask for help, give guided help rather than taking over so they’ll be better equipped for next time.

**Parenting behaviour #3: High living too easily**

Rather than boosting your child’s self-esteem, being too quick with meaningless praise can mean kids eventually observe Mum and Dad are the only ones who think they’re awesome because no one else seems to be dishing it out as much.

“They begin to doubt the objectivity of their parents – it feels good in the moment, but it’s not connected to reality,” says Dr Elmore. It may also have the effect of making your kids constantly seek praise and rewards for their actions, making them more focused on outcomes than enjoying the ride (great at school, unsatisfying for life!) and even ultimately, they may become people-pleasers – needing to hear how good their work/behaviour/self is.

Praise is still a good thing, but the way to find balance is to go for quality over quantity – make it sincere and genuine and focus on the effort not the outcome. If you follow these guidelines, experts say you can feel free to give it as often as your child does something that warrants it.

**Parenting behaviour #4: Letting guilt get in the way of leading well**

This is the one where you let your kids stay up later than you want, or you renege on a punishment because of the tears, or perhaps throw in a big chunk of cash towards a purchase they’ve saved for and miscalculated the amount just because they cry (if the last one sounds a little too detailed, I’m not saying I haven’t done it!)

Sometimes we do it for a peaceful life, but other times we do it because we are afraid they won’t like us or love us. Unfortunately, what it actually does is removes important lessons – actions have consequences, whining is a good way to get what you want (or emotional blackmail) and in the case of the last example, sometimes you have to fight and work to get what is really important to you.
In the words of Dr Elmore: “They’ll get over a no, but they may struggle to get over getting their own way all the time.”

**Parenting behaviour #5: We don’t practice what we preach**

This is the classic parenting fail: my personal go-to move is yelling at the kids not to yell at each other. This parenting behaviour doesn’t only affect future ‘ruling the world’ changes either – it gets more sinister when it comes to behaviours like binge drinking. At the end of the day, the expression ‘monkey see, monkey do’ is apt – research categorically shows that children are far more influenced by how and what they see you do than they are by what you tell them.

So if you are constantly banging your head against the wall about a behaviour that isn’t changing in your home despite constant requests, it may be time to look at the adult behaviour in the house.

*For more parenting articles like this, visit [kidspot.com.au](http://kidspot.com.au)*

The ACT P & C Association (of which Gilmore P & C is an affiliate) is conducting a School Traffic Survey. You may be interested in contributing to the survey which closes at the end of August:

[www.surveymonkey.com/s/FMZKTYK](http://www.surveymonkey.com/s/FMZKTYK)

Andrew Geering
Principal
Gilmore Primary School

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### Principal Awards

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<td>Grace</td>
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<td>Ceelan</td>
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### You Can Do It Awards

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<td>Brooke</td>
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**From the Deputy**

*A big thank you to our generous community!*

Thank you to those families who have kindly donated items to support our Lunchtime Learning Program.

This week our amazing Building Services Officer, Dave King, modified donated cardboard for the children to use during Building Buddies.

Our next “need” is for small terracotta or sturdy plastic pots and succulents from which we can take cuttings for a planting task for our Gardening Gang.
The following children were awarded membership of the Gilmore Good Citizens Club in Week Five: Latrell Dyer, Brodie Deans, Chantelle Kelly, Grace Leheny and Mikayla Leishman. Five current members were also invited to join us and support our newest members. These children enjoyed a piece of chocolate cake, a muffin and a cup of hot chocolate with Ms Lucas during recess last Friday.

We meet in the school’s meeting room because our meetings are important enough to sit where the “grown-ups” usually meet. As you can see from our photos, our Gilmore Good Citizens Club meetings are both a place for ceremony and fun!

Pamela Allen Unit

Program:
We are continuing to explore our body and have been looking at bones and the skeleton. The children have also been busy making presents for their father, stepfather or pop.

The team from Kids At Play Active Kids visited us on Tuesday and took us through some great activities for developing the children’s fundamental movement skills. They worked on hopping and kicking. We have a busy week next please note the following activities:

Father’s Day Stall
The Dolphins will be visiting the P&C father’s day stall on Tuesday 2nd September.
The Seahorses will be visiting the P&C father’s day stall on Thursday 4th September.
Please send your child with $3 - $5 and a plastic bag to put their gift in.

Sports Day:
The Dolphins are having their sports day and shared morning tea on Monday 1st September
The Seahorses are having their sports day and shared morning tea on Friday 5th September
Thankyou to those who have said that they are able to help out on the day. We are still after a couple of team managers. Family members are welcome to come along and cheer on the participants and join us for a shared morning tea afterwards.
Dolphin and Seahorse Memento Making:
The money raised from the sports day will go towards the materials for the children to make their own Dolphin or Seahorse to take home. We are still after a few helpers (especially sewers). Please put your name on the list if you are able to help.

Your partners in education
Kim, Kylie, Antonia, Leah and Dee.

Alison Lester News
Children going to the swim school programme have been returning with glowing reports of how much they are enjoying it and how they have been increasing their skill with swimming. It has been great to see that all clothing items have been labelled and that the children are remembering their things each day.

We would like to take the opportunity to remind of the importance of labelling clothing, especially with the weather beginning to warm up. Jumpers are taken off when children are running around in games outside and often when working inside in the classrooms. They then can become lost. It they are labelled with names, it is so much easier to the clothing to be returned to their owners.

We are asking that children have drink bottles with them each day so they can be hydrated for their learning. Bottles become important also when we are doing our “Every Chance to Dance” programme, because of the drink breaks factored into the overall lessons.

Our library times each week are:  
Kinder/Year 1 Tait: Fridays  
Year 1/2 Sheehan: Thursdays

Borrowing has been down considerably in the past few weeks, so we would appreciate it if children could be reminded to bring in their books for changing on their allocated days. Reading library books with your child is an excellent way to increase their love of books as well as motivate them to read independently.

The topic for the weekly Active Kids Challenge this week is “Ride or Walk”. This involves discussion in ways we can arrive at school using a bike, scooter, etc. and the importance of walking and getting exercise daily. The safety aspect of how and where we can ride and walk is also discussed in detail.

Peer Support this week covered the areas of discussing the meaning of perseverance, encouraging positive self-talk, and discussing situations where they might need to use positive self-talk. Please take some time to discuss with your child the importance of being positive and being optimistic in their daily lives.

Dates to place on your calendars:
- Father’s Day stall - Thursday 4th September
- Learning Journey – Wednesday 24th September
- Dame Mary Gilmore Writing competition Assembly – Wednesday 24th September

Children in 1/2 Sheehan have begun focusing on poetry writing and the role that rhyme plays in making it effective. Following are a selection of rhyming, some nonsensical, poems for you to enjoy:

**Ryan:** My Nan won’t let me sit on a chair, but she will let me eat a pear. I find a pear on my hair. A pear is something rare.

**Kaylee:** The cat sat on the mat, the cat got off the mat.

**Kian:** I would rather have a cat than a rat, but I would might also have a bat.
I have a toy rocket in my pocket.
I have a friend named Ryan. Ryan rhymes with my name – Kian !

**Tara:** Flowers are good, they are only found in towers.

**Jake:** There in the corner of our classroom, there is a chair and it is really bare. I wish I could sit on the chair but it is not really fair.

Narelle Tait and Anne Sheehan
Jeannie Baker News

Students in 3/4M and across the school have been working hard on their Dame Mary Gilmore stories. This year the topic is ‘Imagine you could go anywhere...’ Students have been extremely creative and are thinking up fantastic destinations as the settings for their stories.

The Dame Mary Gilmore writing competition teaches students the whole writing process. First of all students plan their ideas, write a draft, refine the draft before publishing a good copy. Students in 3/4 M are up to the publishing stage. Students are looking forward to sharing their stories with you at the Dame Mary Gilmore assembly and learning journey in week 10.

Robin Klein News

This week’s Peer Support session focused on positive self-talk. Children need to practise talking positively to themselves. Your child also learnt to persevere, which will help encourage them to keep trying in challenging situations. During the week encourage your child to use positive self-talk.

Thank you to all of the students and parents who once again supported us in our fundraising efforts. There were many treats on offer. We would also like to remind you the on Monday the 1 September will be our movie day. We will be showing ‘The Lego Movie’, popcorn will be available for a gold coin donation. Once again thank you.

We would also like to let everyone know that we have started the preparation for our end of year celebrations. We will be very busy in the upcoming weeks. There will also be a Chisholm high school visit this term as well. The Robin Klein unit participate in Buddies every Wednesday. The year 6 students enjoy meeting up with their kindergarten buddy to help with their reading and computer skills. -

Year 6 students
Japanese News

On Wednesday 20 August, twelve year five students from Gilmore travelled to Girralang Primary to participate in the ACT Schools Japanese Fun Day. Students were able to enjoy a variety of Japanese sports, hobbies and games, including kite making, kendama, origami, kirigami, taiso and cooking. All students had a great day and the following feedback was received:

"It was a wonderful time where we got to do craft, make things and even go to a Japanese tea ceremony."
"There was lots of yummy sushi and we loved it, it was so much fun."
"It was really fun because of the Japanese sports, making a cute kami fuusen (ball balloon) and we even learnt a new dance routine!"

We had a fantastic day and look forward to sharing our experiences with the rest of the school.

Up and Coming Japanese Events in Canberra.

The 21st Canberra Nara Candle festival will be held this year on the 25 October between 4:30-9pm at The Canberra Nara Peace Park and Lennox Gardens (behind the Hyatt Hotel). Candle lighting ceremony usually begins at 7:25pm, but there are many displays, activities and food to try before and after the formal procedure.

For more information please visit http://www.events.act.gov.au/nara

P & C News

FATHER'S DAY STALL
The stall will be run next week on Tuesday and Thursday so that children have an opportunity to buy a small gift for Dad. Gifts are between $3 and $5 – could you please also send your child to school with a plastic bag in which to carry their purchase.

Tuesday 2nd September
EIU morning class at 9.30am
EIU afternoon class & Preschool Dolphins at 2pm

Thursday 4th September
Preschool Seahorses and K – 6 – from 9.15am commencing with the Swimming Group

NEW SCHOOL COMPUTERS
We are very pleased to announce that the P & C has made a large DONATION OF OVER $11,000 to go towards new school computers. This has only been possible due to fundraising efforts over the past few years so we would like to extend a huge thank you to parents and P & C members past who have assisted us to support the school in such a generous way.

COOKIE DOUGH FUNDRAISER
Forms have been sent out so we hope you can assist with this and our remaining fundraising endeavours for 2014 so we can continue to make more important contributions to the school. Stock up on easy-to-bake biscuits that the kids will love to help with!

Orders and money are due at the front office on Friday 19th September, with orders delivered after the school holidays.

WINE FUNDRAISER
Info on this unique opportunity will be sent out next week so stay tuned!

AVON ORDERS – don’t forget to check out the catalogues at the office
TREASURER REQUIRED – we are still seeking assistance for this important role within the committee – please contact Donna if you are interested.

The next P & C meeting will be held on Wednesday 10 September at 7pm – we still need all hands on deck for fete planning.

Thank you for your support

Canteen News

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Here are some ideas for healthy school lunches. I know how hard it can be to decide what to pack every day that is healthy and will actually get eaten or you can put in a lunch order for one of our healthy wrap combinations 😊

As we near the end of the year we are running low on a few items. It would be great if parents or carers can donate any of these items

Jelly  Eggs  Bread  Butter  Vegies  Fruit


10 great lunch box ideas
Here are some great lunch box ideas to inspire you! Each lunch is prepared with foods from the five food groups, which ensures your child is receiving all the nutrients they need to grow big and strong.

As for drinks – water should always be provided! Low-fat plain milk can be consumed daily, while flavoured milk and juice should be restricted to once or twice a week.

Your lunch box inspiration:

Double decker sandwich
Junior school wrap –
Egg salad roll on wholemeal bread

Sushi bread sandwiches – made by flattening the bread and rolling it up.
Pasta salad
Corn Fritters with Turkey Slices

Canteen helpers – A huge thank you to the parents/grandparents who have offered to volunteer at the canteen. If you feel you may be able to help, even for an hour, please contact me on 0400868589 or leave your number at the front office.

Thank you Rachael
ACT Early Intervention and Therapy Services EXPO
When: 10.00am - 4.00pm Saturday 13 September 2014
Where: Coorong Pavilion, EPIC, Flemington Road, Mitchell
Cost: FREE

The National Disability Insurance Scheme (NDIS) will enable people to:
- Get the supports and services they reasonably need because of their disability
- Have choice and control over the supports and services in their lives and homes

Find out about the range of community and private providers of early intervention and therapy services and allied health supports and services in the ACT at the Early Intervention and Therapy Services EXPO!

This EXPO is for:
- People of all ages who have a functional impairment which significantly impacts on their day to day life
- Children with developmental delay
- Parents and other carers

There is also still time for providers to register for free as a stallholder.

If you would like more information about this event please email ndis@act.gov.au

This event is supported by the Commonwealth and ACT Government NDIS Sector Development Fund.

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Being a parent is the hardest job we'll ever have. All parents at some time experience difficulties and stress.

is a confidential, anonymous telephone counselling and information service.

Phone Parentline if you would you like:

- To talk with someone about those parenting issues.
- Help with some ideas on raising children.
- Support in the important job you are doing.
- To know what is available for parents, teenagers and children.
- To build better relationships in your family.
- Help to understand your child or teenager’s behaviour.

Parentline ACT. Monday to Friday (except on public holidays), 9am to 5pm. Phone: 6287 3833