PRINCIPALS CORNER

We are already through week 3! With swimming rolling on and planning for the Christmas concert underway, the end of year will soon be upon us. As I wrote in my last newsletter piece, if you are aware of any changes to enrolment for your child, please notify us as soon as you can. Our planning has already started for 2016.

Yesterday I had the privilege of going along and watching our (Champion!) Verse Speakers compete at the Eistedfodd. They were awesome on stage and took away top honours, narrowly edging out a local independent school. All the students performed to their best. A very big thank you to Mrs Brown for conducting and organising the verse speaking group. This is the second consecutive year that our students have won 1st place!

The events of yesterday and some conversations I have been having with people bring me to the topic of today’s piece – Motivation - specifically Intrinsic Motivation (the ability to be self-motivated). It is something that requires a certain mindset and can take some time to develop. In our adult world, we are responsible for and to so many things, that our motivation comes from ensuring we look after the ones we care about the most. Teaching self-motivation to our students can therefore be rather difficult to model. Below are some simple steps to follow to encourage your child to be self-motivated.

1 – Make their future matter!
Years ago, research on a concept called time preference emerged in the educational world. In simple terms, this concept describes how far ahead someone looks when making a decision. The findings showed that the average teenager would think 12 to 24 hours ahead when making a decision. In other words, their decisions were made based on the perceived positive or negative consequences that would occur within the next 24 hours or less.
This is the epitome of instant gratification-centric thinking. As an example, when faced with the option of quitting school or staying enrolled, the idea of no
homework tomorrow would play a larger role in the decision than the long-term negative implications of not graduating.
The same study showed that if you could push their time horizon out even a few weeks, they were much less likely to make life-changing, catastrophic decisions like taking drugs, quitting school, or committing a crime.
It is critically important to get students thinking about the future … to infuse it with some value that will influence the decisions they make. Too often, our youth are devoid of dreams because their minds just aren’t in the habit of thinking that far ahead.
Take every opportunity to envision the future with your children or students. Talk about how they see themselves in one, five, or ten years with specific details about what it may look like. Move the future from abstract to something almost tangible. This will help their future by influencing the decision-making process today!

2 – Success breeds success
Have you ever watched a child playing a sport? From my experience with my own students, cousins etc, I’ve found that the highest levels of engagement and motivation come after some sort of success, whether it is a try, a new record, dance move or goal scored.
After they score their first soccer goal, their love for the game increased dramatically. All they want to do is kick the ball with someone outside. Nothing begets motivation quite like success.
Humans need some level of gratification and feeling of accomplishment to stay motivated. Setting big goals is great, but we often lose steam when we come up short, experience minor setbacks, or find ourselves overwhelmed by the size of the challenge.
Teach your children to have big dreams but to break them down into smaller goals that will allow them to experience quicker positive feedback and success. Find ways to measure and recognise the little accomplishments that, taken together, add up to extraordinary achievements.

3 – Find them doing things right
There is a philosophy on motivating children called ‘The Nurtured Heart Approach’. In essence, this is the practice of focusing on the things they’re doing right. The opposite (which many of us do without realising it) is zeroing in on their mistakes or shortcomings which can be very demotivating to young people. There are many case studies on new principals and educational leaders who have transformed academic cultures by putting this practice to work.
This is a perfect example of the notion that, “energy flows where attention goes.” Look to recognise the positive things your students or kids are doing. Even recognising the absence of bad behaviour is a way to accomplish this! The feeling of success and positive energy is a wonderful source for motivating them in the future.
4 – Give greater hope
When you change the way someone views themselves, their environment, and their future, you change the decisions they make in the present. 
The Possible Selves Theory teaches us that by guiding individuals to perceive possible “future selves,” we will help them to become more optimistic and function better socially and emotionally … all of which drive motivation and engagement in life.
Teach your kids to dream big and make sure not to harshly judge a dream. The fact that they’re dreaming is what matters—not the dream’s content.

5 – Let them tell their stories
Keeping a diary is something that will not only provide an avenue for your child to express themselves in print, but will also allow them to reflect on their thoughts, hopes and dreams. Some of the most influential people in our society keep journals to reflect and improve.
Our stories are our power. By taking a step back and finding our stories, we find meaning in our lives, see what matters and inspires us, and organically re-frames how we look at the future.
When you encourage students to find and share their stories, they build self-esteem, make stronger connections, gain inspiration, and often inspire others to do the same. They find themselves in their stories, and this leads to intrinsic desire and motivation to expand within them. Whenever possible, allow your child or students to create their story and share their experiences.

6 – Use video metaphors
One of the best ways to instil knowledge and perspective is through the use of metaphors. Give someone an example to which they can relate, and then use that example to bridge the gap to the new concept or perspective.
One of the most powerful tools we have today is the proliferation of online videos that share inspirational stories. A quick search of YouTube, TeacherTube or Ted Talks will result in hundreds of videos with great positive messages. Many of these are stories of people just like your students with many of the same issues, struggles, and obstacles.
These videos are both engaging and relevant as indicated by their millions of views from people all over the world. They inspire and broaden perspective, opening up new possibilities for students who see proof that they are capable of success beyond their current thinking or perceived limitations. They also demonstrate in real terms what success looks like and what is required, which is a great springboard for intrinsic motivation.

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Sometimes we fear what our children will be exposed through social media and the vastness of the internet. I say embrace these tools because there is amazing content everywhere that can inspire your children, engage them in life and motivate them to think of what they can become - but monitor closely! 😊

7 – Use extrinsic rewards only to drive intrinsic behaviour

There is a great cookbook written by Jessica Seinfeld (Jerry’s wife) called ‘Deceptively Delicious’. In the book, she provides recipes for things like chicken nuggets, pancakes and other items kids typically love. Her trick is mixing in healthy components while maintaining the kid-friendly taste. She adds cauliflower to the chicken nuggets and bananas in the pancakes, so the kids are eating what they love while she gives them what they need.

We’re all trying to build good habits in our children. Habits come through practice, and so we need to facilitate activity that grows into good habits. Extrinsic motivators can be used to help with this. For example, the next time your child gets a good grade or accomplishes something, provide a reward, but instead of celebrating the prize, celebrate the person they became to get the reward. Put the attention towards the growth.

If you give your child pocket money, throw in some new tasks like demonstrating self-discipline, keeping a journal, or being creative by using problem-solving skills. You could also give them a bonus for putting effort into improving themselves such as by reading a book, practicing an instrument, or practicing a sport. Like Jessica Seinfeld, give them the pancakes, but make sure they’re getting what they need to become everything they can be.

There are no silver bullets, nor is there instant gratification in the world of building intrinsic motivation in youth. The techniques above are effective tools, that when executed over time, will get results. Stay focused, as the greatest gift we can give our children is the ability to thrive without us. Intrinsic motivation is the fuel that will allow this to happen.

Regards

Cliff Powys
Principal
Students of the Week

Week Ending 9/10/15
Prep: Lochlan & Zunairah
Prep/1: Caitlyn & Jessica
Year 2: Sakima & Kaitlin
Year 3: Lachlan & Lyndal
Year 3/4: Jemmi
Year 4/5: Max & Madison
Year 5/6: Baylin & Jackson

Week Ending 16/10/15
Prep: Darcy & Bella
Prep/1: Jessie, Molly & Emily
Year 2: Lucy & Luca
Year 3: Charlie & Matika

Reminder!
SWIMMING EVERY THURSDAY

AFTER SCHOOL SPORT
Parents please note pick up times for after school sport.
Hockey – 4.15pm
Bowls – 4.00pm

EFTPOS
Please be advised that EFTPOS facilities are now available in the office for both school based activities and the purchase of school uniforms.

MONEY COLLECTION

FUN RUN: All booklets and funds raised should have been returned to school. If you have any fundraising monies outstanding, please contact the office ASAP.
SWIMMING: If swimming fees have not been paid, please attend to this as soon possible.
BOOKCLUB:
Forms have been sent home today. Orders and payments are to be received by Monday 9th November. We encourage parents to use the LOOP payment method as detailed in the brochure. Visit www.scholastic.com.au/LOOP
**PARENT DIRECT/CHALK FUNDRAISER**

Students from lower primary have had catalogues sent home before the holidays. 20% of all sale proceeds come to our school. **Order forms and monies are to be returned to the office by Friday 30th October.**

Please note the school’s distribution of these booklets does not constitute an endorsement of the supplier by Education Qld or Glenella School.

**WOOLWORTHS EARN AND LEARN PROGRAM**

Thank you to all the families who returned stickers and sticker charts during this promotion. We have been able to purchase over $1,100 worth of resources for our school. What a fantastic effort!

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### HOY ROSTER

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### EARLY NOTICE HELPERS MORNING TEA

Each year the school has a morning tea to say thank you to all who have helped out in any way throughout the year. This might have been reading with children in the classroom, helping with art, maths activities or covering library books. We would love as many helpers as possible to attend so we can say thank you. Our morning tea will be held on Wednesday 18th November.

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### ***PLEASE NOTE***

**TUCKSHOP WILL BE UNAVAILABLE ON THURSDAYS DURING OUR SWIMMING PROGRAM!**
**HOY XMAS DONATIONS**

Our last Hoy for 2015 will be held on Thursday, 3rd December. We are asking all families to help make this day as successful and profitable as it has been in past years. **We need around 100 cent sale items as prizes.** Christmas items (to the value of $2.00) or a monetary donation (in order to buy prizes) would be most appreciated.

Some suggestions include Christmas cards, wrapping paper, serviettes, decorations, chocolates, peanuts, lollies, softdrink, small glass dishes, toiletries of any kind, tea towels, placemats, washers, Christmas mugs & glasses, decorative candles, bon bons, biscuits, wine etc. Please start sending up those Christmas goodies as soon as possible. Thank you.

**XMAS HOY BAKING**

On that last day of Hoy we also give our supporters free morning tea. It’s our way of thanking them for injecting much needed money into the school. A form is attached for those people who are willing to bake or make sandwiches or other goodies, other suggestions are listed below. Please note all workers are welcome to join us on that last day, either to work or play for the morning. All Hoy helpers will stay and have lunch afterwards, so come along and join us.

**Some suggestions include:**

**Baking :-** Cakes, tarts, quiche, savouries, dips, slices, scones, pikelets.

**Sandwiches:-** We need a total of 3 Cafe loaves of sandwiches made up.

Please return the completed form to the office as soon as possible.

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**XMAS HOY BAKING RETURN**

I ........................................

am able to bake for the Christmas Hoy morning. I will provide the following baked goods:

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**PREP 2016**

Do you know of any families who have children who will be eligible for Prep in 2016? To be eligible the child must have been born between 1 July 2010 and 30th June 2011. We are currently taking enrolments and would love to hear from any new families that are interested. Please contact the office for an enrolment pack.

**DATES TO REMEMBER**

**October:**
- 26  Glowstix Sale
- 26  P&C Meeting 7pm
- 30  S/C Sausage Sizzle
- 30  Daniel Morcomme Day
- 30  World Teachers Day

**November:**
- 04  Prep Orientation 9.30-11am
- 18  Helpers Morning Tea 9am

**December:**
- 03  Christmas HOY
- 03  Christmas Concert
- 07  Swimming Carnival
- 08  Year 6 Graduation
- 09  Movie Rewards Day
- 11  Last Day Term 4

**Stephanie Alexander Kitchen Vegetable Garden**

Caleb, Sakima, Seb and Kyron picked a zucchini from the vege patch. It was a big “whopper”. We made a zucchini slice recipe. This was the first bake with items from our school vegetable patch.
DANIEL MORCOMBE DAY
On Friday 30th October we will be recognizing Daniel Morcombe Day. Students are asked to wear red and bring a gold coin donation. All classes will be viewing Daniel Morcombe safety videos and taking part in safety discussions throughout the day.

The Daniel Morcombe Foundation has recently upgraded their mobile app “Help Me”. This really is an amazing safety app and is very easy to use. It could potentially save lives. It can be downloaded from both ITunes and Android. This app is suitable for children, seniors, mums, people with medical conditions and more. Go to www.danielmorcombe.com.au/app and take a look!

WORLD TEACHER’S DAY
Friday 30th October is World Teachers’ Day and a special day which will be celebrated by staff and children alike. We are very fortunate to have such a wonderful teaching staff at this school. Please take the time to recognize the very important job our wonderful teachers do everyday!

EMAIL NEWSLETTER PLEASE
We, the ______________________ family would love to receive our newsletter by email. Our email address is below:

____________________________________

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