PRINCIPALS CORNER

We are half way through a busy term 4 and things are well underway with assessments, swimming lessons and planning for 2016. Our classes are on the way to being formed and finalised for next year. I would like to inform the community about a change to our staffing for 2016. Over the last 2 years we have been honoured to have an extremely hard-working, dedicated and intelligent teacher working with us. Mrs Rachel Morrow has demonstrated a strong work ethic and attention to detail that is certainly aspirational. She will be moving on from Glenella State School at the end of the year to pursue other opportunities within the Mackay area. We thank her for her commitment and wish her the very best in her new role in 2016.

While adulthood is filled with serious responsibilities, childhood isn’t exactly stress-free. Kids take tests, learn new information, change schools, change neighbourhoods, get sick, get braces, encounter bullies, make new friends and occasionally get hurt by those friends.

When they step into a situation, resilient kids have a sense that they can figure out what they need to do and can handle what is thrown at them with a sense of confidence. This doesn’t mean that kids have to do everything on their own. Rather, they know how to ask for help and are able to problem-solve their next steps. Resilience isn’t a birthright. It can be taught. Below are some steps that can help in building resilience in your child.

Make connections
Teach your child how to make friends, including the skill of empathy, or feeling another’s pain. Encourage your child to be a friend in order to get friends. Build a strong family network to support your child through his or her inevitable disappointments and hurts. At school, watch to make sure that
one child is not being isolated. Connecting with people provides social support and strengthens resilience.

**Help your child by having him or her help others**
Children who may feel helpless can be empowered by helping others. Engage your child in age-appropriate volunteer work, or ask for assistance yourself with some task that he or she can master. You may also want to ask your child to brainstorm about ways they can help others – perhaps their friends or neighbours.

**Maintain a daily routine**
Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child to develop his or her own routines.

**Take a break**
While it is important to stick to routines, endlessly worrying can be counter-productive. Teach your child/ren how to focus on something besides what's worrying them. Be aware of what your child is exposed to that can be troubling, whether it be news, the Internet or overheard conversations, and make sure your child/ren takes a break from those things if they are troubled.

**Teach your child self-care**
Make yourself a good example, and teach your child/ren the importance of making time to eat properly, exercise and rest. Make sure your child has time to have fun, and make sure that your child hasn't scheduled every moment of his or her life with no "down time" to relax. Caring for oneself and making time to have fun will help your child stay balanced and better deal with stressful times.

**Move toward your goals**
Teach your child to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child on what he or she has accomplished rather than on what hasn't been accomplished, and can help build the resilience to move forward in the face of challenges.
Nurture a positive self-view
Help your child remember ways that he or she has successfully handled hardships in the past and then help him or her understand that these past challenges help him or her build the strength to handle future challenges. Help your child/ren learn to trust themselves to solve problems and make appropriate decisions. Teach your child to see the humour in life, and the ability to laugh at one's self.

Keep things in perspective and maintain a hopeful outlook
Even when your child is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. Although your child/ren may be too young to consider a long-term look on their own, help them see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook enables your child/ren to see the good things in life and keep going even in the hardest times.

Look for opportunities for self-discovery
Tough times are often the times when children learn the most about themselves. Help your child/ren take a look at how whatever they are facing can teach them "what they are made of”.

Accept that change is part of living
Change can often be scary for children and teens. Help your child see that change is part of life and new goals can replace goals that have become unattainable. In school, point out how students have changed as they moved up in grade levels and discuss how that change has had an impact on the students.

Regards

Cliff Powys
Principal
Students of the Week

Week Ending 23/10/15
Prep: Hunter & Eliegh
Prep/Yr 1: Charlie & Jacques
Year 2: Julian & Aimee
Year 3: Kaitlyn & Holly
Year 3/4: Hayden & Casey
Year 4/5: Jazmyn & Alex

Week Ending 30/10/15
Prep: Jessica & Cheyenne
Prep/Yr 1: Kaleb & Logan
Year 2: Aimee & Julian
Year 3: Kyron & Ebony
Year 3/4: Seb & Jack
Year 4/5: Caleb & Tyler
Year 5/6: Jayden & Seb

Reminder!
SWIMMING EVERY THURSDAY

CONGRATULATIONS!
A massive congratulations to Jonte in Year 6. He is the first student in a very, very long time to receive a sports scholarship to Mackay North State High School. His achievements in sport generally are significant, however, his contributions to his representative cricket teams have been invaluable. A star for the future, well done!

LOCAL HIGH SCHOOL
YEAR 7 ORIENTATION DAYS

Mackay North SHS  Tue 1/12
Pioneer SHS  Tue 1/12
Mackay Nthern Beaches SHS  Tue 1/12
Mackay SHS  Mon 7/12
Holy Spirit College  Mon 30/11
Mercy College  Thur 26/11

PARENT DIRECT/CHALK FUNDRAISER
First orders have been placed. If you are yet to place your order, please send to school by Thursday 15th November. No orders will be accepted after this date. 20% of all sale proceeds come to our school.
YEAR 6
GRADUATION DINNER
The Graduation Dinner will be held on Tuesday 8th December at 6:30pm at Magpies Sporting Complex. Notes were sent home with Year 6 students last week. Numbers are required by 13th NOVEMBER PLEASE.
Dress code for the night will be smart casual. Boys to be dressed in long pants and collared dress shirts. Girls, please dress in sensible attire with no skimpy or revealing clothing.

HOT ROSTER
12/11/15
Jane Manicaro
Jenny O’Loughlin
Shoppers
Jenny O’Loughlin
Tracey Gray
M/Tea
Tracey Gray
Jenny O’Loughlin

05/11/15
Jenny O’Loughlin
Jodie Lindsay
Shoppers
Annalees Jackson
Paula Mudge
M/Tea
Annalees Jackson
Melissa Harris

MONEY COLLECTION

SWIMMING: If swimming fees have not been paid, please attend to this as soon possible.

BOOKCLUB:
Forms have been sent home. 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

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.
JAPANESE AND CHINESE SPEECH CONTEST 2015

Foreign languages are an enjoyable part of school as 151 of the best Japanese and Chinese speakers in our district proved on Thursday October 29 at the Mackay Regional Languages Speech Contest. The contest which was held at the Central Queensland University, had students from twenty four schools, demonstrate their excellent language skills. The students in grades six to nine had to pass the judges strict criteria for fluency, intonation, accuracy and presentation. Glenella State School fielded four contestants, all of whom admirably showcased their Japanese speaking talent. Our year six entrants were Amber and Brooke. Our year five entrants were Gabriel and Talia. Congratulations to all of our students who were wonderful ambassadors for our school. A special congratulations to Brooke who advanced to the finals and finished in fourth place.

Yoku dekimashita (Well done!)

Hoy Sensei

NOVEMBER BIRTHDAYS

Happy birthday to the following students for the month of November: Jessica, Bella, James, Calan, Max, Kate, Tyler, Georgia,

FUN RUN UPDATE

On Friday 16th October the Student Council held an Adidas school fun run event to raise money to buy resources for our school. We’d like to thank you in helping us raise a much needed $2,611.97. The event proved to be a great day and fun was had by all. It was fantastic to see our students getting involved and the support shown by the community! Get excited as we’ve just had word that certificates and prizes will be arriving shortly, these will be given out in class groups. Thanks again for supporting your child and our school project!

Cathy Boal (Fun Run Co-ordinator)

DANIEL MORCOMBE DAY

Thank you to all families who supported our Day for Daniel last Friday. We raised $178.00 for this very important cause. Thank you!
**FREE TO GOOD HOME**  
**PICK UP ONLY**

We have a number of old computer desks and school desks that are looking for new homes. These desks will be given away for free to interested families. Please note they are in “well-used” condition. Desks are located in the spare classroom next to Year 2 and can be viewed from 8.30am each morning next week. Contact the office for further details.

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**P&C PRATTLE**

Our Next P&C Meeting will be held on Monday 27th November at 7pm in the school library. All welcome!
**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, softdrinks, 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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**DATES TO REMEMBER**

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<td>Prep Orientation</td>
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COMMUNITY NOTICES
Please note that all notices in this section are provided purely as a service to the community and that Glenella State School does not necessarily endorse the contents therein.

Funkey Beat is a Mackay based business providing quality instrumental music education (guitar & ukulele) to regional schools with small classes of a maximum 4 students. Lessons are conducted during school time and instruments are provided. Cost is $150 per term. We are looking for expressions of interest from families of your school. Please call 0498742268 or email admin@funkeybeat.com for further details. Pamphlets are available from the school office.

NET SET GO!
BROTHERS NETBALL CLUB
MACKAY
Location: Mackay Netball Courts, Casey Ave Mackay
When: 9th Nov – 5th Dec (Mon 3.45-4 & Sat 9.00 – 9.45)
Cost: $80 (includes Pack and End of Program Sausage Sizzle)
Ages: This session is only for 8-12year olds. Sessions for younger ages will be held next year
Contact: Darren Samson 0421289344

Pioneer Valley Combined Chaplaincy Committee will be holding their annual Family Trivia Night at the Walkerston State School Hall on Sat 14th November from 6pm. Adults $10 and Children $5. RSVP and book a table. Call Andrea on 0427593384.

XMAS HOY BAKING RETURN
I …………………………………
am able to bake for the Christmas Hoy morning. I will provide the following baked goods:
………………………………
………………………………

HELPERS MORNING TEA
I …………………………………
Will be attending the Helpers Morning Tea on Wednesday 18th November 2015 at 9am.
THE FOLLOWING ADVERTISEMENTS ARE PAID ADVERTISING. ANY ENQUIRIES CONTACT GLENELLA SCHOOL OFFICE ON 49692333.