

**From the Principal**

Week 4 Term 1 and what a busy start we've had. Already our Day 8 figures have increased as we continue to welcome new families to the College.

This month sees the finalisation of our School Annual Improvement Plan, and Investing for Success agreement. These documents are done in consultation with our staff and our P&C president.

Priority areas for PSPC include:

- Literacy
- Numeracy
- Attendance

Improvement in the areas of:

- Reading Comprehension
- Writing and Vocab
- Number Sense and
- % in Attendance

We are working to maximise the attendance of all students. Research has been done on the impact that non-attendance has on the not only the immediate success and development of our students, but also on the long term effects of learning, employment and career choices. I encourage you as parents and caregivers to ensure that your child is attending school each and every day. Should your child be absent, you must ensure that you contact the school via a phone call or email or a note to the teacher to let us know about the reason for the absence (illness etc). We do not expect children to come to school if they are unwell. If no notification is made from parents/caregivers, then the absence will be recorded as unknown. After 3 consecutive days, you will be required to provide evidence. This could be in the form of a doctor's certificate or other paperwork. If attendance is inconsistent and the absences are forming a pattern, I will still make contact with you to meet and discuss this as every absence has an impact on the learning of your child.

It is amazing how a little can become quite a lot....

He/ She is only missing just....	That equals....	Which is.....	& over 13 yrs of schooling that's...
10 mins per day	50 mins per wk	Nearly 1.5 wks per yr	Nearly ½ year
20 mins per day	1hr 40 mins per wk	Over 2.5 wks per yr	Nearly 1 yr
Half hr per day	Half a day per wk	4 wks per yr	Nearly 1½ yrs

## Carpark Safety

Student safety is everyone's business!

Our carpark has become increasingly busier as our student numbers grow. Recently GCCC installed new signage in our Drop and Go zone stipulating 2min parking only.

This area is designed to ensure through traffic and to give our students a safe place to be set down at the kerb. Further signage is currently being sourced to reinforce the following:



### DO:

- Plan your trip to arrive out if peak times.
- Drop off or pick up children via the kerb side of your car.
- Move to the further vacant drop off space.
- Keep through traffic moving.
- If your child is not visible when you arrive move on and park in a designated parking spot further round in the carpark.
- Exit the area safely watching for pedestrians and other motorists.

### DON'T:

- Stay longer than 2 min in this zone.
- Get out of your vehicle.
- Arrive early in the afternoon and park in this zone.
- Cause congestion at carpark entry by double parking or by parking behind cars already in the drop off zone.

## School Council

As an Independent Public School it is a requirement that we instigate a School Council. The role of the School Council is to:

- Monitor our school's strategic direction
- Approve strategic plan and policies of our school, including the annual estimate of revenue and expenditure for our school; and
- Advise our school Principal about strategic matters.

This term our staff and P&C will vote to endorse the School Council Constitution documentation. Following this I will publish a notice in the Queensland Government Gazette to establish the Council and from there applications will be accepted for parent and staff membership.

## Stage 2 Construction Update

This week we should see some concrete pours to the hall pad just near the Admin block. WATPAC will make every effort to minimise the interruptions to our core drop off and pick up times as construction continues. As the month continues much work will begin in our additional Junior and Senior class precincts. Exiting times ahead.

## Congratulations

We are very proud of the group of students that represented us at the recent District Swimming Carnival on Monday this week. A great day was had by all, such wonderful achievements even in our infancy; three competitors in the top ten in Butterfly. Thanks to Mr Campbell and our parent helpers that provided transportation on the day.

## Staying in contact:

Please note the following means of communication for our College:

**Email:** is your email address correct in our system? Are your settings enabling pdf documents as attachments?

**Phone:** School number is 5549 5333 – please store in your phone.

**Facebook:** Like us on Facebook- Pimpama State Primary College

**Website:** <http://pimpamaspc.eq.edu.au>

Be Safe

Be Kind

Be an Active Learner

**QSchools App:** enables you to receive updates and push notifications from our website through a phone app.

**QParents:** have you signed up to access our database to see monies owing?

**Dates to Remember:**

**Friday weekly 9am** – Assembly

**Friday 4<sup>th</sup> March** – class leader speeches

**Wednesday 9<sup>th</sup> March** – P&C AGM and General Meeting

**Thursday 10<sup>th</sup> March** – Crazy Hair Day

**Friday 11<sup>th</sup> March** – Cross Country – all year levels

Kind regards

**Donna Gosling**

**Principal**

**From the Guidance Officer: Kirsty Thiesfield**

**Worries and Anxieties: Helping Children to Cope**

Children, like adults, have all sorts of strong feelings about what is happening to them. At times, the world can seem frightening or uncertain, which may create fearfulness, worry or anxiety.

**Different Types of Anxiety**

**Fears and Phobias**

Very young children often develop fears and phobias. These can be triggered by changes (going to childcare, separating from a parent), or particular things (spiders, snakes, monsters etc). Fears like these are common but with encouragement and support most children learn to overcome their anxiety.

**General Anxiety**

Some youngsters feel anxious most of the time for no apparent reason – it may be their temperament or may be a pattern of behaviour that is shared by other members of the family.

**School-Related Anxiety**

School refusal can be caused by anxiety – separating from parents, fear of bullying, problems with friendships, trouble with school work or teachers are worth investigating

**Home Related Anxiety**

Family problems (money issues, squabbling, separation/divorce), death of a family member or friend, harsh discipline or a traumatic experience eg burglary can be causes of anxiety (as well as depression).

**What are the Signs**

- Feeling sick – stomach aches, headaches. Not being able to stomach food.
- Feeling tense, fidgety, needing to go to the toilet often
- Feeling fearful or panicky, breathless, sweaty
- Being irritable, tearful, clingy or having sleeping difficulties
- 

**Anxiety can limit a person's experiences in life. It can contribute to lack of confidence, loneliness, health problems and learning difficulties. The emotional effects if not remedied can be long lasting.**

### What to do

- Talk to your child –show your child that you care and want to understand the reason for their anxiety
- Give comfort, reassurance and practical help with how to cope eg. change thinking to be more positive
- There are children's books to help with upsetting things like divorce, death (ask your guidance officer)
- Prepare your child for changes – talk to them about what might happen and why
- For children with school/ separation anxiety, regular routines and consistency around sleep, and getting ready for school, having breakfast etc will generally improve the outcome
- Be aware of school or family situations that may be creating worries for your child
- Be aware of your own anxiety and protect your child from taking on your woes

If your child is so anxious that they can't cope more **specialist help** may be needed.

NB: At these times a talk to your school's guidance officer, or your doctor will be useful, or you could seek help through child mental health services. Through the medicare benefits scheme access to a psychologist is available.

Adapted from Mental Health and Growing Up, 3<sup>rd</sup> Edition – Factsheets <http://www.rcpsych.ac.uk/info/mhgu/index.htm>

Warm regards,

Kirsty Thiesfield

Guidance Officer

### From the Business Services Manager – Sharon Laverty

#### **Student Resource Scheme 2016**

Last week you would have received the SRS Participation Agreement Form and Invoice for \$125.00. Thank you to all parents/caregivers who have returned their form, paid in full or arranged a payment plan with the Office.

A reminder that the cost of providing instruction, administration and facilities for the education of a student at a state school is met by the State. However, a parent is directly responsible for providing their child with other resources for use at school. Participation in the Scheme is voluntary, and no obligation is placed on a parent to participate. However, all forms must be returned indicating their choice.

Full or instalment payments are to be paid no later than **Friday 18 March 2016**.

*Payment Options* – Centrepay Deduction, Bank Transfer, EFTPOS Credit/Debit Card, Cheque or Cash

*Payments* can be made at the Office on Wednesday and Friday ONLY 8am to 10.30am

### From the Student Council:

Our first charity event for 2016 will be in support of the Leukaemia Foundation. We are holding a "Crazy Hair Day" on Thursday 10<sup>th</sup> March. Students are invited to wear their hair in a crazy manner (colour, style, accessories etc) for the day. Students should bring a gold coin donation to participate, all monies to the Leukaemia Foundation.

Please note this is NOT a free dress day and any alteration to hair MUST be done prior to arrival at school. A hat will still be required for play at lunch time.

### From the Professional Learning Leader: Nicky Holmes

Devices such as iPads are becoming more and more popular with our young people. However there are many educational apps that be used to increase learning. Over the next few newsletters I will be providing some information of educational apps, some free and some that have a small cost.



### Read Me Stories – Children's Books

**Cost:** Free (however there are options for in App purchases)

**Compatibility:** iPad, iPhone & Android

**Target Age:** Young readers

This app provides a new book every day to develop your child's love for books and to help establish a daily reading habit. The stories and illustrations are interesting and engaging. There are two reading options: be read to or read by yourself.



### Question Builder

**Cost:** \$5.99

**Compatibility:** iPad, iPhone

**Target Age:** Age 3-6 (adult guided) & 6-10 (independent with strong reading ability.)

This app helps develop critical thinking skills and comprehension. It also encourages children to answer abstract questions and create responses based on inference. It is one of only a few apps that develops inferring skills so it is a bit expensive.

### From the P&C

Welcome to 2016 at Pimpama State Primary College. In particular we would like to welcome the many new families to our school. Unlike many conventional P&Cs our sole focus is purely fundraising to support the educational outcomes of the College.

The P&C are very proud of all that we accomplished in our first year. With many of the parents involved never having been on a P&C previously it was a steep learning curve for all involved. Some of the things we were able to accomplish include the purchase of touch football jerseys and touch footballs, the purchase of three shade clothes for each of our sporting houses through our first ever grant application, a set of goal posts for the oval (still to be installed), assistance in celebrating teacher and teaching assistant appreciation days. Not to mention the hosting of our first ever Twilight Markets and movie night to give back to the community who supported us in our foundation year.

The upcoming fundraisers for this term include the hot cross bun drive, for which order forms went home last week. We will also hold our first school disco on Thursday 17<sup>th</sup> March 2016. The Prep- Year 2 disco will be from 4:30-6pm and the Year 3 -6 disco will be from 6:30-8pm. Entry price will be \$7.50 and will include a sausage sandwich, poppa and a glow bracelet. Disco tickets will be available to purchase on Flexi Schools shortly. Cash sales will be available on the 26<sup>th</sup> February, 4<sup>th</sup> March, and the 11<sup>th</sup> March ONLY before school. Cash on the night will only be accepted for the purchase of ice creams, chips and additional glow products.

We would like to invite you all to join us on the P&C this year. Our next meeting will be our **Annual General Meeting at 5:30pm on Wednesday March 9<sup>th</sup>**. At this time all executives will step down and voting will commence to elect the executive party for 2016. A general meeting will follow at its conclusion. For further information on P&C's please go to <http://www.pandcsqld.com.au/>

A special meeting has also been called on Thursday 17<sup>th</sup> March at 3:15pm to vote on the adoption of the School Council Policy.



## Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Sylvia Constantin your local Saver Plus Worker:  
(07) 5644 9182 / 0431 076 011  
or [sylvia.constantin@benevolent.org.au](mailto:sylvia.constantin@benevolent.org.au)

*Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered across Gold Coast North by The Smith Family.  
The program is funded by ANZ and the Australian Government.*

## Oral Health (Dental) Services

Gold Coast Oral Health Services are offering free dental check-ups to children. This service will be provided **off-site** at Hotham Creek Road (Pimpama State School) by a mobile dental clinic.

To arrange an appointment for your child telephone:

The Oral Health Client Service Centre

☎ **1300 300 850**

Monday – Friday 8.00 am – 4.30 pm

Excluding Public Holidays

Child Dental Benefit Schedule Vouchers are accepted. When your child's \$1000 cap is reached, there will be no out-of-pocket expenses provided your child meets \*eligibility criteria.

\* Eligibility – All Queensland resident children aged four years or older who have not completed year 10 of secondary school.

Further information on public funded oral health services can be accessed via URL:

<http://www.health.qld.gov.au/goldcoasthealth/html/services/oralhealth.asp>



**Ormeau Bulldogs**  
Australian Football Club



## Sign on Days 2016 Season

### Juniors

(Children born from 2011, families of 3 or more children get 5% discount)

### Masters

(Adults over 35 years of age)

Sunday 14<sup>th</sup> and Saturday 27<sup>th</sup>

February 2016

10am – 2pm

Ormeau Sports Park  
Upper Ormeau Rd, Kingsholme



Join us for a sausage sizzle and a kick of the footy!

## Paid Umpires Wanted

Please apply

Send us an Email: [info@ormeauafl.com.au](mailto:info@ormeauafl.com.au)  
or call 0432 271 798 for further information

Visit our website for more information

[www.ormeauafl.com.au](http://www.ormeauafl.com.au)

Or follow us on Facebook

[www.facebook.com/OrmeauBulldogs](http://www.facebook.com/OrmeauBulldogs)



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