

Important Dates

- 05 May Disco 5.30pm to 7.00pm in the school hall
- 23 May C Gen for Choirs
- 15 June Sports Day - Field Events for Upper Primary
- 16 June Sports Day Track Events for Prep - Yr 6
- 23 June End of Term 2
- 10 July Beginning Term 3
- 15 September End of Term 3
- 03 October Beginning Term 4
- 16 October Pupil Free - Staff Professional Development Day
- 08 December End of Term 4

If your child is sick or away for any reason please txt 0427 077 182

Principal's Message

ANZAC service

On Monday morning we held our ANZAC service for the Glenvale community. We were joined by Warrant Officer Richard Upton who spoke with our students about the history behind the ANZACs and trying to do the right thing by being responsible and working hard.

Our service was not about glorifying war or praising victors but remembering those who have served our country during times of conflict and crisis and to reflect upon their selfless sacrifice.

Lest We Forget.



Parent / Teacher Interviews Closing today 26th April 2017

Thanks very much to all those parents who have taken up the opportunity to participate in the parent teacher interview process. This is a great way to find out about your child's progress and support their learning. The online bookings will close on Wednesday 26th April and if you still require an interview timeslot can you please contact your child's teacher directly.

NAPLAN

The annual NAPLAN testing for Yrs 3 and 5 will be taking place on Tuesday 9th, Wednesday 10th and Thursday 11th May. This year NAPLAN will be the traditional paper version as the online testing has been cancelled. There will be a free breakfast available for Yr 3 and 5 students each day in the undercover area before school. If you would like more information around this process please contact Mr Tait or your child's teacher.

Disco

Come along, we will see you there!

THE GLENVALE STATE SCHOOL MASQUERADE DISCO

Friday 5th May

5:30-7:00 pm

\$2 entry

Prizes for dancing and costumes

Lollies, chips and drinks on sale



Book Club

Book Club forms came home last week and the orders along with money need to be returned on Thursday 4th May 2017. Please note that you are able to place your orders online also and the books will come to school to be given to the child. If you want the book Club order for a gift please let myself know or you can mark it "gift" online. I will then notify you when the order has arrived.

Thank you D'Arne Ledger (Library Coordinator)

12 Alternatives To 'Losing It': An Article from The School Guidance Officer

We all know that children, including adolescents, (and sometime partners), at times, can drive you crazy. They may not listen. They may be messy. They don't always think before they act. They don't necessarily consider another's feelings. Unfortunately, these factors are a part of life, and it takes a loving family to help them learn to be respectful, responsible, tolerant, caring, loving and self-controlled. When everyday problems pile up, our tolerance may not be as strong. Often our ability to control ourselves will be

tested. We may be easily angered but the message here is: DON'T TAKE IT OUT ON YOUR CHILD or CHILDREN or PARTNER.

It's a matter of mustering your self-control (we all have it). Think of the benefits.

If you show self-control, your child knows what it looks like and can copy it.

Here are some alternatives:

- Stop in your tracks. Step back. Take a walk or sit down. Talk yourself back to calm
- Take 5 deep breaths. Inhale. Exhale. Slowly. Slowly. Now take another 5 breaths
- Count to 10. Better yet, 20 or say the alphabet out loud or backwards
- Phone a friend, or a relative, even the weather number.
- Still mad? Punch a pillow, a punching bag or munch an apple.
- Thumb through a magazine, newspaper, photo album, do a simple task – they say doing a routine activity (like ironing) helps one to relax
- Do some sit-ups, kick a ball, jog on the spot
- Pick up a pencil and write down your thoughts/ feelings/ frustrations. Now write down 3 things you are grateful for
- Take a shower, or better still, a bath with candles and gentle music
- Lie down on the floor listening to your favourite music
- Talk to your pet – they are good listeners and non-judgmental
- Go to your shed (if you have one) otherwise do that gardening/ mowing you need to do

By now hopefully you are feeling calm. By now the problem may not have seemed like it deserved the blood pressure, but it's time to deal with the issue in a calm, peaceful, rational way. Take a deep breath. Think about the words you will say that are not hurtful to others but may get your message across. Revisit the above strategies as often as you need to.

You can do it. It's all a matter of choice.

Aspects taken from: Qld Centre for Prevention of Child Abuse Information Sheet

Community News

- I have recently taken over Hair We R on the corner of Glenvale road and Greenwattle st. I am offering an opening special to families in the area. \$15 kids haircuts 15% off all other services. Ph: 46333833 for an appointment. Bec Sherden - Owner Hair We R

**Little Miracles
COMMUNITY
KINDERGARTEN**

*"The first step in
your child's education"*

1-3 Goodwood Street, Toowoomba
Ph - 07 4633 7922

little.miracles@bigpond.com
www.littlemiracleskindy.org.au