



Goodwood Gazette

'Strive to Achieve'

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2014 School Improvement Focus: Writing Skills & Reading Comprehension

Dear Parents / Guardians,

Dates for Diaries

Aug 11 Monday	ICAS Maths
Aug 12 Tuesday	Gardiner Chess Tournament
Aug 13 Wednesday	Special Food Day
Aug 15 Friday	Daffodil Day – Wear yellow and gold coin donation for cancer council.
Aug 18 – Aug 22	Senior School Camp
Aug 25 Monday	Auditor here therefore postponed newsletter
Aug 26 Tuesday	Maths Team Challenge
Aug 27 Wednesday	Newsletter issued
August 26 Tuesday	P&C Meeting 3.30pm – Everyone Welcome! NB: this is a week later due to school camp)
Sept 15 – Sept 19	Parent Teacher Interviews
19 September	End of Term

Awards



Congratulations Jackson, Markus, Connor, Kelsie, Dakota, Ashley, Lillie, Julianne, Charli and Montanna on receiving their meritorious awards.
Well Done!! ☺



Goodwood Gazette

Senior Camp

Thank you to all the families of our Y4-7s who have returned their forms and payments so that we can finalise our bookings and meals etc.

This year we surveyed all our families and provided a wide range of choices to select from and discussed the results at P&C meetings. Through this collaborative process it was determined that we go to Columboola, which used to be a small school that opened in 1896. It closed in 1942 while it was used as a base for military personnel and reopened in 1954 and closed again in 1978 to later become an Education Queensland Environmental Education Centre in 1991. So it has a very interesting history. Columboola is located 15 kms east of Miles.

The staff of the centre are all qualified Education Queensland Teachers and they have prepared quality teaching and learning programs that align with the national curriculum. Of course the lessons are delivered through “doing” activities. Their program is varied and well-structured and they have carried out all of the required risk assessments to ensure the safety and well-being of our children.

As a parent myself, I can entirely empathise with the sense of concern in sending children off on camps. I hope it may be reassuring for you knowing my track record; I have taken students on a number of camps and one in particular was taking a Y1 to Y7 group on a week’s trip to Sydney. All of the children returned safe and sound and had a sensational time. Accompanying me is our Chaplain Mr Shane Turner who attends many camps throughout the year for a number of schools and is highly experienced in looking after the welfare of children. Mrs Hawker has also attended a number of school camps and has been excellent in caring for children.

To further add to your reassurance, Mrs Karen Blain, our P&C President, will also be attending and will help in caring for our children.

Talking to your children while on camp, can occur if you send along a mobile phone with your child. All phones are collected and stored by staff. Phones of students will be given to them to call home at the end of the day during the “showers and getting ready for tea” time.

This week I will purchase a “school phone” to take with us and I will give out the number to all families if you need to contact us at any time.

An additional note providing the final details will be sent home on Wednesday to families of those going to camp.

On the list of items to take is sock protectors. Mrs Fiona Perrem has kindly made a whole class set of these for our students. Thank you very much for your kind thoughts and donation to our school.

Home Reading Information Sessions

Goodwood State School uses a reading framework based on the work of Sheena Cameron, which includes ten major strategies in developing a high level of skill in reading. We also use the Gradual Release of Responsibility Model in implementing those strategies.

We are beginning to plan a workshop for parents/carers and reading volunteers to help inform them of the strategies when working with children. We are also intending to make movie clips of these processes so that parents can access them on our website at times convenient to them.

Pedagogy

Pedagogy is the study of the teaching practices and education of children. It is the methods and processes used to promote effective learning. At Goodwood State School we use Marzano’s Art and Science of Teaching (ASoT) and the Explicit Teaching Model to frame our pedagogical framework.

At the recent QASSP conference (Queensland Association of State School Principals of which I am State Secretary) there were a number of magnificent, world renowned speakers that explored curriculum and pedagogy and current research.

One of the speakers made references to the need for learners to have greater ownership of their learning. This reminded me of two analogies that I always use in my classroom.

Goodwood Gazette

The first is about risk taking in learning. My message is "Mistakes are OK. They are a natural part of our learning process; think of babies learning to walk." And I have an attempted re-enactment that goes with the story. ☺

The purpose is to encourage kids to have a go and not be fearful of making mistakes.

The second analogy I use is based on the old fashioned swimming lesson (which I would never use by the way! ☺). When we are learning some new material/concepts, there is always a gap between what has been taught and the student having learnt it. I tell the kids we are rowing out in a boat and they jump out to see if they can swim, but they never have to worry because I am there to throw them a life jacket whenever they need one.

This is to help students feel comfortable with moving into new and unknown learning. It also encourages them to have more ownership of their own learning to bridge those little gaps between what has been taught and what is learnt. That experience is extremely powerful for students as learners and helps them to be confident and successful in their future learning.

Students who are too dependent on the teacher providing all of their learning reduces their independent thinking and problem solving skills that are needed in our society and in our workplaces.

The point of sharing these analogies with you is to enable you to use the same language and strategies at home while doing homework or any practical task at home. For example saying "It's alright. Mistakes are OK and a natural part of our learning." Or "Have a go and see if you can work it out. I'll throw you a life jacket if you get really stuck and you need one." ☺

Daffodil Day

On the 15th August we will be having a dress yellow day to raise funds for the Cancer Council. Students are invited to wear free dress and donate a gold coin. Free dress, preferably with a yellow theme, needs to be sun safe with no inappropriate logos. Enclosed shoes must be worn.

QASSP Conference 2014

The conference I attended two weeks ago had some magnificent, innovative speakers who were world renowned. I have brought back a number of "gems" of ideas to improve our school and have already begun discussing some of the concepts with staff.

Thank you for your tolerance and understanding on my time away from school to attend the conference two weeks ago. The benefits for myself and our school are significant. QASSP has a vision of "Outstanding Leaders and World Class Schools" and seek out presenters that represent the world's foremost, authoritative and current researchers on educational reform.

P&C Messages from President Mrs Karen Blain

Special Food Day

Reminder - Special Food Day is this Wednesday 13 August.

Many thanks to Barb Gibson and volunteers who make these days possible.

Pie Drive Fundraiser

Thank you to everyone who supported our P&C Pie Drive Fundraiser. Your pies will be available for collection on - Thursday 21 August from the school library at 3pm. Enjoy!

Bicycle Queensland event - helpers needed

Goodwood State School P&C will be operating a food/drink stall at the upcoming Bicycle Queensland event which will be visiting our school on Wednesday 10 September and the P&C needs your support to take advantage of this fundraising opportunity. Perhaps you are able to assist? If so, please see the attached form for additional information.

P&C Meeting

Our next P&C meeting is scheduled for Tuesday 26 August at 3.15pm in the library. All welcome! Come along and help contribute to the terrific Goodwood State School community. If you are unable to attend our monthly meetings, but have some questions, suggestions, comments or feedback for the P&C, please let us know.

E: pandc@goodwoodss.eq.edu.au

Goodwood Gazette

Fathers Day Stall

Lookout for information coming home soon about our upcoming Fathers Day Stall. This stall is not designed to make a profit, but will provide the kids with an exciting opportunity to “secretly” choose a fabulous gift for Dad or another carer to open on Father’s Day.

Cash for Cans - Aluminium Can Drive

Don’t forget to recycle - Making items from recycled aluminium uses 95% less energy than using raw material. That helps reduce greenhouse gas emissions and combat climate change. The location of our recycling bin is in the top end of the Woodgate Road car park. Thank you!

Bingo

Our next bingo session will be held:

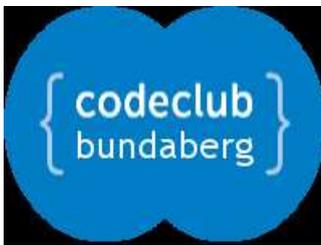
Thursday 4th September

Woodgate Beach Bowls Club @ 1pm

CASH PRIZES AND RAFFLES TO BE WON!

Tell your family and friends to come along for a fun afternoon and support Goodwood School!

Community Notices



Would you like to learn how to make computer games, animations and websites?

Code Club is a worldwide network of free volunteer-led afterschool coding clubs for children aged 9-11.

Code Club Bundaberg meets at Bundaberg Library every Tuesday afternoon during school term. You'll need your own laptop with wifi connection. Places are limited and you have to book. Phone 4130 4140 during business hours. For more information on Code Club go to <http://codeclubau.org>

Wake up to the signs of driver fatigue

Fatigue creeps up on drivers. Ignoring your body’s physical warning signs can result in a crash. It is vital that you are alert at all times no matter how short the trip.

Knowing your body’s warning signs and planning your trip are the keys to your safety and survival on the road.

Driving at times when you are normally sleeping is particularly dangerous.

Peak times for fatigue crashes 2pm – 4pm and 10pm – 6am

Danger signs

- your car wanders across the road
- fumbling gear changes
- daydreaming
- unintentional increases or decreases in speed
- sore or ‘heavy’ eyes
- dim or fuzzy vision
- general tiredness
- stiffness and cramps
- aches and pains
- seeing things
- droning and humming in ears
- delayed reactions.

How do you prevent driving tired?

- Take regular breaks from the wheel – at least 15 minutes every two hours is recommended.
- Pull into rest areas, tourist spots and Driver Reviver stops frequently.
- Avoid alcohol before and during the trip.
- Check medications with your doctor (in case they make you drowsy).
- Eat properly – not too little, not too much.
- Sleep – get plenty before your trip.
- Don’t drive for more than ten hours in a day.
- Share the driving – stop and swap drivers.
- Plan ahead – arrange stops and rest overnight.
- As soon as you feel tired, stop and rest to prevent driving tired.

Caffeine, fresh air and loud music won’t stop you from being tired when you are driving. The only cure is to stop driving and rest.

Crashes are caused by deliberate actions of road users.

It’s all about choices!

Managing Asthma during Spring

For many people with asthma Spring can be a difficult time of year due to the increased amount of pollen in the air. Pollen from flowers, grasses and trees is a common trigger for asthma and hay fever, particularly on windy days or during thunderstorms.

Hay fever (or allergic rhinitis) is a commonly reported problem during Spring, and there is a strong link between hay fever and asthma. It is estimated that 80% of people with asthma will also experience hay fever. Symptoms associated with hay fever, such as sneezing, runny or blocked nose and irritated eyes, occur when certain allergens are inhaled and this triggers an immune response in the lining of the nose.

Goodwood Gazette

Over the course of this year representatives from the Bundaberg Regional Council, CQUniversity Australia, Salvation Army - Tom Quinn Centre, Cerebral Palsy League, Bundaberg State High School, East Coast TAFE and Community Solutions have met and organised Options Day.

Leading up to Disability Action Week, Options Day will be held Thursday September 11, 2014 at the CQUniversity Bundaberg Campus from 10am to 1.30pm. The event is for people with disability interested in furthering their education. On the day they can find out about local learning opportunities such as life skills, non-accredited courses and accredited courses including Certificate I to Bachelor degrees, and how we as education providers can assist them. There will be activities as well as information suitable for various age groups.

At 10am, Evan Munroe from the Cerebral Palsy League will provide an update on the National Disability Insurance Scheme (NDIS). Community organisations and the public are encouraged to attend this event.

From 10:30am to 1:30pm, there will be:

- Art workshops by local artist and teacher, Nita Rosher
- Ukulele lessons by local instructors
- Ability sporting activities run by CQUniversity Student Mentors
- Driving simulators
- Auslan workshops
- Community organisations discussing their service and the support they can provide people with disability

Light refreshments will be provided along with lucky door prizes including an Apple iPad, iTunes gift cards and other organisational specific prizes.

If you have any questions regarding Options Day, please do not hesitate to contact me on 07 4150 7157 or e.hamilton@cqu.edu.au.

Introduction to Acceptance and Commitment Therapy (ACT)

Mindfulness

Learn some basic skills using techniques from ACT to assist you to achieve mindfulness, as well as many strategies to help you come to terms with aspects of your life that may be troubling you.

When: Wednesday September 3, 2014

Time: 9.30am to 11.30am

Contact: UnitingCare Community on 4153 8400
(Bookings essential)

Cost: Gold coin

Kindsight

Wellbeing workshop

This experiential workshop will explore how to extend kindness, compassion and understanding to oneself. This workshop is for anyone who judges themselves harshly, has a strong inner critic or just anyone wanting to learn a skill that becomes an invaluable internal resource.

When: Thursday September 4, 2014

Time: 9.30am to 12.30pm

Contact: UnitingCare Community on 4153 8400
(Bookings essential)

Cost: \$5 per person

Cool, Calm and Collected

Stress

Cool, Calm and Collected is a 2 hour workshop that explores the causes of stress and offers some practical tips and exercises for managing stress.

When: Wednesday September 17, 2014

Time: 9.30am to 11.30am

Contact: UnitingCare Community on 4153 8400
(Bookings essential)

Cost: Gold coin

Rollercoasters

Workshop for Children

A program to assist children with the task of adjusting to family change. Each session helps children explore the dilemmas faced when parents separate.

When: Wednesday October 8, 2014

(6 week duration)

Time: 3.30pm to 5pm

Contact: UnitingCare Community on 4153 8400
(Bookings essential)

Cost: Gold coin

Goodwood Gazette

Mindfulness and a path of kindness, wisdom and happiness

An experiential workshop

Mindfulness is an ancient tradition and is about waking up, connecting with ourselves, and appreciating the fullness of each moment of life. This eight session workshop will guide participants through various mindfulness techniques.

When: Thursday October 9, 2014
(3 week duration)

Time: 9.30am to 3.00pm

Contact: UnitingCare Community on 4153 8400
(Bookings essential)

Cost: \$10 per person

Circle of Security (morning session)

Parenting 0 - 5yrs

The Circle of Security program enables parents/caregiver to further explore their children's need for comfort, safety and secure attachment.

When: Monday October 13, 2014
(4 week duration)

Time: 10am to 11.30am

Contact: UnitingCare Community on 4153 8400
(Bookings essential)

Cost: Gold coin

Circle of Security (evening session)

Parenting 0 - 5yrs

The Circle of Security program enables parents/caregiver to further explore their children's need for comfort, safety and secure attachment.

When: Monday October 13, 2014
(4 week duration)

Time: 6.30pm to 8pm

Contact: UnitingCare Community on 4153 8400
(Bookings essential)

Cost: Gold coin

Friends for Life

Workshop for Children 7-12 years

The program teaches children an awareness of their own responses and how to cope with them, using problem solving skills to make a difference.

When: Tuesday October 14, 2014
(8 week duration)

Time: 3.30pm to 5.00pm

Contact: UnitingCare Community on 4153 8400
(Bookings essential)

Cost: \$40 per person