31st May 2013

From the Principal's Desk
Deputy Principal- Leigh Josey
BSM
Banking
Resource Centre
Guidance Officer
Sport News
Twitter
Touch Training
Computer Lab

Music News
String News
Second Hand Clothing
P & C Report
Helping Hands
National Training Dev
Keebra Park SHS
Helensvale SHS
Community Cuppa
Fox's Real Estate

PRINCIPAL'S REPORT

In a multicultural country such as Australia, diversity is a large part of our life and always has been. Indeed, our school population represents a myriad of races and we value such diversity and cross-cultural understanding.

Last Tuesday, 28 May, our school was given the opportunity to appreciate such diversity when we welcomed education officials from Abu Dhabi, namely His Excellency, Dr. Mugheer Al Khaili, Director-General, & Minister for Education, Abu Dhabi Education Council. Dr Mugheer is a member of the royal family and reports directly to the Crown Prince and ruler of the UAE. We also welcomed His Excellency Marwan Al Sawaleh, Assistant Undersecretary of the Support Services Sector in the Ministry of Education, United Arab Emirates and Dr Karima Matar Almazroui, P-12 Curriculum Division Manager Abu Dhabi Education Council Board member of Emirates College of Advanced Education College.

The day began with a special welcoming assembly where our students witnessed the landscape of Abu Dhabi through visual media that accompanied the UAE National Anthem followed by our own Australian National Anthem that demonstrated the contrast between the two countries - again accompanied by beautiful images of our land. Mrs. Leigh Hering designed the presentation and her talent in this field shone through.
We celebrated the beauty of bringing two different cultures together through the symbolic exchange of gifts presented by our School Captains and Vice Captains and the sharing of best practice in education through visits to classrooms and engagement in professional conversations. Bonds of friendship were created and we gained a better understanding of the importance of appreciating the differences between people and cultures.

_School Captain, Jessica, presents a gift to His Excellency Dr Mugheer on behalf of the students and staff of Ashmore State School watched on by His Excellency Dr Marwan and Dr Karima_

_His Excellency Dr Mugheer, Director General Education Abu Dhabi, presents the official medal of the Abu Dhabi Education Council to Principal, Margaret James_

**The Importance of teaching children to obey and respect school rules**

Rules are important for children. They help to keep them safe, as well as teaching them how to function appropriately in school, society and at home. We are faced with numerous rules, not only in school but in daily
life within our society because without rules and good policy our world would be in disarray. Obedience to school rules demonstrates that parents and students respect teachers and school administrators who make the rules in the interest of children’s safety and equality. Unfortunately in today’s society there appears to be a growing disrespect for authority by some adults which can result in children growing up believing that it is acceptable to disregard rules and policies. Such attitude is dangerous and can result in children taking the wrong pathway in life. I thank all of our parents and caregivers who support our school rules and policies and encourage their children to do the same. Such behavior is fundamental to a successful and responsible life.

**Thought for the fortnight**

*As we grow as unique persons, we learn to respect the uniqueness of others.* Robert H. Schuller. Entrepreneur and Author, b. b.1926

Margi James
Principal

**DEPUTY PRINCIPAL- LEIGH JOSEY**

**Spare Clothes**

Due to the unpredictability of our weather this year, and the occasional accident that may happen, it is a great idea to have a spare set of clothes (uniform and underwear) kept in the school bags of our students.

We do not have enough spare uniforms in all sizes at the school office to loan out; and often ones we have loaned are not returned. If you have any of our loaned clothes, could you please return them as soon as possible.

Please be aware that if your child requires clothing, does not have any spares at school and we don't have any left, we will try to contact you so you can bring spares.

Thank you for your assistance with this.

Leigh Josey (Deputy Principal)

**BUSINESS SERVICE MANAGER- MRS PETA DONOGHUE**

**Excursion Payments**

Just a reminder that every excursion or school event that requires a payment to be made will have a set ‘DUE DATE’ that must be adhered to. If you have difficulties prior to the ‘DUE DATE’ making a payment, please do not hesitate to come and see me or someone in Admin to make other arrangements. We will NOT be accepting any late payments after ‘DUE DATES’ in 2013. If you pay over the internet please ensure that you make the payment
3 days prior to the due date to ensure that it clears in the schools bank account. Thank you for your cooperating in this matter.

**Messages for your children**

As stated in previous newsletters, it can be extremely difficult to give students personal messages from parents during the school day, so to alleviate this issue we will be implementing a cut off time of 2pm each day. If you require a message to be given to your child you will need to ensure that you phone the office prior to this time. Could you please advise your child of after school pick up times and locations prior to dropping them off at school as this seems to be the most common messages. If you contact the office after this time we will not be able to assist unless it is an emergency.

**BANKING DETAILS**

You may wish to print these details for easy reference throughout 2013.

[PLEASE CLICK HERE TO VIEW]

**RESOURCE CENTRE**

We would like to remind parents of the importance of a sturdy library bag as we are receiving a number of damaged books due to leaking water bottles or other substances. Could you also please ensure that younger children at home don’t have access to our books as we are also seeing drawings on pages and torn edges. It would be advisable for students to immediately place their borrowed book back in their library bags so younger siblings don’t have the opportunity to damage the book.

Also, please ensure you return books if you intend leaving our school or you will receive a phone call from us to remind you.

Due to popular demand we have more of the ZAC Power series. Check out our “New Book” stand.

Have you ever wondered what this symbol means? It’s a QR (quick response) code. You may have seen them on advertising, packaging, websites or Museums to name a few of the uses. If you use a smartphone, iPad or tablet you will be able to scan this symbol and it will take you directly to a website. It replaces a lengthy URL.
email address or a long message. We’ve tried a couple of apps and the one we use is called i-nigma. It’s a free app available through iTunes. If you want to make a QR code we would also recommend the site http://www.qrstuff.com/ This is free for simple QR codes

Here’s a list of data types.

If you check around our Resource Centre you will find some of these codes which link to either author’s sites or information about specific non-fictional topics.

Students have access to these codes during lessons in the Library using the iPads. These are a number of sites which students are unable to access at school due to Education Queensland restrictions – YouTube, Twitter, Facebook etc.

Classrooms in the upper school are now wireless and this provides a wider range of learning environments and opportunities for everyone.

**QSchoools App**

Queensland school communities now have a new way to interact with their school using the QSchools smartphone app. The QSchools app is a convenient way to receive up-to-the-minute information from and about schools. The app is designed to integrate with our school website, and allows users to see when news, events and newsletters are posted to our school website.

Android and iOS versions of the app are available for free download from the iTunes store and Google Play. The link is also available from our website.
ANGER

Grandfather sat contemplating.

‘What’s wrong?’ asked the grandson

‘Grandson I have 2 wolves fighting inside me.

One is anger. One is peace.’

The grandson asked ‘Grandfather, which one will win?’

In his wisdom, the old man replied,

‘The one I feed?'

*American Indian Proverb*

We all have anger. It's a normal human emotion. At times it is useful to express strong feelings as it helps us deal with situations that trigger those strong feelings. However management is the key. If anger is expressed in harmful ways then it can lead to problems in relationships and affect the overall quality of one’s life.

**Recognising Anger**

Our bodies are great indicators of anger. When you get angry, your heart rate and blood pressure rise and stress hormones are released. This can cause you to shake, become hot and sweaty and feel out of control. You may then yell, throw things, criticise, ignore, storm out, and sometimes withdraw and do nothing. Take note of your body as it can help you control the extent of your anger.

**Anger is a problem when:**

- It involves verbal, emotional, physical or psychological abuse.
- You feel angry a lot of the time.
- People close to you are worried about your anger.
- Anger is leading to problems with personal relationships and work.
- You think you have to get angry to get what you want.
- Anger seems to get bigger than the event that set it off.
- Anger lasts for a long time, and well after the triggering event has passed.
- Anger affects other situations not related to the original event.
- You are becoming anxious or depressed about your anger.
- You are using alcohol or other drugs to try to manage your anger.
- You are getting angry with the people who are closest to you, or with people who are less powerful than you, rather than dealing with the situation that sparked off your anger in the first place.
Anger can often lead to violence if not properly controlled and some people use anger as an excuse for being abusive towards others. Violence and abusive behaviour gives someone power and control over another person, usually through creating fear.

**Tips to Manage Anger**

- **Make a list** of the things that often set off your anger eg running late, your children not cleaning up after themselves, or a co-worker blaming you for something you didn't do. If you know ahead of time what makes you angry, you may be able to avoid these things or do something different when they happen eg. for lateness set your clocks ahead of schedule.
- **Use strategies** to calm yourself – deep breath, count to ten, punch a pillow, walk away, put your anger into getting a job completed, talk to a friend (but when calm).
- **What you think affects how you feel** so **CONTROL YOUR THINKING** - self-talk yourself into rational thinking. Know you are in charge of you. Choose to act and think calmly. It will win more friends and achieve better outcomes.
- **Be assertive** - Being assertive means being clear with others about what your needs and wants are, feeling okay about asking for them, but respecting the other person's needs and concerns as well and being prepared to negotiate. Avoid using words like ‘never’ or ‘always’ or ‘should’, for example, ‘You're always late!', 'you should do this', as these statements are usually inaccurate, make you feel as though your anger is justified, and don't leave much possibility for the problem to be solved.
- **Seek professional help** if your strategies aren’t working

Remember – how we respond to anger will set the example for our children to follow.

Our behaviour is a choice. When dealing with anger which wolf do you want to feed?????

Adapted from Anger Management :

http://www.psychology.org.au/publications/tip_sheets/anger/#s5

Carla Loughnane

Guidance Officer

FOLLOW US ON TWITTER
NEWS FROM THE SPORTS DESK... MAY

**Interschool Sport Jersey Return** – All students who participated in Rugby League and Aussie Rules must return your school jersey to your coach immediately.

**Athletics Carnival 2013** – see proposed dates for Athletics Carnival for Term 3.

- Senior Athletics Carnival - Tuesday, 9 July & Wednesday, 10 July
- Parent volunteers needed. Please email Mr. Ellis ([rell129@equ.edu.au](mailto:rell129@equ.edu.au)) if you are able to offer assistance.
- Junior Athletics Carnival – Thursday, 11 July
- Back up day – Friday, 12 July

**Gold Coast North District Trials** – Students of Ashmore have had some impressive results recently at District Trials. Below are just some of the highlights:

- Josh G. 7D – South Coast Team (AFL)
- Cody H. 7C – South Coast Team (Soccer)
- Zac B. 5/6D – South Coast Team (Soccer), Gold Coast North Team (Cross-Country)

District Trials are coming to an end for the school year. Athletics has qualification trials at the school Athletics Carnival – see dates above. Cricket will have a school trial in mid-August (dates TBA).
**Swimming** – Ashmore will be offering swimming lessons through the PE program again this year. The lessons will be at Nerang City Pool and transportation will be by bus. Swimming is a required component of the PE curriculum. The lessons will be scheduled during weeks 9 to 11 of Term 3 in the month of August. A cost breakdown will be sent home at the beginning of Term 3.

**Fitter, Faster, Stronger** – AKA Running Club goes from 8:00am to 8:30am. Students from all grades and parents are welcome to attend. New participants are always welcome. Bring a change of clothes for the wetter days. Thank you to all parent and teacher volunteers. Your help is greatly appreciated.

**Mon** – Fitter, **Tues** – Faster, **Wed** – Stronger, **Thurs** – Fitter, **Friday** – Faster.

Please contact Mr Ellis (PE/Sport Teacher) if you have any questions.

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**TOUCH TRAINING**

Mrs Roberts is running touch trainings each Friday 3:15 - 4:15 for boys and girls yrs 5 - 7. We already have an U12 girls team playing in the Gold Coast touch competition each Saturday morning. We have a willing parent ready to start an U12 boys team for next season starting in term 3. If you are interested in learning to play, extending your skills, practising touch skills, come along. Thankyou to Mrs Fullick who helps out with trainings as well.

**NO TRAINING WHEN IT’S RAINING.**

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**COMPUTER LAB OPEN FROM 8.15AM**

Just a reminder that the computer room is open for Mathletics and and “The Workshop” every day of the week, before school from 8:15am and after eating in the second break.

If anyone has any old timber skateboards for “The Workshop” they would like to donate to the school for the children to repair and restore, I will gladly take them off their hands.

Thank you
MUSIC NEWS

This week, the Music Department will be sending home a letter of interest to nominate as a member of our school’s ‘Music Committee’. The committee will be formed in the next few weeks and we are looking for any parents or carers that would like to participate in meeting with music staff on a needs basis.

We look forward to hearing from you!

Yours in Music,

Anna Dart and the Music Team

STRINGS NEWS

ACO Virtual - The Arts Centre Gold Coast

This is fully interactive and FREE


Sarah Lamor
SECOND HAND CLOTHING DRIVE

TIME IS COUNTING DOWN QUICKLY

2 WEEKS REMAINING

PRE-LOVED CLOTHING DRIVE

for

School Carnival

15 June 2013

(The stall will be located in the Music Room)

The donations received during the fortnight just past has been nothing less than amazing. The clothes sorted this fortnight coupled with the clothes already sorted previously total a wonderful 46 boxes of varying sizes and variety.

THANK YOU! THANK YOU! & THANK YOU AGAIN! This drive has verified that there are so many incredibly kind and generous people in the school community who want to help the children of the school.

THE “BABY BOOMERS” WOULD LIKE TO EXTEND A “BIG THANK YOU” IN ACKNOWLEDGING:

- ALL OF THE PARENTS and their children who have donated their pre-loved treasures
- MRS JAMES, FOR ORGANIZING HER WONDERFUL SON AND HIS VERY GENEROUS FRIEND for again coming to collect a further 23 boxes of sorted and packaged boxes of pre-loved clothing for storage until the Carnival.
- BUNNINGS HARDWARE on Olsen Avenue for allowing the Baby Boomers to collect empty boxes that were so desperately needed for this venture.

UPDATE OF PRE-LOVED CLOTHING SORTING IN PROGRESS:

There are still about 10 boxes in varying stages of completion that need more donations to fill them so they too can be transported to the school for storage.

As you can see, this is a SENSATIONAL RESULT, and with only 2 weeks remaining all donations will be greatly received and appreciated.

WE STILL NEED MORE:

For the parents who are extremely busy and do not have the time to sort through all of your household, would you be kind enough to donate at least 2, 3 or 4 items of pre-loved clothing that the children could bring to school
and dropped off at the office. If you would be kind enough to do this, we would collect between 1,000 and 1,200 more items for sale.

Every item donated will be gratefully received.

**DROP OFF ZONE:** 3 DARLING CRESCENT, MOLENDINAR (The back house on the property).

When dropping off your most needed donations please include a note with your child/childrens' name/s and their classes so they can appear in the following Newsletter. Kids always love to see their names immortalized, and what a thrill. **Their names will appear in each Newsletter up until the Carnival.**

The following children's families have kindly donated 2nd hand clothing:-

| KATHERINE-4D | COOPER-PREP A | AVA - PREP E |
| JASMINE-5C   | EMMA - 4B     | MADISON - 3D |
| CHLOE-5A     | TAYLOR -7C    | SAMARA - PREP D |
| AMBER-1A     | TAHILIA - 7D  | CHEVY 2C |
| NICHOLAS-3C  | SUMMER - 1D   | SENNAH-5/6E |
| COOPER-1C    | MAX PREP - D  | ABBTY-5/6D |
| JAYDEN-1B    | JACOB PRE-PD  | CHARLI-3C |
| MADDIISON-4C | KYRA - 1D     | LEILA-6D |
| AARON-1D     | JORDAN - 5A   | CHLOE-2E |
| JOSEPH-4D    | COREY - 1A    | STERLING-2A |
| SARAH-3B     | DYLAN - 7A    | HUNTER-5C |
| JESSICA-7D   | BROOKE - 4D   | JAMES-2D |
| BRADLEY-2D   | JOSHUA - 2B   | NICHOLAS-2C |

Signing Off "The Baby Boomers"

**P & C REPORT**
ASHMORE STATE SCHOOL FUN FAIR – is fast approaching! The Fair Committee has put hours of work into the arrangements, it will be even bigger and better than our last very successful Carnival. Here are some of the stalls available:

- Massive Cent Auction
- Giant Raffle
- Monster Raffle of amazing prizes from our local supporting businesses
- 2nd Hand Clothing Stall run by the Baby Boomers – all items .50c
- P & C Sausage Sizzle
- P & C Devonshire Tea with seating in undercover tuckshop area
- Model Quest
- Baby Show
- Ticket Booth to purchase tickets for Sideshow Alley Games and:
  - Chocolate Toss
  - Show Bags
  - Sweet & Sand Candy Stall
  - Pluck a Duck & Whack a Frog

Plus International Food Stalls and 40 external Market Stall holders with an amazing variety.

FUN FAIR RIDE PASSES – are now on sale in the tuckshop, they are $25 per child, or $30 on the day. Please note there is no charge to just come to the Fair. Height restrictions do apply on some rides, and they will be strictly enforced. The Pass covers all these exciting rides, so it's excellent value:

- Extreme Force
- Red Baron Ride
- Giant Slide
- Mini Jeeps
- Tram Ride
- Super Sizzler
- Rock Climbing Wall
- Mechanical Sno Board
- Aquatic Adventure Castle
- Animal Farm

HANGI: now’s the time to book your prepaid delicious Hangi tray, there will only be limited numbers available on the day - $10 a tray, pay in tuckshop.
How the **TICKET BOOTH** works:

At the tent, you will be able to buy tickets for $1.00 each so if you wanted for example to spend $20 you will get 20 tickets to “spend” at the P & C stalls. If you don’t want to give your children cash, this may be the option for you.

For example, the show bags will be $5.00 so you will need to hand over 5 tickets - stalls will also be accepting cash on the day.

**SHOWBAGS** – there will be a ‘Golden Ticket’ in random bags of a Theme Park pass!!

**ARMY DISPLAY** - We have just had notification that our request to have the Army present has been approved so they will be coming with a display so that will be exciting to see.

We look forward to seeing you all enjoy your day at the Family Fun Fair

**HOW CAN YOU BE PART OF THE FUN?** We desperately need parents to help run the stalls, so please send in your form ASAP, or email Simone on shell24@eq.edu.au – if everyone just spends ½ hour on a stall, the day will be a success.

**ADVANCE LIFE FAMILY PORTRAIT DAY** – was held on Sunday 26 May, thank you to all the parents who participated and we trust you will enjoy your photos. Remember to come on Thurs 20 June to collect your Family Portrait. You can meet the photographer in the Conference Room at the Carmichael Centre at your appointment time.

**P&C MEETING** - The next P&C meeting of this year will be held on **Monday June 17 at 3.15pm** in the Conference Room at the Carmichael Centre. We welcome any parents who want to get involved in the school community so if you have any ideas or thoughts that you want to put forward then please come along, your input will be much appreciated.

*Ashmore P&C*
HELPING HANDS

PLEASE CLICK HERE TO VIEW

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Want to study but can’t afford the upfront fees? Vet Fee-Help lets you study now and pay later!

STUDY NOW Pay Later!

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With Vet Fee-Help funded courses, the Government pays the upfront tuition costs for you as a loan.

Repayments on your student loan only start when you earn over $47,000pa. It lets you study now and pay later!

- Any Australian citizen or Humanitarian visa holder can apply (no age limits)
- Graduate without having to pay any tuition fees (if not already earning over $47,000)
- Qualify for Austudy payments depending on your circumstances

iPad or Laptop included in select elearning courses

NTD Representative
Contact: Gayle Koussis 0417407667

All courses are delivered by Nationally Recognised Training providers, including Careers Australia (RTQ# 2310 & 31470); Martin College and Australian Institute of Applied Science (Study Group RTQ# 5806); and Productivity Partners (RTQ# 58169).
TO ALL YEAR 6 & 7 PARENTS

You are invited to attend an information session regarding how to enrol your student/s into Keebra Park State High School in 2014 or 2015.

The information session will be held at 2:30 on Thursday day 13th June at Ashmore State School.

Information regarding our EMP (Enrolment Management Plan) will also be given at this time.

HELENSVALE STATE HIGH SCHOOL
IMPORTANT DATE FOR STUDENTS and PARENTS
YEAR 8 ENROLMENT PROCESS, 2014

INFORMATION EVENING
TUESDAY 4th June, 6.00pm – 7.00pm
in the Student Activity Centre

❖ Come and meet our Principal, Mr Mark Blackshaw
   and our Junior Secondary School Deputy Principal,
   Mrs Heidi Booth.
❖ Find out about our fantastic curriculum programs
   for 2014.
❖ Come along, tell us about your child and how we
   can work together to create a great high school
   experience in 2014.
❖ Enrolment packages can be collected on the night.
❖ Help offered to complete the enrolment package if
   required.

For further information please call the Administration
Office on 5573 8555.

FOX'S REAL ESTATE

FOX'S
REAL ESTATE
NORTHERN GOLD COAST

COMMUNITY CUPPA - SONESHA

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