Welcome to the last week of term 3. I hope that the last two weeks have been treating you all well and that you and your families, like all of us at school, are looking forward to the upcoming holidays. As always Term 4 will be very busy and will culminate in our Swimming Program and Carnival, the End of Year Concert and our Year 6 Graduation Dinner. I look forward to seeing you all at these great events. They always ensure that we are able to end the school year on a high and provide an opportunity to celebrate the success of our students and staff.

R U OK?
September welcomes R U OK? Day. R U OK?’s vision is a world where we’re all connected and are protected from suicide. The mission of R U OK? is to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life. Below is an outline from the R U OK? Website outlining why asking R U OK? is so important.

“We know that suicide prevention is an enormously complex and sensitive challenge the world over. But we also know that some of the world’s smartest people have been working tirelessly and developed credible theories that suggest there’s power in that simplest of questions - “Are you ok?”

One of the most significant theories is by United States academic, Dr Thomas Joiner. Because his father took his own life, Thomas has dedicated his research to try and answer that question “why?”

His theory tries to answer that complex question by describing three forces at play in someone at risk. The first force is the person thinks they’re a burden on others; the second is that they can withstand a high degree of pain; and the third is they don’t feel connected to others.

It’s this lack of connection (or lack of belonging) that we want to prevent. By inspiring people to take the time to ask “are you ok?” and listen, we can help people struggling with life feel connected long before they even think about suicide. It all comes down to regular, face-to-face, meaningful conversations about life. And asking “are you ok?” is a great place to start.”

Reading
We have been reviewing our reading data over the last two weeks. Data analysis isn’t always the most exciting part of our jobs as teachers, but when you get the opportunity to share the success of your students as part of the process it can be one of the best parts of our jobs. Once again we have seen our students make impressive gains in their reading levels.

Each year we track the percentage of students who are reading at the year level benchmarks set by our region. As a school we have a target of having 80% of students reading at benchmark levels by the end of each year.
In 2015 we saw 80% of our students reach these targets, up from 52% in 2014. This year we currently have 77% of our students reading at the benchmark targets and are well on track to reach our school wide goal of at least 80% of students reading at our benchmark targets.

As educators it is our moral imperative to ensure that every day every kid in our classrooms is learning and achieving. One of the ways we track this is monitoring level of achievement such as the benchmark data I shared above. Another way is to track that all of our students are achieving at least 12 months growth from 12 months teaching.

The level of growth or gain for our kids is what shows the quality of teaching that occurs in our classrooms each day. For the year to date we have already seen 89% of our students make at least 12 months of growth.

This is an amazing achievement and is testament to the quality of the people we have at our school. We are very lucky here at Rainbow Beach to have very good teachers and amazing teacher aides working with our kids every day. We are also very fortunate to have volunteers such as Shirley Ruescher, Granny Val, Gayle Young along with our parent helpers who all contribute to the success of our students. When reviewing our data last week the question was posed as to why we think we are seeing the sustained improvement over the last few years and the answer was the collaboration between staff and collective ownership that we all feel to ensure that every day every student is learning and achieving.

**Kidsing**

Our Choir students travelled off to Gympie on September 2 to participate in the Kidsing Choral workshop. They had a fantastic day and were part of a great combined choir performance at the Civic Centre that evening. I would like to thank Miss Eryn for organising this amazing opportunity for our choir students. I would also like to commend the students involved on their conduct but especially on their attitude and active participation on the day. You have done yourselves and the school proud.

**School Wide Positive Behaviour Support**

Our SWPBS leadership team meet once per month. Our next meeting will be on Wednesday 14 September. At these meetings we review the data on student behaviour for the last month and also for the year to date to develop and design what the weekly focus of our lessons will be. We also review our annual action plan and the internal and external evaluation tools we use to track our schools level of implementation of the SWPBS framework.

If you are interested in joining our SPWBS team as a parent representative please talk with our team leader Ms. McColl or myself. We always value the input of our parents.

Our SWPBS focus lessons for the last week of Term 3 and the first week of Term 4 are listed below:

**Week 10 – Be a Learner – Taking Responsibility for My Own Actions.**
- **Accepting Responsibility for my behaviour means I can:** State my role in problem event/incident, identify appropriate behaviour, identify what to do next time, and accept corrective action/consequences.

**Week 1 – Be Respectful – Using appropriate language.**
- **Using polite words like please, thank you, and excuse me make other people feel appreciated and respected. You can show kindness and respect for other people’s feelings by speaking politely to them. Having good manners show we are thinking about other people. Other people will feel comfortable and happy to be around us when we are polite and treat them with respect.**
Bling Your Helmet and Ride to School Day
Last week we had a bling your helmet and ride to school day. It was great to see so many helmets decorated and the creativity on display was amazing. On the day Bernard from Cycling Qld visited us, judged the helmets and spoke about the importance of being safe on the roads while on our bikes. Bernard also stressed the importance of a properly fitting helmet for children. It is vital that the straps of the helmet are tight enough that if someone actually needs it in a fall or accident, the helmet will stay on their head and protect the wearer as intended.

Pre-Prep
Thanks to Mrs. Chamberlain for organizing our Prep Information Session last week. Our Pre-Prep program will begin in earnest from week 1 next term and will continue until the end of Term 4. The program will run in collaboration with our regular playgroup each Thursday. Mrs. Chamberlain will be running the program in partnership with Sarah. Pre-Prep will run from 9:00am – 10:45am each Thursday.

To enable Mrs. Chamberlain to run the more formal part of the Pre-Prep program she will be released from class from 9:45am each Thursday morning. During this time Ms. McColl will be taking the Preps.

I would like to thank Mrs. Chamberlain, Sarah and Ms. McColl for working so well together to make this wonderful program happen.

Disability Review Underway
Parents, carers and students are invited to participate in the independent review into the educational provision for students with disability in Queensland state schools. The review is aimed at ensure world-class inclusive education is available to all students. Have your say through the online survey (http://education.qld.gov.au/schools/disability/qld-disability-review.html) before 30 September.

Free Advice and Support for Queensland Parents
Not every parent may need support, but it is ok to ask for help. Since the Triple P Parenting program started last year, more than 20,000 Queensland families have received free parenting advice and a helping hand. The Triple P Parenting program provides tips on managing kids’ behaviour, balancing work and family and the best ways of raising happy, confident children.
Research shows that children raised in a calm, consistent and positive home environment are more likely to succeed at school, have better jobs, experience more positive relationships and enjoy better mental and physical health. Parents who do Triple P are also more likely to have lower levels of depression, anxiety and stress, so there are plenty of good reasons for parents to learn more about the benefits of positively parenting their children.

The range of support includes an online program, topic-specific seminars, parent discussion groups and one-on-one consultations as well as more intensive, small group-based and individual programs.

For more information about the Triple P programs or to find a session near you, visit the Triple P website (http://www.triplep-parenting.net.au/). Immediate Triple P help is available by phoning Parentline on 1300 30 1300 (from 8 am to 10 pm) for the cost of a local call.

Mr Micheal Grogan
Principal

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<tr>
<th>DATES TO REMEMBER</th>
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<tr>
<td><strong>Thursday</strong></td>
<td><strong>15th September</strong></td>
<td>P &amp; C Meeting 2:45pm RBSS staff room- all welcome!</td>
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<tr>
<td><strong>Thursday</strong></td>
<td><strong>15th September</strong></td>
<td>Crazy Hair Day</td>
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<td><strong>Monday</strong></td>
<td><strong>3rd October</strong></td>
<td>Public Holiday</td>
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<td><strong>Thursday</strong></td>
<td><strong>6th October</strong></td>
<td>Pre-prep program starting today 9:00am – 10:45am</td>
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<td><strong>Mon – Wed</strong></td>
<td><strong>10th – 12th October</strong></td>
<td>4/5/6 class School Camp</td>
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<td><strong>Monday</strong></td>
<td><strong>17th October</strong></td>
<td>Pupil Free Day</td>
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PRE-PREP CLASS

Our Pre-Prep classes commencing Term 4 2016!!

Children born between 1st July 2011 and 30th June 2012 are eligible to start Prep in 2017. To assist with this transition we are holding Pre-Prep classes at the school each Thursday morning from 6th October till 24th November. This is a great way to get your children familiar with the school environment before they actually start school.

PREP CLASS NEWS

Well this term has flown by and it’s almost holiday time again. The term has been exciting with the Olympics, Paralympics, Father’s Day, Costa’s visit and last week seeing all of the bike riders in town. We went for a walk down to the oval to have a look at the awesome tent sites and spoke to a lovely lady named Judy who told us all about the tents. There were tents for the riders, volunteers, food, washing up and four trucks for the showers and toilets. We returned to class and completed some wonderful writing about the tent city. 😊

We also have some new additions to our classroom as another kind teacher posted us some silkworm eggs last week. Around 26 have hatched so far and have doubled in size over the weekend so the children are very excited and enjoyed following their progress this morning.

Last week we made and tested our plasticine boats for floating or sinking and at the first test most of them sank so we talked about how we could redesign them and looked at the ones that did float and
the children tested the new designs with Mr Grogan and they not only floated but one of them held over 100 MAB blocks (the little wooden ones) so well done Preppies!!!
Have a wonderful holiday everyone and we are looking forward to an exciting Term 4.

Our Silkworms
Lynne, Sarah, Jill and Theresa.

YEAR 1/2 CLASS NEWS
Imagery is a wonderful way to encourage budding poets and what better inspiration than our own beautiful school garden.

The Garden Scarecrow
Above the scarecrow is blue sky shining in the breeze.
Beside the scarecrow are garden beds growing in the sun.

By Daisy

Bush Garden at Night.
Animals are hunting and digging and stars are sparkling while the moon is lighting the sky while wombats are shivering under the ground while the eggs hatch and the kangaroos are thumping

By Kody

Shining Garden
I like the look of flowers shining in the garden.
I like the sound of leaves blowing through the sky.
I like the smell of mint freshening through the air.
I like the taste of carrots crunching in my mouth.
I like the feel of wind blowing on my skin.

By April

Four Things to Do in a Garden
You can play with a dog.
You can jump with a frog.
You can crawl with a worm.
You can whisper and squirm.

By Manaia
Bush Garden at Night
When the moon lights up the sky
A fox is running in the dark
Grasshoppers are cricketing in the
green grass
Chicks are sleeping as owls are waking
Fox is hunting for food
While farmer is sleeping in his
blankets
By Luke

The Garden Birds
Beside red bird
are flower buds
blooming on a tree.

Above red bird
are clouds
blowing in the sky.

Under red bird
is a branch
swishing in the forest.

By Jake

The Old Tree Stump
Above the old tree stump
green growing trees
are shaking their heart
out.

Beside the old tree stump
are spikey bushes
poking around.

Below the old tree stump
are stiff roots
breaking down softly.

Around the old tree stump
are other tree stumps
growing at my feet.

Beside the old tree stump
are bugs
playing hide and seek
tiggy with me.

By Tabitha

Ten Things to Do in a Garden
You can run with a possum.
You can eat some blossom.

You can sit with a carrot.
You can glide with a parrot.

You can chase a dog.
You can fry a frog.

You can glide with a bee.
You can climb a tree.

You can play with a friend.
You can blend and bend.

By Callum

Gardening
I like the look of strawberries
smiling in the ground.

I like the sound of bees
buzzing in my ear.

I like the smell of herbs
nuzzling at my nose.

I like the taste of mint
tingling in my mouth.

I like the feel of vines whispering
near my ears.

By Zoe

By Luke
**The Garden Mint Leaves**

Above the mint leaves,  
the sky is  
glittering in the air.

Beside the mint leaves  
is a scarecrow  
singing in the air.

*By Oakley*

**Six Things to Do in a Garden**

You can play with an ant.  
You can dance with a plant.  
You can jog with a frog.  
You can hop with a dog.  
You can walk with some bees.  
You can smell all the leaves.  
*By Lily*

Happy Holidays!  
LOVE LEARNING!

*Mrs. Young and Mrs. Lawler*

**FUNLANTIS CLASS NEWS**

Well I’m sad to say my time at Rainbow Beach School has come to an end. I feel so lucky to have been mentored by Mr Milesen and the fabulous Funlantans, working on my teaching skills in Literacy, Numeracy, History and Science.

We turned into little scientists this week studying the properties of liquids and doing lots of very cool experiments. If your child is in grade 3 or 4 ask them how many drops of water can fit on a $2 coin….you might be surprised by the answer!

So thank you to the school community for welcoming me into the school, and an extra special thank you to Mr Milesen who will have a forever impact in my future teaching! And of course thank you to the Funlantan students, who I will greatly miss!
Mr Mileson and Miss Rose

4/5/6 CLASS NEWS
Our year 4/5/6 travelled into Gympie last week to participate in the Interschool Sports Day. They joined over 1000 other students from around the Gympie region in a day of sports immersion aimed at increasing participation rates and knowledge of various sports.

As always the conduct and sportsmanship of our students was exemplary. I would like to thank the students in 4/5/6 for making it such a fantastic day.

Miss McColl and Mr Grogan
P & C NEWS

Our next P & C meeting is on Thursday 15th September, all parents and community members are welcome. Please come along and join us in the RBSS Staff Room at 2:45pm.

P & C Committee

CHAPLAIN NEWS

WHAT MAKES GREAT PARENTS?

“They are such great parents!” Sometimes this is said about someone who is doing a wonderful job raising difficult kids or who is raising a family in challenging circumstances, such as following the loss of a partner or parenting while ill.

What exactly is it that sets them above others? Whether instinctive or learned here are a number of behaviours, attitudes and skills that set great parents apart. Great parents:

1. Separate themselves from their kids.
   All parents naturally have hopes and dreams for their children. Great parents don’t let their dreams for their children cloud their judgment or worse, make it hard for children who want to follow their own path.

2. Change as their child changes.
   You know how it goes. You finally understand what makes a nine-year-old tick and then he moves into adolescence and the whole game changes. Great parents have the knack of matching their parenting style to their child’s developmental age.

3. Know how to lead the gang.
   Great parents know how to get their kids singing from the same song sheet, at least some of the time. While their children may fight, you can count on them to stick together when the chips are down. This is more than a case of ‘blood is thicker than water’. Their parents have somehow managed to develop a sense of ‘we’ rather than ‘me’ in their kids. That’s real leadership.

4. Know when to nurture the individual.
   As well as leading the gang, great parents know how to give individual children what they need. This comes from keeping their ear to the ground and knowing what’s happening in their children’s lives.

5. Love their kids but don’t expect to be liked in return.
   It’s a given that parents love their children, but this unconditional love is not always reciprocated. Great parents don’t always expect to be liked. In fact, they know at times they must live with their child’s contempt but that is a part of the parenting journey.

6. Have difficult conversations with kids.
   Sexuality, dealing with loss, teen drinking and forgiveness! This is a sample of the many difficult conversations that parents should have with kids, but often avoid.

7. Don’t shirk discipline!
   The job of parents is to socialise their kids so they can fit into the wider world. That means
parents expect kids to behave and insist that kids consider the rights and concerns of others. Some parents will give over the discipline role to others, including their children’s school. Great parents roll up their sleeves and teach their kids what it means to be safe and social, which is what discipline is about.

8. Aren’t afraid of swimming against the tide of popular opinion.
Peer pressure gets to parents just like it gets to kids. Sometimes it seems that every parent pays their kids to help at home, but you feel like the odd one out because you believe that they should help without any reward! It’s hard to swim against the tide, but that’s what great parents do.

9. Seek to influence rather than control.
Great parents aren’t parenting autocrats. They recognise that some kids have minds of their own, so they cut them some slack and seek to persuade and influence rather than control their kids.

10. Continually learn and add to their parenting toolkit.
Know a parent who either yells or nags at their kids when they don’t co-operate? If so, you know a parent with a limited parenting toolkit. Discipline, like confidence building, requires a broad kit of tools, which enables you to tweak your discipline according to different situations. Otherwise, like a carpenter building a house with only a hammer and saw in his toolkit you’ll be severely limited with what you can achieve.

Ken from the www.parentingideas.com.au website

Chappy Ronnie
GYMPIE GOLD FINS SWIMMING CLUB - SIGN ON
Come and Join the Gympie Gold Fins Swimming Club. Our sign on days will be held on Tuesday, 6th September and Tuesday 4th October 2016 from 4pm – 5.30 pm in the Clubhouse at the Gympie Memorial Pool.
We have a range of swimmers from Recreational to Competitive. We offer a family friendly environment so come and discover your inner swimmer and stay fit and healthy. The club offers two (2) come and try nights for any swimmer interested in joining.
For further information please phone Marni on 0400 790 409 or visit our website www.gympiegoldfins.org.au.

Our Community
A group of committed community members and professionals working with children called the Early Years Voice- Gympie Region, are shaping a vision for our Gympie community, based on feedback gained from parents, families and children. Our vision is that the Gympie region will grow great kids where all children have every chance to thrive. We would like to hear the voices of children themselves, and conduct a short session in class together with their classroom teacher. This includes activities whereby children can describe in words or through pictures what they like about Gympie region/ Rainbow Beach and what would make it a better place to live.

Information your children provide will be used by the above group of community members to inform and influence decision makers about issues that impact the children in this community. The group will collect this feedback and present general findings at community forums and meetings. **You, your child or family will not be identified personally** in gathering and presenting this information. We thank you for allowing your child to take part in this short session – if you have any concerns or you do not wish your child to take part, please contact the Principal or classroom teacher. Thank you in anticipation of valuable local input.

Early Years Voice- Gympie Region lesleyb@actforkids.com.au 54518299.

FIRST EUCHARIST - SACRAMENTAL PROGRAM
For families wishing their child/children to receive the Sacrament of Eucharist this year, information sessions will be held after the September school holidays. For those families whose children received the Sacrament of Confirmation earlier this year, a letter will be sent from the Sacramental Team to advise these dates and other relevant dates. This being the transition year before the new Sacramental Policy of the Archdiocese of Brisbane comes into place, we are offering these children the option to receive Eucharist this year. As from 2017, the children will receive First Eucharist when they turn 9 (Year 4) the year after they receive the Sacrament of Confirmation. A simple celebration of the second rite of the Sacrament of Penance is included as part of the preparation for First Communion
The information sessions are as follows: (only one need be attended)
Tuesday 11th October 7.00 pm
Wednesday 12th October 1.30 pm in the Parish Centre
Parent meetings will be held weekly from this date.
First Eucharist Mass will be either Saturday 5th November at 6.00 pm
Or Sunday 6th November at 9.00 am
Please contact the Parish Office 5482 1213 for any queries.

Looking for some help around the home with general house cleaning (min. 3hrs), window cleaning, spring cleans, de clutter, ironing, child care (blue card & CPR trained). Over 10 years experience, excellent references available. Please call or email to discuss how I can help you.

Liane Laufer
Phone: 0458 464 269
Email: llaufer@bigpond.net.au
LITTLE ATHLETICS ANNUAL SPRING CARNIVAL

Little Athletics Qld is a non-profit organisation that offers track & field competition for children aged 6 – 16; and once again will be conducting the Annual Spring Carnival being held at the Bundaberg Regional Sports Complex on Saturday 24th September.

The Association believes in the inclusion of all members of the community and is therefore extending an invitation to all school aged children to participate in this year’s event. To this end, we would appreciate the attached flyer, nomination form and any part of this email being shared with your school community.

Details about this competition
Saturday 24th September in Bundaberg
Open to all registered U7–U17 LAQ registered athletes and non-registered athletes whose age as at 1/10/16 would be eligible for the U7-U17 age groups.
Nominations due: 4:00pm Wednesday 14th September
Nomination fees: LAQ Registered $10.00 / athlete or Non-registered $15.00 / athlete

More details about the LAQ Spring Carnival can be found on the LAQ website.

St Patrick’s Parish Gympie