M’Ladies Day Luncheon

Thank you to all the Ladies and Mother’s who came along yesterday and supported our M’Ladies Day Luncheon. Special thanks to Mrs Elaine Wilms for her Tupperware demonstration, Miss Bobbi Hite—Nutrimetics, Miss Carla Fogwell—Jewellery display and our Grosmont P&C members for organising such a wonderful day.

Winners of the Water Fountain Raffle Prizes were: Blake Harth and Dale Pennell
Thank you to everyone who purchased tickets.

ATTENDANCE RATE

Our Daily Attendance Rate is currently 95.6%
Brilliant work everyone!!

Looking forward to another great week!
NAPLAN Testing

Good luck to Jack, who will be sitting the Year 3 NAPLAN tests this week.

Every year, all students in Years 3, 5, 7 and 9 are assessed on the same days using national tests in Reading, Writing, Language Conventions (Spelling, Grammar and Punctuation) and Numeracy. Parents are asked to keep these dates free from commitments.

The National Assessment Program – Literacy and Numeracy (NAPLAN) tests for 2016 will be held on Tuesday 10, Wednesday 11 and Thursday 12 May.

Moderation

This afternoon, Mr Jamieson & I will be attending a cluster moderation session at Wandoan SS to moderate student assessment. State Schools are required to moderate twice yearly to ensure students are assessed consistently across the state. This moderation will confirm that what we assess as an A, B, C, D or E at Grosmont is consistent with the results given to students at the other schools in our Cluster.

LINKS Cross Country

The Links Cross Country Carnival was held at the Wandoan Lindsay Williams Oval on Friday 6th May 2016. Congratulations to all students on your effort and sportsmanship. Thank you to the parents who came along and supported LINKS.

This Friday, we wish Alex all the best at the M&D Cross Country in Wandoan.

Tuckshop Roster

Term 2

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 April</td>
<td>Mrs Watson</td>
</tr>
<tr>
<td>4 May</td>
<td>Belinda Pennell</td>
</tr>
<tr>
<td>18 May</td>
<td>Kasie Conroy</td>
</tr>
<tr>
<td>1 June</td>
<td>Barbara Adams</td>
</tr>
<tr>
<td>15 June</td>
<td>Mrs Carr</td>
</tr>
</tbody>
</table>

Tuckshop is available at 11.00am

ICAS Competition 2016

Grosmont State School is going to cover the below courses in 2016

Spelling – Wednesday 15th June 2016

English - Tuesday 2nd August 2016

Mathematics - Tuesday 16th August 2016
It is mandatory that ALL student absences and reason for the absence is reported to the school either before, during or immediately following the absence. This can be via a note to the classroom teacher or a phone message to the school’s line (07) 46274 978.

School Newsletter
The school newsletter will be distributed on a fortnightly basis. The next newsletter will be available on Thursday 26th May 2016.

Reporting Student Absences

BOOK FAIR AT GROSMONT STATE SCHOOL

Monday 23rd May to Friday 27th May

Everyone Welcome
<table>
<thead>
<tr>
<th>Dates</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>09/05/16</td>
<td>Moderation at Wandoan SS (4pm-6pm)</td>
</tr>
<tr>
<td>10-12/05/16</td>
<td>NAPLAN Testing (Year 3 &amp; 5)</td>
</tr>
<tr>
<td>13/05/16</td>
<td>M&amp;D Cross Country—Wandoan</td>
</tr>
<tr>
<td>16/05/16</td>
<td>Sports Development Afternoon</td>
</tr>
<tr>
<td>20/05/16</td>
<td>Softball/ T-ball Carnival—Taroom</td>
</tr>
<tr>
<td>23/05/16</td>
<td>Book Fair Week</td>
</tr>
<tr>
<td>26/05/16</td>
<td>P&amp;C Meeting</td>
</tr>
<tr>
<td>15/06/16</td>
<td>ICAS—Spelling</td>
</tr>
<tr>
<td>24/06/16</td>
<td>Athletics Skill Development Day @ Dulacca SS</td>
</tr>
<tr>
<td>24/06/16</td>
<td>Last Day Term 2</td>
</tr>
</tbody>
</table>

Please remember your hat every day. Grosmont SS has the policy

**No Hat, No Outside Play Policy.**

**Would you like the newsletter emailed to you?**

If you would like to receive our newsletter via email, please contact the school on (07) 46274 978 or email the.principal@grosmontss.eq.edu.au

If you would like to have something included in our newsletter please email your article to the above email address.

**P&C NEWS**

President: Belinda Pennell
Secretary: Kasie Conroy
Treasurer: Karol Watson
Uniform Convenor: Kasie Conroy

**General Meeting — Thursday 26th May 2016 1.45pm**
Helping kids be brave

Anxious kids, like worriers and sensitive types, benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears.

Currently around 10% of children have problems coping with anxiety. Around 7% experience some form of depression.

It is reported on the Kidsport website, Marquard University psychology lecturer Dr. Carolin Schirmer has stated that anxiety problems are the most common emotional disorders that children experience.

It's important to understand that anxiety is not something to be afraid of. Dr. Schirmer says, “It's a normal emotion and an important part of how we engage with the world.”

Experiencing some anxiety in new social situations or specific situations such as an animal or reptile is quite normal. In some regards, healthy. It's not healthy when anxiety stops kids doing things they want or are able to do or interferes with their school or after-school activities.

Genetics plays a part

Marquard University research shows that children who display high levels of anxiety from a young age, and who have a parent who is anxious or depressed, are more likely to become anxious or depressed. This finding supports our experience that anxious parents bring up anxious kids. It's not that simple. Some children are simply more prone to experiencing anxiety than others.

These kids are typically described as worriers, the type of child who is overly attuned to their body and environment.

It's important to try to understand that these children are not necessarily going to experience the same anxiety as you. The key is to keep a cool head and a sympathetic ear, while empowering them to tackle their fears.

It's worth noting that if you yourself are overly anxious or experiencing depression, then self-care needs to be your first priority before you can assist your kids.

When should I worry?

Dr. Schirmer says, “As a rule of thumb, parents should be more concerned if the fear or worry is impacting on the child's life, such as if it's interfering with school or play.”

I would also add that when children become overwhelmed by their fears, it may be time to seek professional help. A first port of call may be a General Practitioner or your child's school.

Our research shows that parents can play a more active role in helping their children. If you observe that your child is experiencing anxiety or fear, there are several things you can do to help them.

HELPFUL PARENTING PRACTICES

Focusing on their fears.

Avoiding reassurance. Letting kids escape new or unfamiliar situations will only make these situations more feared.

Avoiding avoidance. Reassuring your kids that everything will be fine is not going to help them deal with anxiety.

A “get over it” attitude.

There’s a difference between “You can do this!” and “You’re just being silly.” The latter often comes from parent anxiety and stress.

more on page 2

LINKS Cross Country