Helping your child with learning

Parents play a vital role in their children’s education. Reading with your child is an excellent way you can help them with their learning. Home-readers are sent home with children from Prep to Year 6 please take the time to listen to your child and ask them about what they have read. Also books from the school, town or your own personal library are great to foster a love of reading. Attached to this newsletter are some questions that could be asked when reading a book with your child and a copy of the comprehension strategy bookmark. Retelling the text is an area of weakness that we have identified across the school. If students are reading a long text ask them to retell the page or the chapter to you. Studies have been undertaken across the state and students who are reading at or above the following levels at the end of the year are more likely to be above the National Minimum Standards in Year 3 NAPLAN: Year 2 PM Benchmark level of 20-21, Year 1 PM Benchmark of level 16-17; and Prep PM Benchmark of level 8-9.

Well done Alex!

Last Friday, Alex Blakeney completed in the M&D Athletics Carnival held at Taroom SS. Alex achieved third place in the 11 years 800m and in the 11 years High Jump.

Congratulations Alex, on your effort and sportsmanship. Thank you to Mrs Terese Erbacher for assisting with events on the day.

Our Daily Attendance Rate is currently 94.4%
Our Attendance Goal is 95%

Looking forward to another great week!
Student of the Week 4
Charlee

Student of the Week 5
Jack

Happy Birthday JACK
Friday 21st August

Congratulations CHARLEE
Charlee has reached her target in Cars & Stars Comprehension

Reporting Student Absences
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.

Please remember your hat every day. Grosmont SS has the policy
No Hat, No Outside Play Policy.
Congratulations Alex, on reading for 100 Nights.

BOOK WEEK

As part of Book Week this year, students are invited to come dressed in their favourite book character costume on Friday 28th August. Students may stay dressed as their character for the entire school day.

I’m looking forward to seeing what character your child decides to be for the day.

NAPLAN Results

NAPLAN results have been distributed to Year 3 and 5 students. Included with the results is a parent information flyer. Information gained from NAPLAN testing, along with other class assessments, is used to assist teachers in making decisions about teaching and learning and how best to support our students. If you have any questions and would like to discuss your child’s results please contact the school.

ICAS Testing

Students at Grosmont State School have recently sat the ICAS English and the ICAS Maths Tests. Student tests have been sent away to be marked and we will receive our results in the coming weeks.

Under 8’s Day

This year, Wandoan State School will be hosting Under 8’s Day.

This will be held on Thursday 10th of September.

Students need to be at Wandoan State School by 8.45am to start activities at 9.00am. The day will conclude at 11.30am. Students will be returning to Grosmont at 12pm. Parents are to provide their own transport for their child/ren to and from Wandoan State School. Parents are asked to please provide a plate of food for a shared morning tea.

Students may wear Free Dress and bring a wide brimmed hat, water bottle, wear appropriate closed in footwear and sunscreen. Mrs Carr and Mrs Watson will be attending. Student cost for the day is being covered by Grosmont State School.
**School Newsletter**

The school newsletter will be distributed on a fortnightly basis. The next newsletter will be available on **Thursday 3rd September 2015**

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**P&C NEWS**

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

**General Meeting — TBA**

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**Dates - 2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>28/08/15</td>
<td>Book Week Dress Up Day</td>
</tr>
<tr>
<td>06/09/15</td>
<td>Happy Father’s Day</td>
</tr>
<tr>
<td>10/09/15</td>
<td>Under 8’s Day at Wandoan SS</td>
</tr>
<tr>
<td>02/09/15</td>
<td>Tuckshop Day—Ms Kasie Conroy</td>
</tr>
<tr>
<td>03/09/15</td>
<td>Principal Band 5 Meeting</td>
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<tr>
<td>18/09/15</td>
<td>Last Day Term 3</td>
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</tbody>
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**Every day counts**

Parents are reminded of the importance of sending children to school every day. Being at school every day counts, with one day absent each week quickly adding up to two months of missed lessons in a year.

Unless your child is ill, it is expected that your child will be at school learning every day of the school year.


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**2015 Tuckshop Roster**

At the recent P&C meeting, parents voted to have a tuckshop day once a month for the students. Parents are asked to provide this at 11.00am. If unable to provide tuckshop on the date rostered below, please contact Ms Kasie Conroy our tuckshop Convenor. Thank you to Mrs Terese Erbacher for cooking pies and garlic bread. The students really enjoyed the lunch.

<table>
<thead>
<tr>
<th>Date</th>
<th>Provider</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th August 2015</td>
<td>Terese Erbacher</td>
</tr>
<tr>
<td>2nd September 2015</td>
<td>Kasie Conroy</td>
</tr>
<tr>
<td>7th October 2015</td>
<td>Belinda Pennell</td>
</tr>
<tr>
<td>4th November 2015</td>
<td>Barbara Adams</td>
</tr>
<tr>
<td>2nd December 2015</td>
<td>Karol Watson</td>
</tr>
</tbody>
</table>

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**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 **principal@grosmontss.eq.edu.au**
Assisting children with anxiety problems
Suggestions for parents and carers

Children with anxiety disorders see the world as a scary place.
They are overly sensitive to their feelings and lack confidence in their own ability. They try to avoid situations they see as difficult and as a result do not cope with challenges in their environment.

How you can help
Parents and other adults can help by supporting children to be brave. In order to be brave children need to have skills for understanding and managing their feelings. They need to learn about the plus thinking that they can use to encourage themselves to have a go and they need to gradually build up their confidence by taking small challenges:

- **Help to recognise and understand anxiety**
  A first step in helping children gain some control over anxiety is recognizing when it occurs and how it affects them.

- **Model helpful coping**
  Being a good model involves showing children how to cope with emotions that just telling them. Show children with anxiety how you use helpful self-talk in difficult situations — e.g. “This feels a bit scary, but I’ll give it a go.”

- **Discourage avoidance**
  Sometimes when children say they feel sick, they ARE feeling sick and shouldn’t be encouraged to do something they aren’t ready to do. It’s important that children do not avoid school, holidays, homework etc. unnecessarily.

- **Praise having a go**
  Encourage children with anxiety to attempt new things and praise them for trying. It is very important to emphasize trying rather than success when anxiety is a problem.

- **Introduce challenges gradually**
  Children build strength and resilience by learning to face challenges. It is important to begin with small challenges that children can meet. For example, a child who is frightened of dogs might start by walking past the house where the dog’s barking without having to cross the road. This improves confidence for taking on more difficult steps.

- **Start small**
  Help the child to choose tasks for becoming braver and to take small steps towards achieving them. Celebrate his/her success at each step. Encouraging small wins will help to reduce anxiety.

- **Practise coping skills**
  Practise using coping strategies for difficult situations. Help children to learn coping strategies and come up with possible solutions.

- **Try not to get angry**
  If a child simply refuses to do something even after you have encouraged him/her and broken the task into steps, it may simply be overwhelming at that time. Sometimes you need to back off and praise the child for doing as much as he/she could. Then later try again with smaller steps and encourage your child to have a go, one small step at a time.
Antarctic Sundays
by Zane Hacker

Western Downs Libraries invites you to...

Meet Zane Hacker
Author of Antarctic Sundays, a memoir which takes you to Macquarie Station and rolls travel and cookery into a visual wonder. Book online or contact your local Western Downs Libraries Branch.

Moonie Library Tuesday 7 September at 8.30am;
Meandarra Library Tuesday 1 September at 3pm;
Wandoan Library Wednesday 2 September at 10am;
Jandowae Library Thursday 3 September at 10am;
Chinchilla Library Thursday 3 September at 6.30pm;
Bell Library Friday 4 September at 11am.

www.library.wdrc.qld.gov.au
1300 COUNCIL  library@wdrc.qld.gov.au