



WELLERS HILL STATE SCHOOL

Strive to Succeed



Queensland Government

WHAT'S ON AT WELLERS

Whole School Parade on Friday

Wednesday November 5th – Music Fest

Friday November 14th – G20 Public Holiday

November 19th to 21st – Year 5 Camp

Sports Photos now available to order.

Principal: Ms Gayle Coleman

Deputy Principal: Mr Jack White

Deputy Principal: Mrs Louise Hart

Yr 7 School Captains : Connor Helmore, Alice Herley

Yr 7 Vice Captains: Ethan Tunstall, Maddison Scott

Yr 6 School Captains: William Ellerton, Charlotte Cooper

Yr 6 Vice Captains: Angus Fedrick, Lauren Neillie

Telephone: 07 3249 1333

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Web: www.wellhillss.eq.edu.au

Email: admin@wellhillss.eq.edu.au

Wednesday 5 November, 2014

FROM THE PRINCIPAL

Talented Students Showcase our Music Program

Last weekend our Wellers Hill State School students once again showcased our excellence in music with performances at the 2014 Music Fest event held at Iona College. Our Junior and Senior Bands were awarded gold for their outstanding performances and our Senior Strings received a Silver Medal. This was matched by our Junior and Senior Choirs and our Vocal Group who also received Gold Awards. A very special thank you to all students and parents for your dedication to our music programs and for ensuring students are at all rehearsals and performances. Mrs Hart, Mr White and I attended various performances over the weekend and thought they were exceptional. This is also attributed to the dedication and very high standards set by our professional music and instrumental teachers including Mr Andrew Bell, Mrs Josie Fitzgerald and Mrs Gillian Kristensen. Tonight, Wednesday 5 November, our musical groups will showcase their talents.

Reminder about Safety on our Roads

We have had several complaints this week from parents regarding speeding, parking illegally, jaywalking and general noncompliance for road rules and safety around our school grounds. Parents are reminded that 'Stop, Drop and Go' zones are for the sole purpose of collecting students and driving off. Parents are not to park in these zones and leave cars unattended during peak hours. The school zone is also 40km per hour from 7 to 9am and 2 to 4pm. I ask that in the safety of all of our students at Wellers Hill that parents are good role models and abide by road rules. This applies to all areas around the school including the Scout Den. Remember there is parking in Chamberlain Street with students being able to walk across the top oval. Many parents are making use of parking away from the school or dropping children in side streets and allowing them to walk to school and cross at the lights. As one of our school expectations is 'Being Safe', I would be proud to say that all members of our Wellers Hill community abide by this rule. In the interests of the safety of our children, I will be seeking external assistance if the situation re speeding, parking and jaywalking does not improve.

2015 Workforce Planning

I am currently working with the leadership team on workforce planning for 2015. Our current class structures are 6 x Prep classes; 5 x Year 1 classes; 5 x Year 2 classes; 1 x Year 2/3 Class; 5 x Year 3 classes; 5 x Year 4 classes; 4 x Year 5 classes; 1 x Year 5/6 class and 3 x Year 6 classes.

World Teachers' Day

Many thanks to our very supportive parent community for the delicious morning tea and the gifts for individual teachers. A special thank you to our P&C President, Narelle Cooley, for the special cake and to all members of the P&C for your gratitude to our Wellers Hill staff.

Tuckshop Day

This Friday 7 November is Tuckshop Day as we acknowledge our Tuckshop Convenors, Carolyn and Ros..... and their many volunteers who help fuel our students at Wellers Hill. We are very fortunate to have an online ordering system that makes it much easier for parents to order lunch. Please make sure you say a special 'thank you' to Carolyn, Ros and their volunteers this Friday.

Please remember to check the **What's On** section for events in the next two weeks.

2015 Booklists

Booklists for 2015 were sent home yesterday and today. Booklists can be ordered online through EDSCO. If parents don't want to order online there is a box in the office to place orders and payment into.



Regards Gayle

SUPPORTING POSITIVE BEHAVIOUR

Rule Of The Week:

Be Responsible

Eating Time:

- sit while eating
- eat food purchased from tuckshop in the tuckshop area
- eat your own food
- eat in your correct area
- clean up your area when finished eating

From Anne Chapman Guidance Officer

Managing Stress

If there is one thing we all are exposed to, to a greater or lesser extent in our lives, it is stress. From the newborn to the elderly stress takes different forms but the actual reaction on our minds and bodies is similar. The feeling is uncomfortable, and at times unmanageable without a helping hand.

Stress is an important feeling though. For babies being distressed will get an adults response, and hopefully action to eliminate the stress. If exams didn't provide some level of stress then most students may not put the extra effort in to achieve. Stress can initiate change, help us focus on the task at hand, and in some cases even save our lives. Allowing stress to build up can cause us to lose focus on the positives, keep us from concentrating, and cause bodily injury and even loss of life. The important thing is acknowledging that we will have stressful times but we also can take control over our stressors.

Did you know? Managing stress is all about taking charge: of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun – plus the resilience to hold up under pressure and meet challenges head on.

The first thing to do is to identify what is causing your stress. When you pinpoint the main causes then seek healthy ways to manage and cope with stress, but remember they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it's helpful to think of the four As: avoid, alter, adapt, or accept ie. how can I avoid the stress, what needs to be done to alter the stress, what can I do to adapt to the stress, can I accept what is causing the stress and move on.

Here are some tips:

- **Keep a diary and write down feelings, stressors – focus on the four As. It helps to get the stress out of the head and on to paper to help make sense of it. Often solutions crop up when the mind is clear**
- **Think about how you cope with stress and is it helping or contributing to more stress eg. smoking/ excess drinking actually causes the body to feel stressed, as does an unhealthy diet**
- **Choose healthy ways of coping with stress eg. exercise, time out to think, talking to others, relaxation, seeking medical help**
- **Focus on the big picture – envisage a future without the stressors. What will it look like? What do you need to do to get to that stage?**
- **Know your limitations – adapt as needed, seek help as required.**
- **Make time for fun and laughter – stress can be all consuming but doing things that are fun puts life in perspective**

*Adapted from: Stress Management- How to Reduce, prevent, and Cope with Stress - : helpguide.org
: Stress Management Tips: <http://www.stressmanagementtips.com/tips.htm>*

FROM THE P&C PRESIDENT

Spellathon

The Spellathon has been completed and money has been finalised with nearly \$8000 being raised. What a fantastic effort! Thanks to all the children for learning their words, to parents for sending in the money raised and to the teachers for testing them. The class with the highest percentage of money raised will have a pizza party soon and the students in each year level who collected the most money will receive a Toyworld voucher. All the prize winners will be announced at assembly on Friday. Congratulations to the whole school community for their support of this great fundraising event! Thanks to Bernadette Sawers for co-ordinating this project and to Tracey Hay who assisted with counting all the money.

Disco Thanks

The third school disco for 2014 organised by the Sports Support Group (SSG) was held last Thursday night with a Halloween theme. Thanks to Noela Bryne (SSG chair), the SSG members and parent volunteers who supervised in the hall, escorted students to the bathroom, cooked kebabs and sausages, sold drinks, glow sticks and lollies. It is fun seeing the kids dress up in all manner of costumes and enjoy themselves. Great work to everyone involved.

P & C Meeting

The final P & C meeting for 2014 will be held Wednesday 26 November starting at 7pm in the library annexe. Everyone is welcome and this will be our opportunity to say thanks to both Kim McDermott (Vice President) and Rob Beaumont (Secretary) as they leave the school at the end of the year when their children graduate. We are fortunate that John Holm who is currently one of the Vice Presidents has agreed to be Secretary next year.

Tuckshop volunteers needed

At the end of this year we will be losing a number of regular tuckshop volunteers whose children are graduating. The tuckshop provides a great service to the school community and while we do have 2 part time paid convenors they rely heavily on volunteers to make and serve the food. Please consider being part of the roster – a couple of hours once a month or when you can fit it in. Please email Carolyn Kong kongs@bigpond.com.au if you can assist.

Any questions please contact me narelle@cooleyfamily.com.au

Regards Narelle

DATE CLAIMERS and DUE DATES FOR PAYMENTS

Date	Event	Due Date	Amount
Nov 13	Artslink – Crazy Science Year 2	Fri 7 Nov	\$6
Nov 21	Twelfth Night theatre	Fri 14 Nov	\$20
Nov-Dec	Life Education		\$10
Dec 3	Prep Christmas Show	Fri 28 Nov	\$8
Dec 9	Year Six Graduation Night		
Dec 10	Year Seven Graduation Night		
Dec 11	Wet and Wild – Years 6&7	Fri 28 Nov	\$30

Payments must be deposited in the payment box located in the office. Do not give payments to Class Teachers.

Multiple excursions/activities can be paid with one cheque or EFTPOS transaction (located at office). Cash is also acceptable.

On each excursion letter will be a [DUE DATE](#) for payment. **No monies will be accepted after the due date.** Therefore, unfortunately, students will not be able to attend the excursion/activity.

CAPTAINS' CORNER



Alice Herley and Connor Helmore
Year 7 School Captains

I hope everyone had a great weekend, I certainly did. Also I hope everyone who went to the Halloween disco had a great time, some of the costumes were amazing. This week we have a big presentation parade with lots of things on. So parents make sure you attend the parade because maybe your children might get called up. Have a great weekend.

Alice and Connor.



William Ellerton and Charlotte Cooper
Year 6 School Captains

Great job to our Junior Choir who performed in the Music Fest on Saturday! Congratulations on your Gold Award! Also, the Music Awards Night is on tonight, which gives all the musical students a last chance to showcase their talents. Have a fantastic week everyone.

William and Charlotte.

P-2 PARADE CERTIFICATES

Congratulations to the following students that received a certificate on parade last Friday:

Prep M	Alex P	Oscar W	Seth B
Prep S	Kristen C		Emma N
Prep Sm	Alice O		Phillip M Declan J
Prep K	Olivia L	Frances G	Riley W
Prep TM	Milly S	Kyra S	Zac W

Year 1F	Abenezer A	Michael W		
Year 1HD	Oliver H	Abigail K		
Year 1N	Claire	Nate		
Year 1T	Carolyn	Ava		
Year 1/2LB	Xavier Mc	Sheridan W		
Year 2HA	Breanna N	Bree R		
Year 2M	Cienna C	Spiro K	Tahlia T	Alexander S
Year 2MK	Evie M	Musa M		
Year 2R	Peter D	Amy L		



MUSIC NEWS

Music Night is on tonight at 6.30pm!

All students in all music ensembles are **expected to attend**. Please come and enjoy the performance. Let's appreciate the hard work your children have put into their music over the last year!

WHEN: Tonight! at 6.30pm

WHERE: Holland Park State High School Hall,
Bapaume Road, Holland Park

ADMISSION: \$4.00 – Adults
\$2.00 – Children and Concessions

WHAT TO WEAR: Performance Uniforms (Please see performance uniform table below)

WHEN TO ARRIVE:

Strings players need to arrive at **5.45pm** to ensure that Mrs Price is able to tune all the instruments. Strings players on arrival should take their instruments to the area behind the stage for tuning and then take their place in the designated area in the seating on the left of the hall (as one enters).

Only strings players will have access to the dressing rooms behind the stage.

Choir members need to arrive at **6pm** and take their seats on the left of the hall in the designated seats. This is to allow time for Mrs Kristensen to run some vocal warm-ups with choir students.

Junior and Senior Band members need to arrive at **6.10pm**.

Band members should leave their instruments in the kitchen area, which is to the right of the main door on entry. Please leave larger instruments just outside the kitchen bench. The performers should then take their seat in the designated area on the left of the hall (as one enters).

The Order of Performance will be as follows:

1. Intermediate Strings
2. Senior Choir

3. Junior Strings
4. Camerata String Quintet
5. Junior Band
6. Senior Strings
7. Junior Choir
8. Senior Band
9. Vocal Group

2013 PERFORMANCE UNIFORMS		White music shirt	Black trousers	Black shoes & socks	Blue hair ribbon	Girls/ boys tie	Cummerbund	Blazer
Beginner & Junior Strings	Girls	X	X	X	X			
	Boys	X	X	X		X		
Junior Band	Girls	X	X	X	X			
	Boys	X	X	X		X		
Junior Choir	Girls	X	X	X	X			
	Boys	X	X	X		X	X	
Senior Choir	Girls	X	X	X	X	X		
	Boys	X	X	X		X	X	
Vocal Group	Girls	X	X	X	X	X		X
	Boys	X	X	X		X	X	X
Chamber Strings, Senior Strings, Senior Band	Girls	X	X	X	X	X		X
	Boys	X	X	X		X		X

Music Fest

Congratulations! To the **Junior Band, Junior Choir, Senior Choir and Vocal Group** for all achieving **Gold Awards** at the Music Fest on the weekend!
 We are proud of your efforts!

Instrumental and Choir rehearsals after Music Night:

All Band rehearsals will **not** continue after music night
Senior Strings will **not** continue after music night
Intermediate strings **will** continue after music night until week 8.
All choirs **will** continue after music night.
 (Reminder: **Junior Choir** is not on this Friday 7th as it was held on Monday this week)

Strings and Band – Letters will be going home from next week to parents of students who will need to purchase an instrument for 2015.

Please return sheet music to your teacher ASAP.
 Senior Band exams are being held in week 6
 Junior Band exams are being held in week 7
 All instruments will be collected from students at the end of their lessons in week 8.
 Happy Music Making,

Mrs Kristensen
 Classroom Music/Choir Conductor

ART NEWS

Please find details below of the exhibition and official opening invitation for the G20 Children's Art Project. If you are interested, please come along and have a look!

The opening is on 8th November 2014 at 11 a.m.

Regards,

Carolyn Peisker



SPORT NEWS

Term 4 - Week 5

Interschool Sports

Final round of sport this week!

Students are reminded to wear their student uniform to school and change into any jerseys at EATING TIME at morning tea. Students should be prepared before departing with all sporting equipment required, hat and water bottle. If you are taking any belongings to sport on the bus with you, pack them in a small bag, not a backpack. NO HAT NO BUS!!

Games this week played between 1-2:30pm:

Teeball/Softball – All teams except teeball teams 1&4 at Yeronga Park. Team 1&4 at school!

AFL – Yandina Park, Wecker Road, Mansfield.

Touch Football – Whites Hill Reserve, Boundary Road, Whites Hill.

REC SPORTS

TEACHER/GROUP	22/08	29/08	5/9	12/9	19/9
Mrs Edwards (1)	School	Park	School	School	Silat
Ms Ilett (2)	Silat	School	Park	School	School
Mrs Lutterall (3)	School	Silat	School	Park	School
Mrs Muller (4)	School	School	Silat	School	Park
Miss Smith (5)	Park	School	School	Silat	School
TEACHER/GROUP	10/10	17/10	24/10	31/10	7/11
Mrs Edwards (1)	Pool	Park	School	School	Pool
Ms Ilett (2)	Silat	Pool	Park	School	School
Mrs Lutterall (3)	School	Pool	Pool	Park	School
Mrs Muller (4)	School	School	Pool	Pool	Park
Miss Smith (5)	Park	School	School	Pool	Pool

PE Swimming Classes

If possible could all parents please write their child's name on their swimming cap, as you can understand it's very difficult to learn all the names of the students at Wellers Hill and any help I could get would be much appreciated.

With the commencement of swimming lessons there has been a number of items left behind after classes in the change rooms. Please make sure all items are clearly named to make it easier to return these belongings to the correct person. There is a crate down at the swimming pool which has all the items which have been left behind, please feel free to come and check if your lost items are there.

LOST ITEMS

I have a brand new unnamed pair of blue Zoggs goggles which were left behind on Wednesday. If your child has misplaced their pair of goggles and these sound like yours, please make sure you come see me in my office in the Music block to collect them.

Term Four Sports Dates

Prep Swimming Fun Day – Monday 24th November – 9-11am

Year 1-3 Swimming Carnival – Tuesday 25th November – 9am-1pm

Year 4-7 Swimming Carnival – Thursday 27th November – 9am-3pm

Sports Awards – Friday 5th December 2-3pm

WELLERS HILL STATE SCHOOL PARENTS & CITIZENS ASSOCIATION Sub-Committees

President: Narelle Cooley (narelle@cooleyfamily.com.au)

Secretary: Rob Beaumont 3161 7909

Email: wellershillpandc@gmail.com

GOOD NEWS STORY

Shellbee competed in her 2nd ever triathlon on Saturday 25TH October at Bribie Island and won the girls race in her age division. She was very excited!



EMERGENCY CONTACTS



Please ensure the school has up-to-date information regarding emergency contacts so that you can be contacted promptly if required.

TUCKSHOP

Now that the warmer weather has arrived don't forget that ice blocks are available at the tuckshop at the second break for Years 1 to 7. Cool those kids down with an ice block – prices start at 30 cents!!

DAY	9am to 11.30am	1pm to 2pm
Thursday 6 Nov	Linda C	HELP NEEDED
Friday 7 Nov	Susan R Denise W	Jenny O
Monday 10 Nov	Louise C	Heather
Tuesday 11 Nov	Nicole R	HELP NEEDED
Wednesday 12 Nov	Peter M	HELP NEEDED
Thursday 13 Nov	Scott M	Danielle
Friday 14 Nov	CLOSED	PUBLIC HOLIDAY

If you are unable to do your tuckshop roster please contact us as soon as possible. If you would like to volunteer in the tuckshop, our phone number is 3249 1318 or you can call Carolyn (0409 053 742). You can also email whsstuckshop@gmail.com.

MUSIC SUPPORT GROUP

Collection of Music Blazers/Uniforms – Thursday 6 November 8am -9am

All music performance blazers, boys ties and cummerbunds (on loan from MSG) are to be handed in to the MSG on Thursday 6 November 2014. Collection time is 8am to 9am at the undercover area outside the music block.

All students returning on this day will receive a small treat. Students donating old uniforms (shirts and pants) will receive an extra treat.

SPORT SUPPORT GROUP

DISCO THANKS

It was thrilling to see so many scary costumes at the Disco last Thursday. Thank you to the many parents who brought children along dressed up and a special thanks to everyone who assisted in the smooth running of the night. The school discos are arranged by the Sport Support Group and are the primary source of raising fund to purchase sports equipment and upkeep school sports resources. The top oval is in need of care and attention and it is hoped that the profit from the disco can be used to aerate, top dress and water the oval over the Christmas holidays.

UNIFORM SHOP

Wednesday 1:30 to 3.30 p.m.
Friday 8.00 to 10.00 a.m.
Deb Love Telephone 3249 1361 School
uniformshopwhss@gmail.com

SWIM CLUB



- Please note there will be no Friday night swim club on Nov 14th (G20 public holiday).
- Nominations for club nights can be done through our website mid-week or on the night.
- Wellers Hill pool will celebrate 50 years of operation in November. Come along to the pool on Friday Nov 28th to help us celebrate the occasion.
- There were lots of excited kids on Monday night in the pool when Taylor McKeown visited. Taylor is the 2014 Commonwealth Games gold medalist for breaststroke & she helped Peter teach the squad swimmers.



LOST PROPERTY

LOST PROPERTY - JUMPERS

NAMED JUMPERS

All NAMED jumpers have been returned to students via their teacher's pigeonholes last week.

UNNAMED JUMPERS

There are 28 UNNAMED OR INADEQUATELY LABELLED jumpers in lost property that have been washed and labelled according to sizes.

A separate trestle table has been set up in the hall over the next week for these unnamed jumpers and are available on a first in, first served basis to any student who has lost their jumper sometime this year.

Please take only one (1) jumper as there are a limited number of jumpers. They range from size 4 to 12, so please advise your child what size they are to ensure that they can take the appropriately sized jumper home.

LOST PROPERTY HANDED INTO THE OFFICE

The following items have been handed into the office if you think they may belong to you please call in to collect:

Black bat wings [left at disco]

Navy Blue helmet

2 keys

Childs watch with blue band

Lycra blue swim cap & goggles

Childs stripey reading glasses

COMMUNITY NEWS

ANNERLEY & DISTRICTS BLUE LIGHT DANCE PARTY

Next Dances: Friday 7th November 2014 & Friday 5th December 2014

AGES : 7yrs. – 15yrs

TIME: 7pm-9.30pm

COST: \$10.00

PLACE: Marymac Community Centre (616 Ipswich Rd, Annerley)

CONTACT : Senior Constable Lisa VOYSEY or Constable Rachel CUCKSON

Annerley Police Station Ph: 3892 8222

Supervised by Police & Community members

No smoking, no alcohol, no drugs, no objectionable behaviour.

Thank you for your continued support for Blue Light in your area.

Annerley Blue Light Branch.

Tarragindi War Memorial Kindergarten is currently offering places for **2015** to children who were born between 1.07.10 and 30.06.11.

If you would like to place your child's name on the waiting list please:

· contact us on 3848 2529

· email us at tarragindikindy@yahoo.com.au

· pop in and see us at 31 Newington Street, Tarragindi

We look forward to meeting you!

PLEASE NOTE:

The information session that was advertised in our newsletter on the 22nd October, 2014 - **Asthma Foundation Queensland's – "Ask the Expert Session"** Has been cancelled due to low registrations.
