Welcome Back

Welcome back to Term 4. I am looking forward to what will be a busy and important term for our school community. Term 4 is the last opportunity for students to improve upon their results for 2015. This is particularly important for year 10 students as they look to further their learning outside of GDS.

I encourage all students to talk to their parents and teachers about their learning. Below I have listed some suggested questions that may help to facilitate such discussion:

- How can I improve on my current result/learning?
- What are the areas for improvement?
- What focus areas will give me the greatest improvement?
- What support do I need in order to achieve this?
- How will we get there? What actions will we take?

Students are encouraged to set SMART learning goals (Specific, Measurable, Achievable, Realistic, Time-based) and plan how they can achieve these. Teachers are happy to assist students to set their learning goals.

The beginning of Term 4 has a strong focus on Health and Wellbeing and below I have added some information regarding this.
GDS Mental Health Week  
Monday 12th October – Friday 16th October

Mental Health Week is a National event and runs from Sunday 4th to Saturday 10th October. World Mental Health Day is marked every year on the same date: the 10th of October. Unfortunately, for Tasmanian schools this date falls during the school holidays. As we believe that this is a very important week we are running Mental Health week this week (Week 1 of Term 4).

During this week we will aim to educate, engage and create greater awareness and understanding about mental health issues through a week of activities, in-class discussions and a guest speaker from Headspace.

We also aim to promote mental wellbeing, further student knowledge about mental health and eliminate the stigma surrounding mental illness.

Thank you to Annie McKenzie for applying for the Mental Health Week Grant and preparing the Mental Health show bags for students to take home and Kolby Waddilove for organising activities for classes throughout the week.

Growing Up Program  
Tuesday 20th Oct – Wednesday 21st October

The Growing Up Program is an age appropriate sexuality education program for students from K-6 which focuses upon:

- Staying physically, emotionally and mentally healthy throughout life.
- Protective behaviours, peer pressure and self-esteem.
- Creating and maintaining healthy and meaningful relationships.

The Growing Up Program includes a session for parents to address the content of the program and the ways in which parents can support their child’s learning.

The parent session will be held on Tuesday 20th October at 8.30am in the library.

If you have any concerns please attend the parent sessions or if you do not wish your child to participate in the program, please let us know.

Cyber Safety and Bullying

In support of our stance that our school community is against bullying and violence, Senior Constable Stephen Rose at Community Policing will be attending Glenora District School and presenting a Cyber Safety and Bullying presentation during Term 4. This will help to support and continue to develop a positive and safe school community culture and environment.

Grade 6 Fundraiser

On Thursday, 29th October, Grade 6 will be having a fundraiser morning tea to raise funds for their excursion to celebrate finishing primary school. The students are eagerly planning exciting foods to sell.
Sun Safety

As the days are becoming warmer and longer with daylight savings it is a timely reminder about the importance of being sun smart. GDS is registered a SunSmart school.

In order to receive SunSmart status and recognition, schools must:

- Have a written sun protection policy meeting minimum standards relating to curriculum, behaviour and the environment.
- Be working to increase shade cover.
- Reschedule/minimise outdoor activities during peak UV periods of the year.
- Teach, model and reinforce positive sun protection behaviour.
- Agree to undertake periodic policy reviews with its state or territory Cancer Council and update their policy accordingly to meet SunSmart standards.

Students in the primary sector must wear a school hat at recess and lunchtimes. If a student does not have a school hat they will be required to sit in a safe shaded area. Primary students have been informed of this requirement in a recent welcome back assembly.

Secondary students are strongly encouraged to wear a school hat.

School hats can be purchased from the main office for $7.00. Below are the two hat styles available for purchase.

Year 10

This week the year 10 students received their leavers’ tops.

State-wide Professional Learning Day— Friday 23rd October: Student Free Day

Teaching staff from schools within the Derwent Valley will be attending NNHS to meet and discuss learning within our community. Teachers will be sharing their learning successes, knowledge and working towards improving our student outcomes during this day.

Andrew Woodham
Acting Principal

SRC Update

The SRC are looking at ways in which to raise money for school purposes. Currently we are working on a project for all students and staff to participate in. School Moto Day will be a day where students and staff are invited to come together at a lunchtime and donate loose change to place on our school moto. The aim will be to fill the text with coins. Teachers and students will run an activity which will explore the meaning of our school motto: “To Be Of Service”. The date for this event will be posted on the Facebook page. We hope everyone gets involved and helps support us in raising some much needed funds.

From Danika Gregson and Gemma Edmonds

Be Respectful, Be Responsible, Be Safe, Be a Lifelong Learner
Teddy Bears Picnic Excursion

Come Join us at Royal Botanical Gardens for Playgroup Tasmania’s annual Teddy Bears Picnic

Where: Royal Botanical Gardens
Date: Wednesday 28th October 2015
Time: Bus leaves ptunarra at 9am returning at 1.30pm
Who: Families with children 0-5 years
What to bring: sunhat, teddy bear, drink, blanket, pram and lunch.

Please register with Rebecca or Katie at ptunarra 6261 7222 or add name to the booking sheet which can be found on the kitchen bench.
Community Noticeboard

**MILO in2Cricket**

Starting on Friday 23 October
4:00pm—5:00pm
Glenora School Oval
Cost: $75
Register online at playcricket.com.au
For more information please contact
Annie on 62861301

**Fitness with Jess**

Fitness classes for everyone
Monday, Tuesday, Thursday
4:45pm
Glenora School Gym
$10 per class
For more information phone
Jess 0416 158 441
All Welcome

**Gretna Cricket Club**

**JUNIOR TRAINING**

Gretna War Memorial Oval.
Under 13s - Thursdays
Under 16s - Fridays 5pm.

The season kicks off on Sunday 25th October, playing a total of 15 matches.
We are having two Under 13 teams and one Under 16 team. We still require more players for both age groups, in particular the Under 16s who currently have 9 players, so we need you.
Membership is just $40.

For more information, please phone Wade Gleeson on 0429 704 677.

All past, present and intending players welcome
Enquiries: Wade Gleeson 0429 704 677

**School Association Meeting**

Friday 30 October
1:30pm
All Welcome
# October/November Calendar

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<th>Mon</th>
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<td>LiL open sessions</td>
<td>Student Banking</td>
<td>LiL</td>
<td>Hobart Show Day Holiday</td>
<td>Professional Learning Day (No Students) MILO Cricket</td>
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| LiL open sessions | Student Banking | LiL Grade 7 Immunisations | Grade 6 Fundraiser | School Association Meeting 1:30pm MILO Cricket | |

| 2   | 3    | 4   | 5     | 6   | 7   | 8   |
| LiL open sessions | Student Banking | LiL | MILO Cricket | | |

| 9   | 10   | 11  | 12    | 13  | 14  | 15  |
| LiL open sessions | Student Banking | LiL | SPSSA Swimming Carnival | MILO Cricket | |

| 16  | 17   | 18  | 19    | 20  | 21  | 22  |
| LiL open sessions | Student Banking | LiL | Whole School Athletics Carnival | MILO Cricket | |

| 23  | 24   | 25  | 26    | 27  | 28  | 29  |
| | | | | | |

**CONTACT DETAILS**
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[https://www.facebook.com/GlenoraDistrictSchool](https://www.facebook.com/GlenoraDistrictSchool)