Dear Parents, Students and Community Members,

PRINCIPAL’S MESSAGE

On Tuesday we had a lovely ceremony at the school to acknowledge an award won by a Year one student, Lucas Taylor. Lucas was one of twenty five winners across Queensland for his efforts in the NAIDOC Week competition. Some 109000 entries were received across Australia and Lucas was one of the recipients of the Prime Minister’s medal. The medal, as well as an MP3 player, was presented to Lucas by Mr Darryl Williams, the chairman of the NAIDOC Week celebrations. Lucas’s winning art piece has been on display in Parliament House in Canberra.

Well done Lucas!

Last week with all the sporting events and success by students it was hard to keep track of all the performances. Many of our students who participated in the Special Athletic Games at Griffith University were responsible for personal bests. We had 45 participants! As well, one of our year 6 students, Kyle Smith, won the Poster Design Competition and his poster was printed on the back cover of the Annual Athletics Carnival Program for children with a disability. A $500 prize for the school will be passed on to our Special Education Unit. Our school was also the Sports Skills Challenge Winner for 2015. Still on school sport, our school captain, Jye Gray, has made it through to the State District Athletics Championships in Townsville in October. Jye will compete in the 100m and Long Jump. Congratulations Jye!

On Monday, our Head of Curriculum, Mrs Jepson, organised the Science Trivia Competition for our students in Year 4, 5 and 6. What a great day this was! The students were organised into teams of five or six and then had to answer a series of questions based on work they have been studying in science this year. It was fascinating watching the teams collaboratively decide on the correct answer for their team. Thank you Mrs Jepson!

On Wednesday evening we had the Showcase Concert where all of our Eisteddfod groups had the opportunity to perform their Eisteddfod item for parents and friends. This was a really good concert – I enjoyed it immensely. We have many talented students in music, dance and drama in our school.

Friday marks the final day of term three. The children will now have two weeks’ vacation before returning on Tuesday, October 6 for the ten weeks of term four. Please note that Monday, October 5 is a Public Holiday. I will extend my vacation by two weeks to take some long service leave. Mrs Dendrinos will act in the position of Acting Principal. This will act in the position of Principal for those two weeks. Next term, four of our year levels will be going to swimming – Prep, Year 1, Year 3 and Year 5. That should be very enjoyable as the weather warms.

This week everyone received the details of the Spelling Bee. I hope you will become involved. I was telling the students that if everyone raised just ten dollars we would have enough to pay for the goal posts for the oval.

Have a lovely vacation,
Michael Kelly, Principal

UP AND COMING EVENTS

Friday, 18 September  
Last Day of Term 3 - Free Dress Day
Monday, 5th October  
Labour Day Holiday
Tuesday, 6th October  
Term 4 commences – Students return

FREE DRESS DAY

FRIDAY, 18th SEPTEMBER

Gold Coin Donation

Come dressed in your favourite ‘sports outfit’ or as your favourite sports star.
**CLASS AWARDS (Junior & Senior Sharing)**

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**PERFORMING ARTS NEWS**

*(from Mrs Thornton and Mrs Adamson)*

There will be Auditions for Dance and Drama Excellence next term. Keep your eye on the Newsletter and we will announce them at Sharing. We ask the children from Years 3 to 6 to audition only if they have a talent in this field. Because of time constraints, we ask that only children that excel at these subjects audition.

In the first week of school next term there will be **NO Strings lessons** as Mr Stylianou is away. ALL Classes will resume in Week 2.

**Choirs** - Next term we will be joining our Junior and Senior Choirs and starting a Little Voices for Year 1 and Year 2. Junior and Senior Choir will become Senior Choir (Years 3-6) and will rehearse on Tuesdays during 1st Break in Mrs Thornton's room. Little Voices (Years 1 & 2) will rehearse in Mrs Thornton's room on Wednesdays during 2nd Break. Please encourage your children to join in, all are welcome.

**REMEMBER REGARDING VOLUNTARY CONTRIBUTION** *(from Mrs Rawle)*

The Voluntary Contribution Scheme is based on parents contributing the sum of $90 per student for their first child at the school and $60 for each other child in the family. Funds accumulated through this scheme provide good value to the school and consequently to our students to enhance our capacity to resource the school above the standard provisions. Payment can still be made for this scheme on Mondays, Wednesdays and Fridays at the payment window in the Administration Block or internet payment can be made to the following school bank account - BSB: 064-430, Account Number - 10206101 stating your child's name and class along with the characters VFC, e.g. Adam Smith 4A VFC.

**GOLD COAST CABS 29TH ANNUAL ATHLETICS CARNIVAL** *(for children with a disability)* *(from Mrs Burger)*

The RESULTS are in and this year The Arundel State School is very excited to have been awarded:

- Sports Skills Challenge Winner: Arundel State School
- Winning Poster Design: Kyle Smith, Arundel State School

45 fantastic student participants across Years 1 – 6 attended the games on 10th September, 2015 at Griffith University. They were proudly supported by dedicated SEP Staff and dressed in Lightning shirts funded by our P & C. Some very proud and enthusiastic parents added to the great day had by all. A medal ceremony, trophy and a prize presentation will be held as part of an Arundel Parade to be advised for term 4. A huge thank you and congratulations to all involved.

**PE NEWS** *(from Ms Mitchell-Cowan)*

Afterschool Sport

Netball – Wednesdays – 3:10 - 4:10pm. Prep. Year 1 & Year 2 only. Both girls and boys are welcome. Commencing Term 4 on Wednesday, 14th October in weeks 2, 3, 4 and 5. No cost but parents must attend with their child for the sessions. Registration has started.

**Sport and PE Events**

**Term 4 Swimming**

Swimming will take place from Week 2 to Week 7 in term 4 for the following groups:

- Prep – Thursdays Year 1 – Fridays
- Year 3 – Wednesdays Year 5 – Mondays

Swimming is still only $45.00 and that includes small swimming groups, qualified instructors, bus transport and swimming caps for Prep and Year 1. Parents and Caregivers that need financial assistance please contact the school.
SPORTS DAY BY STUDENTS IN 2D
At Arundel State School the Year twos had their Sports Day today. At first, we went from our classes up to the oval doing war cries in our houses. First, 2D went to the obstacle course, it was fun. Then, we played soccer. I scored a goal and it was funny because Tawseef fell over! After that, we did the hurdles and there was a really big hurdle and I could jump over the hurdle. It was so much fun. Then, we did the egg and spoon race. I won the first round. Then, we did skipping, it was fun! Then, we did high jump and I went up so high. Then, we did the running race. I came first and then on the second round, Katherine came first. We had so much fun. Mia

On Sports Day I go for the Kites! We did long and high jump, skipping, obstacle course, sprints, hurdles, egg/chicken races and soccer. I did hurdles and I could jump higher than others. Sports Day took about two hours. I got nine stickers and one ribbon. After that, we had a drink of water and then we had more sports. Tristan

At Arundel, the Year 2s had their Sports Day. Firstly, we did the obstacle course. After that, we did soccer. Then, we did hurdles. We did high jump and then we did running races. Next, we did some skipping. I am in Sea Eagles, we are the best. My favourite was the running race. It wasn’t about winning, it was about having Fun! Danita

SPORTS DAY BY STUDENTS IN 2G
Our class did hurdles first this morning. I thought that it was going to be easy, but it was hard! Next we did high jump. Jacqueline did really well. Running race was next of all, Shania did amazing. Next we did long jump. Dominik was fantastic at it. Next it was soccer. I gloaled 3 and Koharu and Tyler cheered loudly. Next we did skipping. I was good at it. Lisa

We had our Sports Day today. Our class did hurdles first this morning and they were hard. Then we had high jump and I was amazing at it. Then we did the running race and I lost. Then we went to the long jump. Then we did skipping. It was easy and then we did the obstacle course, then soccer, then we did a chicken race and egg and spoon race and I had lots of fun. Shania
My class did hurdles first this morning. I thought it was a little tricky first. Next we went to the high jump. I thought I can’t do it but I can. After that we did the running race. I was first place but only once. When we did that I thought it was a bit weird. Then we went to the long jump. I didn’t really like it because I got sand in my shoes. Next we went to the skipping area. It was a bit easy because I practice it at break time last year. After that I went to the soccer course. I thought it was easy and it was! Then we went to the obstacle course. That was my favourite. Next we went to the egg and spoon race. It was fun. I had a fun day at sports. Jacqueline

Our class did hurdles first this morning. Next we did high jump and Jaxon said she was the best. After we did a race and Dominik came first. Next we did long jump and it was very easy. After we did a race and I was puffed out. Next we did skipping and the skipping rope was little. After that we did soccer and it was very very hard. Next we did the Obstacle course and it was really awesome. After we did Egg and Spoon Race and the teenagers said keep your balance. Koharu

At Sports Day our class did the hurdles. Some people tripped the hurdles over. I was having lots of fun. At the high jump I wasn’t good at it but everyone else was great. It was a bit hard. When we did the running I was running a lot and I started to be tired when I was running. Me and Sam were at the same speed then we both came in 1st place. In the Obstacle course it looked a bit easy when I did it. I had to climb up the stairs then I had to go on my knees to get past it. After I had to go under the tunnel then I stood on the buckets. After I stood on one bucket, then I had to go to the start. Salvador

P&C NEWS
This week every student will come home with their flyer for the upcoming Spelling Bee. This details some of the amazing prizes on offer and has a place on the back for sponsorship. Get behind your kids and sponsor their efforts. All funds raised will go towards the installation of multipurpose goal posts on the oval.

There will also be a list of possible words – 30 words for Years Prep to Year 2 and 50 words for Years 3 to 6. From these lists, just 12 and 25 will be tested respectively. There will also be some MAGIC WORDS included in the Spelling Bee. These are words that the students have seen before but are not on the learning list for the Spelling Bee. All children getting 100% of words correct will receive a medal. The big event with be on Friday, 16th October so there’s plenty of time to learn the words and get some sponsors over the holidays. The P&C wish everyone a safe and super spelling holiday.

6B NEWS (from Mr Ram)
We in 6B are experimenting with the “mindfulness” program to help us cope with deal with daily pressures of life in a positive manner. Mindfulness is a way of paying attention to, and seeing clearly whatever is happening in our lives. It will not eliminate life’s pressures, but it can help us respond to them in a calmer manner that benefits our heart, head, and body. It helps us recognise and step away from habitual, often unconscious emotional and physiological reactions to everyday events. It provides us with a scientifically researched approach to cultivating clarity, insight, and understanding. Practicing mindfulness allows us to be fully present in our life and work, and improve our quality of life.

The ABC of Mindfulness
A is for awareness - Becoming more aware of what you are thinking and doing – what’s going on in your mind and body.

TUCKSHOP WILL BE CLOSED ON FRIDAY, 18TH SEPTEMBER FOR CLEANING

Advertising in 2016
Any business wishing to advertise in the Arundel State School Newsletter in 2016 please email pandc@arundelss.eq.edu.au

to reserve your place.
Limited places available
Reach 1000 homes every week!
B is for "just Being" with your experience. Avoiding the tendency to respond on auto-pilot and feed problems by creating your own story.

C is for seeing things and responding more wisely. By creating a gap between the experience and our reaction to, we can make wiser choices.

**2015 CHRISTMAS SHOEBOX APPEAL**

The Arundel State School is once again supporting the Shoebox Appeal for children living in extreme poverty. To do this just cover a shoebox and lid separately and pack it with a number of items.

The shoeboxes are divided into 3 categories for either BOYS or GIRLS: 2-4 years; 5-9 years; 10-14 years. Each shoebox should contain one or more of each of the following:

- **Something to play with** e.g. small car/truck, ball, yo-yo, slinky, costume jewellery.
- **Something for school** e.g. pencils, textas, glue stick, writing pad, rubber, calculator.
- **Something for hygiene** e.g. soap, washer, hand towel, comb, brush, toothbrush etc.
- **Something to wear** e.g. t-shirt, shorts, cap, sunnies, hair clips, scrunchies, thongs etc.
- **Something to love** e.g Australian animal, soft toy, doll etc.

Thank you in anticipation for your kind donation!

**Please do not send** – Second Hand Clothes, Food, Liquids, Toothpaste, Aerosol Cans, Vitamins, Breakable items or war related toys.

**Closing date: Thursday, 15th October, 2015.**