Hello Parents and Caregivers,

**Eisteddfod**

Approximately 70 students from Clermont State School travelled to Emerald last Thursday to participate in the Central Highlands Eisteddfod. The students are to be commended for their excellent behaviour and attitude and also for doing their best. These groups also each received a place in the competition.

Verse Speaking – First Place  Junior Choir – Third Place
Senior Choir – Third Place  Band – Third Place

**Riding to School Safely**

I’d like to remind parents about children riding bikes to and from school. We sometimes receive reports from people in the community who have almost collided with a child on a bike. Please take the time to clarify the road rules and safety concerns with your child as this may save a life.

**Attendance Competition Winners**

We had a tie for first place for the attendance competition this term. Years 4/5T and 5W both received 22 points and will negotiate a prize with their teachers. Our attendance records have increased dramatically over the last couple of years therefore maximising student’s learning.

**After School**

It has come to our attention that some students are riding their bikes and scooters around the school after 3pm on Thursdays when the hall is being used for karate. School grounds are out of bounds after 3pm unless involved in an adult supervised activity or being supervised by parents.

Mr Poulus will return in his position as Principal at the beginning of next term.

I wish all parents, students and staff a relaxed and enjoyable holiday!
PRINCIPAL’S REPORT

16th September 2014         Term 3  Week 10

Regards
Diana Goodwin
(Acting Principal)

2014 Children’s Services Program
Clermont Library
Date: Tuesday 23 September – Friday 4 October 2014

Tuesday
9.30am – 10.00am
Rhymetime*
0 - 2 years

11.00am – 12.00noon
School Holidays Kids Craft* for Primary School Children

Wednesday
12pm – 1pm
School Holidays Kids Craft* for Primary School Children

Thursday
9.30am – 10.00am
Baby Bounce*
0 - 2 Years

11.00am – 12.00noon
School Holidays Kids Craft* for Primary School Children

Friday
9.30am – 10.30am
Storytime & Craft* 0 - 5 Year
2.30pm-3.30pm
School Holidays Kids Craft* for Primary School Children

*Bookings are required for all programs

Please phone 4983 4746 or visit Clermont Library for more information.

Parents, please collect a copy of Isaac Regional Library Service—Children and Young Adults Policy when booking your child into these programs. Copies are available at Clermont Library.

Visit www.isaac.qld.gov.au or call 1300 ISAACS to find out more
Hello parents and caregivers,

Term 3 is almost complete, and this may be a good time to take a moment and assess whether you’ve reached your goals this year, maybe to reorient, take stock, and re-motivate yourself in some purposeful, personally valued direction? Here are some tips on getting motivated if you have found yourself floundering, directionless and lacking motivation.

Motivation is what drives us to make the things we want happen – but staying motivated isn’t always easy. Get some tips on how to find (and keep!) motivation, and suggestions for what to do if you just can’t get into gear.

Finding motivation can help with...

- figuring out your goals
- achieving your goals
- getting stuff done

Why motivation is important
To make things you want to do or achieve happen, you need motivation. Motivation is what drives you towards a goal, gets you up in the morning, and keeps you working through a task, determined to succeed when things get tough.

Everything that could possibly motivate you can fit into one of two categories:

- **Positive motivations**, which focus on the positive things that will happen when you take action. For example, ‘Finishing this assignment means I’m only a step away from being qualified’.

- **Negative motivations**, which focus on the negative backlash that will occur if you don’t take action. For example, ‘If I don’t finish this assignment in the next few hours I will fail’.

Negative motivation can sometimes be quite dangerous. That’s because it only works if you know exactly what steps you are going to take to reach your goal. If you don’t have a positive plan of action, using negative motivation to approach a task can make you feel really helpless, and actually reduce your motivation.

Knowing how to find effective motivation strategies is really important to getting stuff done.
Both negative and positive motivation can be effective in different circumstances. However, people are much more successful when they’re doing something because they actually want to, rather than if they’re acting to avoid an outcome they don’t want. That means positive motivation usually has a bigger and better impact.

Negative motivation can sometimes be quite dangerous. That’s because it only works if you know exactly what steps you are going to take to reach your goal. If you don’t have a positive plan of action, using negative motivation to approach a task can make you feel really helpless, and actually reduce your motivation.

Knowing how to find effective motivation strategies is really important to getting stuff done.

Tips for finding/keeping motivation

- **Set goals.** When you set a goal you make a decision to act upon what you want. This gives you a direction to focus on - one that’s measurable and has an end point; all factors which can help a person stay motivated.

- **Choose goals that interest you.** You’re much more likely to stay motivated if you are working towards something that you genuinely want to do or achieve.

- **Find things that interest you within goals that don’t.** Sometimes other people set goals or tasks for us that we don’t find interesting or want to do. So, try and find something within that task that does motivate you. E.g. ‘I hate maths, but it’s going to help me become a builder, which I want more than anything.’

- **Make your goal public.** If you state to someone else you are doing something, or write it down, you’ve essentially promised to keep your word.

- **Plot your progress.** When you are working towards something, it can be really motivating if you can see evidence that you are making progress. Draw or create a visual representation of how you are coming closer to achieving something.

- **Break up your goal.** Start with easier tasks and work your way up to bigger challenges. Breaking up a task in your mind into achievable chunks helps build confidence.

- **Use rewards.** Promise yourself some sort of reward each time you complete a step/task.

- **Don’t do it alone.** Join a class, find a teacher or someone you can share the experience with. Other people’s encouragement to keep going can be a big boost to your motivation, particularly when you’re doing it tough.
Learn how to use positive self-talk.

If you’re really finding it hard to stay motivated
If you’ve tried all these things, and just can’t get motivated, then it might help to talk it through with someone that you trust. Sometimes it can be really hard to achieve things on your own, and having a good support network when you’re working through a big challenge is really important

Kind regards, and happy holidays

Rick Masters
Guidance Officer
This year we have been attempting to contact parents/carers, by phone, if their child is receiving a ‘Student Of The Week’ award (or any similar award) so that they are able to attend parade, if they so desire. We will now be trial-ling sending out notifications to parents via our Skoolbags App, each Friday afternoon. Keep a lookout... your child might be next!! Remember all parents are welcome at parade. See you 9am Mondays in the hall.
# Student of the Week

**Week ending 12th September - Awarded**

<table>
<thead>
<tr>
<th>CLASS</th>
<th>STUDENT</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>P/B</td>
<td>Avalon C.</td>
<td>For putting in a lot of effort in writing! Great work.</td>
</tr>
<tr>
<td>PR</td>
<td>Lucy F.</td>
<td>For outstanding sentence writing, using describing words and joining words.</td>
</tr>
<tr>
<td>1P</td>
<td>Bella D.</td>
<td>For her big effort with her writing assessment!</td>
</tr>
<tr>
<td>2F</td>
<td>Drew L.</td>
<td>For an excellent attitude towards all set tasks and being a pleasure to teach. For doing an excellent job in his maths test and for being engaged in all set tasks. Well done!</td>
</tr>
<tr>
<td></td>
<td>Flynn M.</td>
<td></td>
</tr>
<tr>
<td>3R</td>
<td>Alexis M.</td>
<td>For making a greater effort to follow all classroom rules and expectations! For improving your on task behaviour! Way to go!</td>
</tr>
<tr>
<td></td>
<td>Jade A.</td>
<td></td>
</tr>
<tr>
<td>3/4B</td>
<td>Damon E.</td>
<td>For achieving awesome results in Spelling age.</td>
</tr>
<tr>
<td></td>
<td>Landon W.</td>
<td>For achieving awesome results in Spelling age.</td>
</tr>
<tr>
<td>4/5T</td>
<td>Kial R.</td>
<td>For always being positive and trying your best!</td>
</tr>
<tr>
<td></td>
<td>Tristen C.</td>
<td>For excellent mental calculations in Maths!</td>
</tr>
<tr>
<td>5W</td>
<td>Robert W.</td>
<td>For the extra effort you have been putting in during Maths.</td>
</tr>
<tr>
<td>6E</td>
<td>Sebastian B.</td>
<td>For taking on advice when completing English assessment.</td>
</tr>
<tr>
<td>6/7B</td>
<td>Jack B.</td>
<td>Great effort in excellent behaviour.</td>
</tr>
</tbody>
</table>
Enrich Your Home With A WEP Exchange Student

World Education Program (WEP) is inviting Australian families to experience another culture within their own homes by becoming volunteer host families. Choose a student from Italy, Belgium, France, Switzerland, The Netherlands or South America and get a glimpse into the life of another culture without having to leave the comfort of your home! Our exchange students are just as excited about sharing their own culture and life experiences as they are about becoming a member of an Australian family.

Arriving in January:

Ilaria (17) from Italy tells us that she is incredibly fond of animals, and that if she had her own way, she would turn her house into a zoo! She enjoys drawing in her spare time, as well as travel. She believes that living so far away from home will help her broaden her mind, and she can't wait to live with a welcoming family.

Marco (17) from Italy is an animator at his local church group and enjoys playing both football and basketball with his friends. He also enjoys staying active by going to the gym for an hour or so after school. He is looking forward to sharing his Italian culture with you, and hopes you will share your culture with him here 'down-under'.

+ MANY MORE

Find out more!

Getting to know your student before he or she arrives brings fun and joy to everyone involved. Take the next step and contact WEP today to receive a full information pack for your family, including student profiles.

Sylvia Kelly
Manager - Inbound Exchange Programs
Phone: 1300 884 733
Email: info@wep.org.au
Online: www.wep.org.au
ICE SKATING
At Central Highlands Marketplace, Emerald
Friday 19 September to Monday 6 October

SESSION
TIMES*
9:00am
10:30am
12noon
1:30pm
3:00pm
4:30pm
6:00pm
7:30pm
9:00pm

GROUP
HIRES
The entire rink is available for group bookings for your social club, birthday party or corporate event. Phone us on 04 1234 4941 and we’d be happy to discuss a few options that will impress your guests.

BOOKINGS
Bookings are not necessary, but some session times are very popular and will sell out. If you’re coming from out of town and want to be sure of a skate, phone us on 04 1234 4941 and pre-pay with your credit card.

PRICES
$15 per person; or $60 per person for a season pass (1 visit per day for entire season – not transferable).

Alternatively, shoppers can skate for $10 per person upon presentation of a valid receipt from any Central Highlands Marketplace store. Receipt must be dated that day. One receipt per skater.

ALL SKATERS MUST WEAR SOCKS.
GLOVES AND HELMETS ARE RECOMMENDED FOR SAFETY.

*Some sessions may not be open to the public due to group bookings.
HOLIDAY FUN

T&DPHS. INC.

Would like to invite the people of Clermont and surrounding district to join us in an exciting afternoon of thrills, music and festivities to help raise money for Blair House Student Hostel.

FUN FOR ALL

There will be Pony rides, Carriage rides, Marathon exhibitions and cone driving, Bar, live music, and a sausage sizzle.

Gold coin donation for entry

All proceeds go to Blair House Student Hostel

Harness rides

Cones

SAUSAGE SIZZLE

Bar & MUSIC

Start 2pm

Marathon ex-

For enquiries Ph 0429835174

23rd Sept 14

Clermont Showground
Dear Parent/Guardian,

The School Dental Service will be offering treatment at the Clermont Hospital Dental Clinic for students enrolled in Prep to Year 10 during Term 4. The Child Dental Benefit Scheme commenced on 1st January 2014. To determine if your child is eligible for this scheme we require the child’s Medicare Number, Reference Number and Expiry Date.

- Children eligible for the Child Dental Benefit Scheme are able to access our service but will be asked to assign their benefits to the School Dental Service.
- Children who are not eligible are also able to access our service.
- All general dental services are free of charge.

If you would like to access our service please complete the attached Medical Consent form and return to the school office by 18th September 2014,

- School dental staff will then contact you to arrange an appointment.
- A Parent/Guardian must transport and accompany their child to appointments at this clinic.

Please be advised, once you have 2 broken or failed to attend appointments, during any course of treatment no further appointments will be offered. You will be put back on the waiting list.

Regards,

School Dental Staff.
Hello parents and caregivers,

Gotcha Awards
Miss Reynolds - For making learning fun, helping with words we don't know and having fun Maths activities. All students had something lovely to say and from the response fun would have to be the key word in Prep R.
Mrs Freiberg - For her work in reading groups, reading awesome books and playing great games, helping students find fantastic books and organising so many incredibly fun activities and competitions for book week.

Big thanks
Tuckshop helpers
Friday Jodie Swaffer, Ruth Brown and Cindy Ladmore.
Monday Meg Brill, Elise Lawrence, Jeannie Lockyer and Bec Wardle.
It is great to have helpers come in and offer a hand even if they are not on the roster. it makes things more enjoyable for everyone and lots more fun.
Judy Smith and her sister Gloria who donated a popcorn maker and baking tray. There are lots of ways you can help our tuckshop if you are unable to donate your time.

Tuckshop will be running Friday and starts next term first day back (Tuesday) 7th October.

Kristy
Attention parents/carers of students with asthma puffers and spacers at school...

As you are probably aware, it is necessary to clean puffers and spacers regularly to keep them functioning at optimum levels. To ensure that your children are receiving the accurate amounts of their medication we ask that all puffers and spacers be taken home over the holiday period for cleaning.

Thank you

Cleaning Spacers and Puffers

Disclaimer: This fact sheet is for education purposes only. Please consult with your doctor or other health professional to make sure this information is right for your child.

Spacers

- Take the spacer apart.
- Wash in warm soapy water.
- Do not rinse.
- Allow the parts to air dry. Rinsing and drying with a cloth may cause static electricity to build up.
- When dry put spacer back together ready for use.

Puffers

- Remove the canister from the plastic holder.
- Do not wash the canister.
- Rinse the plastic holder under warm running water.
- Shake out excess water and air dry.
- Place the canister back in the holder
- Keep the cap in place when not using puffer

It is recommended that you clean your spacer and puffer canister regularly.

CLERMONT ‘DOLPHINS’ SWIMMING CLUB

Clermont Dolphins sign on is the 8th October at 6pm at the pool. All new families are welcome.

WOULD YOU LIKE TO HOST AN OVERSEAS EXCHANGE STUDENT

Learn about another culture, learn a new language or perhaps improve your culinary skills

Hosting - An Experience for Life

Student Exchange is looking for host families across New Zealand to welcome overseas students into their home

Visit [www.studentexchange.org.au/host-a-student](http://www.studentexchange.org.au/host-a-student) or call 1300 135 331 for more information
UNIFORM NEWS Clermont High School

ATTENTION all Parents of Year 6/7 students

The current prices for the junior school uniform at Clermont State High School are as follows:

- Polo shirt $40
- Shorts $25
- Spray Jacket/Polar Fleece Jumper $50
- Track Pants $35
- ($80 if both the spray jacket and track pants are purchased together)

The stock of uniforms should be available early in Term 4.

CUP CAKE DAY

Wednesday 17th September
Lunchtime

You can support your school’s Student Council in their fundraising efforts, which supports various charities.
Voluntary Contributions

Parents, a reminder that voluntary contributions need to be up to date by Term 4 for your child/children to attend swimming in term 4. Swimming starts in week 1, (first day back) for Prep to year 3R students. We do have a number of parents who are making payment by the term and term four is now due. If you need to find out if you owe please phone the office girls and they will let you know.

The C&K kindergarten staff and parents have noticed an increase in the number of people parking in the C&K carpark who are not parents or carers of C&K students. Please remember, the carpark is for the parents of C&K students only. Any increase in traffic volume constitutes a safety risk to kindy parents and their children.

If you are a Clermont SS parent, please respect this space and drop-off and pick-up at the designated areas of the school, this also applies during the school day.

Adam Poulus
Principal
SCHOOL BANKING Day is WEDNESDAY please make sure you have your deposit slips filled out. It makes it so much easier and quicker for the banking person.

UNIFORM SHOP: the uniform shop is now open on Mondays. The best way to order uniforms is to complete your order online using Flexischool. Sizes to suit older students, a new shipment now in stock.

Playgroup

If you have a baby or toddler and would like to get out and meet other mums and bubs come along to playgroup on Wednesday mornings at 9:30 in the school hall. Please bring a ‘nut free’ snack/plate to share.

Call Sheridan for more information 49836039.

REMINDER: ACTIVE AFTER SCHOOL

Watch this space for information about sports and times for next term.
# Date Claimers

**DATE CLAIMERS**

9th September 2014                                        Term 3  Week 9

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>What</th>
<th>Time</th>
<th>Where</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 10</td>
<td>Wednesday 17th September</td>
<td>CUP CAKE DAY</td>
<td>11am 1st Lunch</td>
<td>Tuckshop</td>
</tr>
<tr>
<td>Week 10</td>
<td>Friday 19th September</td>
<td>Last day of Term 3</td>
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<td></td>
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<tr>
<td>Term 4</td>
<td>Tuesday 7th October</td>
<td>First day back at school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Term 4</td>
<td>Tuesday 7th October</td>
<td>Swimming Prep to 3R</td>
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**BILBY MERCHANDISE WILL BE SOLD AT LUNCH TIME THIS WEEK.**  
**Priced from 50cents to $3.00**
<table>
<thead>
<tr>
<th>Month</th>
<th>January</th>
<th>February</th>
<th>March</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>1-2-3</td>
<td>2-3-4</td>
<td>30-31</td>
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<table>
<thead>
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<th>Month</th>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
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<tbody>
<tr>
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<td>1-2-3</td>
<td>4-5-6</td>
<td>7-8-9</td>
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<table>
<thead>
<tr>
<th>Month</th>
<th>July</th>
<th>August</th>
<th>September</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>1-2-3</td>
<td>1-2-3</td>
<td>4-5-6</td>
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<table>
<thead>
<tr>
<th>Month</th>
<th>October</th>
<th>November</th>
</tr>
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<tbody>
<tr>
<td>Dates</td>
<td>1-2-3</td>
<td>30-1</td>
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<table>
<thead>
<tr>
<th>Month</th>
<th>December</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>1-2-3</td>
</tr>
</tbody>
</table>

School holidays are marked in orange.
Public holidays are marked in pink.
Staff professional development days (student free days) are marked in green.
Flexible staff professional development days are marked in yellow.
School terms are marked in blue.

2014 School Calendar

For more information and the latest version of this calendar, visit www.education.qld.gov.au

Great state. Great opportunity.

For all state schools, final dates for student attendance are as follows:

- Semester 1 concludes on January 23 for teachers and January 26 for students.
- Final dates for student attendance are as follows:
  - November 21 is the final date for Year 12 attendance for receipt of a Senior Statement.
  - November 28 is the final date for student attendance in Years 10 to 12.

Some schools in regional, rural and remote areas will close for the summer holidays on December 5.

All other state primary, secondary and special schools will close on December 12.

In 2015, all state schools will re-open for students on January 27.

The information in this calendar was correct at the time of publication (July 2013) but may be subject to change.