



PARENT & COMMUNITY

NEWSLETTER

TERM 4, WEEK 8 - 2025

23 GUNDIAH SCHOOL RD, GUNDIAH QLD 4650

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BE SAFE

BE RESPONSIBLE

BE RESPECTFUL

BE A LEARNER

UPCOMING DATES

MON 1 DEC

- Aldridge Y6 Orientation Day

WED 3 DEC

- Y4-6 RESQ Roos Program 2-3PM

THU 4 DEC

- Graduation & Awards
Night 5pm

WED 10 DEC

- Report Cards Home

THU 11 DEC

- CWA Country Kitchens
- Kids Teaching Kids Community
Event hosted by Gundiah 10-2PM

STUDENT SUPPORT SERVICES

TERM 4

- Psychologist - Wed (odd weeks).
- Guidance Officer - Tue (even weeks).
- Student Wellbeing Officer - every Tuesday

GUNDIAH P&C

gundiahsspnc@outlook.com

Next Meeting:



TBC
TERM 1
2026



Dear Families and Community,



As we approach the end of Term 4, I want to acknowledge the tremendous effort our students have put into their assessments—well done to all for the resilience and focus you've shown. We also welcomed one Pre Prep student across two orientation sessions over the past fortnight, and it was a pleasure to introduce our newest learner to the Gundiah community.

This week, I had the pleasure of working with our small schools cluster and our Head of Curriculum (HOD-C) to plan for Term 1, 2026. Collaborating with other small schools is always rewarding, as we share ideas and resources to ensure the best possible learning experiences for our students.

Next Monday, I will be meeting with our small schools cluster and the school supervisor to share our Annual Implementation Plan for 2026 and receive valuable feedback. These collaborative sessions help us refine our strategies and ensure our plans best support every student at Gundiah State School.

A reminder that the RESQRoos First Aid (Years 4-6) session date was changed and will now run on Wednesday, 3 December 2025, from 2-3PM. On the following Wednesday, report cards will go home.

We're excited to share that our Kids Teaching Kids event will now be held on Thursday, 11 December 2025 (the second last day of school). The change was necessary because our partner school isn't able to attend the original date, and we genuinely appreciate everyone's flexibility in accommodating the new schedule. Families and community partners are warmly invited to come along, watch the student-led workshops, and take part in the learning throughout the day. A special invitation with RSVP will go home this week so we can finalise adult numbers for catering—thank you in advance for returning it promptly.

On the last day of school (morning), Mrs Yates, Mrs Donnelly, and Miss Jo will join Tiaro for CPR training, while Mrs Saxby will be teaching on class as usual.

Kind regards,

Robyn Yates

FROM THE GUIDANCE OFFICER



Year 6 Transition to High School

Over the past fortnight, our Year 6 students have been working on developing their confidence and readiness for high school. This fortnight's focus was understanding how to read a high school timetable — breaking down subject and teacher codes, and identifying classroom locations.

Learning how to read a timetable helps students feel more prepared and reduces stress when they begin navigating a new environment next year. The students have shown great engagement and growing independence as they practised these important skills!

Parenting Toolbox: Tips from the Guidance Officer for Raising Resilient Kids

Week 7 & 8.

Supporting Mental Health During Stressful Times (e.g., Exams, Holidays)

Children experience stress at different times of the year, whether from school exams, busy holiday periods, or personal challenges. Teaching them how to manage stress in healthy ways helps build long-term resilience and emotional regulation.

During exam periods or assessments, encourage children to take regular breaks and engage in calming activities like deep breathing, stretching, or short walks. Helping them break tasks into manageable steps can reduce feelings of being overwhelmed. Remind them that their effort is what matters most and that making mistakes is a natural part of learning.

Holidays can also be a source of stress, especially if there are changes in family dynamics or routines.

Ensuring children have some quiet, unstructured time can help them recharge. Keeping familiar traditions while allowing flexibility for new experiences creates a balance between excitement and stability.

Teaching children self-care strategies—such as relaxation techniques, mindfulness, and talking about their worries—can empower them to handle stress more effectively. Remind them that it's okay to feel nervous or excited and that they can always seek support from family and trusted adults.



Try This:

Teach your child the “5-4-3-2-1” grounding tool — name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste. It helps calm busy minds.

Conversation Starter:

“What helps you feel calm when things get busy or stressful?”

Did You Know?

Short, regular breaks (even 5 minutes of movement or breathing) can improve focus and reduce cortisol levels during stressful periods.

GARDEN NEWS

Our school gardens continue to thrive, providing wonderful learning opportunities for our students. If any members of our community are able to contribute time, expertise, or resources to help maintain and develop our garden spaces, your support would be greatly appreciated. Please see the office for more information about how you can get involved.

As for our beloved chickens, due to recent storms and unpredictable weather, we have made the decision to take them home a little early for the holidays to ensure their safety and wellbeing. The chickens will be back next year, and our nature programme will continue to offer engaging experiences for our students.



Gootchie Branch



Queensland
Country Women's Association



Queensland
Government



Please join us at Gundiah State School

Graduation & Awards

2025

THURSDAY 4TH DECEMBER FROM 5PM

SPECIAL VISITOR & CAKE
AFTER THE GRADUATION

PLEASE BRING A PLATE TO SHARE

FAMILIES & COMMUNITY MEMBERS WELCOME



GUNDIAH STATE 2026 PLAN



EDUCATIONAL ACHIEVEMENT



100% of students
achieve (A-C)



Implement
Australian
Curriculum



Structured literacy
instruction



Integrate digital
learning



BELONGING ENGAGEMENT



High staff and
parent
participation



Wellbeing and
support



Virtual learning
for specialist
subjects



Visible Learning
Afternoons &
consultation



Measure success by student
performance & engagement



Inclusive practices &
documented support plans



Q PARENTS - 2026

Gundiah State School will be moving to QParents for all communication, absences, permission forms, payments, etc at the commencement of 2026.

If you haven't already, please return the "Preparing for QParents" form by Week 6. This information is only confirming what we have already on OneSchool. Please let Mrs Greaves in the Office know if you need a new form or if have any questions.

Department of Education

Queensland
Good jobs
Better services
Great lifestyle

QParents

Enjoy convenient and secure online access
to your child's student information.

You can easily:



provide digital consent



read or download report cards



notify of absences



pay invoices



see your child's timetable and school events.



Visit qparents.qld.edu.au

Learn more
about QParents



Register or login
at QParents



Download the free app

Android



Apple



SOCIAL MEDIA AGE RESTRICTIONS

From 10 December, children under 16 won't be allowed to create or keep their existing social media accounts under new Australian laws. This isn't a ban—it's a delay to give young people more time to build safe, healthy digital habits, enhance online safety and reduce exposure to online harm for young people.

Please note, we will continue to use Facebook to share school updates and announcements as usual.

The eSafety Commissioner is encouraging parents and carers to start conversations with their children now and explore safe alternatives for staying connected. If your child has a social media account, remind them to download any photos or videos they want to keep before 10 December.

Visit the eSafety Commissioner's social media age restrictions hub for the latest information:

<https://www.esafety.gov.au/about-us/industry-regulation/social-media-age-restrictions-hub>

Parents and carers can register for one of the 30-minute webinars hosted by the eSafety Commissioner to gain insights into the changes, their purpose, and their implications.

Furthermore, the department provides extensive resources to promote safe online behaviour. These include the Cybersafety Hub, which offers tools for managing online reputation, privacy, cyberbullying, and digital wellbeing, as well as lesson plans and resources for teachers, parents, and students. These resources are available at <https://www.qld.gov.au/education/schools/health/cybersafety/cybersafety-gss>

Social media age restrictions

Information and resources at **eSafety.gov.au**

Social media age restrictions hub

The Australian Government is protecting young Australians at a critical stage of their development, through world-first social media age restrictions taking effect on 10 December. Find information in this hub to help you understand and prepare for the change.



Information for young people

Explore advice for under-16s, including what to do with existing accounts.



Information for families

Find resources and conversation starters for your family.



Information for educators

Use the resources and information to help your students with the change.



Which platforms are age-restricted?

Find out which platforms currently meet the assessment criteria.



Register for a webinar

Live information sessions for parents, carers and educators.



Frequently asked questions

Find out the facts about how the restrictions will work.



About the legislation

Learn how eSafety is implementing key measures under Australia's Online Safety Act.



Regulatory guidance for online services

Guidelines for industry on reasonable steps to comply with legislation.



Assessment guide for online services

How platform providers can check if they are likely to be age-restricted.



Commitment to Children's Rights

How we will uphold the UN Convention on the Rights of the Child.



Stakeholder consultations

Read about discussions with industry, researchers and the public.



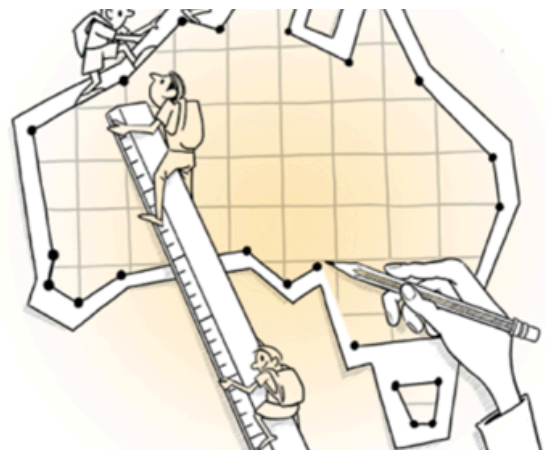
Awareness campaign

Learn about the Australian Government's national campaign.



The Australian Curriculum

... setting the expectations for what all young Australians should be taught, regardless of their background or where they live.



CURRICULUM UPDATE: WHAT V9 MEANS FOR YOUR CHILD

Our school has implemented the new Version 9 (V9) Australian Curriculum in English and Mathematics this year. After one year of implementation, we'd like to share an update on how this revised curriculum may influence your child's learning and report card results.

English - What's New?

The English curriculum now has clearer expectations around students' achievement in speaking and listening, reading and viewing, and writing. There is a much stronger focus on systematic phonics, including using decodable texts to practise segmenting and blending sounds, the foundation required for developing reading skills. Because of these changes, you may notice differences in how achievement—especially in reading—is reported. This reflects our new curriculum expectations for independent reading skills rather than a drop in your child's progress.

Mathematics - What's New?

In Mathematics, V9 places greater emphasis on problem-solving and mathematical thinking. Students are now engaging in tasks that require them to apply strategies, explain their reasoning and make connections between concepts. This means your child's report card may reflect increased expectations around how well they can use maths in real-world and unfamiliar situations—not just their recall facts.

Working Together

These curriculum updates aim to build strong foundations in reading, writing, communication and mathematical problem-solving. If you have any questions about what these changes mean for your child, please contact their teacher—we're here to support every learner.



BACK TO SCHOOL BOOST

The Back to school boost provides a \$100 credit for each primary school student from the start of 2026. This \$100 credit will assist families with school costs during 2026. A \$100 credit will be placed on the account of all students enrolled in Prep to Year 6 from the start of the 2026 school year.

Families choose which cost they will use their \$100 for throughout the year. For example, families may apply their 2026 Back to school boost towards the cost of the Student Resource Scheme (SRS) or, other school related expenses such as excursions, camps, or extra-curricular activities.

Please note that the Back to school boost cannot be used for reimbursement of purchases made at external stores, nor can it be provided as a cash payment to families or students.

INFORMATION FOR SCHOOL NEWSLETTER

Visit by Registered Nurse for Free Prep Vision Screening

Good vision is important for a child's educational, physical and social development. Vision screening checks for common eye conditions that may impact your child's ability to see and therefore impact their learning and development.

A Registered Nurse will be visiting the school on **Wednesday 18th of February** to conduct vision screening for children in their prep year.

If you wish to have your prep child participate in this **FREE** vision screening program, please complete a consent form-



1. Online via the QR code provided by your school by Monday February 16th, 2026
2. Paper consent, please request from your classroom teacher to be returned by Monday February 16th, 2026

Parents do not need to be present for screening, however if you would like to be, please contact the school to arrange this.

If you have concerns about your child's eyes at any time, please take your child to see an eye health professional (optometrist/ophthalmologist).

For further information about our program, please visit our Website via the QR code below or contact the Primary School Nurse Health Readiness Program on 1800 687 372.



Primary School Nurse Health Readiness Program Website Link

