



# Gloucester Public School Newsletter

Opportunity - Innovation - Excellence

Find us at: 45 Hume Street, Gloucester 2422  
Tel: 65581303 Fax: 65581655  
[www.gloucester-p.schools.nsw.edu.au](http://www.gloucester-p.schools.nsw.edu.au)



Term 3 Week 8

Tuesday 6<sup>th</sup> September, 2016

### Dates to Remember

- 6/9 Camp Quality visiting and Puppet Show
- 9/9 Dungog Horse Sports
- 16/9 Jump Rope for Heart
- 19/9 P&C Meeting 7pm
- 23/10 Jaspa Family Portraits P&C
  
- 4/11 Postie Bike Variety Dash
- 23-26/11 Schools Spectacular
  
- 7/12 Presentation Night
- 9/12 Year 6 Assembly
- 14/12 Year 6 Farewell

### Assemblies - Term 3

- Week 8 : KM
- Week 9 : 5/6G
- Week 10 : Gold Awards

### Excursions:

- 8/9: Stage 1 Excursion Billabong Zoo
- 20-22/9: Yr 4 Sydney

### Roster:

- 7/9 Susanna Jackson  
Melissa Feeney
- 9/9 Mel Seale  
Robyn Beggs
- 12/9 Linda Scott  
Therese Scott
- 14/9 Tracey Bignell  
Sue Brown
- 16/9 Louise Thurgood  
Amanda Bowling



FATHERS' DAY  
BREAKFAST  
2016

# Parenting *ideas* INSIGHTS



## Building parent-school partnerships

WORDS Sarah Wayland



## Helping kids focus in the age of distraction

Finding ways to turn your kids from flitters to focusers – how teaching your children to 'stick with it' can have lifelong benefits.

As a society we often debate about the 'right' amount of screen time, and with the introduction of personal screens over the last decade, to add to TV, laptops and desktops, the focus on a single task has slowly ebbed away. The British Psychological Society found that too much screen time (more than their recommendations of no more than 2 hours per day) could unintentionally cause permanent damage to a child's still-developing brains. Impacting the capacity to focus, to concentrate and to give attention to tasks.

Distraction is often managed through the delicate art of re-direction or encouragement to combat the 'but I just can't do it!' However, has this brave new world of binge watching TV, entertainment on demand and socialisation via hand held devices created kids that always have options for those tasks that require some stubborn determination? If so how might this new way of living and relaxing challenge our kid's capacity to stick with a difficult task when they have a world of entertainment at their disposal?

Dr Daniel Goleman, an award-winning psychologist and TED speaker, emphasises the need for people to engage in skills that foster emotional intelligence. Goleman's belief is that 'Kids learn best when they can maintain sustained attention, whether to what a teacher is saying, their textbook, or their homework. The root of learning is keen focus; distractions kill comprehension.

But the new normal for young people continually interrupts their focus with distractions.'

Neuroscientists tell us that the more a young person can practice keeping focus and resist distraction, the stronger and more richly connected this child becomes. By the same token, the more distracted, the less so. Rebecca, a NSW schoolteacher who is passionate about the topic, finds that the evidence is clear in our own homes and in classrooms 'we now have young people who are experts at 'flitting' from one device to another' and she refuses to take a defeatist approach because without refocusing those 'flitters' to 'focusers' who risk the next generations creative or scientific masterminds we risk losing children who are able to 'sit still and agonise over a task long enough to see it through to its marvellous end'.

### Tips for helping kids maintain focus and attention

#### 1 Build your child's focus

As with all tasks the aim is to start small and build your child's capacity to master the concept of 'sticking with it'. Cath, a school counsellor, finds that she can use the same strategies with the teens she works with and her primary school aged children when she gets home: 'it's all about breaks and rewards. Set a timer between breaks and then on a break they need to do something active like a push-up. Then there is a little reward for staying on task for a particular amount of time.'

#### 2 Remember it's all about the journey

Parents and researchers agree that understanding what can be gained from being focused is the key to engaging your 'flittering' child. Our solution driven society is often focused on what we receive at the end rather than the process to get there. Teaching your children to tolerate the unexpected can have wonderful benefits, as can sitting with something that may have previously been viewed as unachievable.

#### 3 Keep calm and focus

Use calm methods to engage children who become distracted: breathe, relax and high five each other when working alongside your child or when with a group of children. Talk about what might be achieved at the end and make it a fun process.

Screens, for all their negatives and benefits, are here to stay. Many argue that they provide complexity and new experiences to our children's world by identifying exciting technologies but they also provide avenues to 'opt out' of the hard yards.

Reaching what you thought was unattainable by engaging in a single focus and 'sticking with it', can provide lifelong lessons.

Sarah Wayland



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.





Clayton Selby  
Olive Kelly  
Gabrielle Bird  
Lacey Wall

## Kindy Corner



**This week we are focusing on:**

**New Sounds:** Revision of sh, ch, th and qu

**New Sight Words:** that, big, little

**Numeracy:** counting forwards to 200, backwards from 50, writing and reading numbers to 100 (and beyond), and counting by 2s, 5s and 10s.

**Maths Concepts:** addition, subtraction, patterns, 2D shapes, and time.

**KM's Assembly:** KM is hosting this week's assembly. The students will be wearing their regular school uniform but have been asked to bring in a cap and a pair of sunglasses if they have them.

**Cemone Baker and Susie McLeod**  
**Kindergarten Teachers**

### Class Awards (Week 7):

- 3G** Alex Channon  
Lotti Warwick  
Kayla Blanch  
Sam Collie (E)
- 3H** Drew Gorton  
Roze Murphy  
Jacob Edwards  
Xavier Soupdis (E)
- 4C** Ryan Latimore  
Parker Higgins  
Mia Sharples  
Gemma Davies (E)
- 4L** Danieka Wakefield

- Chloe Sams  
Dean Franks  
Emma Broadhead (E)
- 5/6B** Travis Sansom  
Charlie Roy  
Kyle Atkins  
Miranda Yates (E)
- 5/6G** Josie Fitzgerald  
Caiden Wakefield  
Byran Taylor  
Savannah Ashby (E)
- 5/6M** Lachlan Blanch  
Chloe Tresidder  
Will Griffis-Powick (E)

### SRC - TOOTHBRUSH THURSDAY

In October of last year, Mr Soupdis, pastor of Church on the Hill, went to Cambodia with his son Xavier. Whilst there they made new friends with a Khmer couple. They are doing amazing work with



Cambodian students and their families. They have established 3 schools already through their Christian charity "Cambodian Care".

In September, a container of goods is going over to Cambodian Care and our SRC would like to add its support.

This Thursday is **TOOTHBRUSH THURSDAY**. We are hoping to collect as many toothbrushes as we can to send over to the students and families in Cambodia. We are asking fellow students to bring in a new unopened toothbrush which we can then pass on to Mr Soupdis to add to the container.

**SRC Committee**

K/1/2 Assembly  
Friday 2<sup>nd</sup> September  
2.10pm in the hall  
Hosts/Item = KM  
All welcome!

# Jump Rope for Heart



Less than 2 weeks left to go until our **JUMP OFF date- Friday 16 September.**

Thank you to those families who have registered online and are raising

money for JRFH! It's not too late to register and it's quick, easy and SIMPLE!

TOP STUDENTS:

1. Sadbh - \$509
2. Jammi - \$455
3. Marshall - \$349
4. Poppy - \$272

**TOTAL AMOUNT RAISED: \$2922**

**WOW!**

If you have decided to collect money instead of registering online, don't forget you have until Friday 16 September!

Keep your heart healthy and SKIP!

**Mirabai Carruthers, Eve Green, Mel Seale and Hayley Laurie**



## Stage 1 Port Macquarie Zoo Excursion



Just a reminder to all parents and carers that your child needs to be at school at 7.45 am on Thursday 8<sup>th</sup> September, so we can leave at 8.00am.

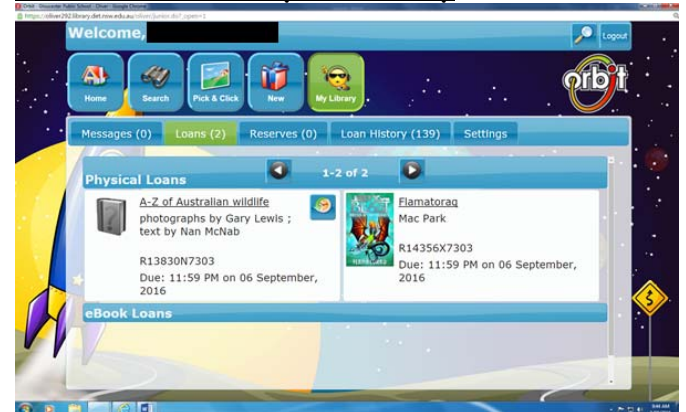
Please make sure your child has everything they need for the day. If they require travel sickness medication (take it well before 8.00am on the morning of the excursion), or other medication, this must be given to their class

teacher in a zip lock plastic bag. It must be labelled.

We will be home at about 5.00pm, so please check the school app for any updates or changes.

**Margaret Wilson and Mark Howland**  
**Excursion Coordinators**

## Oliver - A New way to Library!



Over the past 10 weeks the library team has been undergoing training to update our school with the new, state of the art library system OLIVER. The past two weeks we have been introducing the new system to the students during their library lessons. Some key new features include:

- Viewing your loans from own computer
- Viewing your loan history (great for PRC competitors)
- Placing reserves on books from home
- Searching our school library from home
- Searching outside our school library
- Reading e-books

To check out this great resource, google 'det portal student', log on using your child's school details and click on the OLIVER tab (all kids except Kindergarten should be able to show you this!). Click on the My Library tab. \*Click on the small magnifying glass in the top right corner to view the screen in Orbit - as in the image above. Stay tuned for more tips in next week's newsletter!

**Hayley Laurie**  
**Teacher/Librarian**

## Roald Dahl Turns 100!



To celebrate Roald Dahl's would be 100<sup>th</sup> birthday, the library is holding different activities each day during lunch time. On Wednesdays in week 9 and 10 students can perform a short skit, poem or play about one of Roald Dahls stories. Students can perform these as individuals or in groups. There are limited places for each lunch time slot so get in quick and sign up!

**Hayley Laurie**

**Teacher/Librarian**

## Horse Sports

This Friday, seven Gloucester Public School students will be mounted on their ponies/horses to compete in the Dungog Horse Sports Day.



The riders are Bianca, Cameron and Stuart Turner, Cody and Jessica Howard, Travis and Lachlan Sansom. We wish them all the very best.

Riders and parents/carers please don't forget that all

riders need to be dressed in Gloucester Public School's Horse Sports uniform that consists of a long sleeve pale blue (school colour) shirt, fawn jodhpurs or moleskins, navy blue, v-necked knitted jumper, and our school saddle cloth and tie (provided by the school). Pony club approved riding boots and helmet is also a must. All parents/carers who are driving must have their driver's licence and vehicle, including horse float, registration sighted at the school office.

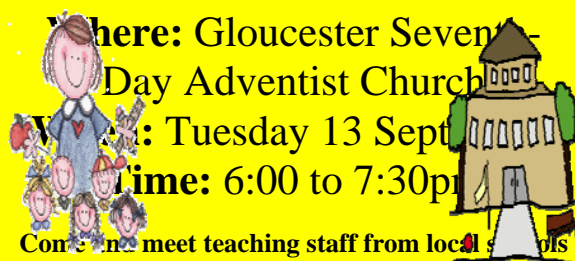
**Margaret Wilson**

**GPS Horse Sports Team Manager**

**Do you have children starting school in 2017?**

**Do you know someone who has a child starting school in 2017?**

## **TRANSITION TO SCHOOL PARENT INFORMATION EVENING**



**Where:** Gloucester Seventh Day Adventist Church

**When:** Tuesday 13 September

**Time:** 6:00 to 7:30pm

**Come and meet teaching staff from local schools in our district**

**and ask important questions about your child's transition to Primary School.**

## **Sporting Schools**

**For: Students K-6**

**When: Tuesdays and Thursdays  
3:00pm-4:00pm**

**Where: Middle Playground**

**What: Bring your hat and a water bottle**

**Afternoon tea is provided!**

**Term 3 from: Tuesday 26 July – Thursday  
15 September (Inclusive)**

**Focus Sports: Netball and Softball**

**We would love to see you!**

## Schools Spectacular Information



Thank you to those who were able to come to the information session I held a few weeks ago. If you weren't able to attend, I sent home important permission notes which need to come back to the school as soon as possible.

### **Just a few quick reminders...**

- Music will (*hopefully*) be available at the end of Term 3. If you were at the meeting, I have taken down your email contact and will get it off to you that way in the holidays. In the meantime, please listen to the dance tracks I gave to you on a CD. It will be really helpful for everyone to have an idea of the music they are learning.
- **School Rehearsals will begin in Week 2, Term 4.** These rehearsals will go from 3-4pm each Monday in the Library. **All students are required to attend!**
- Here are the dates of the rehearsal and performance times. Please be aware that times may change leading up to the show. An updated information pack will be given to you prior to show week.

Dates	Times		Locations
Wednesday 23 November	<b>Rehearsal</b> 7:30am to 4:00pm		Sydney Olympic Park Sports Centre
Thursday 24 November	<b>Rehearsal</b> 7:30am to 7:00pm		Qudos Bank Arena
Friday 25 November	<b>Preview Performance</b> 9:30am to 2:00pm	<b>Evening Performance</b> 6:00pm to 10:30pm	Qudos Bank Arena
Saturday 26 November	<b>Matinee Performance</b> 11:30 to 4:00pm	<b>Evening Performance</b> 5:30pm to 10:00pm	Qudos Bank Arena

Next term, there will be weekly updates for Schools Spec families in the newsletter. Please get into the habit of checking as this will be a main communication outlet leading up to show week!

Happy singing!

***Mirabai Carruthers***  
***GPS Schools Spec Coordinator***

### UNIFORM SHOP

Open every Friday morning  
8.30 -10.00am.

### **Premier's Debating Challenge- Zone decider**

This year we entered two teams in the Premier's Debating Challenge. Both teams have participated in a series of four rounds of debates against other participating schools in our region. Teams have met during lunchtimes since Term 1 to develop their debating skills and to learn the responsibilities of the team advisor and the different speaking roles within the team.

The Gloucester Thunderbolts team finished this competition in equal first place. This team will debate in a decider tomorrow (via Connected Classrooms) to determine which team will progress to the next round. We wish the students involved the best of luck for tomorrow.

All students who have participated in this competition will receive an award at the next primary assembly.

***Caroline Moore and Shannon Crawford***  
***Debating Coordinators***

### **The Tell Them From Me student feedback survey**

Our school, like many other public schools in the state, will again participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

You may remember that our students also participated in a *Tell Them From Me* student survey in Term 1 this year. Asking students to complete the survey twice in one year allows us to identify trends in student responses as well as track engagement and motivation across the school year.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with

them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered in next week during school hours. Participating in the survey is entirely voluntary.

### **The Partners in Learning parent feedback survey**

This Term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online at home or on public computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be open next week and further information will be provided shortly about how to access this survey. Participating in the survey is entirely voluntary, however, your responses are very much appreciated.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>

**Rod Maggs - Assistant Principal (Stage 3)**  
**TTFM School Coordinator**

## GHS STEM Program - Opportunity for Parents and Students

Please note the flyer included separately to the newsletter this week for Stage 3 students and parents. Gloucester High School is having an open evening this Thursday evening to showcase their involvement in the STEM initiative - Science, Technology, Engineering, Maths.

This links directly to the transition program we are currently running for our Year 6 students and would be a great opportunity for you to see firsthand some of the facilities and programs available at GHS in these areas.

Consider heading up for a look!

**Rod Maggs - Assistant Principal (Stage 3)**

# PRIZES FOR RECIPES



### Year 5 Parents.... We need YOU!

Traditionally, it is the parents of Year 5 students that manage and run the Year 6 Farewell each year.

This allows you to be part of a fun team to put together a wonderful event for our Year 6 students and to sit back next year and enjoy the experience of your own child as they participate in this special and memorable event.

We are seeking mums, dads, carers and other special representatives from families to be part of the planning, design and operation of this year's 'Farewell to Year 6'. We need a great team to share the load and be part of the fun!

Job criteria: Great sense of humour, hardworking, creative, good on a ladder, good in the kitchen, good on the computer, good leading others, good at being told what to do, or good for nothing.

If you fit all, some or none of these criteria....

**You are exactly what we need!**

Please join us for our first meeting at **3.05pm on Tuesday 13 September** in the 5/6M classroom next to the hall.

If you cannot make it on the day but are willing to contribute to the team, please leave a message at the office or send in a quick note with your child to let me know.

If your child does not participate in Sporting Schools, consider joining them for the day or we will have the room adjoining for them to do some quiet activities.

We look forward to a room full of happy helpers!

**Rod Maggs - Assistant Principal (Stage 3)**

Thank you to everyone who has already bought in, or entered online, their family recipes for our cook book. To go into the draw for a canteen voucher simply drop your recipes into the box located at the office. Every recipe goes into the draw including the online and emailed entries. Congratulations to our winners so far - Alicia Edwards, Parker Higgins, Milahni Edwards and Danieka Wakefield, Mackenzie Schafer and Thomas Hooke.

**Please note - you need to write your class and a short note about the recipe and where it came from eg. This is my favourite Jamie Oliver recipe or, this is my nan's cookie recipe that's been in the family for years. Include any funny stories that may be associated with your food too.**

You need to have your recipes in by the end of this term so we can get cracking on our book. Keep up the good work.

**Lisa Norrie**  
**Canteen Manager**



## School Banking

Don't forget school banking this Thursday in the library at 8.30am.

- Special note for students in Years 1 and 2 attending the excursion to Billabong Zoo.
  - Option 1: Give your banking to an older/younger sibling to hand in as normal.
  - Option 2: Give your banking to Mrs Richardson or Mrs Clarke tomorrow (Wednesday). Your deposit will be processed on Thursday for you and your wallet returned to you on Friday.

**Jane Richardson & Julie Clarke**  
**School Banking Coordinators**

## **GLOUCESTER ART SOCIETY**

PRESENTS

### **Annual Exhibition & Sale**

**Sept 9th– Oct 3rd**

10am—4pm Mon-Sat

10am-1 sun



Friday 9th 6-30pm, Meet the Artists, nibbles & drinks

**GLOUCESTER ANGLICAN CHURCH**  
PRESENTS

**2016 Annual  
Spring Fair**

**9am-2pm Saturday  
17th September**

**Floral Art Festival**  
\$2 entry

**Op Shop  
Fashion  
Parade**

**Market  
Stalls**

**Food &  
Drink**

**KIDS  
FUN**  
slushies, face painting,  
balloons, dunk tank  
AND MORE!

[www.facebook.com/gloucesteranglicankids](http://www.facebook.com/gloucesteranglicankids)

Enquiries: [rob@gloucesteranglican.com](mailto:rob@gloucesteranglican.com) | 0438 602 886



Gloucester Junior  
Cricket Association Inc.

Registration Day.

Gloucester Junior Cricket Association would like to extend an invitation to children between the ages of 5 to 16 to participate in the 2016/2017 season.

There will be a registration afternoon Thursday 15<sup>th</sup> at 3:30p.m at the nets at No.2 oval

All games will be conducted on Saturday mornings.

**Milo In2Cricket:** For the 5-7 year olds with a focus on skill development games. From 9 till 10:30. \$75 registration.

**Kanga Cricket (Under10's):** Play a modified game on a synthetic wicket with an emphasis on skills training. 9 till 11:30. \$75 registration.

**Under 14's:** Play limited over cricket on a turf or synthetic wicket. 8:30 till 11:30. \$80 registration.

**Under 16's:** Play in the Manning competition against Taree, Wingham, Old Bar, and Forster with equal number of home games as away. \$90 registration.

All equipment supplied for each age group.

Any further inquiries to Steve Bignell: 0429988101  
Or Mark Edwards: 0427899006

Find us on Face Book.



**GLOUCESTER PUBLIC SCHOOL**  
45 Hume Street Gloucester 2422  
Phone: 6558 1303 Fax: 6558 1655



Email: [gloucester-p.school@det.nsw.edu.au](mailto:gloucester-p.school@det.nsw.edu.au) Website: [www.gloucester-p.schools.nsw.edu.au](http://www.gloucester-p.schools.nsw.edu.au)

You can also use our **FREE Mobile App** to keep informed and communicate with us.

Important Information for  
**PRE-SCHOOL PARENTS/CARERS**

***IS YOUR CHILD ELIGIBLE for KINDERGARTEN IN 2017?  
(5 years old before 31<sup>st</sup> July 2017)***



We have started planning our classes for 2017 and would like to anticipate how many Kindergarten students will be attending Gloucester Public School.

Please call into the school office before the beginning of October 2016 to request an application to enrol. This will ensure your child is part of our exciting Orientation program (14/11/16) and SMOOTHSTART program (28/11/16, 5/12/16 and 12/12/16).

**A BIRTH CERTIFICATE** as well as proof of **IMMUNISATION** and **RESIDENTIAL ADDRESS** (e.g. rates notice, electricity bill, etc.) is also required when returning your child's enrolment form.

Please feel free to phone or visit us at any time to discuss your child's enrolment.

We look forward to meeting you and discussing your child's educational needs.

**Leanne Wakefield**  
Principal

**Mirabai Carruthers**  
Orientation/Smooth Start Coordinator



# Hot Dog Meal Deal Day

## Thursday, 15th September

To coincide with Jump Rope for Heart we will be holding a Hot Dog Meal Deal Day on Thursday, 15th September. Please fill out the attached order form and return it to the canteen by Wednesday, 14th September so you don't miss out. The Meal Deal will cost \$4.50 each. To make it easier for us we ask that you **please fill out a separate order form for each child.**

We will need helpers on the day, so if you'd like to help out give me a call on 0447 727 388 or call into the canteen sometime. You don't have to be a regular canteen volunteer and it's a great way to meet other parents.

*Lisa Norrie*  
Canteen Supervisor

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## HOT DOG MEAL DEAL ORDER

### Thursday, 15th September

My Child \_\_\_\_\_ of Class \_\_\_\_\_ would like to order a Hot Dog meal deal. The meal includes a hot dog on a bun, sauce (optional), a popper and a special treat.

**Orders must be in by Wednesday, 14th September or you will miss out.**

I have enclosed payment of \$4.50.

\_\_\_\_\_  
(Signature of Parent/Carer)

\_\_\_\_\_  
(Date)

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(Date)

