



# Gloucester Public School Newsletter

Opportunity - Innovation - Excellence

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[www.gloucester-p.schools.nsw.edu.au](http://www.gloucester-p.schools.nsw.edu.au)



Term 4 Week 7

Tuesday 27<sup>th</sup> November 2018

## Dates to Remember

3/12 Kinder Smoothstart

## End of Year Dates:

7/12 Citizenship Assembly  
10/12 Year 6 Auction  
12/12 Presentation Night  
13/12 Citizenship Movie Day  
14/12 Year 6 Assembly  
18/12 Year 6 Farewell  
19/12 Last day of Term 4 2018

## Assemblies

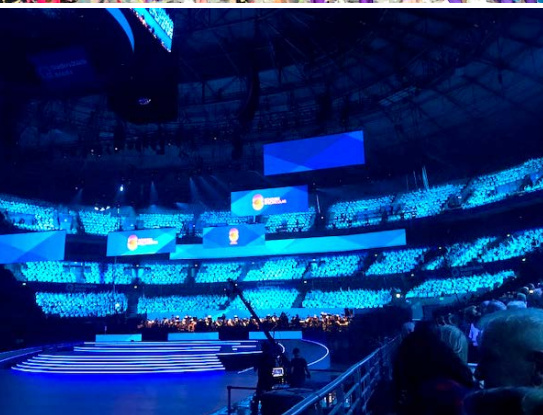
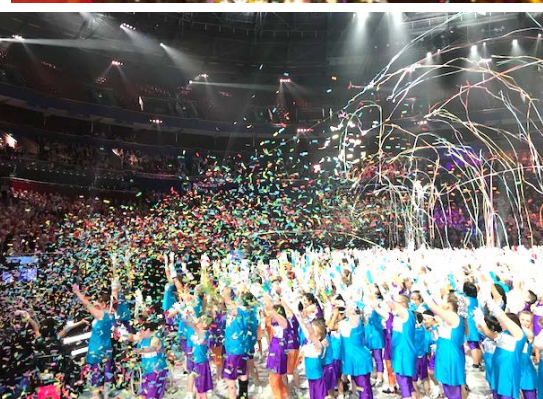
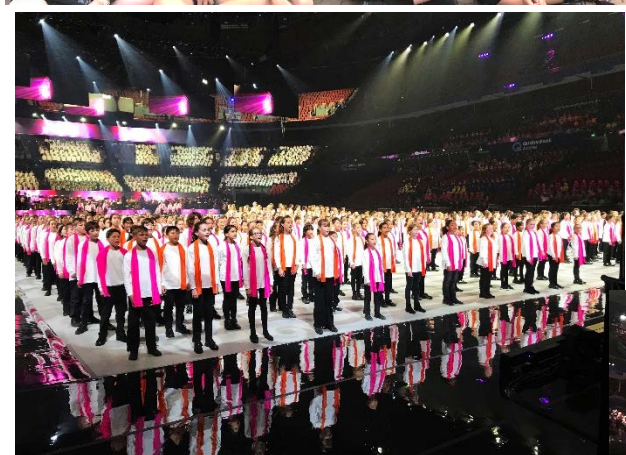
Week 7	30/11	Kinder
Week 8	07/12	Awards
Week 9	14/12	Year 6

## Canteen Roster

28/11	Leanne Anderson Amanda Marsh
30/11	Karen Johnson Robyn Beggs
3/12	Jayne Fry
5/12	Brad Sparke Leanne Kearney
7/12	Mel Seale Kim Haschek

Uniform Shop: Friday 30/12  
8.30 - 10.00am  
Monday 3/12

School Photos: 27/3/19



2018  
SCHOOLS SPECTACULAR  
THE GREATEST !



## Message from Mrs Wakefield -

### Schools Spectacular

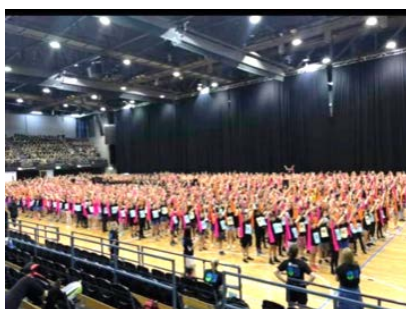
What a wonderful week we had at Schools Spectacular. Our students were part of the 2700 strong choir and all had an absolutely fabulous time. Many thanks to Mrs McLeod our coordinating teacher and to all our parents/carers for their support and commitment. I was blown away by this spectacular event!

### Free Screen

First in, best dressed. FREE Projector screen 3.1 x 2.3. Please phone the school and it is all yours.

### Yours in education

*Leanne Wakefield, Principal.*



### Class Awards (Week 6)

<b>3/4C</b>	Albie Cameron
	Marley Young
	Ethan Blanchard
	Mitchell Davies (E)
<b>3/4L</b>	Alicia Martin
	Melody Maslen
	Nash Griffin
	Charlotte Marchant (E)
<b>3/4T</b>	Jessica Marchant
	Deekin McIlroy
	Tristan Young-Longmire
	Bodhi Ashby (E)
<b>5/6A</b>	Alana Benson
	Aleasha Cawley
	Matthew Hester
	Cody Sparke (E)
<b>5/6D</b>	Emily Beggs
	Anna Lenehan
	Kaleesha Aitken
	Ellen Griffin (E)
<b>5/6G</b>	Sharrina McIlroy
	Emma Broadhead
	Stevie-Lee Smith
	Grace Scanlon-Rose (E)
<b>5/6M</b>	Lilli Zycki
	Bianca Jackson
	Tallulah Ashby
	Jessica Howard (E)

### K/1/2 Assembly

Friday 30<sup>th</sup> November

2.10pm

Hosts/Item = Kindergarten

### Kindergarten

This week KM and KB are combining to host this Friday's assembly. Please check your child's communication folder for some lines to practise. We hope to see you all there!

**Susie McLeod** and **Loryn Bratfield** ☺

### Year 6 Baby Photos

All baby photos should be in by now. Also, a final call to bring in your note and \$15.00 for the farewell so we can finalise catering and other arrangements.

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



## **GHS Orientation Day - Wednesday 5<sup>th</sup> December**

Next week, Thursday 5<sup>th</sup> December is the full day

Gloucester High School Orientation Day.

Students will make their own way to and from Gloucester High School either by normal bus transport or other arrangements organised by their parents. Please do not send your child to GPS on this day as no transport from GPS to the high school is available.

Please ensure your child attends this important orientation day as it allows them to form vital relationships with their peer leaders and key GHS staff members. It is a great opportunity for parents to find out more information about the school and key staff. Parents are welcomed for the morning session to hear more about Gloucester High School, with the opportunity to meet staff and ask questions.

Students should wear full GPS uniform, enclosed leather topped shoes and school hat, bring recess/lunch or money for the canteen, and bring a water bottle. Something to write on and a pen would also be useful.

Should you require further information, please contact me at school on 6558 1303 or the GHS Office on 6558 1605.

Students not attending GHS in 2019 should attend Gloucester Public School as normal.

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

## **Year 6 - What's Coming Up?**

### ***This fortnight:***

Wed 21 Nov PtoH high school visit to GHS

### ***Future Dates for the calendar/diary:***

Wed 5 Dec GHS Orientation Day (full day)

Mon 10 Dec Yr 6 Fundraiser - Year 6 Auction

Wed 12 Dec Presentation Evening - all students encouraged to attend

Fri 14 Dec Year 6 Final Assembly

Mon 17 Dec Auction duties day

Tues 18 Dec Year 6 Farewell

Wed 19 Dec Final day - Walk of Honour 2.30pm



## **Sporting Schools finishes on Thursday**

Our 2018 Sporting Schools Program has been lots of fun and we would like to thank everyone who attended this year. It was great to see so many familiar faces as well as so many new ones this year and we enjoyed the following sports activities:

Term 1: Orienteering and Table Tennis

Term 2: Squash and Touch Football

Term 4: Golf and Hockey

We hope that everyone enjoyed the program, learnt new skills and developed a love of sport and being active. Our Sporting Schools Program will commence again in Term 1, 2019.

*Have a wonderful Christmas and an enjoyable holiday and we look forward to seeing you all again next year.*

**GPS Sporting Schools Team**

**Eve Green, Mel Seale, Susie McLeod, Emily Bosworth and Loryn Bratfield**

## **Year 6 Auction - Monday Week 9 - Buy a Year 6 Student!**



Yes, it's that time again!

Ever wanted to buy your very own Year 6 student? Imagine owning one!

You could finally boss them around as you liked..... get them to carry your things around..... clean out your tote

tray or classroom..... maybe even get them to do your school work!

Well, this opportunity doesn't come around very often. It's time to get together with your classmates, teachers, best friends and buddies, to try to snatch one of these Year 6 students at the upcoming Year 6 Auction on Monday 10<sup>th</sup> December (Week 9).

Bring a couple of dollars, combine it with your class and see if you can bid successfully for the right to 'own' a Year 6 student for a few hours and show *them* who's really the boss! Year 6 students will come to your classroom on Monday 17<sup>th</sup> December for a few hours to do as you command.

All money raised goes to the Year 6 gift to the school. Be part of the fun!

**Mrs Bosworth, Mr Maggs and the Year 6 Fundraising Committee**

# insights

## Help kids develop impulse control

by Michael Hawton



How many of you have been in a situation where, after being on a diet for a few days, a colleague comes to work selling chocolates for a fundraiser? Do you give in and buy a chocolate? It's for a good cause after all. Or do you resist?

Austrian psychologist Walter Mischel conducted an experiment in 1965 involving four-year-olds and marshmallows. Mischel invited individual children into a room where a marshmallow was on the table. The man who brought the child into the room explained that he had to step out for a couple of minutes and if the child wanted to, he or she could eat the marshmallow. However, if the child could wait until the man returned before eating the marshmallow, they would be given an extra marshmallow – so two instead of one. Sure enough, some children couldn't wait and ate the marshmallow before the man returned, while others were able to resist the temptation in order to earn the reward.

Mischel followed the subjects of his experiment into adult life. He discovered that those who had displayed the ability to delay gratification as young children grew to be more socially competent, self-assertive and dependable. And they performed better at school.

Other studies have shown similar results: individuals who had self-control when young later do better on a whole range of variables.

Mischel initially believed that the ability to delay gratification was a result of a certain personality type. However, in a subsequent study with Albert Bandura, Mischel placed children who had not shown the ability to delay gratification in contact with adult role models who demonstrated some delaying tactics. The adults engaged in some kind of self-distracting activity or put their heads down for a nap. The children who observed these adults later showed the ability to delay gratification themselves. That is, they had *learned* the ability to resist temptation from their experience with the adult role models.

### **Impulse control is a skill**

The implications for parents are clear. If our children display characteristics such as impulsivity, we can help them learn more beneficial ways to deal with the world. Parents can role model the appropriate behaviours and talk to their children about the strategies they used.



Two main factors seem to influence the ability of both children and adults to delay gratification. Both are more likely to delay gratification if they trust they will eventually get the better reward. That is, they will be more inclined to hold out if they believe the person or organisation that is offering the reward is likely to follow through.

Second, people will generally only display delaying behaviours if they have the skills to turn what might be tedious waiting time into a more enjoyable (or at least tolerable) time. In the original experiment, children who delayed eating the marshmallow showed a range of behaviours including turning their chairs away from the table, singing, inventing games with their hands and feet and talking to themselves to help them pass the time.

## Emotional intelligence is the key to impulse control

Parents can help younger children delay gratification by distracting them. Many parents find themselves doing this instinctively. When four-year-old Holly nags for snacks just before dinner, they give her a job to do. However, be aware that children younger than about four generally haven't yet developed the parts of the brain that allow them to delay gratification of their own accord.

Older children need to learn how to distract themselves by redirecting their emotions. This is more likely to happen if children understand that emotions don't always need to be acted upon. Older children who are able to focus on the bigger picture will be able make choices that allow them to achieve their goals.

In the book *Influencer*, the authors contend that many social skills, including the ability to delay gratification, can be learnt. This is good news for most of us! They maintain that while we accept that practice improves performance in sport, music and technical areas, few people would think to practice the skills needed to delay gratification, be a better team member or to negotiate with a boss. However the authors say we should. They claim that with the right kind of practice, we can all learn to be more socially competent.

Note: *Influencer* by Kerry Patterson, Joseph Grenny, David Maxfield, Ron McMillan and Al Switzler is available through [Parentshop](#).

We're a Parenting Ideas school

[parentingideas.com.au/schools](http://parentingideas.com.au/schools)

## Upcoming Choir Performances

Our School Choir has a very busy performance schedule for Term 4. There are a few out of school performances and we would really appreciate your support in bringing you child/ren to each of these events.

Date	Concert	Venue
<b>Friday 30 December</b> (During School Time)	Hillcrest	Hillcrest Nursing Home
<b>Tuesday 7 December</b> (During School Time)	Narraweema	Narraweema
<b>Sunday 9 December</b> 6:00pm	Carols in the Park	Gloucester REC Centre and Sporting Grounds
<b>Wednesday 12 December</b> 6:00pm	GPS Presentation Night	RSL Auditorium
<b>Friday 14 December</b> (During School Time)	Kimbarra	Kimbarra

**Susie McLeod and Annette Burrows**  
Choir Coordinators

## PE HOME FUN - TWO-HAND STRIKE

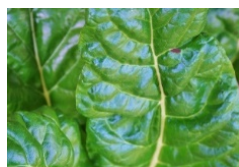
These are the last home activities for 2018. As always, the activity cards explain the learning experience and organisation and highlight teaching tips for learning the nominated Fundamental Movement Skill (FMS).

TWO-HAND STRIKE		HOME FUN	
Stocking Strike			
Learning Experience		Organisation	Teaching Tips
<ul style="list-style-type: none"><li>Set up a stocking strike at home by placing a tennis ball (or ball of newspaper) in an old stocking.</li><li>Hang the stocking from a tree or washing line and practise striking the ball with a bat. Make sure the ball is not moving after each hit, and try to hit the ball each time rather than the stocking. See how many times you can hit it in a row.</li></ul>		<p><b>Equipment:</b> Old stocking, tennis ball, any bat (paddle, tennis, cricket or even newspaper).</p> <p><b>Set up:</b> Space for suspended ball.</p> <p><b>Time:</b> 15 minutes.</p>	<p>Correct STRIKE technique:</p> <ul style="list-style-type: none"><li>-Stand side-on to the target area.</li><li>-Eyes focused on the ball throughout the strike.</li><li>-Hands next to each other on the bat, bottom hand matches the front foot.</li><li>-Step toward target area with front foot.</li><li>-Hips then shoulders rotate forward.</li><li>-Follow through with bat around the body.</li></ul>

TWO-HAND STRIKE	HOME FUN	
Noongar wana*		
Learning Experience	Organisation	Teaching Tips
<ul style="list-style-type: none"><li>Use an underarm throw to hit a target (large pin, marker, dome or bin), which is defended by a player with a bat. Place a target in the middle of a large hoop or marked circle with a 2cm diameter.</li><li>Whoever fields ball can have a shot at the target.</li></ul>	<p><b>Equipment:</b> 1 ball, 1 bat, 1 bin-sized target.</p> <p><b>Set up:</b> Can play outside with two or more people.</p> <p><b>Time:</b> 10 minutes.</p>	<p>Correct STRIKE technique:</p> <ul style="list-style-type: none"><li>-Stand side-on to the target area.</li><li>-Eyes focused on the ball throughout the strike.</li><li>-Hands next to each other on the bat, bottom hand matches the front foot.</li><li>-Step toward target area with front foot.</li><li>-Hips then shoulders rotate forward.</li><li>-Follow through with bat around the body.</li></ul>

I hope you can make time to get active with your children at home.

**Mel Seale**  
PE Teacher



**FOR SALE!**  
Spinach from our  
School garden  
\$1.00/bunch





### P&C Christmas Raffle

Gloucester Public School P&C is running a Christmas raffle. We would like to thank the following businesses for their kind donations:

Divine Beauty	\$50 voucher
Avon Valley Meats	\$50 voucher
CRT	2 x \$50 vouchers
Auto Pro	\$50 voucher
Bucketts Way Motel	\$50 voucher
Nannas Café	\$20 voucher
Circle of Friends	\$20 voucher
Perenti Café	condiments
CWA	Christmas pudding
Oyster Bay Wines	Wine

Tickets will come home with students today and the raffle will be drawn at the Presentation Night on Wednesday 12<sup>th</sup> December.

Please return all sold and unsold tickets to the office by 3.00pm on Wednesday 12<sup>th</sup> December or hand to the P&C by 6.00pm on Presentation Night.

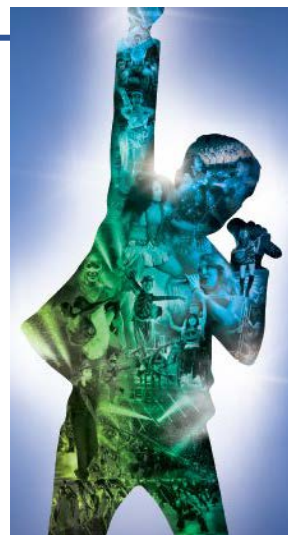
We are raising money for some large items to benefit the students of Gloucester Public School. The P&C thank you for your support.



### SCHOOLS SPECTACULAR

*The Greatest* was the theme for Schools Spectacular 2018 and it sure lived up to the name! Approximately 5600 students were involved in this year's show, including 2700 Primary and Secondary choir members. Our GPS team was lucky enough to be a part of the Primary Arena choir. Last week, they travelled down to Sydney with their families for 2 big days of rehearsals on Wednesday and Thursday and then performed in 4 shows across Friday and Saturday. They sang, they moved and they had a BLAST! Congratulations to our GPS Schools Spectacular choir. You were a credit to yourselves and our school. The experience you had will last a life time and it will be something you cherish forever! Thank you for all of the hard work you put into rehearsing and the energy you brought to the show! A very big thank you also needs to go out to all of the families who took their children down to the show. Without your help and support, it wouldn't be possible so thank you, thank you, THANK YOU! Schools Spec will be broadcasted on Channel 7 on Saturday 8 December at 7:00pm. Make sure you check it out because the show was AMAZING! (Photos on the front of this newsletter.)

**Susie McLeod**





YOUR LOCAL PCYC PRESENTS

# BLUE LIGHT DISCO



**30/11/18 @ 7.30PM**

JUNIOR BLUELIGHT - Yrs 3 to 7

7.30pm till 9.30pm  
\$5 entry  
Gloucester Soldiers Club  
Entertainment: Mobilistic DJ Disco

**LOTS OF LUCKY DOOR PRIZES ON OFFER**

**NO ALCOHOL | NO DRUGS | NO PASSOUTS**

All Blue Light events are drug and alcohol free and supervised by Police Officers



[www.pycnsw.org.au](http://www.pycnsw.org.au)

YOUR LOCAL PCYC PRESENTS

# BLUE LIGHT DISCO



**30/11/18 @ 5.30PM**

JUNIOR BLUELIGHT - Yrs K to 2  
(last year Preschoolers welcome)

5.30pm till 7pm - \$3 entry  
Gloucester Soldiers Club  
Entertainment: Mobilistic DJ Disco

**LOTS OF LUCKY DOOR PRIZES ON OFFER**

**NO ALCOHOL | NO DRUGS | NO PASSOUTS**

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[www.pycnsw.org.au](http://www.pycnsw.org.au)

GLOUCESTER COMBINED CHURCHES PRESENT

# Carols in the Park

**6PM SUNDAY 9TH DECEMBER**  
**BERT GALLAGHER OVAL**

- \* Carol singing
- \* BBQ & soft drinks
- \* Candles available
- \* Local talent
- \* Great family fun



*She is going to have a son.  
You must give him the name Jesus.  
That is because he will save his people from their sins*





**HUNTER VALLEY GARDENS**  
**XMAS LIGHT SPECTACULAR**  
**SATURDAY 15<sup>th</sup> DECEMBER 2018**



**\$25 per adult**  
**\$20 per student (U/18)**

To secure your seats - phone or text your details to  
**0475 563 043**

GLOUCESTER BLUE LIGHT WILL COVER TRANSPORT COSTS  
(Coach travel)