



# Gloucester Public School Newsletter

Opportunity - Innovation - Excellence

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Term 4 Week 5 This week's expectation: *Care for our school and everything in it* Tuesday 10 November 2020

## Dates to Remember

25/11 Kindergarten 2021  
Transition program  
9.30am - 12.30pm

8-15/11 NAIDOC Week

1-4/6 2021 Stage 3  
Excursion to Canberra

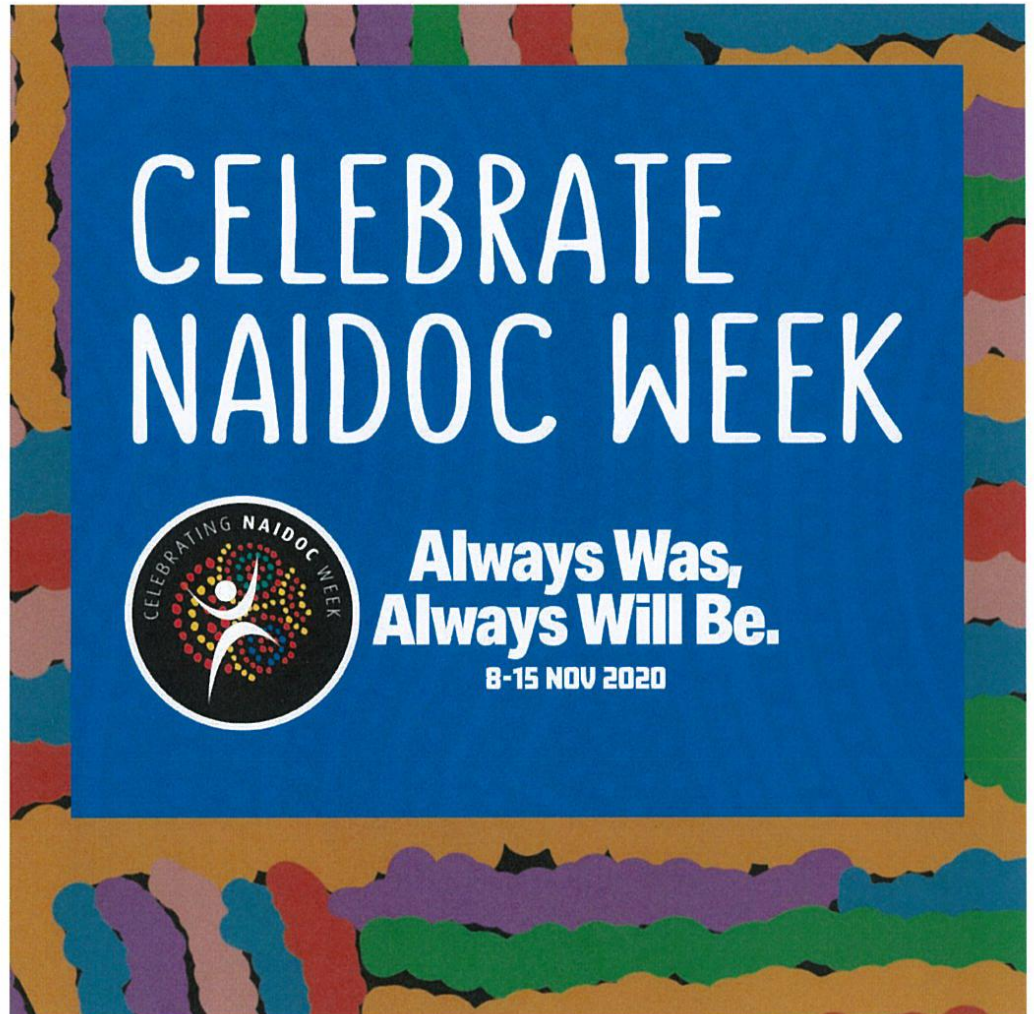
Canteen Days: Monday  
Wednesday  
Friday

Uniform Shop is open every  
Friday morning 8.30am -  
10.00am.

+ 27/1/2021 - 8.30 - 11.00am  
28/1/2021 - 8.30 - 11.00am  
29/1/2021 - 8.30 - 11.00am  
01/2/2021 - 8.30 - 11.00am

Please check our SkoolBag  
App for updates daily.  
This is the easiest way to  
stay up-to-date with  
school events, last minute  
notices, newsletters and  
all school communications.

1. Download the app
2. Create an account
3. Add our school



## NAIDOC

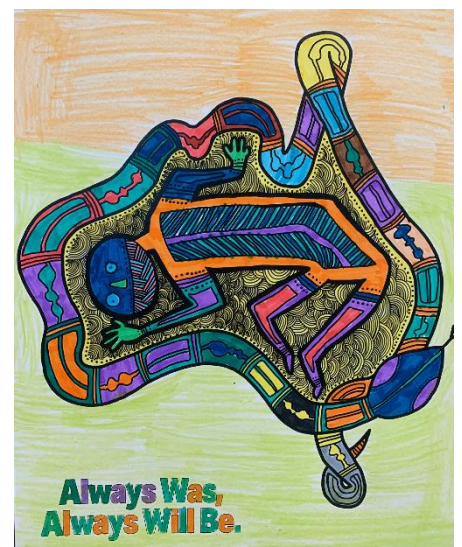
NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself. Its origins can be traced to the emergence of Aboriginal groups in the 1920's which sought to increase awareness in the wider community of the status and treatment of Aboriginal and Torres Strait Islander Australians.

Find out more about the origins and history of NAIDOC Week here -

<https://www.naidoc.org.au/about/history>



# NAIDOC WEEK ACTIVITIES





## Weaving Well-Being

This week is **Gratitude Week** at Gloucester Public School and all the students are focusing on being thankful for some things in their life. Each student and staff member have decorated a 'Gratitude Leaf' to add to our Gratitude tree which is 'growing' in the computer lab. It is such a talking point with the students, and gratifying to see that they don't take all the great things they enjoy for granted. We also have decorated the school with numerous posters about gratitude, encouraging students to see positivity in their lives.



You can assist your child to understand being grateful or thankful by explaining how you can think of all the things you have, rather than the things you don't. We are encouraging the students to promote gratitude at home as well, so hopefully you might be on the receiving end of some thankfulness!

**Felicity Willis**  
**Learning and Support Teacher**  
**Be You Action Team Leader**

## Gardening Club News

This week the gardening club students will be planting out some more lettuce seedlings as they are selling like hot cakes! We are also planting some fresh parsley and cucumbers. Our shallots (spring onions) are ready for picking and there should be some zucchinis ready shortly. There are some herbs and vegetables available for sale, if you are interested, please send your money and a plastic bag to Mrs Willis.



*Bunch of Ruby Chard (colourful spinach) \$2*

*Bunch of spring onions (shallots) \$2*

*Bunch of Sage, Basil or Chives \$1*

*Lettuce \$2*

# Class & Expectation Awards Term 4 Week 3



**KB:** Brock Gruisinga, Ryan Campbell,  
Matilda Kellner, Jesse Volley



**KM:** Adam Stanton, Matilda Wooster,  
Christian Collins, Patrick Lenehan



**1/2B:** Tyson Gorton, Nullah Clarke,  
Marnie Renwick, River Cowley



**1/2C:** Emily Parker, Isaac Burns,  
Ryan Hodgess, Jazmyne Warner



**1/2S:** Emma Beahan, Noah Leitch,  
Khloe Blanch, Miley Baker



**3/4K:** Pharaoh Genoli, Ethan Smith,  
Mackenzie Young, Zali Jennings



**3/4L:** Lily Sansom, Darcy Hall,  
Olivia Wade, Samuel Burns



**3/4S:** Ava Wall, Evie Bradney,  
Jarred Rolvink, Xander Galvin





**3/4W:** Ryder Guttridge, Tyler Hobbins,  
Amelia Rawbone, Bradley Higgins



**5/6B:** Travis Allardice, Jesse Ashby,  
Kailee Hogan, Hayley Green-Crook



**5/6E:** Brodie Parish, Travis Matthews,  
Kaitlin Perry, Dylan Crossley



**5/6G:** Cooper Gunn, Bodhi Ashby,  
Georgia Ellis, Asher Baker



**5/6M:** Laura Broadhead, Ellie Berry,  
Harrison O'Bree, Nikita Hobbins

Please make sure that we have your current details.

If anything has changed, (address, emergency contacts, phone numbers etc), please advise us as soon as possible.

### **Canberra Excursion 2021 for Stage 3**

**SAVE THE DATE: 1-4 June 2021**

I am currently in the final planning stages for a Stage 3 excursion to Canberra in late Term 2 next year.

While COVID restrictions are still in place, we are making plans in the hope that we might have the opportunity to make amends to this year's disappointment.

I am hoping to have a note out in the first half of next term, outlining estimated costs and seeking expressions of interest for the trip.

***Rod Maggs, Assistant Principal – Stage 3***

INSIGHTS

## A flexible approach to raising kids



This year's unique challenges have brought a sharper focus on child-rearing styles. Parents who rely on one style have often struggled to meet the emotional needs of their children.

Kids who are worried, fearful or fretting about the future initially benefit from a nurturant, empathetic approach. "I get it" is what they want to hear so they feel safe and secure. They also benefit from a firmer approach where an adult communicates "You can cope with this" is something kids need to hear when they experience change, difficulty and disappointment.

This combination of nurturance and firmness is known as an authoritative approach according to Diane Baumrind, a leading researcher on parenting styles. A purely nurturant style is known as a permissive style, while a singularly firm style is known as authoritarian.

### Warm cat, firm dog

It's helpful to use a cat and dog metaphor when discussing the authoritative approach. As dog-owners know these pets are highly relational and respond favorably to attention. The dog style of parenting is empathetic and has an encouraging, relationship-building focus. Cats, on the other hand, are usually self-sufficient and can live happily without you. Continuing the metaphor, the cat style of parenting is more likely to challenge kids, better able to manage poor behaviour and provide solid family leadership.

### Body language counts

The dog-cat styles are expressed through our non-verbal language – our tone of voice, posture and heads. A cat speaks in a flat, clipped voice using a minimum of words. Their head is still, its body upright and confident. A cat is calm, quiet and in control. A dog, on the other hand, speaks with lots of inflection in their voice. They'll smile a great deal and lean in when they speak. It's a warmer more approachable style suited to conversations and building relationships.

### Which style do you identify with?

Most people naturally have a preference for one style over the other. If you defer to one then you may have to work a little harder or more consciously to bring the other side to the fore. Many parents working in partnership with each other will share the dog-cat loads. One parent is firm in approach, while the other uses a warmer, more personal approach. Sometimes parents switch styles according to the gender or personality of their children. This is quite common as boys have a tendency to bring out the firm cat in their fathers and the warmer, protective dog-side in their mothers.

Conversely, fathers often respond to their daughters in dog-like ways and anecdotally, it seems, many mothers are more naturally cat-like with their daughters. Single parents without the luxury of sharing the parenting will generally need to be flexible and move between the two styles.



# parenting \* ideas

## Avoid mixed messages

Get your cat and dog wrong and you risk being ineffective and failing to meet either a child's needs or the needs of a particular situation. If your first response to a child's difficulty is to be distant and unapproachable, then you are probably not meeting their immediate emotional needs. Your child or young person needs you to be approachable or dog-like when they come to you with genuine concerns. Conversely, approach a child or teen whose behaviour isn't up to standard with a dog-like approach and you'll be ignored or not taken seriously, leaving you either angry or deflated.

## Flexibility is the key

It's my experience that it's possible to move seamlessly between the two modes but it takes awareness and practice. If you naturally default to cat mode, then you may have to put some conscious effort into responding with empathy and nurturance when your child or young person struggles. Alternatively, you may practise dog-like behaviours easily but have to work on your cat side to promote independence and manage your child's behaviour. In time these switches become automatic as your awareness grows enabling you to adopt new ways of parenting. Your effectiveness and satisfaction levels will increase as you move seamlessly between the cat and dog parenting styles.

## Related webinar

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Parenting like a cat and dog' at no cost.

### About

In this webinar, Michael Grose uses cat and dog metaphors to introduce parents to two diverse styles of parenting. This will increase their ability and confidence to manage, nurture and build relationships with their children.

### When

11 November 2020 8:00pm AEDT.

### To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-parenting-like-a-cat-and-dog>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code METAPHOR and click 'Apply Coupon' Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until 31 December 2020. If you're unable to make the broadcast time, just register anyway and you will get access to the recording. The recording will be available in your Parenting Ideas dashboard so you can refer to it at anytime.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

### Stage 3 Reminders

Notes have been sent home for the Year 5 students regarding their Year 6 shirts for 2021. Please return these notes as soon as possible, as we would love to order the shirts this year to have them ready for early 2022.

Also, notes have been sent home for the Year 6 Farewell. This information will assist with our planning for this year's wonderful event. Money can be paid to the office or online.

### New Learning Space

Our wonderful P & C have provided an inspiring and sun safe outdoor learning area for Stage 3.

This new area is also a lovely space for students to sit and spend time with their friends during recess and lunchtime. A colourful touch are the colours of the seating which are our school house colours - blue, red, yellow and green. Another greatly appreciated project organised by our hard-working P & C.



### Remembrance Day 2020



Tomorrow, 11 November, marks the anniversary of the armistice which ended the First World War (1914-18).

Each year on this day, Australians observe one minute's silence at 11.00am, in memory of those who died or suffered in all wars and armed conflicts. Our school captains along with Mr Maggs and Mr Soupidis will be attending the event at Gloucester Memorial Park.

This is an important event commemorating those who have sacrificed so much for the protection of the freedom and way of life we enjoy in Australia today.

