

Gloucester Public School Newsletter

Opportunity - Innovation - Excellence

Find us at:

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Term 4 Week 7

This week's expectation: Play and Work Safely

Tuesday 16 November 2021

Dates to Remember

25/11 Out-of-uniform day

2/12 Ice-cream day

8/12 Presentation Assembly online event

14/12 Year 6 Farewell -

students and staff only

15/12 Semester 2 Reports go

home

Unfortunately, all excursions have been cancelled/postponed.

Uniform Shop:

Open Friday morning 8.30 - 10.00am

Please make sure we have your up-to-date details in case we need to contact you.

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

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





Unable to attend the town's Commemoration
Service at the Clock Tower on Thursday 11
November due to covid restrictions, our
primary students gathered in the bottom
playground opposite Memorial Park to pay
their respects



Year 5 Nominated Leaders for 2022

We would like to wish our eight nominated leaders for 2022 all the best for their election speeches next

Four of these students will be captains and four will be our SRC executive.

Voting will take place next week and captains, vice-captains and SRC executive roles will be announced at our Presentation Day assembly on Wednesday 8 December.









Holly Davies

Emma Latimore

Janella Brooks

Olive Kelly









Brodie Baker

Charlie Bignell

Benji Haranto

Liam Wamsley

parenting *ideas

INSIGHTS

Turn your anger around without yelling



We've all had those days. You know the ones... the days where your child has refused to get ready for school, thrown food at their brother and is in a right mood. Your teenager slams the door when you ask them to clean up their bedroom. You ask and ask again. And again. And the kids just won't listen. That, or if they listen, they won't do as they're told!

When days like this happen – and they do – you can get so angry that you lash out only to regret your actions later on. With smacking now widely regarded as less acceptable, the lashing out often takes the form of yelling. It's probably fair to say that yelling is the new smacking.

Yelling is harmful

Researchers believe that yelling at kids can be just as bad as smacking. Yelling has also been linked to lower self-esteem in children and young people. Children who are raised in a home where yelling is common have a higher risk of developing psychological issues. When parents use yelling as a discipline measure, kids have an increased risk of developing behavioural problems, anxiety, stress and depression.

Understand, don't reprimand

When your kids are really getting under your skin, instead of getting furious, be curious. You need to connect before you correct. Children don't wake up in the morning and think, 'How can I make life horrible for my parents?' They might be having a hard time. Work out what needs aren't being met and help meet them.

Use humour

Humour is one of the best ways to take away anger and reduce stress. A good friend of mine was teaching his daughter to drive. The whole family was in the car while the daughter was driving when she missed a corner and ended up crashing into a petrol station sign. My friend looked at his daughter and at his family and said, "Well, while we're here, does anyone need to use the bathroom?" By using humour, my friend released the tension in the situation. Then they could calmly talk about what had happened and how to resolve it. What a wonderful way to turn away from anger!

Stay calm and kind

Self-talk is now recognised as a great way to regulate your emotions and change your behaviour. When you're starting to get upset there's a mantra that you can use: 'I'm going to be calm and kind.' When you repeat this phrase, it reminds you of what you want, and helps you to better regulate your own emotions. Calmness is something of a superpower that can have have such a positive impact on those around you.

Create psychological distance

All parents seem to have just a bit more patience with someone else's child or young person. Pretend that you're 'a favourite aunt who rarely never gets cranky at the kids. She always finds a way to be kind, even with the challenging child or teenager. If that doesn't work for you, pretend your child is a neighbour's kid!

In closing

Yelling turns children and young people away. Speak softly. Speaking softly forces them to listen closely, and it make everyone feel better.

Most parents hate yelling (as do their kids). When you are calm and kind, and look to understand, not reprimand, you will be able to keep anger and yelling out of your home. That's better for your kids and for you.

Class & Expectation Awards Term 4 Week 6



KB: Jaiden Schumacher, Olivia Lewis, Axel Zimmerman



KC: Piper Newman, Kaylee Hamson, Amber Ranieri, Elijah Brooks



1B: Zeus Genoli, Dakota Clark, Aliyah Matri



1K: James Goldsmith, Indigo LeBrocq, Echo Kelly



25: James Henderson, Charlee Bell, Jayden Marley, Jake Harris



2A: Luca Predebon Harry Wamsley, Connor Warren, Eli Holden



3/4K: Corey Everett, Cruiz Genoli, Lucas Schumacher, Krickett Jolliffe



3/4L: Ellie Rawlings, Eli Soupidis, Amelia Gruisinga, Patrick Doolan



3/4S: Urban Holden, Bonnie Clarke, Layla Campbell, Kara Brooks



3/4W: Madison Gooch, Jarrah Baker, Miller Ribbons



5/6E: Mackenzie Young, Jacob Whittaker, Olive Kelly, Deekin McIlroy



5/6G: Harrison Hodgess, Archie Ribbons



5/6M: Ava Finnemore, Christopher Bolton, Jack Bradney



5/6S: Bodhi Ashby, Ellie Berry, Laura Broadhead





School Banking update from Commonwealth Bank

For 90 years, our School Banking program has helped children learn about money, reinforced the importance of regular savings and provided structure for parents to support their children to save.

Though the program continues to have strong support from schools, parents and teachers, recent decisions by some state and territory governments because of a review by the corporate regulator mean we are unable to continue providing programs in schools, and we have had to make a difficult decision to close our School Banking program for all government and non-government schools across the country.

Our School Banking program was established in 1931 at a time when having a bank account was not commonplace, and since then we have helped more than 15 million Australians take their first financial steps. This would not have been possible without the wonderful support we have received from schools like yours, including all the parents and volunteers, and for this we are deeply grateful. Thank you.

Even though this is a sad time, School Banking has taught so many young Australians, past and present, the value of money and we believe this should be celebrated. We have created a place for you to share your stories, fondest memories and lessons learnt through the program.

Even though the CommBank School Banking program will not be returning to your school after this year, you can continue to make deposits into your child's Youthsaver account through online transfers or at any CommBank branch. If you need further information, please phone 132 221 or visit your local CommBank branch.

Year 6 Fundraising

Every year, Year 6 hold fundraising activities to raise money for their end of year gift to the school. Please remember the below dates and activities.



Out of Uniform Day

Thursday 25 November (week 8) will be an out of uniform day. Please bring \$2 to participate.

Ice-Cream Day

Thursday 2 December (week 9) will be an ice-cream day. There will be lactose and gluten free options available. The cost will be \$2.



Stage 3 teachers and the Year 6 Fundraising Committee



P&C End of Year Raffle

Raffle tickets are coming home with this newsletter.

Tickets are \$1.00 each and should be returned to school (sold and unsold) by 3.00pm on Tuesday 7 December.

The raffle will be drawn on Wednesday 8 December.

1st prize - Hand-made blanket donated by Judy Penfold and family and a \$100 IGA gift voucher

2nd prize - \$50 IGA gift voucher

3rd and 4th prizes - \$25 IGA gift voucher

(If you do not intend to purchase your tickets, would you please return them to the office as soon as possible as there are not enough to go around and they are unavailable to purchase.)

GLOUCESTER PUBLIC SCHOOL P&C ASSOCIATION 25/10/2021 Held via Zoom

Meeting opened- 6:59pm

Attendance: As per attendance book. Apologies- None Minutes: moved to be correct

Moved: Erin Seconded: Jodie

Business arising:

• Sally asked if the cupboards were installed, Erin didn't know as she is unable to go onto site due to covid restrictions and Leanne said that new cupboards had not arrived yet.

• P&C shed shelving hasn't been organised yet, but Sally will look into.

Moved: Katharine Seconded: Jodie

Correspondence: see correspondence book.

Moved: Ruth Seconded: Sally

Uniform:

• No visitors on school grounds means no stock take, no uniform shop for kindergarten orientation.

Moved: Erin Seconded: Katharine

Fundraising: see report

Christmas raffle: it was asked whether we were going to ask families to donate items towards a hamper to
raffle off. Leanne said that a lot of families were doing it tough and it might be too hard to do it that way, it
was suggested that we raffle off vouchers instead.

- Nicole moved a motion that we purchase \$200 worth (1 x \$100, 1 x \$50, 2 x \$25) of vouchers from IGA for the Christmas raffle. Seconded Jodie.
- Father's Day Stall did not go ahead due to Covid so the stock is ready to go for next year.
- Nicole has organised some samples and information for some new potential fundraising items.

Moved: Nicole Seconded: Jodie

Treasurer's Report: see report

Moved: Katharine Seconded: Sally

Canteen Report: see report

• Katharine asked if we did anything with the "oops note" for children bringing the wrong amount of money to the canteen. Ruth to follow up on implementing these.

Moved: Ruth Seconded: Nicole

Principals Report: see report

General Business:

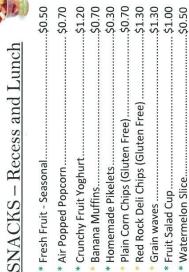
- Erin explained that at the new return and earn for cans/bottles at the bowling club you can click donate instead of cashing out. There is an option to select a school there but not P&C. Leanne to explore this.
- Erin suggested that St. John's first aid offer a free course and may be a good idea especially for the older children. Leanne thought this was a good idea and something worth exploring once covid restrictions ease.
- Susan McLean booked for next year after many covid reschedules.
- We will find out in November if we get the grant for the primary playground.
- The mural in the library is beautiful, Sally is hopeful that we can continue them out to other parts of the school such as the infants and senior quads near the entrances to the bathroom.
- We have applied to do the "share our space" during the holidays.
- Brian Beasley has approached Sally about getting involved with the Rotary "Grocery Dash", they just want the P&Cs from each school to help sell the tickets. Sally moves a motion that we go ahead with the rotary grocery dash, Ruth seconded.
- Treasurer's position Sally has asked if anyone wants to take on the position. Katharine Stuckings moves that she is to become the treasurer for the P&C, Nicole seconded, all in favour and carried.

Moved: Ruth Seconded: Jodie

Meeting closed at 7:58pm Next General Meeting to be held – 22nd November 2021 – School Library

SLOUCESTER PUBLIC SCHOOL

TERM 4 WEEKS 6 - 11 2021





To meet the NSW Healthy School Canteen GPS has 82% everyday foods/drinks and Strategy at least 75% of the menu must be everyday foods/drinks and no more than 25% occasional foods/drinks. Our menu is checked annually 18% occasional foods/drinks.

DRINKS – Recess and Lunch Only

*	* Flavoured Milk – Choc or Straw\$2.20	\$2.20
*	* Berri Juice Bottle - ABC, OJ or Apple \$2.20	\$2.20
*	* Poppers - Apple, Paradise Punch or ABC \$1.70	\$1.70
*	* Water 600ml\$1.50	\$1.50
*	Warm Milo (Term 2 and 3 only)	\$100

RECESS AND LUNCH

HOT FOOD FOR

MUST BE ORDERED

BEFORE 9.00am



SANDWICHES/WRAPS

All sandwiches are made fresh using Hebby's Lunch Only Energy bread

*Chicken Tender Wrap\$4.00
(Lettuce, cheese & mayo)
* Ham\$3.50
* Ham with Salad\$4.50
* Salad Only\$4.00
* Large Pizza Scroll (Toasted)\$4.50
* Cheese\$2.50
* Ham with Cheese\$3.60
* Ham, Cheese and Tomato\$4.00
* Ham with Cheese, Pineapple\$4.00
* Cheese and Tomato\$2.70
* Egg <u>or</u> *Curried Egg\$3.00
* Egg or *Curried Egg and Lettuce\$3.80
* Vegemite <u>or</u> *Honey\$2.50

Toasted Sandwich/Wrap - add 20c

Bread Roll -add \$1.00 Gluten Free Bread -add \$1.00

HOT FOOD AT RECESS

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HOT FOOD AT LUNCH

(*Cheese & light Sour Cream - optional 50c each)
* Nachos\$4.0C
Tomato/BBQ/Sweet Chilli/Mayo\$0.50
* Large Pizza Scrolls\$4.50
* Chicken Tender \$1.50
* Mac n Cheese (Enrico Brand)\$4.20
* Lasagne (Enrico Brand)\$4.20
* Sausage Roll (Hebbys)\$3.5C
* Junior Pie (Timbertown pies)\$2.00
* Meat Pie (Hebbys)\$4.00

Please let us know if your child has any food allergies.

FROM THE FREEZER - Lunch Only

* Twisted Frozen Yoghurt Gluten Free\$2.20
* Mini Frozen Yogurt Cups-Vanilla, Straw, Mango\$0.20
* Mini Frozen Juice Cups - ABC/Appl\$0.20

* Frozen Pineapple Rings\$0.50
Vanilla Ice Cream Cup (Gluten Free)\$1.50
* Juicies - Lemonade or Tropical (Gluten Free)\$1.20
* Frozen Juice Cup - ABC or OJ\$1.00

Lunch bags are available at the canteen free of charge thanks to Connected Electrical

the 'Healthy School Canteen Strategy' GPS School Canteen proudly meets

* Occasional food or drink * Everyday food or drink

