



Gloucester Public School Newsletter

Opportunity - Innovation - Excellence

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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



REMEMBRANCE DAY
Let Us Not Forget



SACRIFICE
 TRIBUTE SOLDIERS
 REMEMBRANCE
 POPPY DAY
 VETERANS BRAVERY
 RESPECT HEROES
 LEST WE FORGET

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 week.

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

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 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 ever 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 makes 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



2S: James Henderson, Charlee Bell, Jayden Marley, Jake Harris



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



3/4K: Corey Everett, Cruz 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 Mclroy



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.



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

TERM 4 WEEKS 6 - 11 2021

SNACKS – Recess and Lunch



- * Fresh Fruit - Seasonal.....\$0.70
- * Air Popped Popcorn.....\$0.70
- * Crunchy Fruit Yoghurt.....\$1.20
- * Banana Muffins.....\$0.70
- * Homemade Pikelets.....\$0.30
- * Plain Corn Chips (Gluten Free).....\$0.70
- * Red Rock Deli Chips (Gluten Free).....\$1.30
- * Grain waves.....\$1.30
- * Fruit Salad Cup.....\$1.00
- * Watermelon Slice.....\$0.50

SANDWICHES/WRAPS

Lunch Only

All sandwiches are made fresh using Hebbly's Energy bread

- * Chicken Tender Wrap (Lettuce, cheese & mayo).....\$4.00
- * 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 or *Curried Egg.....\$3.00
- * Egg or *Curried Egg and Lettuce.....\$3.80
- * Vegemite or *Honey.....\$2.50

Toasted Sandwich/Wrap - add 20c

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

CANTEEN OPEN FROM 8:30am - 1:30pm

MONDAY, WEDNESDAY & FRIDAY

ORDERS MUST BE IN BY 9am

To meet the **NSW Healthy School Canteen 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
GPS has **82%** everyday foods/drinks and **18%** occasional foods/drinks.

DRINKS – Recess and Lunch Only



- * Flavoured Milk – Choc or Straw.....\$2.20
- * Berri Juice Bottle - ABC, OJ or Apple.....\$2.20
- * Poppers - Apple, Paradise Punch or ABC.....\$1.70
- * Water 600ml.....\$1.50
- * Warm Milo (Term 2 and 3 only).....\$1.00

HOT FOOD FOR RECESS AND LUNCH MUST BE ORDERED BEFORE 9.00am

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/Apple.....\$0.20
- * Frozen Pineapple Rings.....\$0.50
- * Frozen Orange Wedge.....\$0.10
- * Moosie - Choc or Blue Moon (Gluten Free).....\$1.50
- * 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

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

- * **Everyday food or drink**
- * **Occasional food or drink**



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