



Gloucester Public School Newsletter

Opportunity - Innovation - Excellence

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Term 4 Week 8

This week's expectation: *Play and Work Safely*

Tuesday 23 November 2021

Dates to Remember

- 25/11 Out-of-uniform/Mufti Day
- 2/12 Ice-Cream Day
- 7/12 Return end of year raffle tickets today
- 8/12 Presentation Assembly online event
- 14/12 Year 6 Farewell - students and staff only
- 15/12 Semester 2 Reports go home
- 16/12 Last day of school for all students

Uniform Shop:

Open each Friday morning
8.30am - 10.00am

Please make sure we have your up-to-date details in case we need to contact you, especially your mobile phone number and email address. Thank 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



Gloucester Public School P&C Committee has been successful in its application for the Community Building Partnership Program 2021. We received \$30,000 to go towards the installation of new 'Ninja' climbing equipment for the primary playground in 2022.

This is another initiative from our dedicated P&C which is always working towards improving our wonderful school by raising funds throughout the year.

Thank you to all families who support our fundraisers!

Sally Maslen, P&C President



The current primary playground equipment which will be replaced

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/Mufti Day

Thursday 25 November (this week) 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 News



End of Year Raffle

Raffle tickets went home last week.

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

Gloucester Rotary Club IGA Grocery Dash



Once again, Gloucester Rotary Club is running its annual IGA Grocery Dash, and all proceeds are going to the four local primary schools.

We need to sell as many tickets as possible to raise money for our schools. Tickets are available at the school office for \$5.00 each. The winner will get to 'dash' around Gloucester IGA supermarket collecting as many groceries as possible in three minutes. (Up to \$500 worth of groceries can be collected).

Sounds like a great idea knowing that Christmas is only just around the corner!

Please support this fun and quick fundraiser for our school and buy some tickets.

The last date for return of tickets is Friday 4 December. The winner will be drawn on 7 December and the grocery dash will be held on 14 December.

Sally Maslen, P&C President



Stage 3 Reminders

2022 Year 6 Shirts

Notes will be sent home this week for the **Year 5** students regarding their Year 6 shirts for 2022.

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.

Year 6 Farewell

Also, permission and payment 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. Please return them as soon as possible.

A note will also be sent home this week outlining the planned program.



Stage 3 Homework

With some busy events for everyone coming up in the next couple of weeks, there will be no homework for Stage 3 students for the rest of the term. We have Year 5 leadership speeches being prepared, fundraising events to organise and many events for the Year 6 students to prepare for. This should be enough to keep them busy!

Thank you to all parents for supporting your child throughout the year with homework.

Gloucester High School Orientation Day for Year 6



Please keep your eye out for the note sent home today from Gloucester High School regarding the Orientation Day for Year 6. This will be held next **Wednesday 1 December** at the high school.

Please note that students will not come to GPS on that day. They should catch the bus to and from the high school directly or make alternative arrangements. Those students who catch Buses 1 or 2 (who live in town) will need to make their own way to school.

This is an important day in outlining what will be happening for them in 2022, and an excellent opportunity to meet key personnel at the high school to support their transition into Year 7.

If you have any questions regarding this program, please contact the high school on 65581605.

There will be no P to H transition visit tomorrow.

Student Leadership Speeches

Our nominated leaders for 2022 will be presenting their speeches to students from Years 2-6 tomorrow. The students will then vote for them shortly afterwards. This will determine our school captains, vice captains and SRC executive team for 2022.

They are:

Boys: Benjie Haranto, Liam Wamsley, Charlie Bignell and Brodie Baker

Girls: Emma Latimore, Olive Kelly, Janella Brooks and Holly Davies

We wish them all the very best for tomorrow!

Rod Maggs

Assistant Principal (Stage 3)

Class & Expectation Awards Term 4 Week 7



KB: Shelby Rumbel, William Andrews,
Indie Johnson, Lucy Saunders



KC: Elijah Brooks, Taylah Worth,
Harrison Leitch, Abigail Walker



1B: Lachlan Maggs, Zephaniah Van-Aalst,
Imogen Taylor



1K: William Faull, Aria Jory,
Aiden Harris, Archie Baker



2A: Jaylen Kenning, Gracie Tukuafu,
Mitchell Andrews, Jonathan Labry



2S: Archer Ranieri, Laney Leu,
Tyson Gorton



3/4K: Cooper Harris, Beau Laurie,
Lucas Schumacher, Emma Beahan



3/4L: Ajay Jolliffe, Jarrod Plater,
Amos Tukuafu, Tayla-Grace Ruysch



3/4S: Layla Collins, Jasmyne Warner,
Eli Stuckings, Ryder Guttridge



3/4W: Xander Galvin, Miller Ribbons,
Jake Blyton, Ava Saunders



5/6E: Evie Bradney, Tyler Hobbins,
Samuel Burns, Olive Kelly



5/6G: Kyharlee Holden, Tamika Smith,
Ethan Smith, Charlie Bignell



5/6M: Brodie Baker, Chloe Doolan,
Indiana Dodds, Krystal Penfold



5/6S: Dakota Oxenbridge, Jayla Rapson,
Alicia Edwards

Canteen News:

Two weeks ago, we had a fantastic event called *World Kindness Day*. This day was organised by Mrs Wakefield who provided a free hot dog meal for lunch through our canteen.

This event was a great success – we made over 300 hot dogs!

I would like to thank Mrs Sally Maslen and Mrs Kelly Gorton for their help and support on the day. Also, a big thank you to all the students who helped decorate the front of our school canteen.

Thank you to all involved for a great day!

Suzie Dark

Canteen Manager

INSIGHTS

Parent self-care matters



Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or a taking a five minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.

parenting * ideas

Seek out play

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

In closing

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.



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.

Dates to Remember for 2021/2022

2021

Last day for students 2021 **Thursday 16 December**

School Development Day **Friday 17 December**

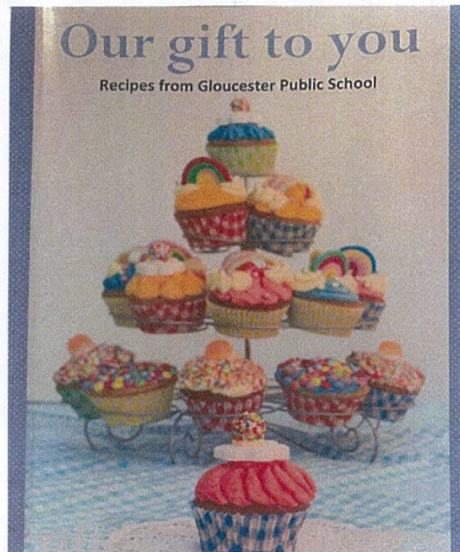
2022

School Development Days **Friday January 28**
(Staff only - completing **Monday January 31**
professional learning and
mandatory training)

First day for students in Yrs. 1-6 **Tuesday February 1**

First day for Kindergarten **Thursday February 3**

Have you seen our
Gloucester Public School
Cookbook?



This wonderful cookbook is packed full of family favourite recipes from the children of Gloucester Public School. There are 251 scrumdiddlyumptious easy to follow recipes. From Extra Fluffy Pancakes to the Best Sausage Rolls, Honey Pumpkin Soup to Beef Chow Main, Maggsy's Risotto to Honolulu Meatballs, Toffee and Cream Cheesecake to Pineapple Slice, Bev's Tasty Chutney to Creamy Mango Bacon Sauce. In this cookbook you will easily find a recipe to please your family. The cookbook is \$25 and available at our front office. What a wonderful Christmas present for family and friends. Support the P&C of GPS and get one now.