



# 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 4

This week's expectation: Show respect to yourself and all others

Tuesday 1 November 2022

## Dates to Remember

4/11 Girls' Cricket  
2,16,30 November - Year 6  
High School Transition  
7-18 November Intensive  
Swimming  
11 November Kindergarten 2023  
Orientation  
11/11, 18/11, 25/11  
K 2023 SmoothStart

6/12 - Presentation Evening  
13/12 - Year 6 Farewell  
15/12 - Reports Go Home  
16/12 - Last day of school  
For 2022 for students  
19 & 20/12 - Staff Development  
Days

Primary Swimming Carnival -  
Friday, 10 February, 2023

Canteen Days: Monday  
Wednesday  
Friday

Uniform Shop is open every  
Friday morning 8.30am -  
9.30am. (EFTPOS  
now available)

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

## Yrs 1 & 2 Visit to Gloucester Show







### **Please return overdue library books!**

We only have a few more weeks of borrowing left for this year and last week overdue notices were sent home with many children.

If your child has received one of these can you please take some time to have a search for the missing books? Not only do unreturned books mean other children can't enjoy that resource but they cost our school a lot of money to replace and we may have to request that the cost of these lost books is reimbursed in order to cover these costs.

**Kim Macdonald**  
**Teacher Librarian**



## **Sports & Co-curricular Photos are now available**

Order online at

[www.theschoolphotographer.com.au](http://www.theschoolphotographer.com.au)

and use the online order code:

**22S1113EL46G**



## PtoH Transition Program for Year 6 begins tomorrow



Gloucester High School's PtoH Transition Program is scheduled for Wednesday afternoons in Weeks 4 and 6 this term, with a full-day Orientation Day on 30 November. We kick off tomorrow!

Students will walk to the high school during the lunch break tomorrow, departing Gloucester PS at about 1.00pm. Here, they will participate in a variety of lessons at the high school, experiencing what a normal high school learning environment looks like and meeting key staff along the way.

At the end of the day, students will depart directly from the high school at 3.15pm, that is, catch buses, walk home or be collected from Ravenshaw Street.

This is an important time for your child in establishing a connection with staff and the new environment they will soon become so familiar with.

Should there be any changes your child's transport arrangements, please contact our GPS school office and they will let your child's class teacher know.

We look forward to working with you and your child in preparing them for this exciting change.

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



### Year 6 - Save the Dates

Some important dates for the calendar....

2, 16 November	PtoH transition afternoons at Gloucester HS
30 November	Full day Orientation at Gloucester HS (includes final PtoH session)
6 December	Annual Presentation evening (Year 6's last one! Please come along to celebrate the achievements of our students.)
13 December	Year 6 Farewell
16 December	Year 6's last day and the 'Walk of Honour' – a must!

There will be more dates to hit the calendar shortly and, of course, more details to come regarding their big events.

Stay tuned - **Rod Maggs, Assistant Principal – Stage 3**

## Remembrance Day – Friday 11 November 2022



Our Year 6 students will represent our school at the Remembrance Day service to be held at the Memorial Park (Clock Tower) next Friday 11 November.

Unable to attend the last two years due to the pandemic and school restrictions, it will be lovely to be back to support our veterans and pay our respects.



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



# Class & Expectation Awards Term 4 Week 3



**Kindergarten:** Jacinta Watts, Oliver Rentell, Isabelle Geosits, Brooklyn Faull, Nate Tukuafu, Ace Baker, Lilah Doyle



**1B:** Oscar Castles, Lucy Saunders, Ashlyn Martin, Bodhi Freeman



**1K:** Jaiden Schumacher, Bentley Genoli, Taylah Worth, Elsie McSwan



**2A:** Cassandra Ellis, Echo Kelly, Ryan Stanton, Patrick Lenehan



**2S:** William Faull, Zephaniah Van Aalst, Sebastian House, Aiden Harris





**3/4H:** Misty Watt, Bodhi Murphy,  
Lilly Tindall, Zafirah Oliver



**3/4L:** Connor Forbes, Maggie Compton,  
Harry Wamsley, Jaida Sanderson



**3/4S:** Ryan Hodgess, Evie Codreanu,  
Laney Leu



**3/4W:** Henry Maggs, Connor Warren,  
William Leczkowski, Jonathan Labry



**5/6G:** Paddy Doolan, Ellie Cameron,  
Kyah Norris



**5/6K:** Miller Ribbons, Matilda Blayden,  
Olivia Wade, Amelia Fenning



**5/6M:** Liam Wamsley, Tiko Samson,  
Layla Collins



**5/6S:** Tyler Hobbins, Lily Sansom,  
Samantha Fraser, Riley Callander



## INSIGHTS

### Helping your young perfectionist



There's a perception in our society that perfectionism is a good thing, akin to 'being perfect.' That it's something we should strive for or drop into conversation in job interviews... Yet the reality is quite different.

Perfectionism leads us to place unreasonably and often unrealistically high expectations on ourselves. Essentially, it causes us to raise the bar so high, that we frequently wind up feeling like failures, consumed by frustration and self-blame.

Of course, this can be very unsettling to witness in our kids and it can be hard for us to know how best to help. It can start when our children are very young and grow with them in intensity and impact. Perhaps you have a young child who refuses to draw because her drawings don't look exactly like those of an adult artist. Or maybe your little guy becomes so distressed by a small mistake in his homework, that he insists on starting all over again in his unhealthy quest for perfection.

If you have older kids, perhaps they refuse to submit an assignment because it's not perfect, or they won't run the cross country because they know they won't win.

While it's great for our kids to hold high expectations of themselves, aiming for perfection actually sets them up to fail. Their habitual 'all or nothing' thinking leads to the unhelpful belief that if they don't achieve 100%, they've as good as flunked. Their focus on their mistakes rather than on their successes often affects their self esteem, fuelling a vicious cycle that can lead to stress, depression and anxiety if left unchecked.

The sooner we help our kids break this unhealthy habit, the better. So let's look at a few tips for doing just that.

#### Reduce your praise

There are two ways in which we tend to praise children. '**Content praise**' often draws attention to the end product, for example, "What a fantastic drawing!"; or to a fixed quality in a child, such as "You're so clever". In contrast, '**process praise**' focuses on how your child got there. When we use process praise, we draw attention to their good ideas, problem solving approaches, effort, persistence, concentration and enthusiasm.

While it's helpful for all children to experience more process praise than content praise, this is particularly true for children with perfectionistic traits. This allows us to draw the focus away from how impressive the end result might (or should) be and instead highlight the importance of having a go, trying their best and learning along the way.

For example, rather than saying, 'What a fantastic drawing! You're an amazing artist – what were you worried about?', it's more helpful to say something like, 'It's great to see you having a go at drawing. I love watching you try new things'; or, 'I love seeing the ideas you come up with when you draw'.

Of course, most of the time we needn't praise children at all. Saying simply, 'Drawing is fun isn't it?', is often enough to provide children with that all important sense of connection.

# parenting \* ideas

## Model making mistakes

At my children's school, they're taught to embrace 'flearning' – learning through failure. Admittedly, my children witness me 'flearning' all the time at home, but in the eyes of your child, you might seem perfect. It's helpful for your kids to see that you make mistakes too, and importantly to learn through your modelling how mistakes can be managed.

Look for (or create!) opportunities to do this. When you're planning on bringing some spoons to the dining table, you could bring knives over instead and say, 'Oops, my mistake. Not to worry. I'll just go back and swap these over.' Or, perhaps you could draw alongside your toddler and deliberately keep from drawing inside the lines, commenting to your little one as you go, 'I love drawing with you'. By doing so, you model for your child that mistakes are okay, that they needn't hamper their enjoyment of a task and importantly, that the end result isn't all that matters.

## Teach your child to speak to themselves as a friend

How does your child talk to themselves?

Would they speak to a friend in the same way?

No? Then what might they say instead?

We all know how much our inner voice can affect how we feel. Teach your child to be kind to themselves. To be supportive, forgiving and encouraging, even when they make mistakes.

## Consider how you react when your child behaves in an 'imperfect' way

Do you respond calmly when your child accidentally spills cereal all over the kitchen bench or do you tend to overreact? It's important when we're teaching our children that they needn't be perfect, that our responses back this up.

By accepting our children as they are – wonderful, 'good enough' young learners – we teach them to do the same. And that's so much better than perfect.



### Dr Kaylene Henderson

Dr Kaylene Henderson is a trusted Child & Adolescent Psychiatrist and one of Australia's leading parenting experts. She's also a grateful mother of three. Find her online 'advice packs', free website resources, social media channels and popular seminars at [www.drkaylenehenderson.com](http://www.drkaylenehenderson.com). You can also watch Dr Kaylene Henderson's free video tip for tackling perfectionism here: <https://adoseofawesomeness.com/free-video-tip-series/>



### Girls' Cricket Team head to Hunter semi-finals this Friday

Our girls are all ready to face Bolwarra Public School this Friday in the Hunter semi-finals of the PSSA Girls Cricket comp. This is a wonderful opportunity for our Gloucester team, who have been training well and looking forward to the clash.

Best of luck on Friday, girls. I'm sure you will do us proud!

Results in next week's newsletter.

**Rod Maggs**

**GPS Cricket Coordinator**



## Aurora College students' Resi Camp in Canberra

It looks like all our Aurora students had a great time in Canberra last week!



Thanks for the pics, Mrs Laurie! (It looks like she is standing on a rock to try to look as tall as the Year 6s!

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

**LEGACY PROGRAM**

**I AM A GIRL**  
I CAN DO ANYTHING  
COME  
N  
TRY

**GLOUCESTER BASKETBALL**

**GIRLS SKILL SESSION**  
**IT'S FUN & FREE**

**SATURDAY 12 NOVEMBER 2022**  
4.5yrs - 7yrs: 1:00pm-2:00pm  
8yrs - 18yrs: 1:00pm - 3:00pm

**GLOUCESTER BASKETBALL,**  
**BOUNDARY STREET**

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[www.bnsn.com.au/i-am-a-girl](http://www.bnsn.com.au/i-am-a-girl)

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**Basketball**  
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