



# Gloucester Public School Newsletter

Opportunity - Innovation - Excellence

Find us at: 45 Hume Street, Gloucester 2422

Tel: 65581303

[www.gloucester-p.schools.nsw.edu.au](http://www.gloucester-p.schools.nsw.edu.au)



**Term 4 Week 5**

This week's expectation: **Care for our school and everything in it**

**Tuesday 8 November 2022**

## Dates to Remember

16,30 November - Year 6

High School Transition

7-18 November Intensive

Swimming

11 November Remembrance Day

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



## Girls Cricket Team go down in Hunter semi-final blockbuster

Last Friday, our GPS girls' cricket team played Bolwarra PS in the Hunter semi-final of the PSSA knockout. The team headed to Maitland for the clash and were supported by a travelling squad of loud and excitable Gloucester parents!

Having won the toss, we elected to bat. Samantha Fraser and Janella Brooks opened the batting and nestled in for a conservative partnership in the middle. While runs off the bat were hard to find, some loose Bolwarra bowling allowed our team to keep the runs ticking over in the sundries column. Having made it to nearly drinks by the time Janella lost her wicket, the girls were in a solid position. Ellie Cameron came to the crease and, after a few overs of gaining some confidence together, then began to score some runs. By the end of our 25 overs, the girls had lost only two wickets and were set to defend a decent 98 run total.

*(Read more inside)*



### Girls' Cricket v Bolwarra Continued:

Bolwarra PS began well, taking a few chances running between the wickets but being rewarded with some luck in their boldness. Our bowlers – Lily Sansom, Kyharlee Holden, Izzy Fisher, Ellie, Samantha and Janella – all bowled relatively well, and picked up regular wickets to keep the home team checking themselves. In the end, the Bolwarra team managed to sneak just ahead of the total in the last over or two, claiming victory in a very tight match, with no one really knowing the outcome until the scorers had a chance to converse and cross-check the results.

The girls should be so proud of the way they played, with exceptional team spirit and determination. With half of our girls in Years 4 or 5, we look set to be an even stronger team in 2023!

Many thanks to all of the wonderful parents who offered transport for the team and Mrs Myrelle Fraser who came along to score as well as cheer on her two grand-daughters.

**Rod Maggs, GPS Cricket Coordinator**

### Year 6 invitation to audition for GHS musical in 2023

Please see the attached flyer below inviting Year 6 students who are attending GHS next year, to audition for certain roles in the musical, "School of Rock".

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

**IT'S COMING SOON!!!!  
THE GHS 2023 MUSICAL**

THE NEXT GENERATION  
**SCHOOL of ROCK**  
THE MUSICAL

Based on the Paramount movie written by Mike White  
Book by Julian Fellowes · Lyrics by Glenn Slater · Music by Andrew Lloyd Webber

**CALLING FOR AUDITIONS**

**Wednesday Nov 30th from 3:30pm  
In the GHS Hall**

If you will be attending GHS next year and would like to audition for an ACTING part, please inform the Director Ms Berger by email at [renee.berger5@det.nsw.edu.au](mailto:renee.berger5@det.nsw.edu.au) and include the subject line – School of Rock AUDITIONS.

Be prepared to sing a few bars from the song of your choice and read part of a scene from a provided script. Opportunities for dancers, chorus members and backstage crew will be available from the beginning of the 2023 school year.

## A successful kick off for Year 6 and the GHS PtoH Transition Program



It was a great start to Gloucester High School's PtoH Transition Program last Wednesday, with Year 6 heading off to participate in a variety of lessons at the high school, experiencing what a normal high school learning environment looks like. They also had a chance to meet key staff, including Mrs Edman (Principal), Mr Wisely (Deputy Principal) and Miss Ross (Year 7 Year Advisor for 2023).

The next PtoH session will be held on Wednesday, Week 6 (16 November).

The final session (Week 8) will be the whole day GHS Orientation Day, where students will spend the entire day at Gloucester High School. There will be an opportunity for parents and carers to attend an information session on this day to ask questions about their child's enrolment into Year 7 in 2023. Parents/carers, please make every effort to attend this morning session to learn more about your child's upcoming move to Year 7.

Please feel free to contact your child's class teacher at GPS or Miss Layne Ross, Year 7 Year Advisor for 2023 at Gloucester High School on 65581605 if you require further information regarding your child's move to high school.

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



### Year 6 - Save the Dates

Some important dates for the calendar....

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) this 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 4



**Kindergarten:** Matthew Rozynski, Turnah Griffis, Jayce Beaton, Stella Kellner, Nixon Clark, Holly Goldsmith, Charlotte Knudsen, Kayden Punchard, Isobel Morrison



**1B:** Abigail Walker, Zeke Predebon, Matthew Plater, Axel Zimmerman



**1K:** Olsen Landers, Max Capararo



**2A:** Oscar Campbell, Archie Baker, Lachlan Maggs



**2S:** Jaxson Barnes, James Goldsmith, Kalahni McEvoy, Hetvi Bhanderi





**3/4H:** Sophia Sultana, Marnie Renwick,  
Dane Laurie, Misty Watt



**3/4L:** Jasmyne Warner, Ellyza Sterling,  
Chloe Sabanal



**3/4S:** Chay Harris, Rosemary Knudsen,  
Jaylen Kenning, Luca Predebon



**3/4W:** Ellie Rawlings, Emma Beahan,  
Peter Clinch, Noah Leitch



**5/6G:** Brodie Baker, Hallie Barron,  
Emma Warner



**5/6K:** Ava Saunders, Charlie Bignell,  
Christopher Bolton, Dean Griffin



**5/6M:** Liam Wamsley, Tiko Samson,  
Logan Sultana, Pharaoh Genoli



**5/6S:** Shyanne Henrickson, Holly Davies,  
Bonnie Kendall, Tyler Hobbins



## INSIGHTS

### Mind your language. How what you say creates your child's mindset.



One of the big ideas in education over the past 10 years has been Professor Carol Dweck's work on Growth Mindset. However, despite (or perhaps because of) the hype, much of Dweck's work has been misunderstood, or misapplied. Too often we've tried to teach about growth mindset, instead of teaching for a growth mindset. Importantly, the role parents play in helping develop a growth mindset in their child has been largely overlooked.

In this article I share a simple way you can help your child develop a more growth-oriented mindset.

#### About Mindsets

Your child's mindset is how they view their most basic abilities, like their talents and intelligence, and it has a profound impact on their learning.

A child with a fixed mindset believes they are fundamentally limited. Who they are today, is pretty much who'll they be in the future. For them, school and learning is a way to discover those abilities. They'll ask if they are musical, or how smart they are. For these children, school becomes one long test to discover the answers to these questions.

A child with a growth mindset understands they have the capacity to develop their abilities. For them learning becomes a vehicle for creating and developing those abilities. You'll hear this child say things like "I want to become really good at maths, so I'm going to work hard to make that happen."

#### Why parents matter

Contrary to what social media might say, you can't just tell your child to have a growth mindset. Their mindset is rooted in a lifetime of experiences.

As parents we play an important role in creating the experiences that develop our child's mindset. What we repeatedly say, value, and reward all shape our child's mindset. And I should know because I got it wrong.

#### What I did wrong

When my daughter was young, I encouraged her to try lots of different activities. She tried music, art, gymnastics, singing, the Maths Olympics. You name it, we tried it. And that's fundamentally a good thing.

The problem wasn't what I was doing. It was the messages I attached to it. Sometimes when she wasn't keen to try a new activity, I'd say something like "Come on sweetheart, give it a go. You never know, you might be good at it!"

# parenting\*ideas

Can you hear the fixed message in there? “You might (already) be good at it.”

I turned trying something new into a test to find out if she was good at it. I promised her the possibility of instant success. To make things worse, if she didn’t have instant success, I’d often console her with something like “Well, don’t worry. You can’t be good at everything.”

In other words, she’d failed that test. Now it was on to the next test to see if she was good at that instead. The unintended lesson: If you’re not immediately good, give up.

## Why did I do that?

If you just had an “ouch” moment, you’re not alone. Parents say these types of things all the time. We say them out of love, and with the best of intentions.

When we see our child upset or struggling, our natural reaction is to want to protect them from that discomfort. But what I did was to provide my daughter with an excuse for struggle by saying “you’re not that type of person.”

Perhaps you’ve provided your child with a similar excuse by saying something similar like “I was never good at that either.” The underlying message being “we aren’t the right type of person to be good at that—we don’t have those abilities.”

## A nudge in the right direction

To help us be better parents and nurture a more growth-oriented mindset in our children, we need a little nudge. A reminder that helps us counter any unconscious bias and ensure we create more growth-oriented messages for our children.

I’ve created lots of these nudges, for all types of situations. The one relevant to this situation is to remember that “Learning is about creating, not discovering.”

## Learning is about creating, not discovering.

In the context of trying new things, this nudge reminds us that we’re not trying to find out if my daughter has those abilities. We’re trying to decide if she wants to develop those abilities. So, now I might say:

“Darling, getting good at something takes time and the right type of effort. You need to decide if this is something you’re prepared to invest the time and effort into getting good at.”

The nudge helps us repeat this message over and over, slowly creating a more growth-oriented mindset. They become more empowered and see life as being in their control. They recognise they can become whoever they want, or need, to become.

It’s like George Bernard Shaw said, “Life is not about finding yourself. Life is about creating yourself.”



### James Anderson

James Anderson is an international speaker, author and educator. In an educational landscape focused on teachers, James’ work focuses on learners. His signature work defines *Learnership™* – the skill of learning. He answers the question: What does it mean to be a *skillful* learner? For further information visit [www.jamesanderson.com.au](http://www.jamesanderson.com.au). You can also listen to James and Dr Justin Coulson discuss *Learnership™* on the *Happy Families* podcast episode [#529 \(The Growth Mindset\)](#) and [#559 \(How to Create Skillful Learners\)](#).





## Freeze food for fresh summer lunchboxes

Save time in the mornings by making food ahead of time and storing it in the freezer! Try out these ideas:

- Sandwiches with cheese, vegemite, roast meat or egg are great for freezing until ready to use.
- Make a batch of everyday snacks on the weekend and pop them straight from the freezer into the lunchbox. Try banana pikelets or zucchini slice.
- Keep yoghurt cooler for longer by adding in frozen berries.
- Cut an orange into quarters and freeze for a delicious cold snack.



Find more ideas at: [www.swapit.net.au](http://www.swapit.net.au)



### GLOUCESTER PUBLIC SCHOOL P&C ASSOCIATION

#### **General Meeting held 24/10/22**

**Attendance:** Sally Maslen, Ruth Edwards, Aleena Kellner, Katharine Stuckings, Nicole Doolan, Jodie House, Hannah Baker, Erin Campbell, Tara Jennings, Tenille Harris,

#### **Overview**

- Freezers have arrived and have now been paid for.
- Polos have arrived from order placed in June.
- Various fundraising ideas discussed with the end of year raffle baskets to be organised by Nicole.
- Online canteen running well, 174 students currently registered online for orders.
- We have had some feedback from parents and have made additions to the menu such as wholegrain bread.
- Suzie can go in and delete orders if a child goes home sick from school.
- There is an information session for 2023 Kindergarten families. P&C to organise morning tea for this, date is 11 November, 12-1pm.
- Sally moved a motion to purchase calculators for year 6 presents, motion was carried.
- Katharine asked if the P&C were doing coffee vouchers or morning tea for World Teacher Day. Due to various events and the Gloucester Show, it was decided that we would provide the teachers with morning tea on Tuesday 1st November. Many offered to do cooking.

**Meeting closed at 8.50pm - Next General Meeting to be held – 28 November 2022 (pending venue) 6.30pm**





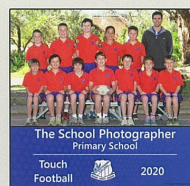
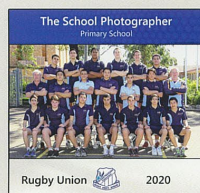
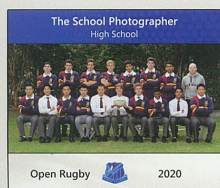
# Sports & Co-curricular Photos are now available

Order online at

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

and use the online order code:

22S1113EL46G





# Good for kids

good for life



## Is healthy eating really more expensive?

Packing healthy everyday snacks doesn't need to be expensive. In fact, everyday foods can often be a lot cheaper.

Here are some tips to help choose healthy snacks at the supermarket:

- **Shop the seasons:** choose fruit and vegetables that are in season
- **Buy in bulk:** pack into smaller portions at the start of the week
- **Make your own:** popcorn, pikelets, muffins, scrolls
- **Choose frozen, dried or canned:** berries, beans, corn, fruit
- **Use leftovers:** fried rice, pasta, salad
- **Shop the specials**
- **Look for 3.5 health star ratings or higher**

See lots of ideas on our Tips To Save Money | Good for Kids, Good for Life (nsw.gov.au):  
[www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-to-save-money/](http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-to-save-money/)



Developed by Hunter New England LHD

[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<https://goodforkids.nsw.gov.au>









**Dec 3rd**

**2 PM**

# **Build your Gingerbread House**



**COME & JOIN US!**

Bring the kids and build a yummy house together, participate in our Christmas quiz and hear about the very first Christmas.

**\$25 per house  
Includes decoration  
& wrapping**

**Afternoon tea  
provided**

**Gluten free option  
available**

**Houses are easily  
shared with up to  
four people**

**RSVP NOV 18  
[admin@gloucesteranglican.com](mailto:admin@gloucesteranglican.com)**

**Any questions  
0425213082**

**GLOUCESTER ANGLICAN  
CHURCH**

