



Gloucester Public School Newsletter

Opportunity - Innovation - Excellence

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Term 3 Week 6

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

Tuesday 23 August 2022

Dates to Remember

25/08 Book Fair
01/09 NAIDOC Day
02/09 Fathers' Day Stall
07/09 **School Photos**
19/09 K-2 Excursion

Canteen Days: Monday
Wednesday
Friday

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

Please make sure that
we have your current
details.

If anything has changed,
(address, emergency
contacts, phone
numbers etc), please
advise us as soon as
possible.

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

Happy Book Week!

Book Week is here and we are celebrating at GPS with various activities. The theme for Book Week 2022 is ***Dreaming with Eyes Open***, inspired by the beautiful indigenous book, *Baby Business*, written and illustrated by Jasmine Seymour. On Thursday we will have a special reading of this book with some very special guests. We also have a colouring competition underway and yesterday Stages 2 and 3 participated in a live webinar with Matt Stanton, the Australian author of many amazing books but most notably *The Funny Kid* series. We'll have photos in next week's newsletter.

As mentioned in previous newsletters, Book Fair purchasing will be online this year. By now most children have visited the Book Fair to compile their wish lists. We have stressed to the children that it is a 'wish list' and that they are to discuss with you if it is possible to make any purchases. We understand that life is expensive at the moment so you are of course under no obligation to purchase. We ask that you go to www.scholastic.com.au/payment to pay for the books and then send the order and receipt number back to school with your children so that we can give them their books. In the event that a book has sold out, we will re-order it for you and it should arrive next week. To assist with ordering we have also placed photos of the books with a price list on the SkoolBag app.

Orders must be returned before Thursday 25 August for orders to be filled while the Book Fair is at our school.

The purchase of books, either through Book Fair or through our regular Book Club catalogues, earns our school rewards points that enable us to purchase resources for our school. Your support is very much appreciated.

Happy Book Week!

Kim Macdonald, Teacher Librarian





2022 SCHOOL PHOTOS – Wednesday 7 September – WINTER UNIFORM PLEASE



Our school photo day is almost here. Your child should have received a personalised photo envelope. If not, there are spares at the office.

Photo envelopes must be returned with your child **ON PHOTO DAY** with the correct money enclosed if paying by cash. **No change can be given by the school office.**

It is vital that each child returns his/her own envelope, even if payment is enclosed in a sibling's envelope. The school does not arrange the payment for photos. This is a parent/carer responsibility. Parents are encouraged to pay online before the day. However, students are still required to bring their envelopes on the day of photography.

ONLINE PAYMENTS – www.theschoolphotographer.com.au

Use the online Order Code located on your envelope to make payment

SIBLING PHOTOS – If you would like a sibling photo, these envelopes are available at the office.

Please Note: Online payments for sibling orders are closed by 7.00am on photo day.

Prior to 9.30am on photo day you can still collect and pay via cash only using a sibling envelope from the school office. Phone orders are not available for sibling payments on photo day.

Late Payments – If paying online **after photo day** for your class portraits, online orders are open via the website for you to make payment.

A late fee applies for all orders placed after the bulk issue of school photos are delivered.

Phone Payments – Call The School Photographer on 9674 9824 – order over the phone via credit card payments. (There is a processing fee of \$5 for all phone order payments.)

For all student photo order enquiries

Email – enquiries@theschoolphotographer.com.au or call 9674 9824



Year 7 Enrolment Forms

We have been advised by Gloucester High School that there are several students who have not returned their 2023 Year 7 enrolment forms.

These need to be handed in to the High School office as soon as possible. Thank you!

Year 6 Welcome to GHS BBQ and Information night

Students took an invite home this week to an information evening and BBQ at Gloucester High School on Monday 5th September. Lock this very important evening into your calendar as this is a wonderful opportunity for students and parents/carers to meet high school staff and find out what the move to secondary school will look like for your child.

Rod Maggs, Assistant Principal – Stage 3

Stage 3 Homework - Speech

Yesterday, students in Stage 3 were given a speech to prepare for homework. Their task is to prepare a speech based on one of the experiences they had on the excursion. For those students who could not attend, to share an experience of their own over the last few weeks.

We are looking forward to some engaging speeches and the chance to hear about some of their experiences!

Rod Maggs, Assistant Principal – Stage 3

Stage 3 Returns! Well, what a trip!



Last week, 86 Stage 3 students headed west to experience the history of the Bathurst and Hill End region and the lure of gold. On Day 1, they headed through the golden canola fields around Merriwa to Gulgong. There, they had an opportunity to look through the Pioneers Museum and wander the incredible main street, filled with history of yesteryear. From here, they headed up into the hills and Hill End, a place that is truly a step back in time. After checking into our accommodation, they had dinner and took each other on in a trivia challenge.

On Day 2, we headed off to the historic Tambaroora cemetery before getting our boots muddy panning for gold. Jake B was the winner of the best gold find, with many other students also seeing a bit of 'colour' in their pans. After this, we moved on to History Hill, learning much more about gold from a local historian and former miner, and heading underground to experience what working in a mine shaft was really like. It was then off to Bathurst for a lap of Mount Panorama and some fun with a singing challenge at the motel.



Day 3 was the day we headed for home. An early start before we travelled to

Katoomba, and a quick visit to Echo Point to see the Three Sisters. Then it was off to Scenic World, and a breath-taking trip via railway down to the valley for a walk through the forest. Then we took the cable-car back up to the clifftop! A quick bite for lunch, then headed home.

There were stories galore and plenty of wonderful memories made. Congratulations to all students for your exceptional behaviour while representing our school. Thank you also to the staff who took time away from their families to take the students away – Mrs McLeod, Mrs Green, Mr Kemp, Mr Soupidis and Mrs Edwards. - **Rod Maggs, Assistant Principal – Stage 3**





Class & Expectation Awards Term 3 Week 5



Kindergarten: Clayton Ellis, Isabella Leczkowski, Braxton Bruce, Nate Tukuafu, Reggie Laurie, Turnah Griffis, Mitch Laurie, Zane McBride



Year 1: Jaiden Schumacher, Dallas Hennessey, Amber Ranieri, Joshua Compton, Max Honeyman, Elijah Brooks, Paige Leczkowski



2A: Ava Jeffreys, Ryan Campbell, Leon Blanch, Zeus Genoli



2S: Fletcher Compton, Hetvi Bhanderi, Ava Oleksiuk, Maddie Boorer



3/4H: Layla Collins, Eiva Swilks,
Max Dellsperger



3/4L: Sienna Sanderson, Lucas Schumacher,
Levi Collins, Sam Marchant



3/4S: Bryce McBride, Jake Harris,
Kara Brooks, Jaylen Kenning



3/4W: Cooper Harris, James Henderson,
Connor Warren, Sahara-Roze Genoli



5/6G: Samira Soupidis, Mackenzie Young,
Bradley Higgins, Emma Warner



5/6K: Charlie Bignell, Olive Kelly,
Braxton Leczkowski, Xander Galvin



5/6M: Hamish Haschek, Jarrod Plater,
Sissy Power, Grace Markham



5/6S: Jake Capararo, Benjie Haranto,
Madison Gooch, Samantha Fraser, Beau Laurie

INSIGHTS

The science of connection



Finding skilful ways to manage strong emotion that get triggered in everyday life can be one of the most challenging aspects of raising a family.

Kate arrived home late from work exhausted to the sound of her teenage sons arguing. Life for her family hadn't returned to normal after the pandemic. Emotions ran wild and Kate and her partner often felt as if they were walking on eggshells around the boys.

Usually, she was able to hold on to an awareness that she needed to monitor how she reacted to their arguments. On this occasion, however, in the moment that anger overwhelmed her, Kate felt absolutely convinced that the boys were not even trying. In that moment memories of similar difficult times flooded into her mind and added to her sense of outrage. Before she was aware of what she was doing, Kate had stormed into their room, angrily yelling that she was fed up with both of them and was fed-up with being their mother.

There was no answering back from the boys this time. Kate felt shocked by the words that had tumbled out of her mouth. She apologised and left the room in tears.

Later that day, Kate was able to see that the incident with the boys had triggered within her an even more complex issue. One year ago, a disagreement with her sister had escalated into a heated argument and their relationship had not recovered. The precious friendship they had shared seemed lost, transformed into a painfully difficult situation where family gatherings were tense, and Kate felt caught up in messy feelings of anger and sadness.

We're all familiar with situations like this, painful disconnections which can undermine the strength of relationships in an ongoing way. Can you recall a similar experience? Try and picture it in your mind and see if you can recall what it's like to be pulled into a compelling story line and be engulfed in strong feelings like anger, shame, or fear.

Ironically, managed well, situations like this can be powerful opportunities for growth. The secret lies not in getting better at arguing your perspective, but by understanding how our nervous system processes memory and emotion.

Deep beneath conscious awareness, in a primitive part of the brain called the limbic system, 3 discrete systems of emotion – threat, strive, and connect – are in constant flux. Each system is driven by nerve cell pathways which run throughout the body as well as specific hormones and neurotransmitters. Our most important memories tend to be encoded within only one of these systems.

When Kate heard the raised voices of conflict, her threat system fired up and her system was flooded with the stress hormone cortisol. The threat system powerfully disconnects us from parts of the brain that help provide clear thinking, creativity, and wisdom.

The parenting program Circle of Security calls this [shark music](#).

But just like any muscle, each system of emotion can be strengthened. The threat system is by far the most powerful. The

parenting*ideas

Running on the “feel good” hormone dopamine, the strive system encourages us to distract and disconnect from negative feelings. Although comfortable in the short term, if our response is only to turn away from what’s difficult, then we don’t learn how to repair ruptures in our relationships by using the skills available to us in the more fragile connect system. This explains why over time, patterns of shutting down and disconnecting tend only to get stronger.

The connection system uses the hormone oxytocin, which has been called the love hormone. When this system is active, the stress response is calmed and we are able to move closer toward what is hard and become curious about a bigger picture. We are better able to pick up on the feelings and perspective of others and not be so triggered by what they are doing or saying.

Patterns of disconnection in relationships usually begin in childhood and form the basis of what are called insecure patterns of attachment. This explains why for many people, handling anger skilfully can be very tricky. But research shows clearly that because the nervous system is capable of change, these underlying patterns can be transformed and lead to what is called an earned secure attachment.

Research has revealed many ways in which we can build strength in the system of connection.

In closing

As we worked together, Kate learned how to use methods of mindfulness, imagery and body-based practices to shift out of a threat response. By deliberately bringing to mind memories of arguments and disconnections, she learned how to ride waves of anger. She practiced looking more closely at the storylines she was holding onto and as time went on, she found ways to use interactions with others as opportunities to tune in more carefully to what was often going on at a deeper level.



[Click here to view a quick tip video by Dr Justin Coulson related to this Insights article](#)



Dr Diana Korevaar

Dr Diana Korevaar is a perinatal psychiatrist, whose priority has been to help parents raise resilient and happy children. In her book *Mindfulness for Mums and Dads*, she adapted the science of neuroplasticity and mindfulness into practical skills which translate the challenging experiences of parenting and relationships into opportunities for growth.

Canned fruit and vegetables can be really handy for lunchboxes and they are just as nutritious as fresh foods!

Why not try:

- Tinned fruit in natural juice - use in pikelets or serve with yoghurt
- Canned beans like chickpeas or cannellini beans - use to make dips like hommus or try making your own roasted chickpeas as a snack
- Add tinned vegetables like peas, carrot or corn to rice or pasta dishes
- Tinned corn - on it's own as a snack or try making corn fritters



CORN FRITTERS



Prep and cook time: 20 minutes

Freezer friendly

Ingredients

- 3 cups fresh or canned corn kernels (roughly 3 large corn cobs)
- 1 small red onion, diced finely
- 2 eggs
- 1/4 cup coriander leaves
- 1/2 teaspoon pepper
- 3/4 cup wholemeal self-raising flour
- 1/2 teaspoon baking powder
- olive oil spray

Method

1. Puree 2 cups of corn kernels, onion, eggs, coriander and pepper using a blender until most of the corn is pureed. You still want it lumpy, not completely smooth.
2. Stir through the remaining 1 cup of corn kernels, flour and baking powder until just combined.
3. Heat a pan on medium heat and spray with olive oil spray.
4. Place 2 heaped tablespoons of mixture per fritter into the pan and cook in batches for 2 minutes each side, or until golden.
5. Repeat until there is no remaining mixture.

NAIDOC DAY 2022
LUNCH ORDER



NAIDOC DAY
LUNCH ORDER



THURSDAY 1 SEPTEMBER 2022

THURSDAY 1 SEPTEMBER 2022

Special Event Order Form

Special Event Order Form

Please send all hot dog orders to school by next Monday 29 August 2022

Please send all orders hot dog to school by next Monday 29 August 2022

Free Meal Deal for every student at GPS. Only pay for additional hotdogs

Free Meal Deal for every student at GPS. Only pay for additional hotdogs

FREE HOT DOG MEAL DEAL

FREE HOT DOG MEAL DEAL

Meal Deal—Hot Dog, Popper and a jelly cup.

Meal Deal— Hot Dog, Popper and a jelly cup.

This order form is for NAIDOC Day Only.

This order form is for NAIDOC Day Only.

Additional Hotdog \$2.00 each

Additional Hotdog \$2.00 each

NAME: _____

NAME: _____

CLASS: _____

CLASS: _____

Total amount enclosed with this order

Total amount enclosed with this order

\$ _____

\$ _____

SAUCE: BBQ OR TOMATO (PLEASE CIRCLE)

SAUCE: BBQ OR TOMATO (PLEASE CIRCLE)



STROUD ROAD

'Bash 'n Bang'

Family Bonfire & Fireworks

Saturday 27th August

Entertainment by Rory Ellis & others from 6.00pm

Adults / High School \$10.00

Kinder to Year 6 \$3.00

Experience incredible views of Saturn, Jupiter & the Moon
through Dustin's telescope by Gold Coin Donation

Food & Drinks Available

'Random Raffle' Draw

Bring a chair & say good-bye to Winter with our warm bonfire
As we welcome in Spring with a night's sky filled with colour

**A Stroud Road Community Hall Fundraiser gratefully
supported by major sponsors :-**



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