



Gloucester Public School Newsletter

Opportunity - Innovation - Excellence

Find us at: 45 Hume Street, Gloucester 2422
Tel: 65581303
www.gloucester-p.schools.nsw.edu.au



Term 3 Week 8 This week's expectation: Show respect to yourself and all others Tuesday 6 September 2022

Dates to Remember

- 07/09 School Photos
- 08/09 RUOK Day
- 14/09 Cricket Blast Gala Day
- 19/09 K-2 Excursion
- 21/09 SRC Disco
- 23/09 Footy Colours Day
- 23/09 Last day of Term 3
- 10/10 First day of Term 4

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



NAIDOC DAY AT GLOUCESTER PUBLIC SCHOOL







2022 SCHOOL PHOTOS – TOMORROW – WINTER UNIFORM PLEASE



Our school photo day is TOMORROW. Don't forget to bring your envelope 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.

For all student photo order enquiries

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



R U O K ? Day

This Thursday, 8 September, GPS is participating in R U OK? Day. This day reminds us of the importance of checking in with our friends and family. Students are encouraged to wear something **yellow**, eg; yellow t-shirt, hair ribbons or socks. Please ensure shirts are sun safe and appropriate for school. All remaining clothing should be regular school uniform (ie usual school hat, shorts, skorts, pants). Please note this is not a fundraiser.

Hot Chocolate Day

We would like to thank our families once again for supporting this weekly fundraiser. We will continue Hot Chocolate Day during weeks 8, 9 and 10, with another little surprise included with all hot chocolate purchases in week 10.

Upcoming Events

On Wednesday 21 September the SRC is holding a school disco. Mr Kemp has kindly offered his services as our disco DJ, so it's sure to be lots of fun. More information to come as the date draws closer.

Fight Cancer – Footy Colours Day

On 23 September (last day of term 3), in conjunction with the *Fight Cancer Foundation*, we are holding a Footy Colours Day. Whichever team/code you follow, wear your team colours and bring a gold coin to support kids with cancer.



P&C Raffle

Tickets went home last week for a raffle as follows:

- 1 x \$100 petrol voucher
- 2 x \$50 petrol vouchers

Tickets are \$1.00 each and the raffle will be drawn on 23 September. All tickets (both used and unused) must be returned to the school office by **9.00am on Friday 23 September**. Additional tickets are available at the office.

Why attendance matters

When your child misses school they miss important opportunities to...



Learn

education.nsw.gov.au



Make friends



Build skills through fun



Year 6 Welcome to GHS BBQ and Information night

What a great turn out!

Thank you to all parents and carers for your attendance at the information evening and BBQ at Gloucester High School last night. This was the first step in the successful transition program between Gloucester High School and Gloucester Public School, and we are looking forward to providing a range of activities to support your child's move into secondary education.

As was a key message yesterday evening, communication is key between schools and students and their families. Our door is always open to ask any questions or to support your child's transition, as it also is at GHS.

Rod Maggs

Assistant Principal – Stage 3

Hunter Maths Competition Success – Congratulations, Christopher!

We have just received some wonderful news... our recent participation in the Newcastle Permanent Hunter Maths Competition has raised another award winner.

Congratulations to Christopher Bolton in Year 6 who we have just been notified will be among the 59 awardees of prizes and awards from this competition. While we are unsure of exactly what prize Christopher will be receiving at this point, there is no doubt that his results must have been exceptional.

Our school has had a fantastic history in this competition, with Gloucester Public School having secured two previous District Award winners in Year 6 over the last decade, alongside many other high performers. Christopher now adds to this wonderful achievement for our school. We are very proud of you!

We will have more information about Christopher's success in upcoming newsletters.

Rod Maggs

Assistant Principal – Stage 3

Class & Expectation Awards Term 3 Week 7



Kindergarten: Kayden Punchard, Rhys McDonald, Jack Quentemeijer, Jayce Beaton, Nixon Clark, Lilah Doyle, Brooklyn Faull, Mitch Laurie



1B: Axel Zimmerman, Matthew Plater, Paige Leczkowski



1K: Max Capararo, Maddison Hennessey, Elijah Brooks, Axel Codreanu



2A: Elijah Burns, Echo Kelly, Roy Fisher, Archie Baker



2S: Indigo LeBrocq, Riley Hawdon, Kalahni McEvoy, William Faull



3/4H: Leo De Angelis, Tyson Gorton,
Olley Murray, Elliott Primmer



3/4L: Cooper Walker, Maggie Compton,
Chloe Sabanal



3/4S: Rosemary Knudsen, Miah Byrne,
Evie Codreanu, Chay Harris



3/4W: Henry Maggs, William Leczkowski,
Lachlan Honeyman, Jonathan Labry



5/6G: Hudson Wade, Mackenzie Young,
Kyah Norris, Darcy Hall



5/6K: Dean Griffin, Matilda Blayden,
Kyan Leu



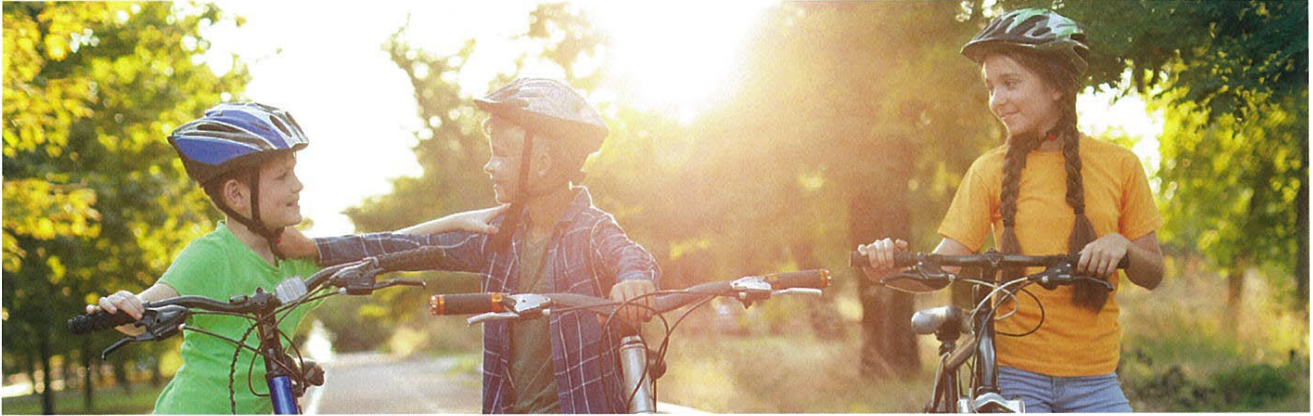
5/6M: Ashleigh Hill



5/6S: Riley Callander, Lily Sansom,
Emma Latimore, Tyler Hobbins

INSIGHTS

Is play time dead?



For anyone driving around their neighbourhoods after school or during the holidays, it might seem as though playtime has vanished from our children's lives. Many parents and grandparents nostalgically recall games of cricket on the street with all the neighbourhood kids or fighting for space on the monkey bars on the local playground. But now the playgrounds regularly stand mostly empty, the streets devoid of children. We have clearly moved past the golden age of outdoor play of the 1960s. But is play time dead?

Maybe not.

Data shows that many parents no longer feel comfortable letting their kids play outside unsupervised, but this doesn't mean that children aren't playing at all. It's just that play has undergone a shift.

Humans are naturally drawn to play. It's a vital part of our human experience. Play time begins at birth when babies play with their hands and feet and discover how their bodies work. From there they move through solitary play at 2 years, and then begin playing with other children at around 4 years old. Much play in the early years is not about bonding. In fact, it often occurs with limited interaction – and it's known as parallel play. As children grow older, play may look less like a game of superheroes, and more like playing board games or video games. It may look like trying out new tricks on a skateboard, strumming a guitar, or experimenting with new painting techniques. Even as adults, we may say that we're "playing around with the data", or "toying with an idea". Play is simply defined as any activity that is intrinsically motivated and done for enjoyment. Many things fall under the umbrella of play.

So maybe play time isn't dead. But the kinds of play that we associate with childhood are in decline.

While it is hard to quantify how much play has declined over the last few decades, 85% of mothers agree with the statement that their children play outside less than they themselves did as children. And in the 15 years leading up to 1997, the time children spent playing decreased by 25%. While we don't know how much it has decreased since then, we do know that opportunities for play are shrinking.

Many kids go to school for 6 hours a day, then spend their afternoons and evenings bouncing around various highly structured (and often expensive) extra-curricular activities. While we may enrol our children in these activities with the best of intentions, they are being told what to do and how to do it for large parts of each and every day. They're missing out on engaging in *intrinsically motivated* activities that are done *just for enjoyment*. Even if they enjoy these activities, competition and excellence often supplant connection and mastery as the reason for the activity.

Why does this matter?

Over the same period that opportunities for free play have declined, we've seen a corresponding increase in childhood and adolescent psychopathology. Children today are more anxious, more depressed, and more narcissistic than they were 50 years ago.

parenting*ideas

While we can't say conclusively that decreased play has caused this increase in mental health challenges in our children, we do know that play time encourages children to develop their interests, practice making decisions and solving problems, learn to regulate their emotions, assess and respond to risk, develop socially, and most importantly, facilitates access to joy. All of which contribute to good mental health and wellbeing.

So how can we encourage our kids to play more? Here are three goals for what you can aim for:

1. Have one moment of roughhousing/physical play each day

Roughhousing not only helps kids to be physically active (and builds strength), it also encourages emotional intelligence, boosts confidence, and teaches boundaries. For pre-schoolers, you might play a game of airplane and fly them around the room. With your school-aged kids, you might engage them in a game of wrestling (make sure you lose spectacularly, your kids will think it's hilarious!). And with your teens you could challenge them to a game of touch rugby. The idea is to get the heart rate up and get them laughing.

2. Allow at least 45 minutes of uninterrupted free play each day

You might have noticed that when your kids enter a new space, they are often quietly exploring at the start, and then arguments start to break out. Ignore your instinct to intervene. If you allow them to argue, just for a bit, you'll notice that they're trying to define the rules for play. Soon enough they'll be happily playing together and will have learnt about cooperation and compromise along the way. To enable these 45 minutes of free play, leave out some open-ended toys for your pre-schooler to find, re-think enrolling your school kid in an afternoon activity to give them more free time in the afternoon so they can ride to a friend's place or the skate park, and encourage your teen to have at least one homework free night a week so they can hang out with *real people*.

3. Spend two hours outside daily

While this may seem like a huge challenge, over 80% of teens and 60% of kids exceed the screen time recommendation of two hours per day. If we could replace that time (or at least some of it) with outdoor time, they will be reaping huge intellectual, social, physical, and emotional benefits. Nature is fuel for the soul, and it provides a platform for relationship building and physical activity.

In closing

While these goals may seem lofty and unattainable, remember that *"If you're trying and failing, you're still getting one step closer to success than if you're doing nothing."* (Jeanette Coron). Any play time is better than none at all.



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

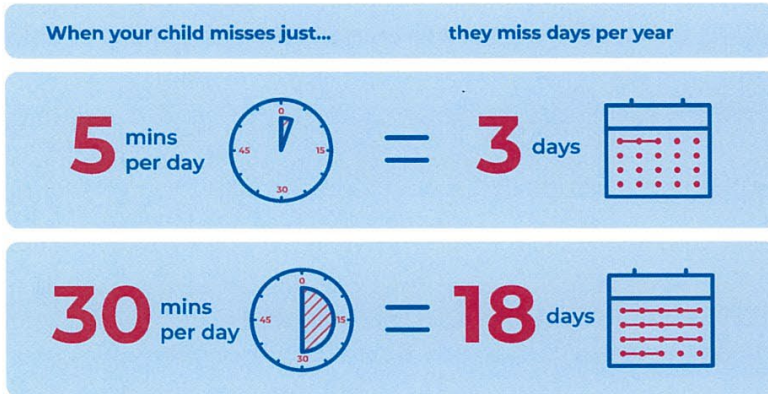


Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel 9's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families podcast. He has written 6 books about families and parenting. For further details visit www.happyfamilies.com.au.

Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...




Patterns of lateness can have a serious impact on your child's education.


education.nsw.gov.au

**Friday
7 October
10am to 3pm**


Free family fun at the Parliament of NSW



Welcome!



VOTE



FREE ENTRY

AUSLAN interpreters available

\$4 Democracy Sausage

The Public Café open

Cartooning workshop
Draw people and objects with the award-winning illustrator and cartoonist Eric Lobbecke.
Every half hour from 11:00am, finishing at 2:00pm

Vote for me!
Learn how to vote with the NSW Electoral Commission.
Every half hour from 10:00am

Mock Committee Hearing
Have your say as a participant in our committee hearings.
Every half hour from 10:00am

Visit us at Australia's oldest Parliament as it opens its doors for **Family Fun Day**, an open day packed with free, fun activities for children from 4 to 12 years and their families. In addition to the above, there will be many activities on offer for families to enjoy, including craft, tours of our historic chambers, roving musicians and more...! (You might even get to meet some very important people.)



BOOKINGS ESSENTIAL
P: (02) 9230 2047
E: communityengagement@parliament.nsw.gov.au
WHERE
6 Macquarie Street, Sydney - opposite Martin Place

RECIPES FROM OUR SCHOOL COOKBOOK

healthy kids fried rice

Serves 8

We serve this at the school canteen as one of our daily specials in winter. It's very popular with the kids and teachers. You can add any vegetables you like or even try different meats such as prawns, fish or bacon.

2 tbsp olive oil
4 eggs (optional)
4 cups finely chopped vegetables such as onion, spring onion, grated carrot, capsicum, peas, corn or mushrooms
8 slices ham or bacon, diced
1 cup cooked chicken, diced
4 tbsp soy sauce
3 cups cooked white or brown rice

Heat oil in fry pan, pour in beaten eggs and cook for 1-2 minutes, stirring to break them up. Remove from pan and set aside.

Increase heat to medium/high, heat remaining oil then add the veggies and fry until soft.

Add the rice and soy sauce to the fry pan and stir gently to mix through. Stir in scrambled eggs and heat. Serve in bowls on it's own or as an accompaniment to your meal.

Hints

Cook the rice in advance and leave to cool and dry out slightly. I cook the rice first thing in the morning and keep it in the fridge until needed.

Add any of your favourite vegies to this - the choice is yours.

SUBMITTED BY: GPS CANTEEN

canadian lumberjack cake

Serves 12

This recipe comes from my friend, Brenda, in Turner Valley, Alberta. A beautiful place in the world and a beautiful cake to go with it. A delicious, moist dessert cake that goes perfectly with whipped cream or ice cream. Serve warm or cold. This is hands down our family favourite.

2 large green apples, peeled and chopped
1 cup dried dates, deseeded and chopped
1 cup (250ml) boiling water
1 tsp bicarbonate of soda
1 tsp vanilla extract
130g butter, softened
1 cup caster sugar
1 egg
1 ½ cups plain flour

Topping:

80g butter
½ cup dark brown sugar, firmly packed
½ cup milk
1 cup shredded coconut

Preheat oven to 180°C. Grease and line a 23cm square or round cake tin.

Combine dates, apples, bicarbonate of soda and boiling water in a bowl and leave to sit for 10 minutes, covered.

Beat butter, sugar, vanilla and egg in a small bowl with electric mixer until light and fluffy. Stir in apple and date mixture, then stir in flour; mix well.

Pour into cake tin and bake for 45 minutes. Remove from oven and pour over the topping; bake for further 15-20 minutes. Once cooked leave to cool in tin before cutting.

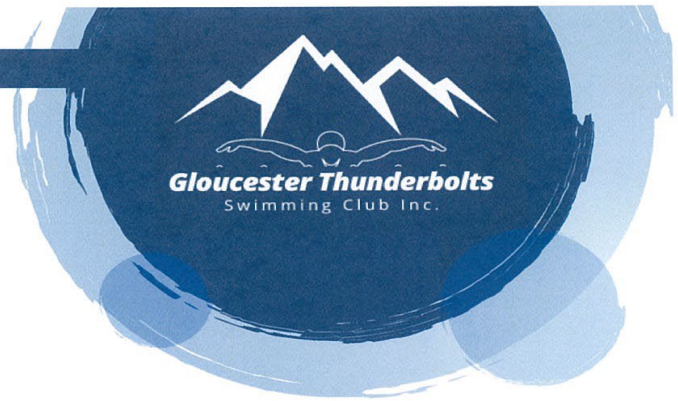
To make the topping, combine all topping ingredients in a saucepan and heat gently, stirring, until butter is melted and sugar dissolved.

Hints

You can add an extra apple if you want to make your cake extra moist.

SUBMITTED BY: THE NORRIE FAMILY

**A new season of swim
club is starting very
soon!!**



We welcome back all new and existing swimmers and their families on
Thursday 13th October 2022, 6pm @ Gloucester pool complex

All swimming abilities are welcome!

This year we celebrate *60 years* of Gloucester Thunderbolts Swim Club!
So come and celebrate with us.

For more information about the club and our club nights go to our
website:

<https://www.gloucesterthunderboltsswimmingclub.com.au/>

Or

Follow us on Facebook:

[GloucesterThunderboltsSwimmingClub](https://www.facebook.com/GloucesterThunderboltsSwimmingClub)

Registrations are open in Swim Central from 5th September 2022

(<https://authcrm2.swimming.org.au/>)

Please contact gloucesterthunderboltsswimclub@outlook.com for all
enquiries

