



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 9

This week's expectation: **Be Healthy and SunSmart**

Tuesday 13 September 2022

Dates to Remember

14/09 Cricket Blast Gala Day
19/09 K-2 Excursion
21/09 Choir to Mirrabooka
21/09 SRC Disco
22/09 PUBLIC HOLIDAY
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



Last Thursday 8 September was R U OK? Day which is a National Day of Action to raise awareness about mental health in our community.

We raised awareness by having the students dress with a dash of yellow, and staff members wore RUOK? T-shirts, hats, socks and lapel pins. We really wanted the students to be thoughtful of other students and what they might be experiencing. All students watched a video explaining how you could ask 'Are you OK?' and completed some activities in the classrooms. We also formed a whole school RUOK? with our bodies and took a drone photo which looks pretty amazing.

Students and staff then had a lovely picnic lunch with their tribes and reconnected with those adults they can trust. It is so important during these ever-changing times to keep connecting with people close to us and check in to make sure they are alright.

If you feel like something's not quite the same with someone you know – there's something going on in their life or you notice a change in what they're saying or doing - trust that gut instinct and take the time to ask them 'Are you OK?' If someone says they're not OK, make time to listen, encourage action and check in. That conversation could change, or even save, their life.

Why attendance matters

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



Learn

education.nsw.gov.au



Make friends



Build skills through fun



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 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

Don't forget to return your tickets for your chance to win.

- 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.

Boys' Soccer v New Lambton South (Round 5)

The tension was building as the GPS boys' soccer team made their way down the Bucketts Way to the Lake Macquarie Sporting Complex. As they strapped on their boots and made their way out onto the state-of-the-art facility, the boys nerves were building.

They started strong with several shots on goal but couldn't penetrate the New Lambton South's defence. Soon after, the opposition scored but the Gloucester kids didn't give in. Goal after goal the opposition scored, it was a goal keeper's nightmare. It is not easy when you are playing an opposition whose skill level is far greater than yours but in true Gloucester spirit the boys kept trying and encouraged each other all the way to the end whistle. They displayed great sportsmanship and with their 'never say die' attitude, were gallant in defeat.

It was a great opportunity for the team who were playing a much larger school with skills to match.

The game was the end of a huge journey for the team, making it all the way to Round 5 (just 2 games off being crowned Hunter Champions).

A special thank you to John Hughes who helped organise the home games, parents for travel to and from the game and to Mr Carpenter who trained the boys.

Well done boys, hold your heads high.

David Kemp, Soccer Coordinator



FR – Sam Griffin, Eli Soupidis, Toby Kellehear, Liam Wamsley, Eli Stuckings, Dean Griffin.

BR – Charlie Bignell, Jarrah Baker, Josh Stanton, Bradley Higgins, Max Dellsperger, Justin Boorer, Beau Laurie, Brodie Baker (Captain).

Class & Expectation Awards Term 3 Week 8



Kindergarten: Stella Kellner, Isaac Barron, Holly Goldsmith, Oliver Rentell, Lachlan Sansom, Tyler Garland, Braxton McDonald, Clayton Ellis, Kade Galvin, Jacinta Watts



1B: Dallas Hennessey, Oscar Castles, Fletcher Jennings, Bodhi Freeman



1K: Lachlan Hamilton, Taylah Worth, Elsie McSwan, Jaiden Schumacher



2A: Patrick Lenehan, Christian Collins, Matilda Kellner, Mikayla Swan



2S: Maddie Boorer, Zeph Van-Aalst, Brock Gruisinga



3/4H: Marnie Renwick, Sophia Sultana,
Lilly Tindall



3/4L: Cruz Genoli, Scarlett Taylor,
Lucas Schumacher, Sam Marchant



3/4S: Harrison Fisher, Luca Predebon,
Ryan Hodgess, Gracie Tukuafu



3/4W: Cooper Harris, Tayla Ruysch,
William Leczkowski, Lennard Swilks



5/6G: Jarred Rolvink, Brodie Baker,
Kyah Norris



5/6K: Sienna Sanderson, Olivia Wade



5/6M: Lara Taylor, Hamish Haschek,
Eva Muddle



5/6S: Cliffy Gorton, Indi Dodds,
Madison Gooch, Matthew Woods

INSIGHTS

Seven ways to be a positive influence on children and young people



Parents and teachers influence children most during their first twelve years of life. We have less influence over teens as they become increasingly independent and look to their peers for guidance and approval.

The following strategies will help ensure that you have a positive influence on children at any age.

1. Be available

Nothing says “You matter” more than a busy parent giving a child undivided attention. Research has established that children whose parents are emotionally present for their kids have better social, academic, and wellbeing outcomes than those whose parents aren’t available.

2. Be warm

Sometimes we can forget that our children are people too – particularly when they’re irritable, tired and obnoxious. By responding to kids warmly (even when you don’t feel like it), you show that you value them as people. A gentle touch, a smile, or soft words bring warmth to a relationship, and increase the likelihood that you’ll be listened to and be a positive influence on their lives.

3. Listen, but don’t fix

Parents can fix sore knees, broken hearts, messy friendships, and even some difficult homework projects. But kids generally don’t need adults to fix them. They just want us to ‘get’ what they’re going through. When you see the world through their eyes, you are more understanding – and more likely to be listened to when they need us.

4. Set limits

Nothing says “I love you” more than a firm and clear “No!” from mum or dad.

“No, you can’t say that to your sister. How can you make things right?”

“No, it’s not ok for you to stay out until midnight. You’re 14.”

“No, I don’t feel right about you having your smartphone/tablet/laptop in your bedroom. Ever!”

Children and young people will often argue with you, but setting limits means that you are having a positive influence on your children. The trick is to not become too authoritarian or you’ll simply drive unwanted behaviour underground.

5. Play

Playing games and laughing together binds us close to our kids. Through play you build a relationship of trust with that facilitates our ongoing positive influence.

6. Be grateful

Grateful people are happier, healthier, have better relationships, sleep better, have more income, are less materialistic, achieve better academic outcomes and are more energetic. By being grateful you'll be a positive influence in the lives of your children. Say thanks often – and mean it.

7. Love them and show it every day

We're always correcting our kids or telling them what to do. Pick this up, put that away, get off the computer, pack your bag, tidy up your room, and so on... and that's before 7.30 in the morning! Our ratio of negative to positive statements can often be the wrong way round. So find opportunities to tell your kids such things as:

- "You really make a positive difference around here."
- "I am amazed at the exceptional effort you make at..."
- "I love you – no matter what."

Your time with kids is short. By setting a positive example, you can be a positive and lasting influence in your children's lives.



Dr Justin Coulson

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 100 million people. He is the author of 6 books about creating flourishing families and raising resilient children. Justin and his wife, Kylie, are the parents of 6 daughters. Find the Dr Justin Coulson's Happy Families podcast on Apple Podcasts and Spotify. For further details visit www.happyfamilies.com.au

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

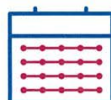
and years over their school life

1 day per fortnight



=

4 weeks



=

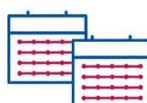
Over **1** year missed

1 day per week



=

8 weeks



=

Over **2.5** years missed



Preparing lunchboxes with help from the kids

Children are more likely to eat what's packed in their lunchbox when they're involved in the planning and preparation.

- Use the SWAP IT everyday lunchbox planner to plan lunchboxes for the week.
- Involve your child in washing, peeling and chopping of fruits and vegetables.
- Try a new recipe with your child. What about Japanese vegetable pancakes, or pumpkin & sweet potato scones? This is a great way to use vegetables that are in season!



<https://www.swapit.hnehealth.nsw.gov.au/resources/parent-resources/packing-an-everyday-lunchbox/everyday-lunchbox-planner/>



Blueberry & Oat Muffins

0.1 serves of fruit in each serve



- 2 cups plain flour (white or wholemeal, or a mixture)
- 1 cup oats (quick or traditional)
- $\frac{3}{4}$ cup brown sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1½ cups reduced-fat Greek yoghurt
- 2 eggs, lightly beaten
- 50g margarine, melted, slightly cooled
- 1 tsp vanilla extract
- 1 cup fresh or frozen blueberries

Method

Pre-heat the oven to 180°C. Prepare muffin tins by greasing with margarine or spraying with oil.

Combine flour, oats, sugar, baking powder and baking soda in a bowl. Combine yogurt, eggs, margarine and vanilla in a second bowl. Fold the yoghurt mixture into the dry mixture and stir to combine. Gently fold in blueberries.

Spoon into muffin tins and bake for 20-25 minutes or until the top is golden and springs back when touched.



**GLOUCESTER PRE SCHOOL IS
CELEBRATING ITS**



**WE WISH TO INVITE THE GLOUCESTER
COMMUNITY TO A TOUR OF THE CENTRE**

**24TH SEPTEMBER
2 - 4PM**

52 HUME ST, GLOUCESTER

FOR MORE DETAILS CONTACT ROBYN:

ACCOUNTS@GLOUCESTERPRESCHOOL.COM.AU



**Spring
Holiday
Program
Out Now!**

Bring the kids along to
MidCoast Libraries
these spring holidays for a range
of fun and entertaining activities.
There's something for everyone!

See our full program at
midcoastlibraries.com.au

Bookings Essential

Explore Connect Learn Enjoy

www.midcoastlibraries.com.au

Pumpkin and Sweet Potato Scones

🍴 1 serves of vegetables in each serve



350g pumpkin, peeled, seeded & roughly chopped
350g sweet potato, peeled & roughly chopped
2 ½ cups wholemeal self-raising flour
Pinch of salt
50g cold margarine
¼ cup reduced-fat milk
Pumpkin seeds for sprinkling

Method

Fill a saucepan with water and bring to the boil. Add the pumpkin and sweet potato, cover, reduce heat and simmer for 15 minutes until both the sweet potato and pumpkin is tender. Drain well and mash. Cool.

Pre-heat the oven to 225°C. Line a baking tray with baking paper.

Sift the flour and salt into a large bowl. Return the husks to the bowl. Rub the margarine into the flour mixture until it resembles breadcrumbs.

Add the pumpkin and sweet potato mash and milk. Mix with a flat bladed knife until it all just starts to hold together.

Form the dough into a rough ball and turn out onto a floured surface. Using a rolling pin, roll the dough to about 3cm thick. Using a 5cm pastry cutter, cut the scones out and place on the baking tray. Brush the scones with a little extra milk and sprinkle with pumpkin seeds. Bake for 10-15 minutes, or until golden.

Tip

Use leftover roast pumpkin and sweet potato for a greater depth of flavour.

Variation

You can add sultanas for a slightly sweeter scone.

Blowing and sucking games can improve your child's ability to clear their ears and improve their hearing

Sucking games:

1. **Drink through straws:**
Encourage your child to drink using different size straws, including boxed drinks.

2. **Suck up the ping pong ball:**
Use a straw to suck up the ping pong ball. Maintain the suck to place the ping pong ball in a cup. The person with the most ping pong balls is the winner. If the ball falls from the straw, start again.

3. **Sucking up Smarties:**
Place Smarties on a plate. Have two people with straws. Call out a colour, eg, red. The people have to suck up as many red Smarties and place them in a cup. The winner is the person with the most Smarties. You can eat the Smarties. To make the game harder, place the cup to collect the Smarties further away from the plate so the Smarties have to stay sucked onto the straw for longer.

Blowing games:

1. **Blow up balloons:**

General purpose balloons are cheap and easily blown up.

2. **Blow bubbles:**

Use wire to make a bubble blower, wire coat hangers/long pipe cleaners. **Mixture:** Add 2/3 cup dishwashing liquid and 1 tablespoon glycerine (available at the chemist) to 4.5 litres of water. Allow solution to stand overnight.

Blow bubbles through a straw into a small container of food colouring and detergent. When you have lot of bubbles pint your bubbles onto a sheet of paper.

Blow bubbles through a straw in the bath.

3. **Blow ping pong balls:**

- **Across a table**
- **Along a track** - put two rows of blocks along a table with a space in between for the ball. Blow the ball along the track to each other.
- **Up a hill** - Place some bricks under two table legs. Try to blow the ball up the table and over the edge.

4. **Blow a painting:**

Place a big drop of watery paint on the paper. Blow the paint through a straw to make your picture. Use lots of different colours. Leave the painting flat to dry.

5. **Blow through your nose:**

Try all these blowing games but this time keep your mouth closed and blow through your nose.