



Gloucester Public School Newsletter

Opportunity - Innovation - Excellence

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Term 4 Week 4

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

Tuesday 31 October 2023

Dates to Remember

3/11 Kinder Excursion
3/11 Stage 1 Excursion
7/11 Stage 2 Excursion
6/12 Presentation Night 6pm
12/12 Year 6 Farewell
15/12 Last day of Term 4

10/11 Information Session
for Kinder 2024
Parents/Carers

10/11 Smoothstart for
Kinder students

17/11 Smoothstart for
Kinder students

24/11 Smoothstart for
Kinder students

Canteen Days: Monday
Wednesday
Friday

Uniform Shop is open
Friday mornings 8.30am -
9.30am Weeks 1,3,5,7,9.
(EFTPOS or Cash)

Please check our SkoolBag
App (now known as 'Audiri')
for updates daily.

This is the easiest way to
stay up-to-date with
school events, last minute
notices, newsletters and all
school communications.

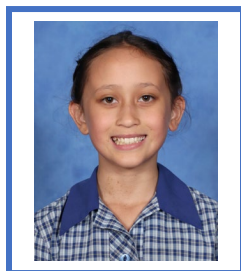
1. Download the app
2. Create an account
3. Add our school



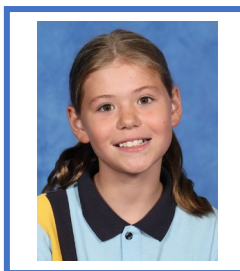
Year 5 Nominated Leaders for 2024

We would like to wish our eight nominated leaders for 2024 all the best for their election speeches.

Four of these students will be captains and four will be our SRC Executive. Voting will take place after the speeches and captains, vice-captains and SRC Executive roles will be announced at our Presentation Assembly on Wednesday 6 December.



Khloe Blanch



Jade Everett



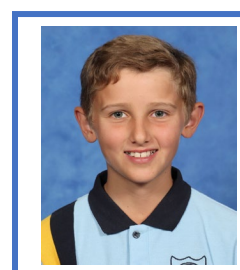
Evie Kemp



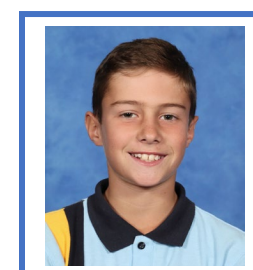
Maggie Compton



Chay Harris



Max Dellsperger



River Cowley



Eli Soupidis

Family Breakfast - World Teachers' Day

We'd like to express our gratitude to the incredible GPS community. While it was a cold wet morning, we saw so many of our families and community members come together, mingling, and engaging in cheerful conversations. The delicious food options were a hit with everyone. We almost ran out of muffins, served over 100 bacon and egg burgers, and our food vans were buzzing with lines of eager customers. A massive thank you goes out to Coffee Tsunami and Frankie's Family & Co Van and Gloucester Rotary. Their support was instrumental in making this event a resounding success.

Your participation and generosity have enabled our school to raise over \$1300, which will go towards the building of an undercover area on the all-purpose court.

This event was in celebration of our fantastic GPS teachers. They are not just educators, they are dedicated and passionate mentors who shape the futures of our children. Our students are incredibly fortunate to be guided by educators who possess a plethora of qualities, from their sense of humour to their knack for tailoring learning to individual needs. Our teachers know our students, foster strong relationships between home and school, invest countless hours, set high expectations, and incorporate state-of-the-art educational practices.



In recognition of their hard work, the Parents and Citizens (P&C) Association gifted each staff member a magic bean seed engraved with 'Happy Teachers Day' from Live Love Bean.

Understanding that not everyone could attend the event, we introduced an online 50/50 raffle. We were thrilled to see that the raffle was well-received and appreciated by our community. It was simple to use and easy to share with family and friends. We are delighted to announce that Chloe McSwan, a GPS mother, was the winner, taking home an impressive \$892 in prize money.

Once again, we extend our heartfelt thanks to everyone who made this celebration a success. It's moments like these that reaffirm the incredible spirit and unity within our GPS community. We look forward to more such events that bring us all together in the spirit of celebration, appreciation, and support.

Aleena Kellner | P&C President & Hayley Laurie | P&C Secretary



Stage 3 Messages



Year 6 begin their 'PtoH' Transition Program tomorrow

Our Year 6 students will head off to Gloucester High School tomorrow for the first session of their transition to High School program.

While some of our students have had a little taster session in collaboration with both of our schools' learning and support teams, for many, this will be the first time heading off to experience the new learning world of Gloucester High.

Students are set to try a variety of everyday classroom learning contexts, in the aim to ready them for their normal routine of Year 7 in the new year.

A reminder that the high school has requested that students bring their own packed lunch tomorrow, as we will be leaving our school at about 12.00pm.

Students will depart directly from the high school at 3.15pm. Should there be any changes to their arrangements for getting home, please contact our school on 6558 1303 or send in a note.

We are looking forward to hearing about all of their wonderful experiences on Thursday!

Rod Maggs

Assistant Principal – Stage 3



Year 6 Farewell Planning Meeting – Year 5 Parents/Carers

Our next meeting will be on next Tuesday 7 November at 3.15pm. If possible, it would be great to see you there!

Stage 3 Teachers

Years 3-6 Public Speaking Competition

It has been great to see our students present some excellent speeches to our classes in readiness for selecting the top students for our school competition next week.

Thank you to parents and carers for your support to the children in this process. It is a wonderful opportunity for our students to develop their skills and confidence in preparing information and speaking in front of audiences in a more formal context. Great skills for the future!

GPS Primary Teachers

Our Year 6 Aurora students return from Resi Camp

Our Aurora students from Year 6 – Toby, Hamish and Justin – returned after a fantastic Residential Camp at Katoomba last week with some great stories to tell. They had a chance to catch up with their online classmates and experience a range of activities in the area.

Year 6



Some important dates for the calendar....

28 November	Full day Orientation at Gloucester HS (includes final PtoH session)
6 December	Annual Presentation Evening 6.00pm Gloucester Baptist Church Hall
12 December	Year 6 Farewell
15 December	Year 6's last day and the 'Walk of Honour' – a must!

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

Class Awards Term 4 Week 3



Kindergarten - Wathu: Jackson Hamilton,
Roman Leisinger, Jayde Campbell



Balay - Isaac Barron



1 Wathaan - Tylar Garland, Isobel Morrison,
Brooklyn Faull



1 Bikan: Stella Kellner, Nate Tukuafu,
Michael Harris



2 Guula - Ashlyn Martin, Bodhi Freeman



2 Wayila - Olivia Lewis, Hazel Sweeny,
William Andrews



3/4 Burrang: Olley Murray, Kiarah Grosser, Mitchell Andrews



3/4 Dhurrung: Charlie Regan, Fletcher Compton, Aria Jory



3/4 Gukandi: Leo De Angelis, Audrey Sweeny, Emily Perry



3/4 Gulan: James Goldsmith, Jayden Marley, Harlow Beaven



5/6 Mikiri: Urban Holden, Kyah Norris, Hallie Coubrough



5/6 Wambuyn: River Cowley, Chloe Sabanal, Emma Beahan



5/6 Witjagit: Tiffany Harris, Samantha Fraser, Maggie Compton



5/6 Wurrar: Ellie Cameron, Miah Byrne, Corey Everett



Expectation Awards:

Dakota Clark
Ryan Hodgess
Eiva Swilks

Transition to School Program Kindergarten 2024 at Gloucester Public School

SMOOTHSTART – TRANSITION TO SCHOOL PROGRAM – 10.00am to 1.00pm

Parents and carers are asked to escort their child/ren to an area near the Kindergarten classroom at 10.00am and return to collect them from the same area at 1.00pm on the dates listed below. **We have a drop-off/pick-up area for Smoothstart.**

SMOOTHSTART Dates 2023 – Kindergarten classroom

Friday 10 November 10.00am – 1.00pm (Week 5 – Term 4)
Friday 17 November 10.00am – 1.00pm (Week 6 – Term 4)
Friday 24 November 10.00am – 1.00pm (Week 7 – Term 4)

Children will be involved in a variety of activities, for example –

- *Structured play*
- *Listening to stories*
- *Art and Craft*
- *Learning activities*

During these visits your child will gain the confidence and skills to enable them to successfully enter Kindergarten in 2024 and ensure that your child's transition from preschool to primary school is successful. Participation in this program is voluntary, however highly recommended.

Children will need to bring morning tea, a water bottle and a hat.

PARENT/CARER INFORMATION SESSION – FRIDAY 10 November 12.00 to 1.00pm

Our Kindergarten information session will consist of –

*An informative presentation for parents and carers in our library, followed by refreshments. School uniforms will be available to order after the information session or at our uniform shop.
 You can then collect your child from Smoothstart (Kindergarten classroom).*

School Dates 2024

Thursday 1 February – Best Start Testing
Friday 2 February – Best Start Testing
Monday 5 February – Kindergarten begins 9.00am – 3.00pm



Active OOSH Weekly Program

Term 4
Week 4

Monday

Cooking Club
Spooky Picklets



Intentional Teaching

--

**Creative
Experiences**

Sourced By:

Tuesday

Science Experiment
Lava Lamps



Intentional Teaching

--

**Active
Experiences**

Sourced By:

Wednesday

Sun Catchers



Child Interest/Input

--

Halloween Bowling



Child Interest/Input

Community

Apple Bobbing



Child Interest/Input

Community

Fisbee Relay



Intentional Teaching

--

Egg and Spoon race



Intentional Teaching

--

3 Legged Racing



Intentional Teaching

--

Thursday

Toilet Roll Craft -
Robots



Child Interest/Input

--

Spooky Skeletons



Community

--

Puffy Ghosts



Community

--

Card Games



Intentional Teaching

--

Puzzle Time



Extension on Previous

--

Movie Time - Spy
Kids Armageddon



Child Interest/Input

--

Friday

Salt Painting



Child Interest/Input

--



INSIGHTS

happy families. SCHOOLS

ISSUE 4 | TERM 4 | 2023

National Kindness Day

Teaching Kids to be Kind

"Say 'please.'"

"Give Johnny a turn with the ball."

"Go say sorry to Mia right now!"

"What's the magic word?"

"Now say 'Thank you Miss Kelly.'"

We want to raise our children to be kind, compassionate, and thoughtful. But if you've ever been on the receiving end of a scripted apology or a forced 'thank you', you know that having kids parrot back polite words doesn't quite cut it. If we want to raise children who are genuinely kind, we need to realise that micromanaging our kids' interactions isn't the right way to encourage moral behaviour. Instead, we need to take a holistic approach: one that encourages discussion, role modelling, and highlighting opportunities for kindness.

As Mr Rogers taught, *"Like many other values our children get from us, compassion is more likely to be caught than taught."*

Please and thank you

Politeness and compassion are different, though related, aspects of a bigger personality trait called 'agreeableness'. Politeness refers to being respectful, having good manners, and abiding by the rules of society. It's definitely something we want to encourage in our kids, but if we want them to internalise politeness, we need to go beyond just reminding them to say "please" and "thank you".

Discuss and reflect on moments when you noticed your child speaking politely. It doesn't need to be a big deal, just simply observe what you saw. "I noticed you saying please when you wanted your sister to share her snacks. I wonder if speaking to her so politely helped her want to share."

Role model politeness, especially to people who are serving you – such as retail staff and waiters.

Highlight opportunities by reminding them well in advance to speak politely. For example, if it's your child's first time buying something at the shop or booking their own doctors' appointment, you can role play what to say, which includes saying "please" and "thank you".

Saying sorry

Very few social interactions between kids occur without someone getting hurt, either physically or emotionally. When things go wrong, kind kids don't just say sorry, they are sorry. Being able to emotionally understand what another person feels is called empathy, a skill which can be strengthened with practice.

Discuss what others may be feeling, using books as a springboard. How are the characters feeling? Why are they feeling that way?

Role model empathy, by allowing them to experience the type of emotional understanding that you want them to demonstrate. This looks like taking time to understand their feelings, even when they're upset or excited about things that seem trivial.

Highlight opportunities to respond empathetically. For example, if their little sister is crying, nudge them towards offering her a hug or a kind word.

Spontaneous kindness

In my opinion, one of the proudest moments we can experience as parents is when we see our children treating others kindly through their own initiative. When our kids are the ones mowing the lawn of the elderly neighbours, or letting the youngest kid on the team have a shot at the goal, or splitting their donut in half to share with their baby brother... these are the moments that fill our hearts. How do we raise kids who are kind without prodding?

- ▶ Discuss what it means to be kind, and do it frequently and informally, like on car rides or around the dinner table. You could ask them how they feel when someone is kind to them, and how they feel when they are kind to others.
- ▶ Role model acts of kindness, such as taking a meal to a friend who is sick.
- ▶ Highlighting opportunities to join you in acts of kindness, or to plan their own experiences. You could let them know that you will be visiting someone at the nursing home and that you would love them to join you. Or maybe you can let them know that you are baking cookies as a gift for their teacher and ask them if they would like to make something too.

Raising kind kids isn't something we accomplish in a day. Much like becoming a firefighter, or a doctor, or a neuroscientist, becoming kind takes time, practice, and mentoring.

"In a world where you can be anything, be kind"



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 7 books about families and parenting. For further details visit happyfamilies.com.au.



P&C Report:

The Gloucester P&C is run by parents and community members. We are pleased to extend a warm invitation to all interested individuals to join our team at any point in the year. At our recent gathering, which took place at the library at 6:30, we covered a range of important topics, and it was a productive meeting. For members unable to attend, the minutes are emailed each month.

Some topics discussed included:

- There are various grants we are looking at applying for.
- Keep an eye out for a pre-order of winter jackets for those interested next year.
- There was discussion about ordering sports shorts with a school logo.
- Our Fathers' Day stall made a profit of \$633.
- We have contributed money towards the purchase of new fans for the hall.
- In the canteen we have had a new drinks fridge replaced and are getting a new fridge/freezer.
- There was talk about introducing a salad option to the canteen.
- Aleena (P&C President) wrote a letter of concern in regard to the local swimming pool proposed change of operation hours.
- We have a new email! Due to changes with the P&C unions we now have a Gmail account. We welcome feedback and ideas from our community. Please email us on pandc.gloucesterpublicschool@gmail.com.

Our final meeting of the year will be held on 27th November.

Hayley Laurie | Secretary GPS P&C



Easy swaps to save you money

Swapping from sometimes foods to everyday foods in the lunchbox can help save money.

Swap from:

- Cereal bars to raisin bread and save \$2.85 per week
- Packaged potato chips to rice crackers and save \$1.05 per week
- Muesli bars to a fresh apple and save 75c per week

SWAP FROM

Cereal bar



SWAP TO

Raisin bread



Strengthening bonds through family meals

Family meals are a perfect time to catch up, connect and communicate with each other.

Regularly sharing meals can benefit children in numerous ways, including improvements in mental health, physical wellbeing and academic performance.

Make family meals enjoyable by following these top tips:

- Set regular times to eat together. Try sitting at a table with the television and phones switched off.
- Allow 20-30 minutes for mealtime where the family can relax and chat about their day.
- Involve children in choosing and preparing family meals i.e., washing fruits and vegetables or setting the dining table.
- Be creative! Invite a friend over, have a picnic or set a special dinner theme like “Mexican Monday”.



Source: Making family meals enjoyable: tips (raisingchildren.net.au)



HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

PLEASE JOIN US FOR SOME
CHRISTMAS FUN

Take the
Christmas quiz

Hear the
Christmas story

Make a

GINGERBREAD
HOUSE

\$30 per house (Gluten free too)

Houses can be easily shared with up to 4 people



November 25th at 2 pm

Gloucester Anglican Church Hall

RSVP by Nov 12th: 0425 213 082

admin@gloucesteranglican.com