



Gloucester Public School Newsletter

Opportunity - Innovation - Excellence

Find us at: 45 Hume Street, Gloucester 2422
Tel: 6558 1303 Email: gloucester-p.school@det.nsw.edu.au
www.gloucester-p.schools.nsw.edu.au



Term 4 Week 7

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

Tuesday 21 November 2023

Dates to Remember

20/11 - 1/12 Intensive Swimming
22/11 Mufti Day
28/11 Yr 7 Orientation Day
4/12 Year 6 Auction
6/12 Presentation Night 6pm
8/12 Expectation & Citizenship Assemblies
12/12 Year 6 Farewell
14/12 Class parties
15/12 Last day of Term 4
15/12 Year 6 students Walk Of Honour

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



2023 SCHOOLS SPECTACULAR

Our Schools Spec team left today for Sydney to be a part of this fabulous event.

A very big thank you to Mrs McLeod and Mrs Soupidis. So much work goes into the students' preparation and performances.

Have a wonderful week!

SRC

The SRC will be holding a Mufti Day tomorrow, Wednesday 22 November.

For a gold coin donation, students can come to school out of uniform, however they must wear appropriate clothes and must still wear their school hats and shoes.

Intensive Swimming Program

Our Intensive Swimming program kicked off yesterday and it was a hit.

The wet weather hasn't deterred any of our young swimmers who are very determined to improve their swimming styles. Here are some photos from day 1.

Keep up the great efforts everyone!

Melissa Seale, Intensive Swimming Coordinator





Year 6 Auction – Monday 4 December

Buy your very own Year 6 student - DON'T MISS OUT!

The Year 6 Auction is on Monday 4 December. Bring in a few dollars, join in with your class and grab a Year 6 student to do with as you please!

A highlight of the end of the year, this is also part of the fundraising for the Year 6 gift to the school before they head off to become the little fish of the big high school pond.

So, bring along your money and be part of the fun!

Stage 3 teachers and the Year 6 Fundraising Committee

**GLOUCESTER
HIGH SCHOOL**

Quality education in a caring, innovative environment.

**YEAR 7 2024
ORIENTATION DAY**

**TUESDAY
28 NOVEMBER 2023**



WELCOME TO GLOUCESTER HIGH SCHOOL

- If your child is enrolled in Year 7 at Gloucester High School for 2024, please send them along to our Orientation Day on Tuesday 28 November from 9am - 3.15pm. This will allow students to form friendships, meet their teachers and get a taste of the various subjects on offer here. Students will need to bring their own recess. A BBQ lunch will be provided.
- Parents and carers are invited to attend an information session in the school hall from 9am - 10.30am.




KEY INFORMATION:

- MEET KEY STAFF
- CAMP INFORMATION
- BYOD INFORMATION
- NSW HEALTH INFORMATION
- UNIFORM SIZING AND PURCHASE
- PEER SUPPORT
- SAMPLE LESSONS

MORE INFO :

Toni Stanton, Year 7 Adviser 2024

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Care Achievement Respect Effort Responsibility

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Year 6 Orientation Day to GHS next Tuesday 28 November

Tuesday 28 November is the full-day Gloucester High School Orientation Day for students attending Year 7 in 2024.

Year 6 students attending GHS next year should not attend our school that day and head straight to the high school in the morning. Parents should arrange transport options for their child as school ends at GHS at 3.10pm.

There will be an opportunity for parents to attend a Parent Information Session from 9.00 – 10.30am, and this is a great time for parents to come in and ask questions and find out what they need to get for their children to start the new school year. A good place to touch base with Mrs Stanton, the Year Advisor for the students next year.

Students should not attend GPS this day and should head directly to the high school.

Should you have any questions regarding your child's transition to high school, please contact me at school on 6558 1303 or Mrs Stanton at GHS on 6558 1605.

Year 6 Fun Day



Our Year 6 students put on a Fun Day to remember last Thursday, with action a-plenty for students of all ages. From dancing competitions to sponge throwing, hula hoop challenges to putt putt golf – there really was something for everyone to enjoy!

Many thanks to the Year 6 students for organising their stations, and a very special mention to those students who gave up their lunchtimes to plan and coordinate the event – our Year 6 Fundraising Committee.

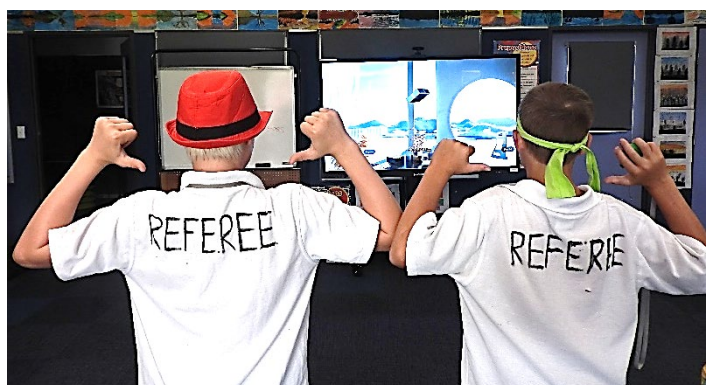
Also, a very special thank you to parents for your support in this event – prizes were purchased for stations, and cakes and sweet treats were

baked. Truly a mammoth effort by so many.

In the end, our Year 6 students raised over \$1750!

Thank you to all the students from Kinder to Year 5 for coming along and supporting the event.

Stage 3 teachers and the Year 6 Fundraising Committee



Year 6 Parents

There is much to be part of as Year 6 creep into their final weeks of primary school. Lock the following dates into the calendar:

WEEK 8

Tues 29/11

GHS Orientation Day

WEEK 9

Mon 4/12

Year 6 Auction

Wed 6/12

GPS Presentation Evening – a very special evening for our Year 6 students

Fri 8/12

Expectation and Gloucester Citizenship Assembly

WEEK 10

Tue 12/12

Year 6 Farewell

Wed 13/12

Year 6 head to classes for their Auction duties

Thu 14/12

Expectation Reward Day and Class Parties

Fri 15/12

Year 6 students last ever day at GPS!

Walk of Honour at 2.40pm

Expectation Awards



Jayde Campbell
Jasmyne Warner
Theodore Harvey



Announcing the 50/50 Christmas Cash Raffle.

There will be 3 winners - 1st prize wins 30%, 2nd prize wins 15% and 3rd prize wins 5 %.

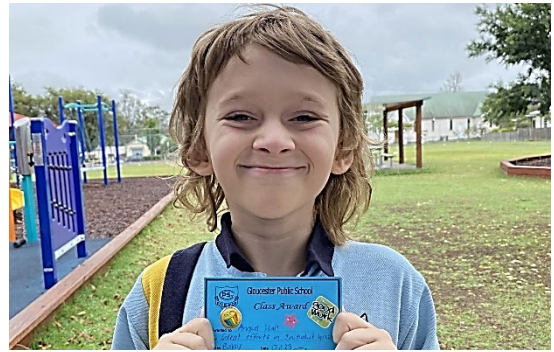
You can buy tickets on the Audiri App or via this link

<https://myschoolconnect.com.au/gloucester-ps-raffles>

Class Awards Term 4 Week 6



Kindergarten - Wathu: Toby Saunders,
Charlotte Andrews, Theodore Harvey



Balay - Angus Hall



1 Wathaan - Isabelle Geosits



1 Bikan: Lochlan Martin, Kaylee Fredericks,
Clayton Ellis



**2 Guula - Maddison Hennessey,
Amber Ranieri, Kaylee Hamson**



2 Wayila - Jayan Varsani, Piper Newman



3/4 Burrang: Cassandra Ellis, Jaylen Kenning, Lachlan Honeyman



3/4 Dhurrgung: Izzabell Goodwin, Roy Fisher, Charlie Regan



3/4 Gukandi: Eli Holden, Spencer Haschek



3/4 Gulan: Aliyah Matri, Patrick Lenehan, Brock Gruisinga



5/6 Mikiri: Destiny Osland, Scarlett Taylor



5/6 Wambuyn: Reanna Gorton, Jade Everett, Justin Boorer, River Cowley



5/6 Witjagit: Eli Soupidis, Lily Sansom, Evie Kemp



5/6 Wurrnan: Ryan Hodgess, Ajay Jolliffe, Paddy Doolan



HALTS

It doesn't matter if you have just one child or six, there is one thing that you're guaranteed to have to handle: big emotions in your child.

It doesn't matter how good of a parent you are, you can even be a parenting expert, and your children will STILL have big emotions. It's just a fact of life when you're parenting a 1-year-old or a 12 year old. Teens have their big emotions, and if we're honest, so do parents! Everyone feels sad, cranky, scared, or stressed from time to time.

Big emotions are simply unavoidable in family life. And so we all need effective strategies for dealing with them.

First, however, we need to know what triggers them. If we can focus on prevention, we can spend less time on the cure.

Where do big emotions come from?

Big emotions arise for many reasons. I like the acronym HALTS to help me consider why my child might be emotionally triggered:

H is for Hungry. **A** is for Angry. **L** is for Lonely. **T** is for Tired. And **S** is for Stressed.

Sometimes our child is one of these. Sometimes our child is all of them. Perhaps they've eaten, but their meal was lacking in nutritional value. Maybe they're angry about something that we think is silly but it matters to them. Perhaps they're in a room full of people but they feel disconnected and lonely. It could be that last night's TV show went late, their mind was buzzing, and they haven't slept. Or maybe school, family life, our explosive moods, or a friendship drama is creating stress in their life.

Spending time reducing the likelihood of these triggers means we experience fewer big emotions at home. But try as you might, you can't (and shouldn't) eliminate all stress for your kids. After all, stress creates opportunities for growth.

Regulating big emotions

When those big emotions strike, we must remember that high emotions = low intelligence. Our kids act a bit crazy when emotions are high. And because emotions are contagious, we often catch our children's crazy, cranky, and chaos and become less intelligent as well. Two or three emotional and unintelligent people in a power struggle never works out well.

Since big emotions happen, here are some simple ways that we can respond to our children when they're feeling sad, cranky, scared, or stressed.

1. Be Intentional

If you think back to the HALTS acronym, there are a handful of simple and intentional things we can do to reduce the likelihood of emotional blow-ups. For example, you could:

- ▶ Bring a snack for your child to eat while you do the shopping
- ▶ Don't demand that chores be done alone, or right before bed
- ▶ Take five minutes for cuddles and connection before moving into the bedtime routine or once they're in bed
- ▶ Consider your timing when you make simple requests of them.

2. Remember that emotions are contagious

When our children are feeling chaotic, there's two ways we can go. We can catch their cranky and join them in an escalating cycle of chaos. Or we can stay calm. Easier said than done, but realistically we can't parent anybody if we can't parent ourselves first. Do your best to hold it together.

3. Don't try to fix things in the moment

Have you ever been angry, had someone say, "Just calm down!", and responded "Good point, I needed that logic, I will just calm down."? Of course not! When emotions are big, don't try to fix things. Instead...

4. Focus on connection or space

Some kids want a hug when they're feeling mad. Other kids want space. Most of the time, they want space first, then connection. If it's possible, move your child to a private area. Say to them, "I can see you're having a tough time. Do you want a hug or do you want me to give you some space?" They'll probably tell you to go away. Give them some space, but let them know that you'll be just around the corner ready to give them a hug when they're ready. Then once they're regulated again you can move onto problem solving.

5. Problem solve collaboratively

When things are calm – whether it takes ten minutes or ten hours – sit with your child and ask if you can discuss what happened, and problem-solve so that things go better next time. Then listen. Remember, too, that sometimes these conversations work best when your child is drinking a milkshake or enjoying another treat you picked up for them.

Big emotions in our children aren't an indication that we're lousy parents. Every single child and teen on the planet cries, stomps their feet, and pushes their parents away. We need to normalise this as part of being human!

Fortunately for us, our children also have the best laughs, give the biggest snuggles, and say the funniest things. So next time you're in the midst of a child's emotional meltdown, take a big breath and remind yourself that on the other side of this big moment is the sweetest thing you can experience with your child – the opportunity for growth.



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 9 books about families and parenting. For further details visit happyfamilies.com.au.



Behaviour code for students

Information for parents/carers and students

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members.
- Follow school and class rules and follow the directions of their teachers.
- Strive for the highest standards in learning.
- Respect all members of the school community and show courtesy to all students, teachers and community members.
- Resolve conflict respectfully, calmly and fairly.
- Comply with the school's uniform policy or dress code.
- Attend school every day (unless legally excused).
- Respect all property.
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools.
- Not bully, harass, intimidate or discriminate against anyone in our schools.

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

Telephone interpreter service

If you would like to discuss this document with the Principal and need assistance with English please call the telephone interpreter service on 131 450, tell them what language you need and ask the operator to phone the school. The operator will get an interpreter on the line to assist you with your conversation. You will not be charged for this service.

Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

Respect

- Treat one another with dignity.
- Speak and behave courteously.
- Cooperate with others.
- Develop positive and respectful relationships and think about the effect on relationships before acting.
- Value the interests, ability and culture of others.
- Dress appropriately by complying with the school uniform or dress code.
- Take care with property.

Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct.
- Negotiate and resolve conflict with empathy.
- Take personal responsibility for behaviour and actions.
- Care for self and others.
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour.

Engagement

- Attend school every day (unless legally excused).
- Arrive at school and class on time.
- Be prepared for every lesson.
- Actively participate in learning.
- Aspire and strive to achieve the highest standards of learning.

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.



ACTIVE OOSH Weekly Menu



Term 4 Week 7 2023

hello monday	Tuesday	HAPPY WEDNESDAY	thursday	Happy Friday!
Breakfast: Cereal, Fresh Fruit, Toast and Spreads	Breakfast: Cereal, Fresh Fruit, Toast and Spreads	Breakfast: Cereal, Fresh Fruit, Toast and Spreads	Breakfast: Cereal, Fresh Fruit, Toast and Spreads	Breakfast: Fresh Fruit and Yoghurt
				
Afternoon Tea: Cheese, Crackers, Vegemite, Fresh Fruit	Afternoon Tea: Cabanossi, Crackers and Carrot sticks	Afternoon Tea: Cheese Toasties And Frsh Fruit	Afternoon Tea: Milo, Muffins and Fresh Fruit	Afternoon Tea: Jelly, Yoghurt and Fresh fruit
				

Monday 20th Monaco Cultral Day	Tuesday 21st	Wed 22nd	Thursday 23rd	Friday 25th
Focus Activity: Monaco Gnocchi	Focus Activity: Christmas Chains	Focus Activity: Just Dance	Focus Activity: BINGO	Focus Activity: Christmas Keychains
				
Outside Experiences: F1 car racing	Outside Experiences: Beep Test	Outside Experiences: Summer Cricket	Outside Experiences: Junior Playground	Outside Experiences: Dodgeball
				
Quiet Activity Learn some word in French	Quiet Activity Lego	Quiet Activity Meditation	Quiet Activity Build a House of Cards	Quiet Activity Design a Pet
				