



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 2 Week 2

This week's expectation: **Wear full school uniform with pride**

Tuesday 2 May 2023

Dates to Remember

3/5 - Girls' Cricket
5/5 - Zone Cross Country
9/5 - Soccer Gala Day
10/5 - Boys' Cricket
11/5 - Mothers Day Stall
11/5 - Hunter Soccer Trials
19/5 - National Walk Safely
to School Day
22/5 - P&C Meeting 7.00pm
24/5 - GRIP Leadership
14-17/8 - Stage 3 Excursion

Canteen Days: Monday
Wednesday
Friday

Uniform Shop is open
every Friday morning 8.30am
- 9.30am. (EFTPOS Cash or
Service NSW Back to
School Vouchers)

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

ANZAC DAY





Anzac Day Town Service

A very special day! Thank you to all the students who joined us last Tuesday 25 April for the march as part of the Gloucester Anzac Day events. Our students did the school and community proud, both in the way they behaved and in the way they presented themselves.

A special shout out to all the parents and carers who helped them to don their school uniforms for the event on a public holiday!

Congratulations also to Justin, Isabella, Sienna and Corey for the way in which they led our school.

Anzac School Service

Our school leaders ran a poignant assembly last Friday to remember those who paid the ultimate sacrifice for our freedom and liberty.

We had the privilege of being joined by Mr John Salter, Mr and Mrs Frank and Cath McGovern and Mr and Mrs Dallas and Sue Heard from the Gloucester Sub-Branch of the RSL as our special guests, along with piper Mr Ian Innes who led our guests in with the bagpipes.

It was a lovely service, shared by some of our families who came along to join us. It was a time for all of us to pay our respects and learn a little more about what it is that we commemorate on Anzac Day.

Our special guests also commented on the exceptional efforts of our school leaders and, more generally, the way all of the students behaved so respectfully throughout the service. – **Rod Maggs, Assistant Principal (Stage 3)**





Gloucester Gorillas take on the region!

Last term, we received an invitation to submit a school team into the Newcastle Permanent Online Maths Team Challenge off the back of our impressive results in the individual competition last year.

Today, our self-named Gloucester Gorillas comprising Lily Sansom and Toby Kellehear took up the challenge and competed in this exciting event.

We'll keep you posted with results when they come to hand.

Rod Maggs

Assistant Principal (Stage 3)



Canberra Excursion

Please continue sending in the instalments for this trip in Term 3. Every little payment helps to keep you up to speed prior to the final payment next term.

Thank you.

Stage 3 Class Teachers

Selective High School and Opportunity Class Placement Tests

Three of our GPS Year 6 students will sit the Selective High School Placement Test on Thursday this week in an attempt to be selected into a class for high performing students in Year 7. We wish them all the best. Good luck!

A reminder to those parents of Year 4 students considering opportunity class placement for 2024 that online applications must be completed by no later than 15 May 2023. This must be done by parents and cannot be done by the school on your behalf.

If you require further information, please contact me at school.

Rod Maggs

Assistant Principal (Stage 3)



GPS cricket teams aim to beat the March wet weather

After some soggy weather at the end of Term 1, our girls' and boys' cricket teams are ready to face their first opponents of the 2023 PSSA Knockout Competition.

The girls head off to Taree tomorrow to face Taree West PS and the boys have been re-scheduled to play Hallidays Point PS next Wednesday 10 May in Forster.

Both teams are looking forward to their respective clashes and we wish them well in Round 1.

Rod Maggs

GPS Cricket Coordinator



Year 5 Aurora College students head off to Ressie

This week, our Year 5 Aurora students have headed off to their 'Residential Camp' in Narrabeen, Sydney to spend some time with their online classmates and teachers in person.

This is the first time our kids – Kara, Max and Eli – will have met them and it will be an exciting time to do some activities together.

Plans include a visit to the zoo, art activities, author talks, Bell Shakespeare shows, robotics sessions, subject lessons and masterclasses, with students in each grade undertaking a specialised program.

The connections students make, and continue to maintain, while face to face at 'res' are a key feature of the Aurora College program.

We are sure they're all having a great time away. – **Rod Maggs, Assistant Principal (Stage 3)**



GLoucester PUBLIC SCHOOL

P&C ASSOCIATION

Our aim is to create a supportive and positive environment for our children and to enhance and extend their experiences at school. Our P&C is made of community members which include parents, carers, teachers, all working together to contribute to the continual improvement of our school.

WHAT DO WE DO?

We get together, we have a laugh, we get the chance to make suggestions and vote on the fun things we feel will enhance our kids school experience! You can volunteer, participate and get involved as MUCH or as LITTLE as you like! Come along to a meeting and meet some lovely people who all share a similar interest.



RECENTLY DONATED UNIFORMS

**WE NEED YOUR IDEAS!
WE NEED YOUR ENTHUSIASM!
WE NEED YOU!**

BECOMING A MEMBER

To become a voting member of our P&C, come along to one of our meetings and pay your annual \$2 fee.

Becoming a member does not mean you have any obligation to come to every meeting or take on any roles. We'd love to have your support and ideas.

MAKING FRIENDS AND MAKING A DIFFERENCE



\$2 MEMBERSHIP FEE

WHAT ARE WE INVOLVED IN?

- Uniform Shop
- Mother's and Father's Day Stalls
- Purchasing school resources
- Fundraisers
- Social Events

EMAIL: GLOUCESTERPUBLICSCHOOL@PANDCAFFILIATE.ORG.AU

GLOUCESTER PUBLIC SCHOOL

TERM 2 2023

AUTUMN/WINTER MENU

SNACKS – Recess and Lunch

* Fresh Fruit-Seasonal	FREE
* Air Popped Popcorn	\$1.00
* Crunchy Fruit Yoghurt	\$1.50
* Banana or Savoury Muffin	\$0.80
* Homemade Pikelets	\$0.40
* Plain Corn Chips (Gluten Free)	\$0.70
* Red Rock Deli Chips (Gluten Free)	\$1.30
* Grain waves	\$1.30
* Fruit Salad Cup	\$1.00
* Fruit Slices (seasonal)	\$0.50



SANDWICHES/WRAPS

Lunch Only



* Chicken Tender Wrap	\$4.00
(Lettuce, cheese & mayo)	
* Ham	\$3.50
* Ham with Salad	\$4.50
* Salad Sandwich	\$4.00
* Cheese	\$2.50
* Ham with Cheese	\$3.60
* Ham, Cheese and Tomato	\$4.00
* Ham with Cheese, Pineapple	\$4.00
* Cheese and Tomato	\$2.80
* Egg or *Curried Egg	\$3.00
* Egg or *Curried Egg and Lettuce	\$3.80
* Vegemite or *Honey	\$2.50
* Vegemite and Cheese	\$2.80
* Jam	\$2.50

Toasted Sandwich/Wrap - add 20c

Bread Roll -add \$1.00 Gluten Free Bread -add \$1.00

SALAD

* Caesar Salad	\$4.00
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(Add chicken tender \$1.00 Add GF chicken tender \$1.50)

CANTEEN OPEN FROM 8:30am - 1:30pm

MONDAY, WEDNESDAY & FRIDAY

ONLINE ORDERS BY 8.30AM

AT SCHOOL ORDERING BY 9.00AM

Wednesday Lunch Specials - Order by 9.00am

* Pumpkin Soup & Damper Roll.....	Small \$3.00 Normal \$5.00
* Chicken Carbonara.....	Small \$3.00 Normal \$5.00
* Beef Chow Mein.....	Small \$3.00 Normal \$5.00

HOT FOOD AT RECESS

* Chicken Crackle	\$0.50
* Mini Pizza	\$1.50
* Hash Brown	\$0.50
* Mini Sausage Roll	\$0.50

HOT FOOD AT LUNCH

* Meat Pie (Heblys)	\$4.00
* Junior Pie (Timbertown pies)	\$2.00
* Sausage Roll (Heblys)	\$3.50
* Beef or Chicken Burger (Bun, Pattie & lettuce) ..	\$4.00
Options - Cheese, Tomato, Cucumber - all 50c each	
* Curried Sausages & Rice ..Small \$3.00 Normal	\$4.00
* Lasagne (Enrico Brand)	\$4.20
* Mac n Cheese (Enrico Brand)	\$4.20
* Chicken Tenders.....	\$1.50
* Sauces - Tomato/BBQ/Sweet Chili/Mayo	\$0.50
* Large Pizza Scrolls	\$4.50
* Fried Rice	\$3.00
* Spaghetti Bolognese.....	Small \$3.00 Normal \$4.00
(*Cheese - optional 50c each)	
* Nachos Plain.....	Small \$3.00 Normal serve \$4.00
(*Cheese and /or Sour Cream - optional 50c each)	

Please let us know if your child has any food allergies.

To meet the NSW Healthy School Canteen Strategy at least 75% of the menu must be everyday foods/drinks and no more than 25% occasional foods/drinks. Our menu is checked annually GPS has 82% everyday foods/drinks and 18% occasional foods/drinks.



DRINKS – Recess and Lunch Only

* Flavoured Milk– Choc or Straw	\$2.20
* Berri Juice Bottle - ABC, OJ or Apple.....	\$2.20
* Poppers - Apple, Paradise Punch or ABC.....	\$1.80
* Water 600ml	\$1.50

FROM THE FREEZER – Lunch On

* Mini Frozen Yogurt Cups-Vanilla,Straw,Mango...	\$0.20
* Mini Frozen Juice Cups - ABC/Apl.....	\$0.20
* Frozen Pineapple Rings.....	\$0.50
* Frozen Orange Wedge	\$0.10
* Moosie -Choc or Blue Moon (Gluten Free)	\$1.50
* Vanilla Ice Cream Cup (Gluten Free)	\$1.50
* Juicies - Lemonade or Tropical (Gluten Free)	\$1.50
* Frozen Juice Cup - ABC or OJ.....	\$1.00
* Paddle Pop.....	\$2.00
* Twisted Frozen Yoghurt Gluten Free	\$2.20

Lunch bags are available at the canteen free of charge

GPS School Canteen proudly meets the 'Healthy School Canteen Strategy'

* Everyday food or drink
 ** Occasional food or drink





The Parenting Revolution

This history of parenting is, almost universally, horrible. Throughout centuries and millennia gone by, what few records we have depict infanticide, beatings, abuse of all kinds, and indescribable cruelty to children. Childhood over the past several thousands of years (in every culture we can find historical records for) has been a horror story of unrelenting heartlessness and cruelty.

Since the enlightenment, the way children are raised has been (slowly) improving. Science has helped somewhat, but it's been a circuitous route to making life better for kids. And plenty of scientists have made a bigger mess of things. For example, in the early 1900s the founder of modern psychology, John B Watson famously argued:

"Won't you then remember when you are tempted to pet your child that mother love is a dangerous instrument? An instrument which may inflict a never healing wound, a wound which may make infancy unhappy, adolescence a nightmare, an instrument which may wreck your adult son or daughter's vocational future and their chances for marital happiness."

As the 1900s progressed parenting science fortunately began to improve the way we interact with our children... somewhat. By the end of the 1960s science could point the way to some parenting fundamentals that stand the test of time (and the test of science). Those fundamentals have now been accepted for between 50-60 years. And they distill parenting down to three things that I'm calling the what of parenting:

1. Love your kids and show it
2. Establish developmentally appropriate boundaries
3. Support choice and autonomy

That's it. Parenting at its most fundamental.

Here's the problem...

The scientists who developed these ideas did a great job on the what of raising children well. These three things are exactly what children need. Unfortunately they botched the how part.

So much of how to do these three things was based on flawed ideas. Outdated concepts of discipline and punishment meant that parenting styles built around hurting kids prevailed. Ideas like "you've got to be cruel to be kind", "this will hurt me much more than it hurts you", and "children should be seen but not heard" developed during this period and they built on archaic ideas of love and discipline; ideas that are generations old. The frustrating thing is that we have enough great parenting science to not just explain what children need to thrive.

We know that “what” kids need is unconditional love. And now we know how to give it to them: through non-controlling involvement, empathy, and connection (which helps them feel seen, heard, and valued).

We know that “what” kids need are effective limits and boundaries. And now we know how to give it to them: through non-controlling development of structures, scaffolding, and the building of social expectations collaboratively.

We know that “what” kids need is autonomy support. And now we know how to give it to them. I’ve developed a framework called the 3 Es of Effective discipline, where we explain, explore, and empower our children to find ways through the difficulties we all face.

Research shows that children raised this way are more likely to succeed in school, have positive relationships, and develop a strong moral compass. They’re also less likely to engage in “deviant” behaviours (drinking, drugs, early sexual exploration, and delinquency). In short, they’re more likely to thrive.

How it works

Each person on the planet has three basic psychological needs. They are the need for relatedness (a feeling of connection with others), competence (a sense that they can do things), and autonomy (a feeling that they can make their own decisions).

Old-school parenting strategies run rough-shod over those needs. A smack, a time-out, or being yelled at leaves relationships ruptured, makes a child feel stupid and incompetent, and takes a child’s sense of control and stomps all over it.

The circuit-breaker

It’s time we let go of the fad parenting styles and the old science based on decades and centuries of poor parenting, and we move towards a need-supportive approach to raising our children. How?

1. Support our children’s relatedness needs by being involved and connected
2. Support our children’s competence needs by developing structures and boundaries with them
3. Support our children’s autonomy needs by helping them understand the ‘why’ behind what we ask, and providing choice wherever we can.

The path forward requires perspective, compassion, empathy, and patience. Now and then it will look like it’s not working because it doesn’t operate on quick (but ineffective) ‘fixes’ like the old-school styles.

But the evidence shows that this is the parenting revolution we need as parents, and our kids need to grow resilience and wellbeing.

To revolutionise your parenting and learn how to break the cycle, buy a copy of [The Parenting Revolution](#) now.



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 6 books about families and parenting. For further details visit



Please complete the order form below if you wish to order and share with your family and friends if they would like to support our wonderful group!



Price each pair \$6.00

Sample socks are displayed at: **Gloucester Public School**

All orders in by: **26th May 23**

to: **School Office**

NAME:		CONTACT NUMBER:						
Style	Socks	XS Kids 4-8 yrs AUS 9-12	S Kids 8-11 yrs AUS 12-2	M Older Kids, Teens & Women AUS 2-8	L Women & Men AUS 8-12	XL Men AUS 12-14	Total Pairs	Total \$
Sharks								
Cats								
Sloth								
Sheep								
Panda								
Toucan								
Penguin								
Rainbow								
Squiggles								
Sploshes								
Paw Prints								
Dots								
Flowers								
Hearts								
Ten Pin Bowling								
Surfing								
Jigsaw								
Guitar								
Noughts & Crosses								
Grapes								
Banana								
Pineapple								
Apples								
Strawberry								
Total pairs/cost								

while we endeavour to always deliver socks ordered, if we run out of a particular design, we will replace with something similar in the same size

PAYMENT OPTIONS

BANK DEPOSIT

Account Name: GPS P & C Fundraising

BSB:

932000

Account Number:

100484173

Reference Details: SOCK & SURNAME

Please send all cash payments direct to the school office with clear instructions of Child name, Child Class and Sock order on the envelope