



Gloucester Public School Newsletter

Opportunity - Innovation - Excellence

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www.gloucester-p.schools.nsw.edu.au



Term 4 Week 9

Tuesday 11th December 2018

Dates to Remember

12/12 Presentation Night 6pm
13/12 Citizenship Movie Day
14/12 Year 6 Assembly 2pm
18/12 Year 6 Farewell 6.30pm
19/12 Last day of Term 4 2018

Assemblies

Week 9 14/12 Year 6

Canteen Roster

12/12 Skye Apthorpe
Sharon Osland
14/12 Liz Davis
Erin Campbell
17/12 Hannah Murray
19/12 Robyn Beggs
Emma Swilks

Uniform Shop: Friday 14/12
8.30AM - 10.00AM

School Photos: 27/3/19



FOR SALE!
Spinach from our
school garden
\$1.00/bunch



PRESENTATION NIGHT

Wednesday 12th December

6.00pm

RSL Auditorium

**Everyone is encouraged to attend.
Parents, grandparents and friends are most
welcome.**

**Students, please wear full summer school
uniform.**

**Citizenship
Movie Day
Thursday
13th
December**

Message from Mrs Wakefield -

Welcome to Week 9. What a big week this is for all of us. There is only 6 school days left of school for 2018. It has been a fantastic year and I thank you for your support.

This week brings the Year 6 Auction, Presentation Night, the Year 6 Assembly and our classrooms are a buzz with activities, especially all the letter writing to Santa in the K-2 classrooms. Today I will post all the letters for the K-2 students to Santa. I am sure Santa will respond by next Tuesday. He has some magical talents. Santa has also organised a helper to visit K-2 next Tuesday for class parties.

Last night I had the absolute pleasure to present awards to this year's Year 7 at Gloucester High School. It is wonderful to see our Year 6 students from 2017 performing so well. It was a lovely night.



I would like to thank my staff. This is a very busy time of the year and it brings many exciting events and challenges. We are very lucky at Gloucester Public School; we have a great school, with great teachers and staff. Without question, teachers shape the minds of children and thus, their future.

As we continue through life, we remember at least one teacher. My Kindergarten teacher, Mrs Sandy Mason was the one for me. I am so very lucky that I have been able to reconnect with her, as she now lives in the Gloucester area. It is important to thank your child's teacher and appreciate the time he/she has spent with your child. Your child's teacher has spent approximately 204 days or 1428 hours with your child this year.

2019

2019 will bring some fantastic moments/events and challenges; however, we will rise to these and excel in 2019.

Sixty-six Year 6 students leave us for high school at the end of the year and I wish them every success in their future learning paths.

Thirty Kindergarten students join us in 2019. This is very exciting and with four Smooth Start visits, we are eagerly preparing for 2019.

Year 6 leave a bit of a dent in our numbers as they are a big year. We will have approximately 36-40 less students, with a few students/families moving out of Gloucester at the end of the year. We wish these families well.

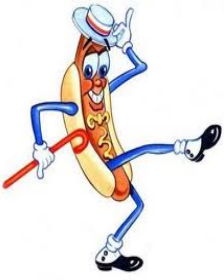
At this point, we will have four Stage 3 (5/6) classes and three Stage 2 (3/4) classes. We are currently looking at the formation of Early Stage 1 and Stage 1 Classes. Student numbers will determine how classes are formed.

If you have any questions or concerns about classes or anything else for 2019, please come and see me or call me, before the end of the year.

Leanne Wakefield, Principal

"HOT DOG DAY"

Wednesday, 19th December



To celebrate the end of another year we are holding a special hot dog day on Wednesday 19th December at lunch time. Our hot dog meal deal will include a hot dog on a bun, sauce (optional), popper and a special Christmas treat all for \$5.00. If you would like to order, please fill in the attached order form and return to the canteen along with your money. As you can imagine, this involves a LOT of hot dogs so to help us with catering **PLEASE HAVE YOUR ORDERS IN BY FRIDAY 14th December** so you don't miss out.

Due to the hot dogs, strictly no other lunches will be available on this day. (Recess as normal).

Year 6 - What's Coming Up?

A busy last week:

Wed 12 Dec Presentation Evening - all students encouraged to attend
Fri 14 Dec 1.45pm Year 6 Final Assembly - parents and community friends welcome!
Mon 17 Dec Auction duties day
Tues 18 Dec Stage Christmas Party
Year 6 Farewell

YEAR 6 FINAL ASSEMBLY

Friday, 14th December

1.40pm in the hall



Wed 19 Dec 2.30pm Walk of Honour - parents welcome!
Bring the hankies!

As you can see, we have a fairly hectic schedule in the lead up to the end of the year. We also have a lot of preparation to do to prepare for many of these events. It certainly is an exciting time of the year!

School Banking

This will be the last school banking week of the year. It would be wonderful to have all students collect their participation certificates. Don't forget ... Thursday in the library at 8.30am.

Jane Richardson

School Banking Coordinator

From the Library

All books that have been borrowed from the library should now have been returned in order for us to do our annual library stocktake. Thank you to those who have returned overdue books. Please take some time to have a search for the missing books. Unreturned books cost our school a lot of money and we may request that the cost of these lost books is reimbursed in order to replace them.

Kim Macdonald

Teacher Librarian

P&C Christmas Raffle

The raffle will be drawn at the Presentation Night this Wednesday.

Please return all sold and unsold tickets to the office by 3.00pm tomorrow or hand to the P&C members at the door on Presentation Night.

The P&C thank you for your support.

Upcoming Choir Performances

Date	Concert	Venue
Wednesday 12 December 6:00pm	GPS Presentation Night	RSL Auditorium
Friday 14 December (During School Time)	Kimbarra Lodge	Kimbarra Lodge

Susie McLeod and Annette Burrows, Choir Coordinators

Windstars Performance Dates

When	Time	Where	Wear
Wednesday 12 th December	5.45pm	RSL Auditorium – Presentation Night	Full school uniform
Friday 14 th December	During school hours. Walking to Kimbarra.	Kimbarra Lodge Leaving school at 10.15am and returning to school at 11.30am	Full school uniform

The choir performing at Carols by Candlelight last Sunday night - thank you to all who attended.



and at the Nursing Home



insights



How do you show up for your kids?

by Dr Jodi Richardson

Every now and again a meme pops up on social media from a mum who delights in sharing the joys of her trip to the shops alone. No kids. Just her and her handbag. The caption always reads something along the lines of 'You know you're a mum when going to Target alone feels like a holiday'. I always chuckle when I see those, because I can relate. A lot of us can. And not just the mums.

Parenting is incredibly fulfilling and the most important 'job' any of us will ever do, but it can also be demanding, frustrating and exhausting.

I can't tell you the number of times I've arrived home only to be bombarded with requests, questions, stories of what I missed – or all three – before I've even taken my key out of the door. I'm not joking. I tried to implement some sort of buffer for myself so I didn't feel so stretched within the first minute of getting home but it never worked. They'd always be so happy to see me and it didn't seem fair to not be immediately available, despite the fact that it was quite overwhelming. It's not as though I was ever gone that long either. I wasn't even working. I'd only ever been to the supermarket, or Target, lol.

I always found the contrast of time alone and all of the quiet that comes with that, and the – is chaos too harsh? – of walking in the door really difficult to manage, especially because the kids always had stuff absolutely everywhere by the time I got back. I knew they'd always had heaps of fun because the family room always resembled a toy shop. There was never any "Let's put things away as we're finished with them" on Dad's watch!

Whether our kids are little and jump on us the minute they see us or they're that bit older and don't necessarily even come to the door when we get home, it's worth taking time to think about how we want to show up when we see them. It never occurred to me all those years ago that I could better prepare myself for the homecoming. Not once. Sometimes we were just taking each day moment by moment. What I know now is that if we use the time between leaving one place and arriving at another, it can make an astounding difference to how we feel, and to what we bring to our family at the same time.

The Third Space

Dr Adam Fraser calls it the 'Third Space'. It's the space between two places or spaces such as between work and home, between being home alone and the kids arriving home after school, or even between going to the supermarket and home. Tuning into the Third Space is also a brilliant practice to incorporate into a work day, say between your desk and a meeting, or a meeting and an interview.

In the Third Space, we can do three things to ensure we show up the way we want to, every time: reflect, rest and

reset.

Reflection is time spent looking back over the day and contemplating what you've achieved and what went well. It could be that you accomplished something you're proud of, or ticked off a few things on your list. It could be something big or small you reflect upon. It really doesn't matter, it's just about reflecting on a handful of good things about your day.

Rest is downtime. You can spend it how you like! You might have a long commute and decide to rest by listening to music, watching a movie, reading the paper or a book. Your rest time might be brief on some days and longer on others. It doesn't matter what you do or for how long, it's just about doing something that recharges your batteries and helps you feel relaxed.

Reset is all about how you're going to show up. How do you want to feel and act when you walk through the door to your home?

When Dr Fraser taught people to use the Third Space model as part of a research project, he measured a huge 41 per cent improvement in behaviours in the home, inevitably having a wonderful impact on relationships and the family as a whole.

In a recent presentation I heard Dr Fraser deliver, he told a story of a dad whose kids would make themselves scarce whenever they heard him come home. He was always like a tornado ripping through the house and they didn't want anything to do with him. When he found out, he was understandably devastated. He made a change and put the Third Space model into practice and turned things around.

It's so easy to let the events of the day affect our time with our family, but they don't have to. Our relationships with our kids and our partners play an important role in our kids' development, happiness and mental health. Let's do what we can to show up for them as our best possible selves. They deserve it, and we do too.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au



NEWCOMBE
COACH LINES

PCYC

HUNTER VALLEY GARDENS
XMAS LIGHT SPECTACULAR
SATURDAY 15th DECEMBER 2018



\$25 per adult

\$20 per student (U/18)

To secure your seats - phone or text your details to
0475 563 043

GLOUCESTER BLUE LIGHT WILL COVER TRANSPORT COSTS
(Coach travel)



NEWCOMBE
COACH LINES

PCYC

STONEY AQUA WATER PARK
THURSDAY 10th JANUARY 2019



\$40 per student

Includes: Transport, 2 x sessions on the Inflatable water
park, ½ hour stand up paddle boarding

To secure your seats - phone or text your name,
address and phone number to 0475 563 043

RSVP - 24th December 2018 - For student aged 8 years or older



12 DAYS OF CHRISTMAS



HOT DOG MEAL DEAL ORDER for the last day of school on Wednesday, 19th December

My child _____ of class _____ would like to order a Hot Dog meal deal. The meal includes a hot dog on a bun, sauce (optional), a popper and a special Christmas treat.

ORDERS MUST BE IN BY FRIDAY, 14TH DECEMBER OR YOU WILL MISS OUT.

☐ I have enclosed payment of **\$5.00.** Signed: _____

✂-----

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