DATES TO REMEMBER:

Thursday 11/4
Year 3 Sleepover at school

Friday 12/4
Last day of Term One

Thursday 25/4
ANZAC Day March

Monday 29/4
Staff Development Day
(Australian Curriculum)

Tuesday 30/4
Staff Development Day
(All staff at school)

Wednesday 1/5
First day of Term 2 for students

Thursday 2/5
P&C AGM 7.00pm (hall)

Friday 3/5
ANZAC School Service

Wednesday 14/5 – Thursday 16/5
NAPLAN testing

TENNIS

Last Friday the GPS tennis team (Lleyton Richards, Dylan Green, Tahnee Yates and Kyra Edstein) played Wauchope Public School in the PSSA tennis knockout competition. The score sheet ended up with Wauchope being convincing winners, but the standard of tennis was fantastic, as was the sportsmanship.

It rained, was cold and then the sun came out!
Well done to our team and thanks to the great support from our parents and grandparents! Looks like we will have to get ready for next year!

Mark Howland

P&C AGM

This meeting will now be held on Thursday 2nd May at 7.00pm in the school library. I would encourage all mums and dads to attend not necessarily to take on an executive position but to meet other parents and to find out how you might be able to support the school in other ways.
Children and Young People

Children and Young People and Fruit and Vegetables

DID YOU KNOW?

- More than 87% of primary school aged children in NSW do not consume the recommended amount of vegetables.
- Research has shown that children who watch a lot of television are more likely to snack frequently on foods that are high in fat, salt and sugar and tend to eat less fruit and vegetables.

GENERAL INFORMATION

Fruit and vegetables are a good source of vitamins, minerals and dietary fibre. Including more fruit and vegetables as part of a balanced diet will help your children grow and develop and help prevent a range of chronic diseases such as Type 2 Diabetes, heart disease, high blood pressure and some forms of cancer.

It is recommended that adults eat at least 2 serves of fruit and 5 serves of vegetables each day. These amounts vary for children, depending on their age, appetite and activity levels.

Children are encouraged to eat a variety of fruit and vegetables every day. Including raw and cooked fruit and vegetables in a range of different colours can help achieve this.

The recommended minimum daily intake of fruit and vegetables for children and adolescents is as follows:

<table>
<thead>
<tr>
<th>AGE OF CHILD (years)</th>
<th>FRUIT (serves)</th>
<th>VEGETABLES (serves)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-7</td>
<td>1-2</td>
<td>2-4</td>
</tr>
<tr>
<td>8-11</td>
<td>1-2</td>
<td>3-5</td>
</tr>
<tr>
<td>12-18</td>
<td>3-4</td>
<td>4-9</td>
</tr>
</tbody>
</table>

Source: Australian Dietary Guidelines for Children and Adolescents

HOW DO I ENCOURAGE MY CHILDREN TO EAT FRUIT AND VEGETABLES?

Encouraging children to eat fruit and vegetables can sometimes be a struggle. However, research has shown that the more fruit and vegetables are available and easily accessible for children i.e. chopped up and ready to eat, the more likely they are to eat them.

Providing a variety of different fruits and vegetables is one way to encourage your children towards healthy eating habits. However, you need to be patient. There is evidence that children need to try new fruits and vegetables repeatedly, possibly up to eight or nine times, before they are liked or accepted.

As a parent or carer you can help this process by being creative in the way you serve up fruit and vegetables. For example, prepare vegetables in different ways to vary the texture such as raw, microwaved, mashed, baked, grated into a casserole or frittata, blended up as a pasta sauce or as a soup.

EASY FRUIT AND VEGETABLE IDEAS

Try and make fruit and vegetables a part of every meal or snack, for example:

- Top breakfast cereal with fruit
- Add chopped or pureed fruit to yoghurt as a snack
- Make a smoothie with fresh, frozen or canned fruit
- Add as a topping on toast such as bananas, mushrooms or tomatoes
- Chop up fruit or vegetable sticks for your child’s lunchbox
- In summer, freeze fruit on a skewer as a snack
- Add vegies to a stir-fry, chop up in meat loaf or a casserole or on a home-made pizza

Select fruit and vegetables that are in season – they will taste better and are usually cheaper than those that are out of season.
Choosing drinks for children

DID YOU KNOW?

- Children who regularly drink soft drink and other sweetened drinks are more likely to be overweight.
- In NSW, 55% of year 6 boys and just under 40% of year 6 girls drink more than one cup of soft drink each day. By year 8, these figures rise to almost 60% of boys and more than 40% of girls.

WATER

Drinking water is the best way to quench thirst without getting the sugar and kilojoules found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters. Drinking water instead of sweetened drinks helps prevent dental problems and the Fluoride found in tap water also helps children develop strong teeth and bones.

MILK

Milk is a good source of Calcium and is important for the growth of strong bones and teeth.

- Reduced fat or lite milks should be encouraged for children over the age of two years. Reduced fat milks contain much the same nutrients as full-cream milks except they are lower in saturated fats and therefore in energy content.
- Children under two years of age should not drink reduced fat milks as they have higher energy requirements than older children.

FRUIT JUICE

Fruit juice is often regarded as a healthy choice as it contains Vitamin C. However one small glass (125 ml) of most juices provides a child's daily requirement for Vitamin C. More than this provides excess sugar and kilojoules that can contribute to weight gain. A piece of fruit is a better choice than juice as it provides fibre.

SOFT DRINKS, CORDIALS AND SPORTS DRINKS

Regular soft drinks, cordials, sports drinks and flavoured mineral waters can contain large amounts of sugar and kilojoules. These drinks are not a necessary part of a healthy diet and should only be consumed occasionally - not everyday.

Source: Q4 Live Outside the Box 2005 Teacher Resource

IDEAS TO ENCOURAGE CHILDREN TO DRINK MORE WATER

- Pack a water bottle whenever you go out.
- In summer, put a frozen water bottle in your child's lunch box.
- Have cold water available at all times at home instead of sugar sweetened drinks.
- When participating in sports, encourage children to drink water rather than sports/energy drinks.
- Gradually water down juices, sports/energy drinks and cordials until your child is happy to replace these with plain water.
- Use smaller glasses when serving sugary drinks for children and limit the number and serve size of sugary drinks they have.

REMEMBER

If you always offer sweetened drinks, children will be less likely to choose plain water. If you are going to offer your children sweetened drinks on occasions, healthier options are those drinks and waters with just a hint of sweetness. These can be consumed in larger volumes (up to 500 ml) to satisfy thirst without giving children excess sugar or a preference for strongly sweetened drinks.

Further information

For more information on healthy eating and physical activity for you and your family, go to:


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Wearing School Uniform at Gloucester Public School

The wearing of school uniform by students will assist our school community in:

- defining an identity for the school within our community;
- developing students’ sense of belonging to the school community;
- providing an opportunity to build school spirit, responsibility and pride;
- enhancing the health and safety of students, when involved in school activities;
- promoting a sense of inclusiveness, non-discrimination and equal opportunity;
- reinforcing the perception of the school as an ordered and safe environment;
- increasing the personal safety of students and staff by allowing easier recognition of visitors and potential intruders in the school;
- promoting positive community perceptions of public education; and
- making school clothing more affordable for families by eliminating the risk of peer pressure to wear transiently fashionable and expensive clothes.

Our school has a very distinctive uniform, which represents our school community with pride. Students at Gloucester Public School are encouraged to wear the correct school uniform every day. We believe the school uniform demonstrates the values and responsibility, respect and pride in our school. The uniform policy is supported by the school P&C association.

One of our school expectations is to: **Wear full school uniform with pride.**

Starting in Term 2 (1st May 2012), we will be concentrating on wearing our school uniform with pride. If your child is not in school uniform, you will receive a uniform note, which you will need to signed and returned to the school.

**Our school uniform is:**

**Girls**

**Winter – Terms 2 and 3**
- School Pinafore/Tunic
- Light blue blouse
- School shirt (preferably long)
- Navy trousers (long pants)
- Navy skort (not netball skirt)
- Navy tracksuit pants (no motifs)
- Navy stockings – preferably thick or ribbed
- School jacket/jumper
- Navy socks (white/navy socks Fridays)
- Black school shoes (no coloured laces or motifs)
- School hat

**Summer – Terms 1 and 3**
- School dress/Tunic
- School shirt
- Navy skorts (not netball skirt)
- Navy shorts (no bike pants)
- Navy socks
- Black school shoes (no motifs or coloured laces)
- School hat – everyday

**Boys**

- School shirt – (preferably long)
- Navy Trousers (long pants)
- Navy Shorts
- Navy tracksuit pants (no motifs)
- School jacket/jumper
- Navy socks (white/navy socks on Fridays)
- Black school shoes (no motifs or coloured laces)
- Plain joggers on Fridays for sport
- School hat - everyday

- School Shirt
- Navy shorts
- Navy socks
- Black school shoes (no motifs or coloured laces)
- School hat - everyday
- White/navy socks on Fridays for sport
- Plain joggers on Fridays for sport
<table>
<thead>
<tr>
<th>Uniform Shop Price List (New Uniforms)</th>
</tr>
</thead>
<tbody>
<tr>
<td>S/S School Shirts $22.00</td>
</tr>
<tr>
<td>Summer Dresses $55.00</td>
</tr>
<tr>
<td>Light Blue Blouses $20.00</td>
</tr>
<tr>
<td>Skorts $16.50</td>
</tr>
<tr>
<td>Long Pants – Boys $20.00</td>
</tr>
<tr>
<td>Jackets $22.00</td>
</tr>
<tr>
<td>Wide Brim Hats $12.00</td>
</tr>
<tr>
<td>School Bags $30.00</td>
</tr>
<tr>
<td>Scrunchies $2.50</td>
</tr>
<tr>
<td>Tights $9.00</td>
</tr>
<tr>
<td>L/S Shirts $26.00</td>
</tr>
<tr>
<td>Winter Tunics $55.00</td>
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<tr>
<td>Shorts – all styles $16.50</td>
</tr>
<tr>
<td>Long Pants – girls $22.00</td>
</tr>
<tr>
<td>Jumpers $18.00</td>
</tr>
<tr>
<td>Bucket Hats $7.00</td>
</tr>
<tr>
<td>Socks $3.00</td>
</tr>
<tr>
<td>Library Bags $2.00</td>
</tr>
<tr>
<td>Headbands $6.00</td>
</tr>
</tbody>
</table>

REMINDER: WINTER UNIFORM TERMS 2 & 3.

School Expectations
Our school has 5 expectations that guide our welfare and discipline policy and our PBL program.
Our expectations are:
1. Wear full school uniform with pride.
2. Play and work safely.
3. Show respect to yourself and all others.
4. Care for our school and everything in it.
5. Be healthy and sun smart.

Assistant Principal Position
As many of you are aware, Mrs Alison Clifton (AP) has taken leave until March 2014. An expression of interest was presented to the staff at our school and then the North Coast Regional area. Unfortunately, we had no-one from outside of the school apply for this position.

As such, as an executive body and staff, we have had to make some minor changes to progress through 2013. The changes will start in Term 2 (01.05.2013).

- Mrs Amy Schafer will take on the non-teaching Assistant Principal mentor and take on the duties that Mrs Clifton had including being the supervisor of Early Stage 1 and Stage 1.
- Miss Lauren McBain will be the classroom teacher for 3A for the rest of 2013. I welcome Miss McBain to our staff.
- Mrs Margaret Wilson will be the Stage 2 supervisor and will still be the class teacher of 5M.

If you have any questions please do not hesitate to contact me. Miss McBain will be attending the Year 3 sleepover and would love meet any parents or carers.

Leanne Wakefield
Principal.
Class Awards

3A  Harley Dangerfield  
    Melia Mulder  
    Brooke Willis  
3/4H  Sapphira Snow  
    Natalie Pereira  
    Simon Collins  
4J  Charlie Carruthers  
    Tahnee Papalia  
    Thomas O'Mara  
5M  Hayley Weismantel  
    Troy Ryan  
    Tallulah Nixon  
5/6C  Damon Ireland  
    Stephen Hester  
    Grace Forrester  
6R  Toohey Hamson  
    Tyler Cook  
    Azren Snow

ANZAC Day

Parents, students and friends are invited to join with our school in remembering ANZAC Day this year.

This day falls in the school holidays (25th April) and we are hoping for a good response from families to join us. We had a wonderful turnout last year and we are hoping for a repeat this year.

Students are encouraged to represent our school by participating in the march from the Soldiers Club to the cenotaph in Memorial Park in Hume Street. Please wear your full school uniform. Let’s remember those who served our country with pride and respect.

Meet at the Soldiers Club at 10.25am ready to assemble and begin the march.

We will also hold our ANZAC Memorial School Service on Friday 3rd May at 2.10pm. All are welcome to come along.

Rod Maggs - Assistant Principal

2D

Many thanks to the parents and grandparents who have been helping us with reading groups this term. You are “magic” and we have all appreciated your time and efforts!

Please believe your child when he/she tells you there is no homework this week.

Enjoy your holidays!

Debbie Howland  
Classroom Teacher
**Water Only!**
Crunch & Sip promotes vegetable and fruit snacking and drinking water. This week your child will bring home a water bottle which has been supplied by this Good for Kids, Good for Life initiative. Students will be encouraged to have this clear water bottle on their desks to sip from throughout the day. Only plain water is to be consumed in the classroom. Drinks other than water are not permitted (e.g. fruit or vegetable juice/cordials). Be sure to wash the water bottle daily and make sure it is clearly marked with your child’s name. It is suggested that you pack another drink for your child to use in the playground. Remember, Think Water First!

*Melissa Seale  
PD/H Teacher.*

**Stage 2**
Stage 2 staff would like to thank our parents for all of their support this term and we wish everyone a very safe and happy holiday. We look forward to working with you and your children in term 2.

*Amy Schafer, Mark Howland, Julie Groves.*

**NAPLAN**
Year 3 and Year 5 teachers will be sending home some NAPLAN example sheets over the next few weeks so that your child may become familiar with the style and presentation of questions they might experience in the NAPLAN tests. Year 3 and Year 5 students will sit for the NAPLAN tests in week three of Term 2 on Tuesday 14th, Wednesday 15th and Thursday 16th May. You are very welcome to assist your child with these practice sheets. We will be revising various literacy and numeracy aspects at school over the next few weeks.

*Years 3 and 5 Teachers.*

**Year 6 Canberra Excursion notes home**
Notes for this year’s Canberra excursion went home on Friday. This is often one of the highlights of primary school for many students and provides them with an amazing educational experience to discover the sights and important national buildings in Canberra. It also allows students an opportunity to develop their self-confidence and social ability. This four-day excursion will take place from Monday 12th August to Thursday 15th August (Week 5, Term 3). Please read through the note carefully. The instalment sheet is included to assist families with a suggested framework to pay for the trip. The first note and deposit is due on Friday 3rd May (Week 1, Term 2). Should you have any initial questions or issues, please contact either Mrs Moore, myself or the office at school.

*Rod Maggs – Assistant Principal.*

**Primary Sport**
Years 3-6 will have sport at school again this week. A variety of games will be played based on fundamental movement skills and will occur in stage or primary rotations. Thanks to all volunteer parents who gave their time to support us during swimming and cross country events during this term. It is your support that allows us to run such programs. However, we may need to pray for more favourable weather in coming terms!

*Rod Maggs, Assistant Principal.*
**Buderus 7's - Rugby League**

What a great day of football 30 of our students enjoyed at Taree last Wednesday. We had several newcomers to rugby league including two girls, Mia Giudice and Carla Plant. Gloucester Under 10's won three games and drew one. Gloucester Opens won three out of four.

It was a family day out with wonderful support from a large group of parents and grandparents. Many thanks for transporting our students to Chatham.

The whole Sopher family (Jacob, Brock and Aiden) played footy for GPS and what footy workaholics they are. Joe Forrester proved to be a tackling machine completing several consecutive tackles.

Darcy Allardice, Harry Moore, Brock and Aiden, Lachlan Blanch, Drew Stone, Thomas Roy, Lucas Summerville, Dwayne Cole, Mia Giudice, Carla Plant, Ryan Boorer and Brady Rose all scored tries and some of the abovementioned players scored multiples.

Our Opens' team welcomed a secret football weapon in Han Jun Ki who was dynamic in both defence and attack scoring several tries. The "big fella" Jeremy Spindler proved a force to be reckoned with in defence and attack. Connor Harvey demonstrated improvement especially in defence.

Dylan Green proved he wasn't just a pretty face and had a blistering run outskirting the defence. Leon Mackintosh, another newcomer to league gave his best, as always did Cameron Redman, Cooper Fordham, Bryce Berry, James McLeod, Mitchell Williams, Jacob Sopher, Jacob Danton, Tom Cowan and Karson Campbell. Mia Giudice and Cooper Fordham both represented GPS in the Buderus Dash.

Unfortunately showers of rain made the footballs a little slippery. Special thanks to Anthony Allardice and Rodney Summerville who have been regularly coaching the under 10's and opens' players. Thanks very much guys, I appreciate your time, effort and skills.

*Liz Davis.*

**Rugby Coach/Teacher**

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**Numeracy Packs**

Numeracy Packs will be available for collection on Wednesday 9/04 (tomorrow).

You will be able to collect them from the room located between K/1E and 1L.

Remember this will be the last opportunity to collect a pack before the holidays. We hope that every child will soon have access to a numeracy pack at home.

*Amy Sansom*

Community Liaison Officer

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**Zone Cross Country**

Last Friday, 5th April, 29 Gloucester Public School competitors competed in the PSSA Zone Cross Country event at Wingham. All the competitors performed admirably as the course was rather hilly and a little slippery in places. We had two runners qualify to represent the Manning Zone at the Hunter Regional Cross Country Event on Friday 10 May 2013. They are Emma Ashton who was placed second in the 10 year old girls' event and Lleyton Richards who came sixth in the 10 year old boys' event. Congratulations, Emma and Lleyton! We wish you all the very best for the Regional Cross Country competition. Keep training!

Congratulations to all the Gloucester cross country competitors on their behaviour and manners whilst at Wingham, I was proud of your efforts. I would also like to thank the wonderful Gloucester Public School parents who transported students to the event and then assisted me by walking the course, getting the students ready for their races, recording their placings and supervising when I was called away to marshal on the course. You all certainly made my job a lot easier and for that, I'm greatly thankful.

*Margaret Wilson*

Zone Cross Country Team Manager.
Netball

The first Thursday after the term break, (2nd May) Gloucester Public School’s Netball team will play against Barrington Public School’s team at the town’s netball courts, weather permitting. The match will start at approximately 11:30 am and parents are welcome to attend and support our players. (It might be handy to bring a fold-up chair for your relaxation.) Netball players, please remember to bring your netball uniform, water bottle, no jewellery, short finger nails, appropriate footwear, hat, sunscreen, hair tied back and ventolin or personal medication if required.

Good luck girls!

Margaret Wilson, Netball Teacher.

CANTEEN NEWS

The canteen roster for term 2 has been sent home. Thank you to all the parents who have agreed to volunteer at the canteen. If you haven’t received your roster, I have spare copies at the canteen. The canteen will open on the first day of term 2 (Wednesday 1st May). A copy of the Winter Menu will be included in the first Newsletter. Have a safe and enjoyable break! See you next term.

Sharon Osborne, Canteen Supervisor

Canteen Roster

| Wednesday 1/5  | - | Sharon Benson          |
|               |   | Paula Blanch           |
| Friday 3/5/13 | - | Kylie Broadhead        |
|               |   | Robyn Hooke            |

P&C Fundraiser – Heatherbrae Slices

At long last we have been advised that the slices will be delivered to the school on Thursday. Apologies for the delay. Please collect your orders from the canteen after 2:00 pm.

Kellie Warwick, P&C Fundraising.

Uniform Shop

Our uniform shop sells both new and second-hand uniforms. We rely on donations of second-hand items from parents and carers and donations of uniforms are always appreciated. If you are going through the uniforms that you have at home in the lead up to winter, and find that you have items that your children have grown out of and that you no longer require, we would be very grateful if you would consider donating these items to the uniform shop. Second-hand items are sold at very reasonable prices and help many families. For the convenience of parents we also offer a lay-by service for the purchase of new uniforms. If you would like to use this service please call in to the uniform shop on a Friday morning for more details.

Uniform shop is open every Friday 8.30 - 10.00 am.

Tracy Dunthorne, Uniform Shop Coordinator.

Local Squashies at the Nationals

Gloucester had 6 junior squashies take their chances in the Australian Junior Open Squash Tournament 2013 held in Thornleigh over the Easter long weekend. This event attracts the best of the best that Australian Juniors have on offer.

Three of our students were competitors at this event.

Tanai O’Brien (only 8 years old) played U11 girls and gained a 5th place winning 3 of 5 matches.

Ethan Bird played in the U11 boys and gained 4th place winning 2 of 4 matches.

Dylan Woodbine also played in the U11 boys. Dylan held his own with lengthy rallies in 2 of his 4 matches resulting in 5 sets in both and displaying sportsmanship Gloucester can be proud of.