### Dates to Remember

**Assemblies**
- Week 2: 2H
- Week 3: 5M
- Week 4: 2M
- Week 5: 4R & 4S
- Week 6: 1B & 1S
- Week 7: 3C & 3G
- Week 8: KM & KS
- Week 9: Awards
- Week 10: Y6 Final Assembly

**Bookclub due** 26/10
**Get Booked St 2** 20/10
**Get Booked St 3** 22/10
**Kinder Orientation** 9/11
**Kinder 2016 Smoothstart** 23/11, 30/11, 7/12

**Presentation Night:** 9/12

**Year 6 Farewell:** 15/12

**Cookie Dough Fundraiser**
Return date: 23/10

**Gloucester Junior Cattle Show:** 23/10

**Canteen Roster**
- 14/10: Bev Germon, Judy Hopkins
- 16/10: Louise Thurgood, Ange Parish
- 21/10: Sally Maslen, Amanda Bowling
- 23/10: Liz Davis, Tonia Channon
- 26/10: Hannah Murray, Mel Seale

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Four students represented Gloucester Public School and competed at Dungog Horse Sports day last Friday. They were Jessica Murray, Chloe Tresidder, Cody Howard, and Ryan Boorer. This event had been postponed and some of the original competitors were unable to attend. The riders who did compete on Friday, and their mounts, were very well presented in their uniforms. The weather was pleasant and I was very pleased with the excellent behaviour and sportsmanship our students displayed. Every rider from Gloucester should be proud of the way they and their horses preformed.

We had two major awards going to Gloucester, this year. Jessica Murray was the 9yr Reserve Champion and Cody Howard was the 11yr Boy Champion. Ryan and Chloe also won a number of ribbons on the day. Collectively this was an outstanding effort from one school with only four riders.

Thank you riders, for making it a pleasure to be your team manager and thank you parents and carers for assisting, transporting, strapping and working on events to ensure the day ran smoothly and safely.

This was the last horse sports day for the year and I was so proud of all our Gloucester Public School riders and their performances throughout the year. Keep training and we will see you and perhaps some new riders next year.

*Margaret Wilson*

*Horse Sports Team Manager*
Developing your child’s social media scripts
by Michael Grose - Australia’s No 1 parenting educator

It’s important to start conversations with children about using social media at a young age to prepare them to be savvy users when we’re not around.

“If a job’s worth doing, it’s worth doing well.”

This mantra always pops into mind whenever I’m about to cut some corners or do a rushed job in any endeavour. As a result I double-check every article I write for mistakes. I over prepare every talk I give. And I continually edit and re-edit my books. This message keeps me at the top of my game.

I can thank, or blame, my mother for inserting this mantra in my mind as she repeated it whenever I did a rushed job as a youngster making my bed, doing homework or cleaning up my bathroom mess.

Parents of every generation have always found ways to frame messages of safety and success for their children to remember. Parents of past generations who only had to contend with the offline or real world intuitively knew that they needed to teach child important lessons about safety and manners rather than assume they’ll be understood.

The same maxim holds true for the world of social media that children now inhabit from an increasingly young age. Even though our children are growing up with technology as a part of their everyday lives, they will still make plenty of mistakes while using it. This means we need to have direct conversations with our kids about the comments and posts that are okay to make using social media of all forms.

As parents we teach our kids to talk politely and clearly so that they know how to speak to others when we’re not around. In effect, we give our kids social scripts to fall back on when they talk to friends, teachers and relatives. There’s no guarantee they’ll look an adult in the eye when they speak to them, but our discussions, reminders and lessons about manners will hopefully hold up when we’re not around.

The same applies to social media. Our conversations and lessons will prepare them to be savvy users when we’re not around. Here are some ideas to get you started:

1. “Is this worth posting?” The relatively impersonal nature of social media means that we can post information and pictures with relative immunity. Also its immediacy means that we can do so without much thought. This means that kids need to be very critical about what they see online. ‘Is this accurate?’ and ‘Is this worth posting?’ are two valid questions children can ask when they read posts placed by others.

2. “Have you taken a big breath?” A child who blurts out everything that comes into his mind without thinking is sure to put plenty of people offside. ‘Think before you speak’ is the type of message that every child should have in mind. The same applies to social media. Just because they think something doesn’t mean they post it. ‘Take a big breath’ may just about be the most important message to give your kids about social media.

3. “Do you want the principal to see this?!” An invitation to a teenage birthday party posted on social media is one way to get more attendees than you bargained for! The viral nature of social media means that kids should only post messages and photos that they want to be spread and read by a large audience.

4. “How does this post make you feel?” We need to teach kids that not every post needs to be commented upon and not every thought needs to be shared, particularly when they are angry. Teaching them to walk away and then to step back in when they’ve calmed down is perhaps the most important communication lesson of all. It is very relevant to social media as emotions are often the last thing on many people’s minds when they haphazardly post a message.

5. “How will you fix this?” Social media just like any social space requires kids to behave ethically and with kindness. When kids overstep the mark and post hurtful things then it’s fair that they fix their mistakes, and apologise. It’s reasonable that we teach our children to act with tolerance and with empathy online, and if mean things are posted then they should be expected to try to repair relationships through social media, just as they should offline.
We are learning...
- Weekly Sounds: Revision of ou, oi, ar, ue
- Weekly Sight Words: do, new, old
- Number Focus: Reading, writing, counting and ordering numbers 0-1000
- Maths Focus: money, multiplication, division, fractions, area, position, 3D shapes, data

Sport: We will participate in sport activities on Thursday morning so please ensure your child is wearing their sports uniform.

History Unit: This week, your child will bring home a family history survey. Please fill it out with as much information as you can so we can display this in our classrooms. Thank you!

Reading Groups: KM is searching for a reading helper on Thursday from 9:15 to 9:45. If you can help, please contact Mrs Carruthers.

Mirabai Carruthers and Alicia Taylor
Kindergarten Teachers

Gold Awards (Week 10, Term 3)

KM
- Mia Blamires
- Lyla Cawley
- Hailee Labry
- Melody Maslen
- Alice Murphy
- Lacey Wall
- Mylah Wisely
- Reannah Yates
- Nash Griffin
- Cooper Gunn

1S
- Laura Broadhead
- Rahni Coulton
- Chloe Doolan
- Amy Fry
- Makaylee Gooch
- Hayley Green-Crook
- Jessica Marchant
- Jayla Rapson
- Meka Taylor
- Juliette Webb
- Chelsea Wenham
- Jaxson Galvin
- Benjamin Smoothy

1B
- Kaylee Bagnall
- Lillianne Dangerfield
- Mackenzie Hardy
- Sophie Lenehan
- Alicia Martin
- Harmony Osland
- Mia Tresidder
- Marley Young
- Travis Allardice
- Troy McBride
- Rhys Saunders
- Luke Speering
- Seth Toohill-Sargent

Golden Awards

KS
- Matilda Dillon
- Jessica Higgins
- Kailee Hogan
- Hannah Leimgruber
- Jamieson Looby
- Charlotte Marchant
- Steffi O'Mara
- Isabella Parker
- Montanna Watego
- Bodhi Ashby
- Asher Baker
- Andrew Fraser
- Aiden Glew
- Phineas Hester
- Lachlan Sansom
- Blake Walker
- William Wooster
Public Speaking
Our school public speaking competition will be held next week in the school hall. Stage Three will be presenting their speeches on Monday afternoon and Stage Two will be presenting theirs on Tuesday afternoon, commencing at 1.30pm.
Three or four speakers from each year group have been chosen from in-class competitions to compete against the best of their peers. The class teachers have had a very hard time deciding on the final entrants as there were so many good quality speakers to choose from, so this year’s competition should be of a very high standard.
Parents and carers are encouraged to attend and hear some interesting and informative speeches. Hope to see you there.
Kaye Leighton

Get Booked—Readers’ Club
Got a funny book and want to share it?
Come to our readers club!
Get Booked will have its second meeting in week 3. Stage 2 will meet at recess on Tuesday and Stage 3 will meet at recess on Thursday. The theme for this meeting is ‘humour’ so bring along a book that makes you laugh. We look forward to sharing with you!
Miss Watts and Mrs McLeod

Scholastic Book Fair
All book fair orders have now been handed out. Thank you for your participation and support.
Hayley Watts
Teacher Librarian
Stage 2 Communities Day – 26th October
This term, Stage 2 is studying 'Living in Communities' as one of our focus areas. We will be looking at what a community is, how we and others contribute to our local community and comparing our nation (as a community) with that of another country.

We are currently in the process of organising a day whereby our students can meet representatives of local community service organisations whose role it is to provide a service to Gloucester and its people. It will be a great opportunity for the students to see who looks after the needs of our community and allow them to ask questions in a relaxed and open forum. Students will rotate around the organisations in roughly ten minute rotations.

I am in the process of seeking support from a number of local organisations. If you are involved in work (either paid or voluntary) that supports our community and would like to participate, please contact me at school as soon as possible.

The event is planned for Monday 26th October from 1.30 – 2.45pm.

Rod Maggs - Assistant Principal

Week 2 Primary Sport
Some slight changes will occur to our summer sport rotations with the Year 5 students at Lake Keepit this week.
Stage 2 will run its own sporting activities Friday morning. Year 6 teachers will make their own arrangements to work around their Puberty Clues program on Friday morning.

Don’t forget your hat and water bottle!

Rod Maggs – Assistant Principal
School Choir

Our School Choir has a very busy term ahead of them. Please see our performance schedule because there will be some out of school performances.

Term 4 Performance Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Concert</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Friday 6 November</td>
<td>Tidy Towns Awards Dinner</td>
<td>Gloucester Golf Club</td>
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<tr>
<td>Sunday 15 November</td>
<td>Sinfonia Concert Intercontinental Visa- Travel</td>
<td>Gloucester Public School Hall</td>
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<td></td>
<td>the world through music</td>
<td></td>
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<tr>
<td>Friday 4 December</td>
<td>Travel the world through music</td>
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<tr>
<td>(During School Hours)</td>
<td>Hillcrest Christmas Party</td>
<td>Hillcrest Nursing Home/ Community Health</td>
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<tr>
<td>Monday 7 December</td>
<td>Baptist Church Christmas Lunch</td>
<td>Gloucester Baptist Church</td>
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<tr>
<td>(During School Hours)</td>
<td></td>
<td></td>
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<tr>
<td>Wednesday 9</td>
<td>GPS Presentation Evening</td>
<td>Gloucester RSL</td>
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<tr>
<td>December</td>
<td></td>
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<tr>
<td>Sunday 13 December</td>
<td>Carols in the Park</td>
<td>Gloucester REC Centre and Sporting Grounds</td>
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More information will be sent home prior to each performance. Thank you in advance for supporting our choir!

Annette Burrows and Mirabai Carruthers
Choir Teachers

Schools Spectacular Information

- **WEEKLY SONG FOCUS:** It's a Small World, Mickey Mouse Club March and Matilda Medley.
- School Rehearsals will continue this week. Please ensure that all Schools Spectacular music comes to school during rehearsal time. 
  **Rehearsal Times:** Monday Afternoon- 3:00 to 4:00pm and Tuesday Lunch time- 1:00 to 1:30pm.
- We are having our next fundraising barbeque at Woolworths this Saturday 17 October. If you are able to help, please let me know as soon as possible.

Mirabai Carruthers
Schools Spectacular Coordinator
BAKE YOUR VERY OWN
GINGERBREAD MEN & SHORTBREAD CHRISTMAS TREES!
Support our Schools Spectacular Choir!

- There are 10 delicious cookie flavours to choose including a Gingerbread Man dough (with cookie cutter) and Shortbread Biscuit dough (with cookie cutter).
- The cookie dough is packed in a re-usable 1kg tub which makes 40 x 25g cookies. **33c-38c per cookie.**
- You can **REFREEZE** the cookie dough and thaw it out as you require for baking.
- You can keep the thawed cookie dough in your refrigerator for up to 4 weeks.
- We have included a prize program for every child that sells one or more tubs. **The more tubs you sell the better the prize!** Prizes include items from Wahu, Disney Frozen, Remington, Razor and much, much more!

Please return your order form and monies to the school office by: Friday 23 October.

*Happy fundraising*
*Mirabai Carruthers and the Schools Spectacular Team*

**Sporting Schools**

Our Term 4 Sporting Schools Program started today with a fabulous turnout. Our focus sports for the term are Gymnastics and Soccer. Students will be given an introduction to both sports through skill development and modified games.

It is not too late to enrol your child in our Term 4 program. Enrolment forms can be obtained from the Front Office, or via our school website. Once returned to Mrs Seale your child, or children, will be able to start.

*We hope to see you there!*

*Thank you*

*GPS Sporting Schools Team*

*Mrs Green, Mrs Seale, Miss Coughlan and Miss Watts*
Term 4 Sporting Schools

For: Students K-6

When: Tuesday and Thursday @ 3-4pm

Where: Meet outside Mrs Schafer’s wet room

What: Please bring your hat and a water bottle

From: Tuesday 13 October to Thursday 24 November (inclusive)

We would love to see you!

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Woolworths Fundraising BBQ

This Saturday 17 October.

If you are at Woolworths doing your shopping or driving past, please drop in and support our School Spectacular Fundraiser! We’ll be serving up a delicious BBQ for your lunch!

We hope to see you there!
The Gloucester Sustainable Futures Convention is a weekend of creative, robust and challenging conversations about the future. We will hear from social change makers, sustainable industries and businesses.

The Convention runs over two days – Saturday 24 October and Sunday 25 October and will be held at Gloucester High School.

The challenges and choices of living sustainably in rural and regional communities are creating exciting opportunities.

Transitioning towards a renewable economic and social landscape is happening across Australia and the world – and we all need to be included and informed about the huge potentials coming our way.

Our choices and involvement in the way we want to shape and evolve our social and environmental futures are vital and everyone needs to be at the table.

Be involved in exploring opportunities and solutions in this evolving and exciting time. We need everyone to help map our future to thrive and live well in a progressive society.

Employment, renewable energy solutions, social cohesion and community well-being are at the forefront of a sustainable future. What a weekend this will be!

We need you there, we need your voice, your ideas, your energy, enthusiasm, wisdom – and above all your passion!

**Registration**

Registration is $25 per day to cover daytime catering costs.

Registrations are now open for the Gloucester Sustainable Futures Convention which runs over two days (24 & 25 October) at Gloucester High School.

You can register online and pay for your tickets via the secure booking system.

The Gloucester Sustainable Convention is initiated by Groundswell Gloucester and hosted by the Sustainable Futures Committee.

**Presenters**

The GSF Convention has an exciting line-up of social change makers, sustainable industry representatives, business people, artists and church leaders, including the following:

- Cheryl Kernot
- Amanda Cahill
- Jarra Hicks
- Glen Albrecht
- Mark Reedman
- Audrey De Witte
- Jessica Harwood
- Rev Tom Stuart
- Geoff Evans
- + more (check out the website for lots more information)

Gloucester people and our community are at a crossroads – it’s a great time to come together and talk.

Do you have questions or ideas? We’d love to hear from you. You can get in touch with the convention organisers via email.

sustainablefuturesconvention@gmail.com
The many faces of independence

Here are 5 ways for parents to give their children skills, encouragement and support in their quest for independence.

It's been well documented in recent years that children/young people are dependent on adults for longer. In Australia one in four 18-30 year olds still lives at home and those numbers are on the increase. There are many reasons for this including lack of housing, affordability, working and partnering later, and simple convenience.

The propensity for many parents to do too much for children is a massive contributor to this increased dependency. Oddly, this is the exact opposite of what parents have always done, which is to develop their children's independence, and in doing so effectively become redundant from their children.

There are a number of reasons for the current high level of dependency parenting including family shrinkage (parents are able to do a great deal for kids in small families), older parents (often over-concerned), busyness of life (it's easier to do than delegate) and a heightened fear that the world is a dangerous place for children and young people.

**Independence is the point**

When independence becomes your priority then suddenly you've found a pathway to the development of other positive qualities and traits in your children including the key four – confidence that comes from facing fears; competence that's built through mastery; creativity that's encouraged when kids must resolve their own problems; and character that is forged under the duress of challenge and hardship.

Adults are the gatekeepers for children's independence. And of course, independence takes many guises including:

**Self-help skills**

The starting point for independence building is giving kids the skills, know-how and confidence to look after their own wellbeing and welfare. This is shown in the many everyday situations where parents model, teach and provide opportunities for children to look after themselves. Including toddlers undressing themselves, primary-aged children preparing their own snacks, and teenagers organising their own transport to school and after school activities. Kids develop real confidence from being able to look after themselves and others.

**Autonomy to make choices and mistakes**

Without realising it, as parents we frequently make choices on our children's behalf. We choose the food they eat; the games they play; their leisure activities and often the clothes they wear. When families are large (four or more children) parents usually give their children more space to make their own decisions as well as opportunities to learn from their poor choices.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.
... The many faces of independence ... 

This may mean that children choose healthy interests and pursuits that parents are unfamiliar with, or even swim against the tide of their parents' wishes. In small families parents often know so much about minutiae of children's lives that inevitably we tend to impose greater well-intentioned control over children's decisions.

3 Freedom to explore the neighbourhood
On a recent trip to Italy I was struck by how much freedom to wander their neighbourhoods Italian children had. It was a throwback to the type of childhood that many of today's parents experienced, where we had the opportunity to navigate our neighbourhoods on our own without having to check in with our parents all the time.

4 Freedom to explore unpredictable and potentially risky environments
Independence is also built when children spend time in unpredictable, potentially risky environments such as the bush or new environments beyond their neighbourhood. There may be some risk involved but this is where real learning lies for children and young people. Eliminate the risk and you eliminate the learning.

5 Taking responsibility for your own problems and actions
There's no doubt many kids are adept at shifting their problems and responsibilities to adults. One of my children would always blame me when they were late for school. Even though the child in question had an alarm clock and was more than capable of using it, any lack of punctuality was somehow shifted to me. Go figure! Independence comes when children take ownership of their responsibilities rather than using someone else as a scapegoat.

In order to grant children and young people the type of independence outlined parents need to be brave rather than fearful; work hard to develop the skills and know-how kids' independence requires; and be willing to give kids the encouragement and support they need to step out of their comfort zones when independence seems to hard.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.
When packing a lunchbox for your child, you should feel confident that you're providing them with a nutritious supply of food that will get them through the day with the energy they need to function.

Follow this rule to make packing a healthy lunchbox easy:
PACK THE CORE 4 (plus 1 for active and fast growing kids).

What are the CORE 4?

1. **Main lunch item** – a sandwich, roll, wrap or salad based on grains such as pasta, rice or quinoa.

2. **Nutritious snack** – choose a snack from the five food groups such as a cold chicken drumstick, crackers with cheese, veggie sticks and hommus, or yoghurt.

3. **Piece of fresh fruit** – whatever is in season.

4. **Drink** – always include a water bottle. Add an additional small reduced fat milk drink (less than 300ml) or a 99% fruit juice drink (less than 200ml) once or twice a week.

**PLUS 1 additional snack**

Every child is different and depending on their activity level or rate of growth, they may need an additional snack in their lunchbox. If this is the case, we recommend choosing a fifth item from the five food groups first, such as those listed in lunchbox item number 2 (the nutritious snack). This will provide the extra nutrients some kids need.

**Occasionally...**

For variety and enjoyment it’s OK to include an occasional “extra” item in place of this fifth snack option. Extra foods include sweet biscuits, muesli bars, packets of chips, confectionary or dry noodle products. These kinds of items should not make a daily appearance in the lunchbox, but can be added once a week for variety and enjoyment and to teach balance.