Finally it happened and what a lovely sunny day! Well done to all of our students, you all tried so hard in your races and had plenty of fun in the afternoon activities.

A huge thank you to the parents and High School students who helped us. All of these people really ‘put in’ on the day and we certainly appreciated their wonderful efforts.

Debbie Howland
On behalf of all the infants’ staff.
CARING FOR OUR KIDS ONLINE

Did you know?

37% of children aged between 10-14 years old on Facebook, KIK, Omegle, Instagram, Whisper, Tumblr, Snapchat, Qooh.me, ask.fm, Tinder, Vine and skype have strangers as 'friends' that are potential predators.

We need to ensure that our children know that online friends are not true friends and sharing passwords or photos with them is not acceptable. Friends are people that live in the real world and strangers are people we don't know or haven't met. The average amount of online friends for most 10-14 year olds is 570. No-one has an average of 570 friends. Some could be predators.

72% of children aged 10-14 years have had unpleasant contact with strangers online. 13 years old is the minimum age for Facebook, iTunes and Instagram accounts. No primary aged children should be accessing these programs/Apps.

17 years old is the minimum age for KIK messenger, as it has no privacy settings and right now it is the number one APP for sexual predators.

17 years is also the recommended age for Instagram as there are very few privacy settings and the program owns all your photos when posted, giving predators the ability to use your photos and photos of your children. If using Instagram, please check the security setting and DO NOT allow the GPS location. Predators can locate where you live by using Google Earth or other applications. Please turn off all GPS location settings for all APPs.

Dangerous APPs for your children.

**Vine** - Allows users to watch and post six seconds of videos. While many of the videos may be harmless, porn videos pop up during and before the videos, exposing children to explicit material. Predators utilise this app to search for children and find their location. They then connect with them via other messaging apps. Be careful.

**ChatRoulette and Omegle** - These apps allow you to video chat with strangers. Not only are users chatting with strangers, they could be chatting with a fake stranger. At times, chat sites have warnings when people are chatting using fake webcam software, however many people still manage to use these apps illegally.

**Tinder** - Tinder users post pictures and scroll through images of other users. When they think someone is attractive they can 'flag' the image. If that person has also 'flagged' them in return, the app allows you to contact them. This app and similar apps such as DOWN, SKOUT, PURE and BLENDR are primarily used for hooking up with strangers. This is not for the use of anyone under 18 years of age. Please be vigilant.

**Poof** - Hides other apps on your phone. You select which apps you would like to hide and their icons will no longer show up on your smartphone screen. If children/young adults have apps they want to keep hidden from their parents/carers, all they have to do is download this app and ‘Poof’, their screen is clear of any questionable apps. If you see the Poof app on their phones, you may want to ask them what they are hiding.

**Whisper** - This app allows you to post/send secrets anonymously and also allows you to chat with other users in your geographic area. A very dangerous App for anyone.

**YikYak** - All YikYak users are anonymous. They don't create a profile or account, but they can post comments that are accessible to the nearest 500 people. A psychiatrist called this the most dangerous app he'd seen because it can turn a school into a virtual chat room where everyone can post his/her comments, 'anonymously'.

**KIK** - A free app-based alternative texting service that allows texts/pictures to be sent without being logged in the phone history. This app is rated dangerous by police and cybersafety experts and should not be accessed by anyone under 17. In addition, strangers can send your child a 'friend request'. The content is 17+ rated and a favourite app for predators. Please do not let your children use this APP.

**Snapchat** - Allows you to capture an image or video and make it available to a recipient for a specific time. After that time limit is up, the picture/video automatically disappears forever .. or so Snapchat claims. Similar apps: Poke, Wire and Wickr. Your child can send inappropriate photos and sexting and believe after the time limit these are gone forever. The truth is that nothing sent over the internet ever disappear. There are always ways to retrieve and capture those images.

You cannot have privacy online, you can only have security. Cyber space is a very public place where nothing can be deleted and things are permanent. You are never anonymous online. Please monitor everything your children do and check all devices regularly. You may trust your child, however predators are everywhere.

Please talk to your children about meeting people online and never meeting them in person without an adult person present. People we meet online are strangers and are usually not what they seem. Please be careful.

Leanne Wakefield, Principal.
New Sounds: Revision of Ss, Aa, Tt, Ii, Mm

New Sight Words: was, by, had

Numeracy: counting forwards to 200, backwards from 50, writing and reading numbers to 100 (and beyond), and counting by 10s and 5s.

Maths Concepts: addition, subtraction, patterns, 2D shapes, volume and capacity, and time.

Kindergarten Excursion: Please return your child’s note and money to the office.

Where: ‘Oakvale Farm’, Salt Ash (near Port Stephens)

When: Friday 31 July 2015 (Term 3, Week 1)

Depart from school by 8:45am
Return to school at 4:00pm
Cost: $25.00 per child (bus and entrance fee)

The bus will leave Gloucester Public School at 8.45am. Please have your child at school by 8:30am, so we can depart on time. The bus will return at 4.00pm, so a parent/carer must be available to pick up your child from school at this time. No student can catch the bus home.

What to Pack:
Your child will need morning tea, lunch and water. He/she must wear full school uniform, including a hat, and sunscreen. Please pack their belongings in a small back pack.

Term 3 Sport/PE: Infants will participate in sport each Thursday afternoon. Please make sure your child is wearing their sports uniform. KS participates in PE on Wednesday and KM participates in PE on Friday so it is advisable to have your child wearing their joggers on these days.

Class Awards (Week 2)

KS
Laura Broadhead
Hayley Green-Crook
Rahni Coulton
Hayden Dark (E)

KM
Alicia Edwards
Tahlia Hale
Tala Vanrooyen
Melody Maslen (E)

1S
Krystal Penfold
Casey Archer
Charlotte Marchant
Andrew Fraser (E)

1B
Sophie Lenehan
Luke Speering
Levi Owens
Albie Cameron (E)

2H
Olivia Kearney
Lotti Warwick
Kurtis Sullivan
Isabella Gunn (E)

2M
Mia Hardy
Sam Collie
Rhys Summerville
Adam Burley (E)

School Photos
School photo day is next Monday 3rd August. If you did not receive a photo envelope, spares are available from the office and should be returned to school with the correct money on Monday. If you require a family photo, these envelopes can be collected from the office. Group photos will be taken on the day and will be available for purchase at a later date.
**Maths Olympiad**  
To kick us off this term, I have included two questions this week.  
*Good luck to all our GPS mathematicians.*  
_Eve Green_

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The four-digit numeral 3AA1 is divisible by 9. What digit does A represent?

Family Name: Answer:

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In three bowling games, Alice scores 139, 143 and 144. What score will Alice need in a fourth game in order to have an average score of 145 for all four games?

Family Name: Answer:

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**Dubbo – Year 4**

Our final notes for the Dubbo excursion were handed out last week. The PG movie note will allow us to show some of these movies on the excursion. Should you have any concerns with any of these movies, please note this on the note or contact one of us at school.

The medical form is an essential requirement of the excursion. Please also feel free to contact us at school if you would like to discuss any issues confidentially or in greater detail prior to the excursion.

The final date for payments is next Wednesday 5th August. If you are unsure of the balance you need to pay to finalise this cost, please contact Mrs Griffin in the office on 6558 1303.

Only three weeks to go!

_Susie McLeod and Rod Maggs_  
_Year 4 Teachers_

**Lake Keepit – Year 5 Excursion – Term 4**

Places are filling fast for the Year 5 excursion to Lake Keepit at the beginning of Term 4.

Please complete your form and pay your deposit as soon as you can to ensure a spot for your child.

We have been advised by the Department of Sport and Recreation staff at Lake Keepit that although the water level is at a low 3% capacity, there is still sufficient water for all the proposed activities to take place.

Further information will be sent home towards the end of term.

Please do not leave it too late to start paying your instalments. The schedule allows easy on the pocket payments, however if you miss a week or two, this will make other payments heavy on your pocket.

We need a male to accompany us to help with after-hours supervision, so if any dads are interested in being that person, please contact Mrs Green. We are looking forward to a great trip with the Year 5 students.

_Berrill Ley_  
_Year 5 Teacher_

**Term 3 Sport**

Students in years 3-6 have chosen the sport they wish to attend for the rest of Term 3, and will start this Friday, 31st July. The sports on offer are softball, basketball, tennis, netball, croquet, soccer and hockey.

If your child has chosen the following please ensure they are able to play each week with either money and/or necessary equipment.

Basketball, tennis and croquet cost $2 per student per week and must be paid each Friday.

Hockey requires every student to wear protective gear. A mouthguard is an absolute MUST – no mouthguard, no play. Preferably each player will also have shin guards. These are not supplied by the school.

_Berrill Ley_  
_Assistant Principal_
Science and Engineering Challenge-Chill Out

Last Saturday, 12 keen students from GPS entered the Science and Engineering Challenge taking place during the Chill Out Festival. The teams were required to design and construct an item according to a set of criteria which was then tested against the other competitors.

The three Gloucester teams were made up of James Latimore, Josh Anniwell, Jaime Dangerfield and Simon Collins; Marlene Sadler, Ryan Latimore, Sam Todd and Daniel Rowney and Ava Tuckwell, Emily Walker, Brooke Turner and Allison Simon.

Two teams were required to build a tower which was scored according to its height and increasing weights for its strength. The Gloucester team of James, Josh, Jaime and Simon completed a very sturdy tower well designed, which proved to be the winning tower of the day.

Marlene, Ryan, Max and Daniel also constructed a tower which was able to support the lighter weights but buckled under the heavier test.

Ava, Emily, Brooke and Allison’s challenge was to design and build a car they could propel using the limited equipment supplied (wheels, masking tape, wooden axles and elastic bands), a very testing challenge indeed. None of the teams with the car challenge were actually able to propel their cars the required length during the testing stage. It was extremely difficult.

As is always the case, our students were a delight and are to be congratulated for their great sportsmanship and team work. Well done to all of you.

Eve Green
Stage 3 teacher
Girls and Boys Basketball PSSA Knockout Competition.

Yesterday was round 3 of the knockout competition. We played Tacking Point from Port Macquarie at the Gloucester Recreation Centre.

The girls were on first and played an outstanding game, great defence and got to within 3 points of the opposition, eventually going down by 7 points. Tacking Point had an outstanding No 9 player, and without her, the game would have been extremely close. For GPS, the MVP was Tiarn Harvey. Super rebounding and an ability to read the play very well. She was supported by Emma Ashton, who just never gives up and some super defence from Kid Vicious...aka Keely Yates!

Melia Mulder, Sasha Fordham, Anita Jackson, Charlie Carruthers and Tanai O’Brien...all helped to make a great game, congratulations girls!

Next were the boys, who I am sure had been watching too much soccer recently! The game quickly zoomed out of reach but like all GPS kids, they never gave up. Bradey Rose quickly had 3 fouls because he just always tries his hardest. Jack Blamires and Aiden Hawkins used their height and rebounded well. Sam Ashton is a pocket rocket and covered the court with flying speed. Kelly Groves, Josh Anniwell, Aiden Rose and Lucas Summerville all contributed and new to basketball... Darcy Allardice was a pleasure to watch. Great ball anticipation and reading the play. Couldn’t choose an MVP!

Well done girls and boys, top kids with a top attitude.

Plus thanks to Olivia Chapman, Ben Reynolds and Josh Chester from GHS for refereeing and doing the bench.

Mark Howland
Basketball Helper!

Hockey news!

We had a great game last Friday against the students from Barrington Public School. We ran two games based on experience and ability and the students really enjoyed the competition in playing a different school.

Many thanks must go to Mr Bruce Snape for umpiring, Mr Ollie Rinkin for his ongoing support of our school each Friday and for organising the sausage sizzle and volunteers, and to Mrs Wise and Mr Keen from Barrington PS for organising the students from their school to join us. It was great fun!

Rod Maggs
Zone Athletics - Friday 7th August
Students selected to represent the school at Zone Athletics have been given an information note which has a tear off section that needs to be completed for permission to take part.
Every student must pay the $5 zone levy in cash, either to the office or to Mrs Ley. This money will be paid direct to Manning Zone by the school. Please DO NOT try to pay this levy as an online payment.
The final note, with further details, will be sent home as soon as we receive it from the zone organisers.
Berrill Ley

Canteen News
Hebys Bakery are supplying Ham, Cheese and Pineapple Pizzas. You can order a full slice for $4.00 or half slice for $2.00, which is ideal for smaller kids. These are available each canteen day and they are seriously delicious.
Just a reminder on a price increase at the start of Term 2 for Sausage Rolls - they are now $2.80. Please make sure you have your orders in by 9am so you don’t miss out on your preferred choice.
Linda Dillon was the lucky winner of our Canteen Helpers raffle last term. Linda won a $20 gift voucher from Perenti’s.
Thanks again to all of our volunteers - we could do it without you. If anyone else would like to help out just give me a call on 0447 727 388 or drop into the canteen.
Lisa Norrie
Canteen Supervisor

Under 10’s footy team at Taree All Schools Rugby League Gala Day
Do you let your kids amaze you?

"I'm amazed at what children CAN do when given the opportunity and encouragement. I love the pride, confidence and sense of purpose/pleasure in contributing, each new skill achieved brings. The smiles are awesome too."

A mother left this comment on our Facebook page recently in response to our post: "What would be the impact if you did less, not more for your children?"

Lovely answer!

It got me thinking that the joy that this mother took from watching her children develop independence was no accident. Her parenting style played a large role in her children's independence. All power to her and her parenting style!

I've long believed that adults are the gatekeepers for children's independence.

We open the gate to independence when we give children opportunities to develop self-help skills (carry their own schoolbags, get themselves up in the morning, tidy their own rooms); provide them with real responsibility (feeding pets, setting the meal table and preparing meals) and give them autonomy to make some of their own decisions (choosing clothes within limits, following own interests, making choices about pocket-money spending).

We close the independence gate when we do too much for children (tidy their toys away, pack their schoolbags, make simple snacks; rescue them from learning opportunities; take forgotten lunches to school, sort out their friendship problems, pay their library fines and neglect to build scaffolds to independence (such as help them make their bed, walk half way to school, teach them to ride public transport).

It's a quirk of parenting that many children think they are older than they are, and parents think their children are younger than they are. We underestimate children's abilities to the detriment of their development.

Are you an opener or closer of the gate to children's independence?

Think of independence as a continuum with opening the gate and closing the gate at either end. If your parenting is more at the closing end then look for ways to move down the continuum towards independence building. My advice is to make small adaptations to your parenting. For instance, start with a child making their own snacks before moving to helping you to prepare a meal. But first you need to develop a mindset for independence building. That means, be on the lookout for opportunities for children to do things for themselves.

As many readers will know I firmly believe that the job of parents is to make ourselves redundant from the earliest possible age of a child's life. That means, that our interactions with kids have an endgame in mind – we want our kids to be able to stand on their own two feet physically (Don't we get a kick out of them walking for the first time!), emotionally (with support, of course) and to navigate their world without being reliant on others.

There is no better feeling as a parent than watching your child beam with joy and pride when they've mastered a new skill, overcome a challenge or conquered a fear. It's those times that make parenting so worthwhile. Those awesome smiles won't happen by accident. They require a parenting style that gives kids a chance to be independent; that encourages them to be brave and offers them the safety net of emotional support when life throws them curve balls. Why not try it? Give your kids a chance to amaze you.

If the idea of promoting real independence in kids enthralls you then join me at Parenting Ideas Club where week in and week out I'll show you how to raise kids that will amaze you. Find out more.

Michael Grose


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