Gloucester Public School Newsletter
Opportunity - Innovation - Excellence

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Term 3 Week 8
Tuesday 1st September, 2015.

Dates to Remember

2015 Excursions:
Stage 1  4/9
Yr 5 Lake Keepit 13-16/10

Assemblies (Term 3)
Week 8: No assembly
Week 9: Primary (5/6G)
Week 10: Infants (KM)

Father’s Day Stall  3/9
Infants’ Frolic 16/9

Enrol for Kinder 2016 from 10/8/15

Kinder Orientation 9/11
Kinder 2016 Smoothstart
23/11, 30/11, 7/12

Presentation Night: 9/12
Year 6 Farewell: 15/12

Canteen Roster
2/9/15
Leanne Kearney
Liz Davis
4/9/15
Robyn Beggs
Tim Norrie
7/9/15
Sally Maslen
Heidi Yates
9/9/15
Brad Sparke
Tracey Murrell
11/9/15
Louise Thurgood
Mel Seale

We love our grandparents
From Mrs Wakefield -

Grandparents’ Day Thank you
I would like to thank our community for such a wonderful day. Many thanks to the P&C for the morning tea and to all our families for providing such a large and beautiful morning tea. The day was truly delightful and showed our school community support and strength. I am always moved at these special days and honoured at the same time to lead such a great school. My thanks also to the staff and students. As always, if you would like to provide me with any feedback, please just call or come in and see me, the door is always open for you. I appreciate your feedback and am always looking for ways to strengthen our community involvement.

Fathers’ Day Stall
Fathers’ Day is this Sunday! I hope all our dads/carers have a wonderful and special day. The P&C are again running a Fathers’ Day Stall this Thursday 3rd September with items for sale from $2.00 - $5.00. There is enough gifts for all students, however not enough for 2 gifts per student. The gifts are purchased from an external provider who provides some excellent gifts, much like our Mothers’ Day Stall. Please don’t forget to send your child with some money to purchase a gift for someone special in your family. Thank you to the P&C for their organisation.

Cyberbullying Facts
Cyberbullying can be described as any harassment, insults and humiliation that occurs through the electronic mediums such as email, mobile phones, social networking sites, instant messaging programs, chat rooms, web-sites and through the playing of online games.

Forms of Cyberbullying can include:-
- Harassing and threatening messages
- Sending nasty SMS, IM's pictures or prank phone calls
- Using person's screen name or password to pretend to be them
- Forwarding others' private emails, messages, pictures or videos
- Posting mean or nasty comments or pictures
- Sending sexually explicit images - 'sexting'
- Intentionally excluding others from an online group

What can I do if my child is being cyber bullied?
- Do not be angry with your child - remember that he/she is the victim and it is someone else doing the wrong thing
- Praise them for coming to you - this is a big step as most children are frightened to tell a parent about cyberbullying
- Save and store the emails, chat logs or SMS's in case of police investigation
- Help your child to block and delete the bully from all contact lists
- Do not respond to nasty emails, chats, SMS or comments - this is what the bully wants so ignore them. (They will need your help to do this)
- Use the 'report abuse' button which all websites/applications have. Tell them the problems you are having and they are obligated to investigate.
- Have some ‘down time’ without computer or mobile (do not do this as punishment, rather as some peaceful time where they are not being bothered)
- If unwanted contact continues, consider deleting email, msn, hotmail etc and start a new account. Only give your new details to a small list of trusted friends.
- Get a new phone number if being harassed on your phone. Report the problem to your phone company and insist on a new number for free.
- Inform your child’s school. It is important that we know what is going on so that we can monitor any issues at school.
- If ongoing, report to police. Each state has laws that prohibit online bullying and stalking. You don’t have to put up with it.

Leanne Wakefield, Principal
New Sounds: Revision of sh, ch, th and qu

New Sight Words: that, big, little

Numeracy: counting forwards to 200, backwards from 50, writing and reading numbers to 100 (and beyond), and counting by 2s, 5s and 10s.

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

KM Assembly: KM will be presenting their assembly in week 10 instead of week 8 due to a clash with the stage one excursion.

Grandparents Day: Thank you to all of the wonderful grandparents and special friends who visited our classrooms last week. We had a fantastic time and hope you enjoyed your visit.

Mirabai Carruthers & Sophie Keen
Kindergarten Teachers

Infants' Frolic
Infants' students have been given a note to invite parents/caregivers to the frolic on Wednesday 16th September from 5pm - 7pm. Infants' students have been learning a variety of dances from around the world during sport this term and are putting together a showcase of traditional dances. The frolic will be held in the middle playground and a sausage sizzle will be provided for families to enjoy together. Please return the bottom section of the note as soon as possible.

Sophie Keen
Kindergarten Teacher

Thank you everyone who supported our school book fair! The school earns a commission from each book sold and this money goes back into the school and the library. Books have been ordered and should arrive back at school within a fortnight.
It was a big day in the library but well worth it for our school. Thank you to everyone who helped out on the day.

Hayley Watts
Teacher Librarian

School Photos
Our group photos have arrived and are on display in the foyer. Please come in and have a look. There are envelopes available from the office if you wish to order. Orders should be in to the photographer by the 8th October.
Groups are as follows:
School Captains
House Captains
SRC
Library Monitors
Debating
Reading Recovery
Cricket
Netball
Football - Junior & Senior
Soccer - Boys & Girls
Horse Sports
Basketball - Boys & Girls
Choir
Schools Spectacular
Math Olympiad

Congratulations to the Collins and Castles family- 8 was the correct answer. Well done!

This week:

Suppose 3! means 3x2x1, 4! means 4x3x2x1, 5! 5x4x3x2x1, and so forth. What is the value of the expression below in simplest form?

\[
\frac{8!}{6!} \times \frac{3!}{5!}
\]

Good luck.

Eve Green
Math Olympiad Coordinator

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Schools Spectacular—This is Our World

Tickets for Schools Spectacular can now be purchased by families who are interested in watching the show. This year’s show, This is Our World, highlights the significant part our students can play in shaping the world in which they will live.

Performance Dates:
- Friday 27 November- 12pm and 7:30pm
- Saturday 28 November- 1pm and 7:30pm

This year, Gloucester Public School won’t be making a group booking through the school due to the small number of tickets we purchased last year. It is easier to book your own tickets online and to choose the seats you would like.

Tickets are available from ticketek.com.au or 132 849

Please pay for train tickets asap.

Fundraising Discussion: Thank you to those families who were able to come to our fundraising meeting yesterday. We will have another meeting next Monday at 3:15pm to finalise our fundraising ideas and get the ball rolling. I hope to see you there!

Mirabai Carruthers

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Public Speaking

Our public speaking competition for stages 2 & 3 students is coming up early in term 4. To prepare for this, all stage 2 & 3 students are currently being given a homework task to write a speech on a topic of their choice that they will then present to their class.

Speeches for years 3 & 4 should be about three minutes long and speeches for years 5 & 6 should last about 4 minutes. It is okay to get some assistance from parents and it is best to choose a topic that interests or appeals to the student writing it.

Two students will be chosen from each class to present their speeches at the school competition in October.

Kaye Leighton
Public Speaking Coordinator

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Lake Keepit—October—Year 5

Lake Keepit medical and dietary information needs to be submitted before the end of this term. Students will have a note with them today in regards to instructions for submission of this information online.

Please note there are two notes, one for school and one for Lake Keepit. We apologise for this as it is out of our control as both government departments require different documentation.

Berrill Ley & Eve Green
Year 5 Teachers

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Gloucester High School Tri Challenge

This Friday (4/9/15) is the due date for the entry forms and fees to be handed in for Year 6 students who are competing in the Gloucester High School Tri Challenge on Friday 18/9/15. The total of $105.00 ($60.00 for team and $45.00 for kayaker) must be given to me by Friday with a completed yellow entry form. One team has lost their kayaker and are very keen to still compete in the event, so if you are a Year 6 student who would like to participate as a kayaker in a team, please see me as soon as possible.

Do not hesitate to contact me (65581303) or Mr Leighton at GHS (65581605) if you have any further enquiries.

Eve Green
Year 6 teacher

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Suppose 3! means 3x2x1, 4! means 4x3x2x1, 5! 5x4x3x2x1, and so forth. What is the value of the expression below in simplest form?

\[
\frac{8!}{6!} \times \frac{3!}{5!}
\]
Premier's Reading Challenge Celebrations!

Congratulations to the children who finished the Premier's Reading Challenge. These students have been reading very hard over the past few months along with children all over the state to complete the challenge and improve their reading skills. Last Wednesday the children released balloons into the sky to celebrate. Big thanks go out to Campbell's Engineering for donating the helium. The balloons were 100% biodegradable.

K Mia Blamires 2 Georgia Hughes 4 Harrison Edwards
K Oliver Collins 2 Olivia Kearney 4 Josephine Fitzgerald
K Chloe Doolan 2 Thomas Maggs 4 Darcey Fry
K Alicia Edwards 2 Amelia Parish 4 Lilly Griffith
K Amy Fry 2 Xavier Soupidis 4 Emily Kearney
K Hailee Labry 2 Cody Sparke 4 Elyssa Keen
K Jessica Marchant 2 Kurtis Sullivan 4 Charles Tonks
K Alice Murphy 2 Ruby Tonks 4 Chloe Tresidder
K Archie Ribbons 2 Harvey Willis 4 Miranda Yates
           Earle-Broadley
1 Travis Allardice 3 Quinlan Collins 5 Isaac Hughes
1 Charlie Clarke 3 Pryce Crane 5 Bailey Longbottom
1 Andrew Fraser 3 Kyden De Angelis 5 Alarni Parish
1 Jessica Higgins 3 Amelia Griffith 5 Tyler Tonks
1 Jamieson Looby 3 Thomas Hooke 5 Sadbh Renshaw
1 Nicholas Maggs 3 Shania Richards 5 Anna-Rose Seale
1 Charlotte Marchant 3 Abbey Seale 5 Jessie Stewart
1 Isabella Parker 3 Oliver Sparke 5 Laura Stone
2 Emily Beggs 3 Bonnie Tonks 5 Ava Tuckwell
2 Kaitlyn Beggs 4 Ryan Beggs 5 Luke Williams
2 Alana Benson 4 Jack Bignell 5 Brooke Willis
2 Emma Bignell 4 Kate Bradbury 6 Charlie Carruthers
2 Ruby Bradbury 4 Caitlin Campbell 6 Lucy Corbett
2 Sam Collie 4 Katrina Channon 6 Sasha Fordham
2 Jacob Edwards 4 Charlotte Broadley

Hayley Watts, Teacher Librarian
Kyrus Gets Booted!
Kyrus Scott has just completed the Modified Quick Smart maths program, after flying through the number facts for all four operations. Thanks to all the volunteer tutors who have helped and continue to assist other students improve their mental computation skills in maths.
Photo: Kyrus with his tutor Mrs Collins.

Free to good home!
We have an old table tennis table that is surplus to what we need. It needs a little repair, but only some basic stuff. If you would like it, see Mr Howland or Mrs Wakefield.

Music News
A big thank you to the Crane family who have kindly donated a drumkit to our school. Our previous drumkit has had years of enthusiastic rhythmic workouts so this kind donation is very much appreciated.
Annette Burrows
Music Teacher

CANTEEN UPDATE
It's great to see the kids supporting the "Eat Fresh & Win" campaign. Keep up the good work. The competition ends on September 18th so make sure you get all of your entry forms completed and dropped into the canteen.

From this week we will have regular chicken tenders instead of the Gluten Free tenders as previously supplied. They are the same size as the GF tenders and cost $1.20 each. I will also have GF tenders available for any food allergy sufferers. Please make sure that you note on your order form if you require GF Tenders.

And finally, thank you to all of our helpers and cake/slice donors for the Grandparents Day morning tea last week. Your support was very much appreciated.
Lisa Norrie
Canteen Supervisor

Milo Blast Off Cricket Development Gala Day back again
Cricket season is just around the corner and the Milo Blast Off Gala Day is looming again. Expressions of interest from students have been sought to participate in this day and we are currently planning to take five mixed teams to the event on Wednesday 16 September.
Students will participate in modified cricket activities aimed at developing skills and encouraging participation and enjoyment. Notes will come home shortly.
Rod Maggs
Assistant Principal
Transition To School
Parent Information Evening

Where: Gloucester Senior Citizens Centre
When: Thursday 3rd September
Time: 6pm - 7.30pm

An Evening To Receive:
- Practical tips on preparing for your child for school
- Things to consider before your child starts school
- Building a child's capacity for school
- Learning through play
- Dispositions for learning
- Emotional wellbeing and social skills
- English and literacy in the first years
- Numeracy at home
- And much, much more

A smooth transition into school plays a vital role in preparing children to achieve positive academic and social outcomes

Starting school is one of the major transitions individuals make throughout their lives. While the transition to school can be a time of excitement and eagerness, it can also be tinged with anxiety and concern. Join us for an evening of information and meet key teachers from our local schools.

All parents & carers are welcome to come and listen and ask questions to large panel of educators from:
- Gloucester Pre-school
- Barrington Pre-School & Long Day Care
- Gloucester Public School
- Barrington Public School
- St Joseph's Catholic Primary School
- Stratford Public School

Tea, Coffee & Nibbles will be provided
Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids’ emotions.

It’s official!

Emotions are now part of the parenting and educational mainstream!

For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie Inside Out gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, “Educating the mind without educating the heart is no education at all.”

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They often interrupt our well-organised schedules. “What do you mean you’re sad? We’re off to watch a movie. It’s a happy time!” Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it’s hard to figure out just what they are doing.

It’s a wonder parents haven’t smartened up to emotions earlier because ‘good parenting’ is hard emotional labour. When your three-year-old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like— which is disowning your own child)! you’re doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out “I hate you” because you’ve denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That’s one of the reasons its so draining.

Accepting kids’ emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We’ve built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial “To smack or not to smack” question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

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 limits of many parents' emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children's emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, “Who taught you how to recognise, manage and regulate your emotions?” If you answered your parents then you're lucky. They’ve given you the tools you need to have successful relationships, to maximise your earning potential (if you’re not), and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify anything that taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn’t identify anyone, so your emotional intelligence (if you've read this far you have the emotional smarts needed for focus, self-control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:

1. **Listen first**
   When your child fusses and fumes about some wrong-doing or hurt they've experienced clear your mind and listen.

2. **Contain rather than manage (let your kids do the managing)**
   Children's behaviour can become tangled up in upset and disappointment. It's hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soothe their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant**
   We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you're angry) are unacceptable.

4. **Build a vocabulary around emotions**
   Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, *I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions**
   Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. When it becomes part of your family's DNA then emotional intelligence will be passed down from generation to generation. You'll know it's had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

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Michael Grose

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THIS IS OUR WORLD

FRIDAY 27 NOVEMBER 12PM PREVIEW & 7:30PM • SATURDAY 28 NOVEMBER 1PM & 7:30PM
QANTAS CREDIT UNION ARENA • WWW.SCHOOLSSPECTACULAR.COM.AU
TICKETS AVAILABLE FROM TICKETEK.COM.AU OR 132 849 PLUS ALL OUTLETS
Our annual Fathers' Day stall will be held this Thursday 3rd September. Gifts will range from $2.00 up to $5.00. Students will be taken to the stall in class groups during the morning session and will have the opportunity to purchase a gift for their dads.

HAPPY FATHER'S DAY!
Gloucester Junior Cricket Association Inc.

Registration Day

Junior Cricket will be holding their annual registration day on Thursday 3\textsuperscript{rd} September at 3:30p.m
At the cricket nets at No.2 oval, Gloucester Park.

Registrations will be taken for; Under 16’s (14-16 Year olds)
Under 14’s (10 -14 Year olds)
Milo T20 Blast (7 to 12 Years)
Milo Cricketers (5 to 7 year olds)

In conjunction with Cricket NSW, there will be 2 NSW players from the NSW Blues and Lend Lease Breakers Conducting a FREE Milo T20 Blast Come & Try afternoon.

For any more information about playing or registration
Contact Steve Bignell on 0429 988101.