Term 3 Week 9

Dates to Remember

2015 Excursions:
Yr 5 Lake Keepit 13-16/10

Assemblies (Term 3)
Week 9: Primary (5/6G)
Week 10: Infants (KM)

SKOOLBAG APP
PARENT/CARER SURVEY - please complete for us!
Thank you

Infants' Frolic 16/9

Horse Sports 18/9

Enrol for Kinder 2016 NOW!

Kinder Orientation 9/11

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

Presentation Night: 9/12

Year 6 Farewell: 15/12

Last day of T3: 18/9
First day of T4: 6/10

Canteen Roster
9/9/15
Brad Sparke
Tracey Murrell
11/9/15
Louise Thurgood
Mel Seale
14/9/15
Robyn Beggs
Luke Brown
16/9/15
Louise Thurgood
Susanna Jackson
18/9/15
Ange Parish
Ruth Edwards

Stage 1 Transport Excursion to Timbertown (Wauchope) and Port Macquarie Airport
Computers are everywhere! No matter which direction we turn, access to a computer - or more specifically "screen time" - is everywhere we look. In many homes, computers and other ways to access the internet are available in almost every room of the house.

As parents, we want what is best for our children. If we listen to the commercials and advertisements, we might be missing out if we don't purchase the latest computer program, the latest app, or the latest Blu-ray. In reality, though, what are the pros and cons of all of this "screen time?"

"What is screen time?" you might ask. Well, "screen time" is any time that your child spends in front of a screen, whether it is a computer, television, iPad, iPod, cell phone, or tablet, you name it - if it has a screen, it's screen time. "Active" screen time is time on devices that your child can interact and engage with. "Passive" screen time is watching a show, movie or clip that does not require your child to interact.

**Pros of Screen Time**

What are the Pros? Using a mouse or a tablet will increase hand eye coordination and fine motor skills, such as isolating the index finger. Your child will also begin to understand cause and effect, a necessary cognitive skill. However, there are PLENTY of other ways to gain hand eye coordination, fine motor and cause and effect skills through play!

In order to increase hand-eye coordination, try dropping clothespins in to a container, or stacking pegs on a post. Some of the simplest, at-home activities can increase this skill.

If you were to focus on isolating the index finger, try reading to your child and identifying pictures in a book. Point to the pictures as you label them. Model this for your child. Ask, "Where is the ball? The dog? The moon?" Point to the picture, and encourage imitation.

Another way to encourage isolating the index finger is to play in play dough. The home-made kind is the best! Look for a simple recipe on-line, and poke, push, and pull that play dough!

For experience with cause and effect, simple games like peek-a-boo, dropping items off of the high chair tray and having a caregiver retrieve along with a silly sound, will teach cause and effect skills. Also, a classic pop-up toy…push the button and the animal pops up. Cause and effect!

**Screen Time Recommendations**

The American Academy of Paediatrics (AAP) actually recommends that children under the age of two have NO EXPOSURE to screen time.

Here's why! Research is actually showing that too much screen time in early childhood can result in speech deficits (yikes!) and interfere with personal/social development. Parents/carers go from speaking the average of 940 words per hour, all the way down to 770 words per hour when young children are engaged in screen time.

For primary students and teens, the recommendation is one to two hours of screen time at most per day, with that time being spent with high quality programming. Your child can learn some educational information from high quality programming, but they learn MORE from interacting with YOU.

**Cons of Screen Time**

What are the "cons" to using screen time? The most significant negative impact is the lack of personal interaction with your child. It is imperative for children to interact with people in order to gain communication and social skills! By interacting with the people in their lives (not the screens!), children learn methods of communication, and even subtle communication strategies, such as facial expressions and body language. These are skills that a screen cannot teach!

So, what can we do as parents to provide the best experiences for our young children? Ignore those commercials and advertisements that pressure you to have your child engage in screen time. Play and interaction are the ways to go! Play WITH your child...on their level, with their favourite toys, in a manner that is comfortable to them. Talk with your child! Even as you go about your daily routines, talk about what you're doing, as you cook, clean, work, drive; expose your child to language.

If you choose to utilize some screen time for kids, make it meaningful. Work together with your child as they interact with the program. For example, touch the animal to hear the sound it makes...then together, you both make the sound. Take turns with the game: popping the bubbles on the screen, sliding a puzzle piece in to a slot. Add language, "Mommy's turn" or "Who is next?"

Play and interact, and you will succeed!

SKOOLBAG APP - We want your ideas. Please find the survey listed under eForms on our APP. Thank you
Infants' Frolic
A showcase of dances from around the world for infants' students and their families!

Where: GPS Middle Playground

When: Wednesday 16th September

Time: 5pm - 7pm

Bring: Your dancing shoes and a picnic dinner

Thank you to those students who have already handed in their note.

Mirabai Carruthers & Sophie Keen
Kindergarten Teachers

3-6 Assembly
Friday 11th September
2.10pm
Hosts/Item = 5/6G
All welcome!

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 again to the Collins and also the Channon families - 55 was the correct answer. An impressive effort has been shown from these two families over this term. This week:

Five discs, numbered 1, 2, 4, 8 and 16 are placed in a bag. Three discs are withdrawn from the bag, the sum of their numbers is recorded and the three discs are then returned to the bag. Suppose this process is repeated indefinitely. What is the largest number of different sums that can be recorded?

**Family:**

**Answer:**

Good luck!

_Eve Green_  
Math Olympiad Coordinator

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**Primary Assembly**

This week 5/6G is hosting the assembly. We are looking forward to Friday and to seeing you there. Starting time is 2.10pm.

_Class 5/6G_

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**Schools Spectacular**

An information pack will go home this week regarding relevant information and permission notes. Please take your time to read through the information carefully and return the permission notes/consent deed as soon as possible.

_Mirabai Carruthers_

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**Gloucester High School Tri Challenge**

This Friday (11/9/15) the kayakers will be taking part in their mandatory training to be eligible to compete in the tri challenge. A note will come home with these students today. Please note that they will be collected by Mr Cameron in the high school bus at 9.10am at GPS. Students will need to wear appropriate clothing, old joggers and a hat and take a towel and sunscreen. Students will be back at GPS by around 12 noon and will need to change back into their school uniforms for the afternoon. Please ensure that today’s note is completed and returned by Thursday.

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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**GPS Reading Strategy Course**

*Lesson 3*  
*Get your mouth ready*
Next Thursday, the 17th September we will be having an "Ice Cream" day at the canteen during lunch time.

**Cones will cost $1.00.** But please, to make sure that everyone gets one, can you limit yourself to only one cone each. There will be sprinkles available too.

For anyone with allergies could you please contact me beforehand on 0447 727 388 to arrange a suitable substitute for your child. We’d hate to see anyone miss out.

If anyone is interested in helping out at the canteen, please feel free to contact me on the above number or call into the canteen sometime. It is easy, involves lots of washing up and you get to see your kids in their school environment and meet new people. Any help is always appreciated.

Lisa Norrie
Canteen Supervisor
Sporting Schools

Our Term 3 Sporting Schools program finishes this Thursday 10 September. We would like to take this opportunity to thank all the students who participated this term. We hope that they have had fun learning the skills of cricket and athletics.

Our Term 4 Sporting Schools Program commences on Tuesday 13 October (Week 2) and will run for 8 weeks. If you would like to enrol your child in our Term 4 program you will need to complete an enrolment form. Enrolment forms can be obtained from the front office and returned to Mrs Seale once completed. If you are already enrolled there is no need to fill out another enrolment form.

Have a great holiday everyone and we hope to see you again in Term 4!
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!

GLOUCESTER JUNIOR CATTLE SHOW

Friday, 23rd October 2015 at Gloucester Show Ground
Commencing 9.00 am to 2.30 pm
For children up to 20 years of age

The Junior Cattle Show is a day to introduce and educate children of primary and high school ages to beef and dairy cattle handling, preparation for parading and judging. There are a number of events on the program that the children can take part in even if they don't have their own animals to exhibit.

Facebook: Gloucester Junior Cattle Show or David Bignell 65585512 for more information

SKOOLBAG APP – We want your ideas. Please find the survey listed under eForms on our APP. Thank you
Lost Property

Parents and students, please check the lost property box if you have lost any items. It is overflowing!
Any unclaimed items still remaining by the end of the term will be donated to the clothing pool.

Stage 1 Transport Excursion to Timbertown and Port Macquarie Airport

Last Friday, Years 1 and 2 boarded the buses to travel to Timbertown and Port Macquarie Airport. This was to look at transport as part of our unit of work.

94 children, 4 teachers and 2 SLSO's plus 5 fantastic parents who came along to help out. While there were some showers, it didn't stop a great day. Steam train rides, horse and carriage rides, visiting the blacksmith, the awesome bullock team and panning for gold were some of the things at Timbertown. We saw the XPT go through Wauchope as well! At the airport we were shown all about boarding a flight and going through security...Mrs Schafer had a bit of trouble here! We also looked around the airport and looked for windsocks!

A big thank you to the parents for coming along to help. It was a super day and some very wet and muddy years 1 and 2 children would have been pretty tired by the time we arrived home.

Mark Howland
Year 2 Teacher
Here are 15 healthy ways to manage your emotions that you can pass on to your children:

1. **Breathe deeply**
   - The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3, quietly while breathing through your nose, and count to 3 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Find a favourite relaxation exercise**
   - There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

3. **Use a positive reappraisal**
   - Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it as a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. **Use positive, REALISTIC self-talk**
   - Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like, “I’ll never be able to do that.” “This will stress me out big time.” “I’m no good at….” “I know I have. I talk myself into feeling stressed out.”

   Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like, “I’ve done it in the past and I survived. So I should be able to do it again.”

   Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That’s what emotional management is about.

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Exercise
Exercise releases endorphins: nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising, when we really need it. Let's face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even playing a game outside with the kids is the very thing you need to feel better.

Distract yourself
A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worries! It's amazing how much better a situation will seem after a short break.

Longer term strategies

Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives—work and no play—are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

Make physical activity a habit
How much do you move during the day? 10,000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going to getting anywhere near close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

Meditate to stop those thoughts
If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parenting ideas recommends meditation as a life skill that will help you balance to your emotional state.

Let me entertain you!
Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It's unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

Find spirituality or something bigger than you
It's no coincidence that most sustainable cultures have an aspect of spirituality present—that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we've become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

Modify the situation
Ever lay in bed stewing over a problem or situation and worried your self into a real knot. Suddenly you feel overwhelmed. I've done this often. The best solution for me is to get to work on the problem, rather than stew over it. Plan that talk, make that difficult phone call, have that difficult conversation. Action is a great antidote to worry.

Change your goal
Sometimes our emotional state is giving us a message—that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

Get support from others
Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiety you may be experiencing.

Seek professional counselling
We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become 'unstuck'. A well-known song by US singer Kenny Rogers song went, "You've got to know when to fold 'em, know when to fold 'em and know when to walk away," I'd like to add another line—"You've got to know when to get some help." Seeking help is something we are getting better at as a community, but we still have a long way to go until it is accepted and normalised.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren't aware that they are emotional management techniques.

What would you like your kids to say?
There are plenty of healthy ways to regulate our emotional states, but often we simply default to unhealthy, unhelpful ways out of habit or because we know no other ways.

If someone asked your children in thirty years time to articulate the lessons they learned from you, hopefully they'll be able to recount some of the right ways outlined above rather than pull out strategies from the 7 wrong ways list.
Join us this September school holidays to investigate the fascinating world of life in a pond. Kids will discover all sorts of critters and learn what they tell us about the water. It's heaps of fun for them and you!

**Monday 21st 10 am at the Tucker Patch, Gloucester**
**Tuesday 22nd 10 am at Cattai Wetlands, Coopernook**
**Thursday 24th 10:30 am at Forster Library**
**Wednesday 30th 10:30 am at Tea Gardens Library**

- Suitable for ages 4 and up but younger siblings welcome
- Children must be accompanied by a responsible adult
- Outdoor events will be cancelled if it rains
- There is no cost but you will need to register

**RSVP**

To book your place or find out more:
- Call Kirsty at MidCoast Water on 6592 4830
- Email education@midcoastwater.com.au
- Contact the library to book library sessions

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Gloucester Art Society
Annual Exhibition & Sale at Gloucester Gallery
Denison Street, Gloucester
11 September – 5 October
10.00am – 4.00pm Monday to Saturday
10.00am – 1.00pm Sunday
Official Opening Friday 11th September at 6.30pm

SKOOLBAG APP – We want your ideas.
Please find the survey listed under eForms on our APP. Thank you

Pre-school parents/carers
Is your child eligible for Kindergarten in 2016?

We have started planning our classes for next year and would like to hear from you if you are intending to enroll your child in Kindergarten.

Please call at the office as soon as possible to collect an enrolment form.