Term 1 Week 5

Tuesday 23rd February, 2016

History and Geography has started at our school!

This year the teachers at Gloucester Public School (GPS) have started to implement the new History and Geography syllabuses into the curriculum. The Board of Studies has set out a timeline for implementation of the new Australian Curriculum and the History syllabus has begun implementation in 2016.

The Geography syllabus has also been released and is not due to be implemented until after 2017. Our highly skilled and motivated teachers of GPS have decided to implement and program teaching and learning using both syllabuses at the same time. Staff have undergone professional learning in 2015 and have participated in collaborative planning days utilising both syllabuses.

Staff have programmed units of work focusing on incorporating outcomes from the History, Geography and the Science and Technology syllabuses. We have created exciting, engaging units of work that utilise all 3 syllabuses.

This is a great opportunity for both staff and students to showcase and explore the new Geography syllabus before it is due to be implemented. We will continue to reflect and change our programs as teachers and students develop further knowledge of the Geography syllabus.

Afternoon Tea with the Staff

You are invited to afternoon tea next Wednesday 2nd March at 3.15pm – 4.15pm in the Library.

Please come and join us for a chat and a cuppa.
10 confidence-building strategies every parent should know
by Michael Grose

Instilling confidence takes more than heaping praise on kids. Here are 10 practical confidence-building strategies for parents of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children's and young people's confidence is complex. It's more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are 10 practical strategies that you can use to build real self-confidence in kids of all ages:

1. Model confident thinking
   Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up."

2. Focus on effort & improvement
   Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3. Praise strategy
   While effort is key for achievement, it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches - not just sheer effort - to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as "That was a smart idea to tackle the hardest task while you were fresh!" (strategy) and "You recognised the first few steps were the most important but then after that you were right" are descriptive statements that have significant instructional value for kids.

4. Develop self-help skills from an early age
   A child's self-esteem comes as a result of her or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. Give them real responsibility
   From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.
6. Practise unconditional acceptance
Your ability to accept children and young people’s best efforts in any area of endeavour, irrespective of the results, will go a long way towards determining their self-esteem and confidence. If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead, remind them next time of how to do it well.

7. Expand their horizons
Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible, look for opportunities to expand children’s horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends’ places unattended when capable.

8. Recognise improvement
Putting training wheels on a bike is a great way to teach a young child to ride. They keep them upright and mobile while they are getting the knack of balancing. We can use the same principle to support kids learning while they develop independence in many areas of life. For instance, we can accompany anxious kids to birthday parties and stay for a short time so they become comfortable before leaving.

9. Build teaching and training into your day
Teaching and training needs to be part of the everyday repertoire of a parent. This means we need to add a little extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form for a part-time job. When adults are busy it is often easier to do things ourselves.

10. Ask children for help
Doing things together is a great way to build competency and build the confidence that mastery brings. A simple way to initiate joint activity is to ask your child or young person to give you hand with something. Better still, get them to teach you or show you how to do something you are unfamiliar with. Being a teacher rather than the learner is a great confidence-builder particularly for those kids who struggle with activities that others find easy.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life’s challenges and know that they can become more independent.

MONSTER EASTER RAFFLE

The P&C is running a monster Easter raffle
Tickets are 50c each
Please come into the Office to purchase your tickets.
Tickets will also be available at the uniform shop on Fridays and at the ‘Meet the Staff’ Afternoon Tea.
Oz Opera Performance – Hansel and Gretel
DON’T MISS OUT! Only 1 week to go…

OZ Opera is coming to perform *Hansel and Gretel.*

**Date:** Tuesday 1 March (Term 1, Week 6)

**Times:**
- 11:30am- Kindergarten and Year 1
- 1:30pm- Year 2 to 6

**Cost:** $7 per child.

Please return the permission note attached to the Newsletter and money to the school or pay online using the code: 057001

If you have any questions, please contact me at school.

*Mirabai Carruthers*
*Performance Coordinator*

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*K/1/2 ASSEMBLY*
*2.10pm*
*Friday 26th February*
*Hosts/Item = 2W*
*All welcome!*
**SMART PACK & VOLUNTARY CONTRIBUTIONS**

Smart Packs are once again available for purchase. Thank you to all those parents who have paid for these. The costs are as follows:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Kindergarten</td>
<td>$45.00</td>
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<tr>
<td>Years 1-6</td>
<td>$35.00</td>
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</tbody>
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These packs contain everything your child will require for the year; e.g., pens, pencils, glue sticks, exercise books, textbooks etc.

Please pay for your child’s pack as soon as possible at the office. We would appreciate it if you would make this a priority. The code for paying online is 051624.

Voluntary School Contributions will remain at $30.00 per child per year. These funds are used to assist the school to purchase items used in teaching and student welfare. Such items include expenses relating to each of the learning areas such as art supplies, equipment, sports gear, library books, take-home readers, paper, cost of photocopying and texts etc.

Payment of these fees would be very much appreciated. The code for paying online is 046001.

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**Class Awards:**

3G : Georgia Hughes  
     Tylah Johnson  
     Nikita Hobbins (E)

3H : Jacob Edwards  
     Kaitlyn Beggs  
     Brady Johnston (E)

4C : Bree Norrie  
     Tom Harris  
     Kyden De Angelis (E)

4L : Trisha Richards  
     Mitchell Hawkins  
     Hayley Ruysch (E)

5/6B : Cooper Harrod  
       Jazmyne Rolvink  
       Jack Bignell (E)

5/6C : Kayden Schumann  
       Anna-Rose Seale  
       Harrison Edwards (E)

5/6G : Aiden Coombes  
       Ethan Clarke-Johnston  
       Josie Fitzgerald (E)

5/6M : Chloe Tresidder  
       Sam Rose  
       Jack Johnson (E)

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**Headphones for Reading Eggs**

Students in Kindergarten to Year 2 will once again be using the program ‘Reading Eggs’ to increase both their computer and literacy skills. In order to get the most benefit out of this program, students are encouraged to bring in a set of headphones to use with the program, as some lessons require the students to listen to instructions. Most students brought in a set of headphones last year, which have now been passed on to their new teachers.

*Amy Schafer  
Assistant Principal*

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**UNIFORM SHOP**

Open every Friday morning  
8.30am - 10.00am
This week we are focusing on:
- **Weekly Sounds**: Aa and Tt
- **Weekly Sight Words**: at, can, see.
- **Numbers**: counting forwards from 1-30 and backwards from 20 -1, writing from 1-10.
- **Maths Focus**: adding, patterns, length and 2D shapes.

**Things to remember:**
- **Library Day** is on Tuesday.
- We are still waiting on a few **paint shirts**.

- **Going home arrangements**- please send in a note if your plans change.

- **Homework**: Thank you for assisting your child with homework tasks. All tasks relate directly to the learning taking place in the classroom and helps further consolidate understanding of the concepts being taught.

Please ensure that your child traces over the rainbow writing sheets each night and hands homework in on **Friday** - completed and returned homework earns a Dojo.

If your child forgets or has not completed homework by Friday, please ensure it is returned the following Monday.

- **Oz Opera** is fast approaching - permission slips and payment details can be found at the back of this newsletter.

- **General permission slips** - a small yellow note went home in each student’s home reading folder. If it has been lost or misplaced please request another from the office or your child’s classroom teacher.

Well done to all our Kindergarten students for their smooth transition to the middle playground in the mornings. This will continue to be part of their morning routine.

**Cemone Baker and Susie McLeod**
*Kindergarten Teachers*

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**Health Care Plans**
Thank you to everyone who has returned all the necessary information in order to finalise your child’s 2016 health care plan. This information includes:
- the signed final 2016 health care plan
- the signed statement of responsibilities
- the signed permission to contact your child's doctor
- an updated (less than a year old) asthma care plan or anaphylaxis plan (if applicable).

Due to the change of asthma plan this year, I realise that some people are still awaiting a doctor’s appointment to finalise the Asthma Care Plan for Education Providers. However, it is requested that you return any of the other information in the meantime to assist us in caring for your child at school.

Please let me know if you need any further information about what you need to provide, or if you need any of these forms sent home again.

**Kaye Leighton**
*Learning and Support Teacher*

**Reading Recovery 2016**
This week, four very clever students will begin some informal Reading Recovery lessons. I am very excited to be working with these fantastic students and I cannot wait to get started.

Over the next few weeks, we will be doing some ‘Roaming the Known’ activities to help us become familiar with some of the Reading Recovery strategies.

If your child is one of the lucky students who are working with me in Reading Recovery, you will have received a letter.

I look forward to meeting with you in the coming weeks and working with your child as they fly ahead in their reading.

**Mirabai Carruthers**
*Reading Recovery Teacher*
Peer Reading Program
Our morning Peer Reading Program began this week on Monday and Wednesday in the library. Lots of peer tutors were keen to help the Year One and Two students involved with their reading.
Please encourage your child to come and join in if they have received a letter about this.

Kaye Leighton
Learning and Support Teacher

2H Reading Groups
A big thank you to the 3 helpers for our reading groups...but we need more!
If you can spare half an hour on Wednesday and Friday mornings, from 9.15 to 9.45, please come along. Even if you cannot make it every week, you can still be a great help. It is easy, fun and you get to see your child reading and being part of 2H.
If you can help, please drop me a note with your child, or ring the front office and leave a message.

Mark Howland
2H Classroom Teacher

Year 6 Shirts
All Year 6 students have brought home a note this week regarding the ordering of a Year 6 shirt for our senior students. It is a lovely keepsake for the students to have to wear for the year and to remember their time in primary school when they move onto high school.
Shirts do not have to be paid for until the order is delivered to the school, which will be early next term. If you have any enquiries, do not hesitate to contact me (65581303).

Eve Green
Year 6 Teacher

2H Reading Groups
A big thank you to the 3 helpers for our reading groups...but we need more!
If you can spare half an hour on Wednesday and Friday mornings, from 9.15 to 9.45, please come along. Even if you cannot make it every week, you can still be a great help. It is easy, fun and you get to see your child reading and being part of 2H.
If you can help, please drop me a note with your child, or ring the front office and leave a message.

Mark Howland
2H Classroom Teacher

Zone Swimming Carnival
This year we have 13 students representing Gloucester Public School at the Zone Swimming Carnival. We wish all of the students attending the carnival tomorrow the best of luck in their events.

Shannon Crawford
Zone Swimming Coordinator

SPORTING SCHOOLS
Our 2016 Sporting Schools Program is under way. It is not too late to enrol your child in our Term 1 programs. Enrolment forms are available at the front office and will cover your child for all of our 2016 programs. Your child must be registered to be able to participate.

This term our programs are Orienteering and Table Tennis.
We look forward to seeing you!

For: Students K-6
When: Tuesdays and Thursdays 3pm - 4pm
Where: Meet outside the Library
Bring your hat and water bottle
We would love to see you!

GPS Sporting Schools Team
Eve Green, Mel Seale, Susie McLeod & Hayley Laurie.
**Hogs for Homeless**
This Thursday 25th February, 6 football stars will be riding into town on ‘Hogs’ (motorbikes) in support of ‘Hogs for Homeless’.
Football stars include- Brad Fittler, Steve Menzies, Matt Cooper, Nathan Hindmarsh, Josh Perry and Ian Schubert.
Students who have registred their interest with Mrs Schafer need to head down to the **football oval on Thursday afternoon by 3.30pm** to participate in a coaching clinic wth the football stars.
Students will need to-
- wear appropriate clothing suitable for football training
- wear football boots or appropriate footwear
- bring a water bottle, headgear and a mouthguard, if they have these available.

Parents, this is not a school event and your children will require parental supervision. The coaching clinic will run for approximately 1 hour. There will be a signing after the clinic.

*Amy Schafer*
Assistant Principal

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**TOWN HOCKEY**
*Where*: Cook Park
*When*: Wednesday 2 March
       Wednesday 9 March
       Wednesday 16 March
       Wednesday 23 March
*Time*: 3.30pm - 5.00pm
*Bring*: Mouthguard (everything else is provided).

Please note that on Wednesday 23 March, the Regional Coaching Director will be in attendance.

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**GLOUCESTER SHOW**
Colouring competition sheets are available from the office. Winners of each age group will win a family pass in to the show.
Entries close on 4 March.
**CANTEEN NEWS**

Why not cool off on these hot days with an icy cold frozen Slushie. They’re only $2.00 for a full cup or $1.00 for half cup. Available during recess and lunch on canteen days.

We also have a few Apple Slinky machines left. It’s a great way to get the kids eating more fruit and they are only $30 each from the canteen.

*Lisa Norrie*
*Canteen Supervisor*

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**GLOUCESTER SHOW COOKING COMPETITION**

**JUNIOR SECTION**

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<th>Category</th>
<th>Prize</th>
<th>Conditions</th>
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| 4 to 8 Years   | Most Successful Exhibitor - $15 Prize donated by Mrs J O Higgins | 1. Rocky Road, 5 pieces  
2. Vanilla Packet Cake decorated in “Show” Theme (decorate on cake only)  
3. Cup Cakes, decorated (not packet) x 5 |
| 8 to 12 Years  | Most Successful Exhibitor - $20 Prize donated by Mrs J R Higgins | 4. Lamingtons x 5  
5. Plain, Home made Biscuits, decorated (any shape) x 5  
6. Banana Cake, iced with lemon icing |
| 12 to 16 Years | Most Successful Exhibitor - $20 Prize donated by Gloucester CWA Evening & Friends of Bakers Creek | 7. Sponge Sandwich Cake - jam filled only (uniced)  
8. Coconut Slice (baked) x 5  
9. Savoury Muffins x 5 |
| Open Section   | $10 Prize donated by Mrs S Tebet | 10. Pumpkin cookies (please use recipe provided) |

**Pumpkin Cookie Recipe:**

**Ingredients:**

- 2 cups plain flour;  
- 1 tsp grnd cinnamon;  
- ½ tsp salt;  
- ½ cup canola oil;  

**Method:**

Pre-heat oven to 165°C. Sift dry ingredients and set aside. Beat eggs and sugar, add oil, vanilla, pumpkin. Add flour mixture.  
Using ice cream scoop measure out batter onto tray and bake for 15-18 mins.
FREE ONLINE SELF-HELP PROGRAM AVAILABLE FOR YOUNG PEOPLE WITH ANXIETY!

Anxiety is an extremely common problem that affects people of all ages. Although anxiety is completely normal at times, it becomes a problem when it starts to interfere with a young person's happiness, stops them from doing things, or interferes with social, emotional and behavioural development.

The BRAVE Program is an online program for the prevention and treatment of anxiety in young people and was developed by a team of researchers from the University of Queensland, Griffith University and The University of Southern Queensland. The BRAVE Program is based on cognitive-behavioural therapy and has been running for over 14 years in Australia.

The BRAVE team have now teamed up with beyondblue to offer BRAVE as a self-directed therapy program (BRAVE Self-Help), which has been available to all Australian young people and parents since 2014.

There are several different types of anxiety, all of which have distinct signs in young people. For example, some young people with anxiety may worry about meeting new people, being away from home, performing in front of others or even about current global events. Other children and teenagers worry about very specific situations (such as schoolwork, getting injections or flying on planes) and others just seem to be worrying about something all the time. BRAVE Self-Help is suitable for children and teenagers with any of these types of anxiety or worries.

BRAVE is an innovative program that allows young people, and parents of young people, to be proactive and seek assistance through the comfort of their own home. **All you need is access to a computer and the internet.** The results of previous trials show that many people completing the online program show significant improvements in their anxiety and are able to overcome many of their worries.

For children and teenagers, the program includes up to 10, online sessions (that take between 30-60 minutes to complete), and 2 additional booster sessions which individuals can access if they need a refresher.

Parents can complete the program together with, or independently of, their child and this program includes up to 6 sessions plus 2 booster sessions if needed. Not everyone will need to do all sessions and participants can come back at any time for refreshers. The program is fun, interactive and can be completed at your own pace.

If you would like to access this innovative program, you can do so by visiting [www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au) or registering through the beyondblue website [www.beyondblue.com.au](http://www.beyondblue.com.au)

For more information please visit our Facebook page ([https://www.facebook.com/braveforanxiety](https://www.facebook.com/braveforanxiety)).
I give permission for my child, _______________________________ of class __________ to attend Oz Opera’s performance of Hansel and Gretel on Tuesday 1st March (Week 6).

- I have enclosed $7 to cover the cost of this performance.
- I have paid online. (Please tick whichever applies)

Signed: __________________________ (Parent/Carer) Date: _______________

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Please do not pay small amounts online unless you have been given a reference code; e.g., swimming. (Cash is the only option in these cases.)