



Victoria Rd
GLADESVILLE
2111

GLADESVILLE
PUBLIC SCHOOL

Phone: 9817 2388

Email: gladesvill-p.school@det.nsw.edu.au

Website: <https://gladesvill-p.schools.nsw.gov.au/>

Term 4, Week 1

15 October 2019

COMING EVENTS	
21, 28 October	Extra uniform shop openings 8.30 to 9.30am
22 October	Parent Information evening with Lyn Worsley 7 to 8.30pm
23 October	League Tag Gala Day, selected students
28 October	Stage 2 Excursion
29 October	Kindergarten 2020 Orientation
30 October	P&C Meeting
5 November	Colour Run
7 November	Kindergarten 2020 Orientation
8 November	Greatest Showman P&C Movie Night
14 November	Bennelong Music Soiree 6 to 8pm

Value Awards Weeks 9 & 10

KA – Benjamin S/Charlize W	KF – Mason A/Giovanna G	KJ – Jaydan S/Robert L	KE – Rose A/Henry N/Sienna B
1G – Ella L	1M – Madison L/Ethan G	1R – Sebastian H/Ayden W	1W – Maya P/Lachlan H
1/2J – Betsy P/Bianca C	2G – Isabella A/Angela Y	2R – Ali L/Alexandar A	3P – Ruby L/Daniel C
3D – Xavier L/Amelie B	3/4E – Tillie P/Tom C	4F – Aiden K/Edward W/Alejandro P	4M – Myles T/Elena F
5K – Olivia C/Andrea L	5G – Jess C/Markus E/Ryan M/ Zahlia M	5/6S – Evie W/ Alex T	6M – Ethan C/Freya R/Sofia L/Eva M

Welcome back to Term 4

I hope everyone had a restful break. I am looking forward to an eventful last term for the year. Please remember to notify the office as soon as possible if you are aware that your child will not be returning to Gladesville Public School next year.

Similarly, if you know of any neighbours who need to enrol their child for Kindergarten, or any other grade for 2020, please ask them to make contact with the office as the orientation programs begins in Week 3.

Class Placement Requests for 2020 – Final Reminder

To guide class placements for 2020, I would like to provide parents the opportunity to send me a confidential letter to outline any major concerns for consideration. Each concern will be considered, however, there is no guarantee that all requests can be met due to the complex nature of class structures. Requests for students to be placed with specific class teachers will not be considered. Please send requests to the office in a sealed envelope marked 'Confidential: Attention Katherine Hurst' by THIS Friday 18 October.

If you would like to discuss your child's class placement personally, please make an appointment to see Ms Barnard or me through the school office or school email.

Parent Information Session- Parents Promoting Resilience with Lyn Worsley – October 22, 7pm

We are very privileged to have Lyn Worsley, Clinical Psychologist and the Director of The Resilience Centre and creator of the Resilience Doughnut, hosting a parent workshop titled Parents Promoting Resilience at Gladesville Public School. There is no cost for parents.

The aim of the workshop is for parents to learn to help their child/children cope with challenges confidently and be able to teach them how to foster optimism in their life.

The workshop will support and reinforce the Resilience Doughnut wellbeing lessons that are currently being delivered in K-6 classrooms.

Bookings can be made via: <https://www.schoolinterviews.com.au/code?z=NkfIsn>
code: pxcj3



GLADESVILLE
PUBLIC SCHOOL

Parents Promoting Resilience

Building Resilience & Optimism In Your Child



You are warmly invited to our

Parent Information Evening

with

Lyn Worsley

Lyn is a Clinical Psychologist and the Director of *The Resilience Centre*. She is also the creator of *The Resilience Doughnut* model - a simple, effective and practical tool for developing resilience in all of us.

Learn to help your child cope with challenges confidently and be able to teach them how to foster optimism in their life. Lyn brings plenty of humour and real life stories for the evening.

Find out more about Lyn:
www.theresiliencedoughnut.com.au



The Resilience Centre 401/51 Rawson Street Epping NSW 2121
www.theresiliencecentre.com.au | www.theresiliencedoughnut.com.au



Tuesday 22nd October 2019

7:00pm - 8.30pm

Gladesville Public School
Victoria Road
Gladesville

A Free Parent Only Event

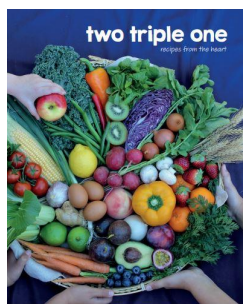
Bookings:
<https://www.schoolinterviews.com.au/code?z=R1khcQ>

Code: pxcj3

Resilience is the ability to bounce back and keep going in the face of adversity.

Resilient Primary Students:
are connected
are resourceful
persist when faced with challenges
are optimistic
perform their best at school

Cook Book



Gladesville's 140th Anniversary cook book 'two triple one, recipes from the heart' is hot off the press and ready for purchase. This recipe book features 140 recipes from the heart and is filled with beautiful photos of our school and community. Thank you to the talented parents who worked tirelessly to create this masterpiece: Heather, Ellen, Hally, Kylie, Katherine, Jess and Dan. Thank you also to the sponsors who have made this project possible, especially Michael Gallina from Belle Property Hunters Hill and the Bayview Hotel.

Place your order via Qkr! App or <http://qkr.mastercard.com/store> by 6 November for \$30 per copy. All proceeds go directly to the school.

The Greatest Showman Movie Night



To celebrate 140 years of Gladesville Public School, the P&C is hosting an outdoor family movie night screening The Greatest Showman on Friday 8th November!

The movie will commence at 7:30pm once the sun sets, and will run until 9:15pm.

Movie night tickets are now available on Qkr!
<http://qkr.mastercard.com/store>

Selective High School Applications for 2021

Selective high schools cater for academically high potential and gifted students who may otherwise be without sufficient classmates of their own academic standard. Selective schools help these students to learn by grouping them with students of similar ability, using specialised teaching methods and materials.

Selective high schools are unzoned so parents can apply regardless of where they live. Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on Thursday 12 March 2020.

If you would like to have your child considered for Year 7 selective high school entry in 2021, you need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online are now available at

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

The application website is now active and closes on 8 October 2019 and closes at 10pm on 11 November 2019. You must apply before the closing date.

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance.

You must submit only ONE application for each student.

If you intend to apply and are yet to return the 'Intention to Apply' note to school please do so as soon as possible.

Peer Support Lessons

The focus of Peer Support Lessons in Week 2 for Kindergarten and Stage 1 is the Peer Factor.

Lyn Worsley outlines the Peer Factor in the following way:

'The Peer Factor refers to the network of friends that a person feels a part of. Interestingly the characteristic of the friendship is of relationships where there is conflict and differences of opinion. Here a young person can practice having their own opinions within a group, which is vital for moral development and the attainment of social skills.' (Worsley 2017, p. 17)

In the Peer Factor lessons, students will identify their peer group and how they interact with their peers.

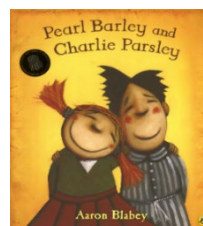
The focus of Peer Support Lessons in Week 1 for Years 3-6 is the Family and Identity Factor

"The Family and Identity factor refers to the emerging identity of the person through their association with the family mores and ideals. It may include contact through stories and phone calls, but for some it includes a huge array of cousins/uncles and grandparents. For those young people who are not with their parents, the family may be grandparents or extended family they have contact with or siblings." (Worsley 2017, p. 16)

In the Family and Identity Factor lessons, students will be identifying the members of their family and the characteristics of their parents/carers from their point of view.

How can you continue the conversation at home?

The picture books used by Early stage 1 will be *Max and Bird* by Ed Vere and Satge1 will be reading *Pearly Barley and Charlie Parsley* by Aaron Blabey, if you would like read these in the home. Digital versions are readily available on YouTube.



The following articles focus on friendship and discuss how parents can guide children through relationship building.

[Helping your child navigate tricky friendships](#) by Sharon Wit (Parenting Ideas)

[Being Left Out](#) (Bully Stoppers/Victoria State Government)

Tell Them From Me Parent Survey- CLOSING SOON



This Term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between **26 August and 25 October**. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

Our school will provide further information about how to access the survey. In the meantime, more information about the survey is available at: <http://surveys.cese.nsw.gov.au/>

The survey is available in 23 languages.

The Parent FAQ document for the parent survey can be found at this [link](#).

Sports Report - Weeks 9 and 10, Term 3

Summer PSSA results - Round 10

Sport	Junior Cricket	Senior Cricket	T-Ball	Softball	Junior Newcombe Ball	Senior Newcombe Ball	Volleyball
Result	GPS def. Eastwood Heights 99-67	GPS def. EHPS 98-64	Girls def. West Ryde 13-11 Boys def. WRPS 14-6	Girls def. West Ryde 4-1 Boys drew with WRPS 4-4	GPS def. Eastwood Heights 2-0	GPS def. EHPS 2-0	GPS def. EHPS 3-1

PSSA uniforms and zone singlets

Please ensure that all soccer, tiger tag, AFL and zone shirts and all netball dresses are washed before they are returned to school. PSSA uniforms are returned to coaches, while zone singlets are returned to Miss McVay.

Summer PSSA Term 4

Please note that there is no PSSA this Friday (October 18th). Competition recommences on October 25th, in Week 2. Please refer to the new Ryde PSSA website for all draws: <https://www.revolutionise.com.au/rydepssa/home/>

Home sport Term 4

Home sport recommences this Friday for Years 3-6, including a cricket make-up session from Term 3.



We are now taking enrolments for Term 4, 2019. If you would like your child to learn an instrument this term please contact us at info@bennelongmusic.com.au or check out our website at www.bennelongmusic.com.au for more information on what we offer.

Also a reminder that the annual GPS Music Soiree will be held on the evening of Thursday 14 November, 6.00pm-8.00pm. All band, strings and instrumental students are invited to perform on the night and it's a wonderful opportunity for parents to see and hear what their children have been learning. More details will follow, however please save the date as it promises to be a great night!



Macquarie
ADHD
Parent Support Group Inc.

Supporting parents and carers of children and teens with
ADHD, learning difficulties and co-existing conditions

Presentation: ADHD Medications

Thursday 7 November 2019, 6:45-9:00pm

Dr Kam Wong - Child, Adolescent and Family Psychiatrist

Parents and carers are often concerned about ADHD medication and their potential side effects when deciding whether to medicate or not. North Shore psychiatrist Dr Wong, who specialises in ADHD, anxiety and Autism, will aim to demystify ADHD medications: the different classes of medications, how they work, how to find the most effective medication with minimal side effects and the pitfalls to be aware of.

Dr. Kam Wong is a highly respected Child, Adolescent and Adult Psychiatrist in Sydney. His background and practice include Individual Therapy, Family and Group Therapies and Neurolinguistic Programming. He is a Fellow of the Royal Australian and New Zealand College of Psychiatrists and Member of the Faculty of Child and Adolescent Psychiatry. He regularly speaks at mental health conferences and seminars both in Australia and overseas.

NEW VENUE

Chats Function Room, The Ranch Hotel, Corner Epping & Herring Roads, North Ryde

www.theranch.org.au

The bistro is open for dinner until 9:30pm.

TRANSPORT

Extensive car parking is available at the hotel.

Public transport options include buses along Epping or Herring Roads, or train to Macquarie University Station.

RSVP

<https://www.trybooking.com/BFTLQ>

COST

\$10 online (or at door if places are available). Member discount applies to this event.

Become a member: <https://www.macquarieadhd.org.au/membership-form/>

Details

Please arrive for 6.45pm with the speaker commencing at 7pm sharp, for approximately one-hour presentation, followed by a short break. A Q&A session will follow with an opportunity to meet other parents. Maximum capacity 120pax. Tea & coffee provided.

ADHD Centre Helpline: 02 9889 5977

Email: info@macquarieadhd.org.au

Website: <http://www.macquarieadhd.org.au>

Facebook: <https://www.facebook.com/macqadhd.org.au>

CHESS!!

Learn to be a chess champion! Coaching for students at Gladesville Public School is held on Fridays from 8:00am to 9:00am, starting on 18 October 2019.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email enrol@sydneyacademyofchess.com.au for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.