



Term 1, Week 5

26 February 2019

COMING EVENTS

28 February	Clean up GPS day
4 March	Interrelate PDHPE Program commences (Year 5)
8 March	Stewart House, last day for clothing appeal drop off
12 March	NRMA Safety Day
12 March	Year 3 Kalkari Discovery Centre
13 March	Zone Swimming Carnival, selected students
14 March	Year 4 Kalkari Discovery Centre
14 March	Selective High School test, Ryde Secondary College
21 March	Harmony Day
21 March	Harmony P&C evening

Value Awards

KE – Rose A	KA - Hudson E	KJ – Alyssa K	KF – Ethan L
1R – James E	1W – Asher C	1M – Joseph P	1G – Elijah T
1/2J – Holly O	2G – Andie S	2R – Daine O	3P – Sophia T/Austin H
3D – Reuben M/ Tristan O	3/4E – Caitlyn L / Lucas M	4M – Salamon R /Tara S	
5G – Chelsea S/Ryan M	5/6S – Tyeson H/Gloria C	6B – Arisa D /Christina D	
6M – Sabine T/Ella C			

Meet the Teacher Night

Thank you to all the parents who were able to attend both the general information session and the class teacher session last Tuesday evening. This was a great opportunity to gain information about the coming year and to meet your child's teacher. If you were unable to attend please ensure you have received the information from your child's class teacher.

Greetings on the Green

The weather held out to celebrate the annual Greetings on the Green on Friday night. It was wonderful to see so many families coming together to begin the school year and enjoy the live music. Thank you to our wonderful parent volunteers who organised this successful event, providing families with the sausage sizzle, paella and gelato store and to the Stage 3 students and teachers for the face painting, hair spraying and nail polish store.

Home Learning Procedures & Student Wellbeing and Engagement Procedures

Each family has been provided with a draft copy of the revised Home Learning Procedures and Student Wellbeing and Engagement Procedures. Please ensure you find the time to read these documents. While the consultation period is complete, parents are invited to provide comment before the final procedures are published. A list of home resources to support optional additional home learning will be provided in the next newsletter. Please use this link to provide comment <https://www.surveymonkey.com/r/GPSprocedures>

Parent Input - GOOSH Tender

A platform has been set up to provide parents with the opportunity to give input into what the school panel should consider when reviewing the tender applications for the new before and after school care provider. Follow this link if you would like to contribute <https://www.surveymonkey.com/r/GOOSH>

P&C Meeting

The first P&C meeting of the year will take place tomorrow evening at 7.00pm in the staff room. New members are welcome to join, or just come along to see what the P&C offers the school community. The focus of this meeting will be to submit any budget requests and to gain feedback from the P&C members as to which aspects of school organisation can be showcased at the following meetings throughout the year.

Student Resource Fees, Voluntary Contribution and P&C Donation

To make it easier for parents to know what accounts are payable to the school for *student resources*, *voluntary contributions* and *voluntary P&C donation*, all aspects will be invoiced at the one time this year. These invoices will be issued this Thursday. Payment via the school's website would be highly appreciated, however if you do pay by cheque, please make out one cheque for all students in the family. Please contact the office if you would like to pay by instalments.

Clean up GPS Day - 28 February



After recess we will be searching out rubbish throughout the playground - hidden in flowerbeds, bushes and near fences. A prize will be awarded for the most interesting piece of rubbish found!

So please bring along a pair of gloves (gardening gloves preferable) and let's Clean Up GPS.

NAPLAN 2019

Years 3 and 5 students will be sitting NAPLAN online between 14-24 May. To prepare students for the online format, they will sit a practice test in the week of 25 March-5 April. **Please note that Year 3 students only will complete the writing test on paper.** Further information regarding the online format, tests, administration and results will be communicated later in the term.

Student Leadership Team

Congratulations to our leadership team for 2019. They are key ambassadors for the school within and beyond the school environment who promote our school values and culture, as well as being responsible role models for all students.

They are responsible for assisting the Principal, Deputy Principal, executive and classroom teachers in a range of duties including welcoming visitors, hosting assemblies, presenting awards and representing students at meetings.

In 2019 our leadership team is:

Captains: Alix BD and Eddie W

Vice Captains: Isabel B and Ben S

Prefects: Anika W, Lucy D, Xavier BD and Nate H



The leaders will be attending an upcoming Leadership Camp in April to prepare them for their responsibilities as leaders this year.

Wellbeing Update

As part of our 2019 Wellbeing Update, students will be participating in explicit wellbeing teaching and learning lessons. Various national and state educational reforms have identified the pivotal role schools play in supporting, enhancing and building the wellbeing of every child. Furthermore, as outlined in the Wellbeing Framework for Schools, wellbeing has the potential to bring about positive change and can become a powerful force in students' learning and development.

The lessons focus on social and emotional learning to help students develop the understandings, strategies and skills they need to:

- foster a positive sense of self
- promote respectful relationships
- build their capacity to manage their emotions, behaviours and interactions with others.

We place a focus on giving students a voice, being active learners and the development of strong character qualities to enable them to succeed, thrive and connect with their peers and the wider school community. Anti-bullying and e-safety will also be an explicit focus embedded within the units.

The content of the lessons is mapped across two key domains in the Personal, Development, Health and Physical Education K-10 Syllabus - Interpersonal and Self-Management Skills. Resources such as the NSW Anti-Bullying Strategy, the Student Wellbeing Hub, Be You and ESafety also inform key teaching and learning content. Each lesson is approximately 45 min in length and will be delivered over 5 weeks on alternate weeks to Wednesday assemblies.

Self Management Skills (S)

- Strengthening personal identity
- Self-awareness
- Emotion and stress management
- Decision making and problem solving
- Help-seeking

Provide students with the ability to feel greater control over their behaviour, manage and cope in stressful situations and take personal responsibility for their actions.

Develop a student's capacity to be confident, independent, optimistic and resilient. These skills enable students to become self-aware and develop and refine self-monitoring and self-evaluative behaviours.



Interpersonal Skills (I)

- Communication
- Collaboration, inclusion and relationship building
- Empathy building
- Leadership and advocacy
- Social awareness

Build skills in negotiation, refusal, conflict management and being able to confidently express feelings supports students to build and manage relationships that are caring and respectful.

Develop a student's capacity to effectively relate to and interact with other people. Students will build empathy by learning to respond to and understand others and their points of view.



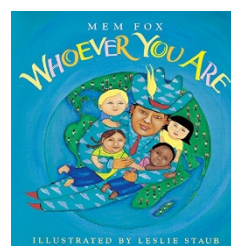
PDHPE syllabus domains

The focus K-6 in this fortnightly cycle (Feb 20-27) is on the following key inquiry questions:

- Who am I?
- What makes me unique?
- What are my strengths?

How can you continue the conversation at home?

The two picture books used in K-2 this week were *Whoever You Are* by Mem Fox and *How to be Lion* by Ed Vere if you would like read these in the home. Digital versions are readily available on YouTube and focus on celebrating our unique qualities and strengths.



You may like to discuss with your child their strengths e.g. 'I am a good friend', 'I am brave' and 'I am a good listener'. An awareness of these strengths will then lay the foundation for future lessons which focus on how these strengths can be used to help others and foster an understanding of respecting difference and being unique. The following online resource reflect the language and messages discussed in classrooms:

Being Ok with Being Different <https://kidshelpline.com.au/kids/issues/being-ok-being-different>

NRMA Science and Road Safety Day

NRMA will be delivering the NRMA Science & Road Safety program to K-6 students on Tuesday 12 March 2019.

The content of the sessions is linked to PDHPE, English and Science and Technology syllabi. Students will be explicitly taught road safety information accompanied with a tangible safety strategy that they can employ to keep themselves and others safe. Focus areas include crossing the road, wearing helmets, seatbelts and entering and exiting cars safely.

Show Sessions are booked in the hall at the following times:

Year 3: 9.10-10.10am

Kindergarten: 10.10am-11.10am

Year 5 & 6: 11.30am-12.30pm

Year 2 & 3: 2.05pm-3.05pm



Parents and caregivers are welcome to attend relevant sessions.

Students are encouraged to bring their helmets on the day to help with having them properly fitted. Please ensure they are labelled with the child's name and class.

The NRMA Science and Road Safety program is delivered free of charge to schools in Sydney, ACT and regional NSW. Since its launch in February 2014, the roadshow has visited more than 630 schools and educated over 250,000 children across NSW and ACT. Further information about the NRMA Science and Road Safety Day can be found at the following link <https://www.mynrma.com.au/community/what-we-do/education-centre/science-and-road-safety-day>

ICAS Assessments 2019

We have had a number of parent enquiries about ICAS assessments. ICAS assessments will be offered here at Gladesville Public School this year. Assessments are not scheduled until September. Further information regarding assessment options, times and payments will follow in the coming months.



Sports Report - Weeks 3 and 4

Summer PSSA

Round 3 of Summer PSSA will be held this Friday. Unfortunately we missed out on Round 2, due to inclement weather.

Results - Round 1

Girls' T-Ball - Won against Ryde PS

Boys' T-Ball - Won against Ryde PS

Girls' Softball - Lost against Ryde PS

Boys' Softball - Lost against Ryde PS

Junior Newcombe Ball - Lost against Kent Road PS

Senior Newcombe Ball - Won against Kent Road PS

Volleyball - Won against Kent Road PS

Junior Cricket - Won against Kent Road PS

Senior Cricket - Won against Kent Road PS

House captains update

Congratulations to Nate H who is now a prefect - we now welcome Peter P, who is the new house vice-captain for Sturt!

Zone Trials

Well done to Ben S, who trialled for the combined zones cricket team yesterday and has progressed to the next stage.

Congratulations also go to Zayla T and Sophia T, who trialled for the zone tennis team last week and have progressed to the next stage.

Representative Hockey

If your child plays representative hockey and wishes to trial for the Centre of Development tournament, please contact Miss McVay by Wednesday March 6th.

Primary ETHICS Volunteers Needed

Could you be an ethics teacher at Gladesville Public School?

We are seeking volunteers so that ethics classes can continue in 2019 as we don't have enough teachers to offer Ethics to all year groups. Ethics classes rely solely on volunteers and are run as an alternative to religious scripture and non-scripture on Wednesday mornings at Gladesville PS.

Ethics teachers receive full training and lesson materials from Primary Ethics.

In ethics classes, children learn how to think logically, disagree respectfully and support their arguments with evidence.

If being a Primary Ethics teacher appeals to you, or you are keen to get involved to ensure your child continues the program, please visit www.primaryethics.com.au or contact the Ethics Coordinator at Gladesville PS (Inbal Luft; Ph 0403 194 966; Email: inbal.luft@gmail.com).

PRIMARY ETHICS

ETHICS EDUCATION FOR CHILDREN

REASON
THINK
DISCUSS

News from your P&C

Thank you to our wonderful GPS community for turning up (despite the rain!) and making Greetings on the Green such a colourful and musical celebration. It was lovely to see you all there and we hope you made some new friends and caught up with some old ones. Bennelong Youth Orchestra was a hit with the crowd and it was great for us to be able to support such a big group of young and talented musicians. Huge thanks to Jess Sabharwal, Vanessa Wegner and the trusty team of generous volunteers who managed to serve up 400 sausages, 75 bowls of paella and 100s of gelato scoops to the hungry crowd. Profits from the night will be donated to Stewart House and The Literacy and Numeracy Foundation.

The P&C SurveyMonkey class list survey has now closed. Thank you to all who entered their details, class lists are now being prepared for distribution to class parents. If you missed the deadline and want to be included in the list, please contact your class teacher to arrange this. Thank you to Alista White-Lombardi for all her hard work setting up this new system for us.

The first P&C meeting for this year is this Wednesday night at 7pm in the school staffroom (enter via staff carpark gate). We will be discussing budget proposals, sustainability initiatives and much more. All parents and carers are welcome to attend.



Welcome back to students new and old. We are up and running for term 1. All students in our music program have received a music bag this year to keep their music books in. Please send this bag to lessons each week. Just a reminder that music diaries need to be completed each week in order that we can monitor progress for your child.

Our extension band...Y.C.O.S (Youth Choir & Orchestra of Sydney) and a smaller group 'Permission to Land' performed for Greetings On The Green.

Just a reminder that if you want your child to be involved in our annual band camp, you need to let our office know within the next week: info@bennelongmusic.com.au

We are looking for trombone players and offering free hire this term. Let us know if you are interested to reserve an instrument.

ADHD & Anxiety

The Comorbidities and Confusion

THURSDAY
MAR 07, 2019

BY
DR BERLINDA YEOH
AND JESSICA STANILAND

DUNMORE LANG COLLEGE
130-134 HERRING ROAD
NORTH RYDE 2113

This presentation by Dr Berlinda Yeoh and Jessica Staniland, Child Development Clinic Sydney, will help parents:

- Understand how ADHD and anxiety present clinically in children, both as individual diagnoses and where there are comorbidities
- Explore the confusions around ADHD and anxiety, and why misdiagnosis can occur
- Differentiate between ADHD and anxiety symptoms, and learn about strategies and treatment options to support children with both diagnoses

Dr Berlinda Yeoh is a specialist Developmental and Behavioural Paediatrician with extensive experience in managing ADHD, developmental, learning and mental health disorders in children and adolescents.

Jessica is a Senior Clinical Psychologist with extensive experience in the area of child and adolescent development, mental health and wellbeing plus diagnostic assessment of learning disorders, ADHD, ASD and mental health disorders, and experience with parent behaviour management training.

The Child Development Clinic in Sydney CBD, provides comprehensive assessments, diagnosis and management of developmental, learning and behavioural difficulties. www.childdevelopmentclinic.com.au

WHEN: Thursday 07 March 2019

TIME: 7:00-9:00pm (including question time and supper)

VENUE: Dunmore Lang College (adjacent to Macquarie Uni)
130-134 Herring Road, North Ryde 2113

Cost: \$5 book online (or at the door if places are available). Member discount applies to this event.

Transport: Buses running from Epping and Chatswood stations, in lieu of trains to Macquarie Station. Recommend parking at Macquarie Shopping Centre opposite, a five-minute walk, due to limited off-road parking.

Details: Speaker starts at 7pm for approximately one hour, followed by a short break and refreshments. A Q&A session will follow with an opportunity to meet other parents. Maximum capacity 100pax.

RSVP www.trybooking.com/BASBD (by 7PM 06/03/2019)



GLADESVILLE
PUBLIC SCHOOL



Hunters Hill High School

Achieving excellence in comprehensive education



OPEN DAY

SATURDAY 2 MARCH 2019

12 NOON-3PM

Reiby Road, Hunters Hill / (02) 9817 4565 email:

huntershd-h.school@det.nsw.edu.au

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High School**



GLADESVILLE
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Hunters Hill High School

GIFTED AND TALENTED SELECTION TESTS for Year 7 and 8, 2020



SATURDAY 16 MARCH 9.30am

Registrations close Tuesday 5th March
(Download the application form from our website)

Reiby Road, Hunters Hill / (02) 9817 4565
email: huntershd-h.school@det.nsw.edu.au

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RIVERSIDE

GIRLS HIGH SCHOOL

Open Day Postponed

Notice to all interested parents of prospective Riverside students
Due to unforeseen delays with construction works we have decided to postpone Open Day. Advertisements in The Weekly Times, The Northern District Times and The Inner West Courier will advise you of the new date later this term. Your Primary School will be informed and the school website will inform you of the new date.
We sincerely apologise for any inconvenience .