



Victoria Rd  
GLADESVILLE  
2111

GLADESVILLE  
PUBLIC SCHOOL

Phone: 9817 2388

Email: [gladesvill-p.school@det.nsw.edu.au](mailto:gladesvill-p.school@det.nsw.edu.au)

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

Term 1, Week 9

26 March 2019

COMING EVENTS	
28 March	Regional Swimming, selected students
28 March	Year 4 Kalkari Excursion
1 – 5 April	Three Way Interviews (Parent/Teacher/Student)
4 April	Crazy Hair Day
10 April	Easter Hat Parade, K-2
12 April	Possum Magic Excursion, K-2

### Value Awards

<b>KA</b> – Charlize W/Annabelle C	<b>KF</b> – Giovanna G/Natalie Y	<b>KJ</b> – Alannah C/Phoebe K	<b>KE</b> – Zoe Y/Henry N
<b>1G</b> – Christen D	<b>1M</b> – Lachlan P/Zac H	<b>1R</b> – Tilly P/Karina S	<b>1W</b> – Catherine Y/Kinga F
<b>1/2J</b> – Julian H/Kiris V	<b>2G</b> – Jessica Z/Sam S	<b>2R</b> – Crystal G/April F	<b>3P</b> – Will D/Tyson P/Isabelle A/Lucy H
<b>3D</b> – Tedon Y/Abigail S/Tom C/Thomi A	<b>3/4E</b> – Josh P/Tosia K/Savi P/Noah Y	<b>4F</b> – Alex H/Liam K/Tim F/Mia S	
<b>4M</b> – Rutwik A/Amina L/Christina L/Myles J	<b>5K</b> – Frazer G/Charlotte B/Lahna J/Lazar V	<b>5G</b> – Alex F/Gracie M	
<b>5/6S</b> – Alex T/Alix B/Rebecca Z/Issy P	<b>6B</b> – Isaac T/Millie W/Amelia L/Helen F	<b>6M</b> – Caitlin Y/Amanda N/Kale W	

### Harmony Day Community Dinner



Our first Harmony Day Community dinner was a huge success with close to 100 dishes shared over the evening. It was a wonderful opportunity to celebrate the cultural backgrounds which make Gladesville Public School such a wonderful and diverse community. Thank you to Inbal Luft and our parent volunteers who made the event a success.

## Harmony Day Celebrations

Thank you to Ms FitzPatrick and 4F for volunteering to creatively paint harmony hands on a quarter of the Harmony Day banner. The banner was on display at the Harmony Day evening concert hosted by the City of Ryde with guest performances by the 100% Hope Ugandan children's choir.

As shown by the photos, Gladesville Public school's contribution looks amazingly colourful!



At the school it was lovely to see the colourful array of Traditional Dress from countries such as Korea, China, Poland, Africa and Croatia, just to name a few. There were many Soccer jerseys representing different countries, as well as the colours of green and gold and of course orange, the representative colour of Harmony Day. In classrooms, students were designing Harmony day hands, reading or listening to stories from around the world, mapping countries, and listening to various cultural songs.

Two picture books which focus on cultural diversity are:

**Whoever you are** by Mem fox <https://www.youtube.com/watch?v=GOB6k4nwPUE>

**I'm Australia too** by Mem Fox <https://www.youtube.com/watch?v=UI91oNsIlKc>



## GOOSH Tender – Update

Last week the panel met to evaluate all tender submissions for the new GOOSH provider. The new provider will be announced once the successful company has been notified and accepted the offer. Current users of GOOSH will be provided with details of the transition plan.

## Parent Library



As part of the wellbeing initiatives we will be introducing a parent library. This will be situated in the office foyer with resources to support parents with general parenting topics, children's learning, social emotional wellbeing and behaviour. To start this initiative we will be purchasing a range of books, and would love to hear suggestions from parents.

**Please email any suggestions to the office with Attn: Mrs Hurst.** If you have any suitable resources at home which you are no longer in need of and would be **willing to donate to the school, please send these to the office.** Details of how to access the library will be sent home early next term.

## NAPLAN Online Practice Tests

Students in Years 3 and 5 will sit a NAPLAN Practice Test throughout Weeks 9 and 10. Participation in the practice test is a key part in preparing the students for the upcoming NAPLAN assessments in May, including familiarisation with the online platform. The school will provide students with headphones. Students will complete **one 45 minute test.** Adjustments offered to students for the actual NAPLAN test will be reflected in the practice tests.

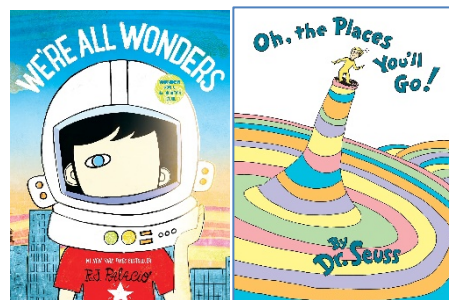
## P&C Meeting – Wednesday 27 March

The second P&C meeting for the year will be held tomorrow night at 7pm in the staff room. The main agenda item for the evening is voting for the 2019 budget. New members are welcome to attend.

## Wellbeing Lessons

The focus for K-6 in this fortnightly cycle is on the following key inquiry questions/ideas:

- How do we make friends? What is a friend? How do I relate to others who have different characteristics or experiences to me? (Kindergarten)



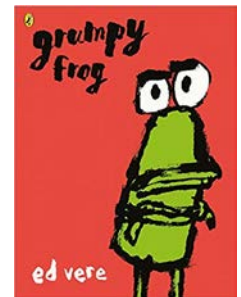


- How do my strengths help me to be resilient? How can being resilient help me to achieve a positive outcome? (Stage 1)
- What is resilience and how can it help myself and others? (Stage 2)
- How can I recognise and manage my emotions? (Stage 3)

### How can you continue the conversation at home?

The picture books used this week were *Oh, the Places You'll Go!* by Dr Seuss, *After the Fall* by Dan Sanitat, *Grumpy Frog* by Ed Vere and *We're All Wonders* by R.J. Palacio if you would like read these in the home. Digital versions are readily available on YouTube.

The following fact sheet is from the BeYou website. BeYou is a national initiative led by Beyond Blue who received the Mental Health in Education grant from the Australian Government. The content reflects the language and messages discussed in classrooms relating to what resilience is, its importance, how it helps us and ways to show resilience.



<https://beyou.edu.au/fact-sheets/wellbeing/resilience>

## NRMA Road Safety Visit

In Week 7, students enjoyed the NRMA Science and Road Safety visit and learnt important information to keep themselves safe as pedestrians and when riding bikes, scooters and cars. The NRMA has provided us with safety facts below for parents and caregivers.

1. By law, all children under the age of 7 must use a booster seat. A booster seat allows children to sit taller in the seat so that the adult seatbelt doesn't rest across their neck which is very dangerous in a crash.
2. Did you know that for maximum protection, your child's seatbelt must sit on their collarbone and across their hip bones? If your child is constantly slipping their seatbelt under their arm so that it rests against their ribs, then they may still need a booster seat. We need to keep the seatbelt away from the rib cage as it is not strong enough to withstand the forces generated in a crash.
3. The front seats of cars are potentially dangerous places for children. Airbags deploy at 300km/hr and they are designed to hit an adult at chest height. For any child under the height of 150cm it will hit around head height. Australia growth charts show that less than half of children reach 150cm by the age of 12, so delay your child's move into the front seat for as long as possible.
4. For a bike helmet to do its job, it must stay on your child's head in a crash and the best way to do this is to adjust the straps to ensure there is no more than a two finger

space above the eyebrows and between the chin and strap. Remember to remove their hats and for girls avoid wearing high pony tails to ensure the helmet stays in place.

5. Never slash or cut the inside foam of a bike helmet as this is the part that absorbs all the force that would be transferred to the head in a crash. If your child has a crash and their helmet hits the ground, you will need to replace the helmet even if it still looks okay. This is because the all-important inner foam has been compressed and it is now too hard to absorb the force of another crash.
6. Make sure your child's bike is the right size bike so they can always be in control – are the balls of the feet able to reach the ground when they are seated on the bike? If not, you will need to lower the seat. Make sure that the brakes, gears and bell are in easy reach when riding.

## **P&C BBQ Election Day**

Thank you to all of our parents who volunteered their time on Saturday to support the Election Day BBQ. Your ongoing support and contribution to our school community is greatly appreciated.

## **Crazy Hair Day**

On Thursday 4 April we will be celebrating our annual Crazy Hair Day extravaganza to support the Leukaemia Foundation. Students are welcome to wear mufti clothing (Including closed in shoes that are safe to play in) and to wear their hair in a crazy style. Please bring a gold coin to support our fundraising. Commencing at 8.30am some students will be cutting or shaving their hair. You are very welcome to join the festivities in the morning and looking forward to seeing your crazy hair!



## **Home Learning Guidelines & Student Wellbeing and Engagement Procedures**

At the start of the term each family was provided with a draft copy of the revised Home Learning Procedures and Student Wellbeing and Engagement Procedures. Parents were provided the opportunity to give comment over the past few weeks. The comments made highlight overall support for the revised guidelines. Please note that while teachers will be providing speech tasks and projects, these are not mandatory, however encouraged.

Daily reading is strongly encouraged for all students. The finalised guidelines will be uploaded on to the school website this week.

## Cyber Awareness Reminder for all Families – From eSafety.gov.au

Gladesville Public School actively provides explicit and ongoing cyber safety lessons to all students. The school is also developing a written technology user agreement to support the Department of Education acceptable usage policies. Below is advice provided by the office of the eSafety Commission to parents regarding online safety at home.

The eSafety commission reports that research shows 81% of parents hand their child an internet-connected device by the age of 4, so active parental engagement and oversight of a child's online activities is critical from the start, to help ensure they are prepared for what they may encounter. As young people often do not have the maturity or judgement to cope with confronting content online, it's important to guide and instil critical reasoning skills, so they are aware that not everything they see or receive online is real.

The office of eSafety commission encourages parents to co-view, co-play, ask questions about the games and apps they are using, and let them know you are there to support them if they are upset or uncomfortable about anything they see online.

Five top tips to help limit your child's exposure to harmful content online:

- Engage in your child's online activities – ask what apps, sites and games they're using and make sure they're age-appropriate
- Use parental controls on devices to help limit what your child is exposed to
- Let them know not everything they see online is real or true.
- Help them report and block upsetting content they see on social media sites or apps.
- Let them know they can come to you about anything upsetting they see online, and contact [Kids Helpline](#) if they need further support.

Parents can visit [www.esafety.gov.au/iparent](http://www.esafety.gov.au/iparent) for information and advice on keep your child safe online.

## Keep coughing kids home and see your GP

Whooping cough (also called pertussis) began increasing across NSW towards the end of

2018, especially in children between the ages of 5 and 14 years. NSW Health anticipates that this increase will continue into 2019.

School-aged children who are infected with whooping cough usually experience a troubling cough that can persist for months, but they rarely get severe illness. However they can spread the infection to younger siblings and other more vulnerable people, who are at

higher risk of severe disease. Whooping cough can be a life threatening infection in babies.

What can you do to prevent whooping cough?

1. Make sure vaccinations are up to date for all family members
2. Be alert for symptoms of whooping cough
3. Keep coughing kids home, to prevent them spreading the infection to others, and see your GP to get them tested for whooping cough

For more information on Whooping Cough and vaccination visit the [NSW Health Website](#)

## Bright Thinking Program- Expression of Interest



Bright Thinking is a fun and innovative 6 week programme (for children aged 8-12 years) which aims to help them learn a more optimistic style of thinking.

This program is suitable for children with low confidence, self-esteem and anxiety. A solution-focused approach works to improve the child’s resilience so that they feel better able to cope in all situations, especially those that may be potentially challenging to the child. The benefit of a group program is that it facilitates skill developments within a social context, and provides opportunities for skill rehearsal, maximising the chances of the child using these new skills in a wider range of life experiences. The program also contains an element of parental involvement in some sessions as well as information linked to each session to enable conversations to continue in the home.

The program will be run at school by Mrs Hurst, Miss Barnard or Mrs Fasullo. We would like to offer parents the opportunity to nominate their child for the program by completing the EOI below. EOIs will be reviewed and places offered to those students in greatest need for the first round. We will offer subsequent rounds throughout the year. There will be a minimal fee to participate in the program to cover the cost of resources.

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### Bright Thinking Expression of Interest

**Student Name:** \_\_\_\_\_ **Class:** \_\_\_\_\_

**Parent/ Caregiver Name:** \_\_\_\_\_

**Reason for nomination. How do you think the Brighter Thinking program will benefit your child?**

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## Sports Report - Weeks 7 and 8

### Summer PSSA results - Round 5

Sport	Junior Cricket	Senior Cricket	T-Ball	Softball	Junior Newcombe Ball	Senior Newcombe Ball	Volleyball
Result	GPS def. Ermington by 55 runs	GPS def. Ermington by 33 runs	Girls def. by Ryde East 12-17 Boys def. by REPS 5-14	Girls def. by Ryde East 0-9 Boys def. by REPS 7-8	GPS def. Ermington 2-0	GPS def. Ermington 2-0	GPS def. by Ermington 1-2

### Representative Sport

Well done to the following students, who recently had success representing our school in the following Ryde Zone and Sydney North trials:

Caitlin Y (Soccer)  
Charli H (Soccer)  
Stella T (Soccer)  
Rhys S (AFL)  
Remy S (AFL)



### Ryde Zone Swimming Carnival - March 13th

Congratulations to all the students who represented our school at the Ryde Zone Swimming Carnival in Week 7. Good luck to Zach W, who will compete at the Sydney North Swimming Carnival this week!



## News from your P&C

➤ **Harmony Day Feast and Election Day thanks**

Last Thursday the P&C hosted the first Harmony Day Multicultural Feast and it was a huge success. Lots of families gathered from many different cultural backgrounds to share their foods and stories. Thank you to Inbal Luft for organising and running the feast, it was a wonderful celebration of the rich cultural diversity of our school and no doubt a tradition to be continued.

➤ **GPS Election BBQ fundraiser**

Last weekend, the P&C ran the democracy sausage BBQ while GPS hall was used as a polling booth for the state election. Big thanks to Jess Sabharwal and Milena Anders for preparing and carrying out the BBQ fundraiser. We had a huge team of volunteers who helped by cooking, serving and selling BBQ food, drinks and sweets- thanks to each and everyone of you.

➤ **P&C Meeting Wednesday 27 March**

This week the P&C is having its monthly meeting on Wednesday night at 7pm. Please come along and share your thoughts with us. This month we will be voting on budget items and also discussing succession planning for a number of role vacancies for 2020 including the President role.

➤ **Parent drinks at Bayview this Friday**

On Friday 5 April from 7pm we are hosting the once a term parent drinks night at the Bayview Hotel. This is an event that all parents of the school are invited to and offers a casual opportunity for catch ups and new introductions. Hope to see you there.

➤ **140 Years GPS Cookbook**

This year marks the 140<sup>th</sup> birthday of Gladesville Public School. To commemorate this special occasion, the P&C are publishing our very own GPS cookbook which will be available to purchase later in the year. We are hoping to fill it with much loved, tried and true family favourite recipes to share with each other and our wider community. If you have a recipe that is always thoroughly enjoyed in your home, please share it with us!

Perhaps it's a dish that you cooked and shared at the Harmony Day Dinner that connects to your culture or it could be a recipe that you have baked so many times you know it off by heart or maybe it's a special occasion recipe that's been shared for generations. Whatever it is, we would love to showcase it in this cookbook for other families to enjoy. Please look out for the note coming home with your eldest child, or for an email from your class parent for more information.

# CRAZY HAIR DAY!



You can wear crazy socks, hat, and outfit



On Thursday 4 of April will be Crazy hair day



Bring a gold coin donation

You can cut or shave so you can donate hair for Leukaemia



You can shave or cut your hair if you want to



PIC•COLLAGE



# ANZAC DAY

## Commemoration Service

ANZAC Park, West Ryde  
Thursday 25 April, 9.00 – 10.00am

All members of the public are welcome.  
The ceremony will be followed by morning  
tea at Ryde-Eastwood Leagues Club.



*Let's We Forget*

© City of Ryde

# TRIVIA NIGHT

**Saturday 4 May 2019**  
**6.30pm for 7.00pm**

**\$25**  
**per person**

**Tables of 8**

**BYO snacks and drinks.**

**Tea and coffee will be provided.**

**Supporting  
Ryde Hunters Hill  
Canada Bay Life  
Education Centre**

**and the provision of wheelchair  
access to the Life Education Van**

**Rotary**  
Club of Ryde Inc.



**North Ryde School of Arts  
Community Hall  
201 Coxs Rd, North Ryde  
Ample parking available**

**BOOKINGS**  
**BY 30 APRIL 2019:**  
**Ann 0418 662 217**  
**[aclsmith@bigpond.net.au](mailto:aclsmith@bigpond.net.au)**  
**Payments per table to:**  
**BSB 633 000**  
**Account 163 462 328**





NORTH SYDNEY BOYS  
HIGH SCHOOL

# OPEN MORNINGS

9:15 AM - 10:40 AM



The North Sydney Boys community invites you to Open Mornings.

Join us to discover how we deliver excellence and innovation in boys' education. Our students and school leaders look forward to welcoming you to the school and sharing with you what makes North Sydney Boys so unique.

The 2019 Open Morning dates are:

**28 March**      **1 August**  
**23 May**        **12 September**  
**20 June**

*Open Mornings commence promptly at 9:15am and conclude at 10:40am*  
**RSVP** - Please email the school to register your attendance



CORNER OF FALCON AND  
MILLER STREETS, CROWS  
NEST  
PHONE: 9955 4748  
EMAIL: [NORTHSYDBO-H.  
SCHOOL@DET.NSW.EDU.AU](mailto:northsydbo-h.school@det.nsw.edu.au)

PARKING IN THE  
SURROUNDING STREETS IS  
LIMITED TO 2 HOURS. THE  
SCHOOL IS BEST ACCESSED  
BY PUBLIC TRANSPORT. VISIT  
[TRANSPORTNSW.INFO](http://TRANSPORTNSW.INFO) FOR  
TIMETABLE INFORMATION.