



Term 3, Week 7

3 September 2019

COMING EVENTS	
2-4 September	Stage 3 Narrabeen Camp
6 September	Father's Day Breakfast
6 September	K-2 Athletics Fun Day
12 September	R U OK? Day
13 September	Kindergarten Farm Excursion
18 September	Wakakirri Final
23 September	Explore Kindergarten (invitation only)
26 September	Bennelong Music Soiree, 5-7pm
27 September	Last day of Term 3

Value Awards, Week 5 & 6

KA – Leonardo F/Lucy V	KF – Ethan/Lucas C	KJ – Emma J/Cooper T	KE – Martin V/Rose A
1G – Paxton H	1M – Nicholas C/Zac H	1R – James E/Tilly P	1W – Leo A/Alec Z
1/2J – Jack A/Darshan S	2G – Kirrily S/Bailey G	2R – Julius O/Tom G/Aston W	3P – Cooper M/Mia B/Charlotte M/Maddy W
3D – Maya G/Tony S/Josh B/Ava S	3/4E – Jordi U/Sabella B/Arabel K/Elijah E		4F – Isabel N/Mia S/Liam K/Julian C
4M – Abigail H/Jessica G	5K – Jeet D/Marco H/Layla J/Joesh K		5G – Alex F/Jazmin K
5/6S – Xavier B	6M – Alex C/Harper C/Isla S/Emily M		

Wakakirri

Congratulations to all of the students who have been involved in Wakakirri this year, performing a dance story reflecting the children's book 'What to do with a Chance' by Kobi Yamada. A Wakakirri Story Dance is a 3-7 minute performance by a group of students who theatrically tell a story using a combination of dancing, creative movement and acting to pre-recorded music.



The 2019 Gladesville Wakakirri team has been notified that they have won The Best Original Story Award for NSW. This means they will be performing at the Awards Show on 18 September at Homebush. The judges commented "A very exciting and engaging performance delivering a very clever story

concept. Absolutely stunning set and prop pieces. Beautiful choreography that was not only performed with passion and heart but covered and used the stage very well. A beautiful natural arc in your story with a soundtrack that enhanced it wonderfully. Congratulations!”

In addition to the best Original Story Award our team has also received the follow show and performance and production awards.

SHOW AWARDS	✓
1	Selection: Best backstage crew
2	Selection: Best public speaking
3	Selection: Best t-shirt design
PERFORMANCE AND PRODUCTION AWARDS	✓
1	Selection: Excellent Theme / Concept
2	Selection: Excellent Individual Set Piece Design
3	Selection: Well-Rehearsed Performance
4	Selection: Excellent Group Dance
5	Selection: Amazing Finale
STORY AWARD	✓

I truly don't know if I have the words to express just how proud and inspired I am to work alongside and lead such incredibly talented people: students, staff and parents. Seeing close to 100 of our students on stage at Riverside Theatre last week presenting such a professional and inspirational performance was incredibly exciting.



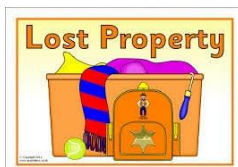
A message of thanks to Alicia Elsinga, Andrea Stiglic and Miss Sheridan whose dedication, leadership, passion and vision has had such an amazing impact on the students involved and for the school community in general. Thank you for giving these students and the school the chance to take part in such an amazing opportunity. Further

thanks must go to the team who have supported the process, both parents and teachers: from attending rehearsals to weekend working bees, to ticketing, to helping on the night, to giving general encouragement and support. A special mention to Heather Brodie, a creative genius for bringing the vision of the book and backdrops of Gladesville PS alive on stage. Of course, this vision wouldn't have been possible without the support of all our parent volunteers who helped to create, make, build, paint and assemble the props and to the creative and skilful parents who sewed costumes during our working bees. Thank you to all those who have supported the Wakakirri journey.

Stage 3 Camp

Students in Years 5 & 6 are currently enjoying their 3 day camp to Narrabeen Sport and Recreation Camp. I enjoyed bush walking and making damper with students yesterday. Thank you to the Stage 3 teachers, Ms Barnard and Mrs Elsinga for accompanying the students.

Lost Property – Have you labelled your child’s belongings?



Over the past fortnight the school has been clearing the lost property and sending reminders to parents to label all belongings. Over 40 unlabelled new Gladesville jackets have been sent home with volunteers to be washed and donated to the second-hand uniform shop, along with a bag of non-uniform items being sent to charity. This equates to over \$1200 worth of uniform purchases that have been lost.

The school will continue to tackle this issue with further reminders over the next fortnight. What will this look like?

Students:

- Will be reminded to ensure they look after their belongings in the playground.
- Will now participate in an aspect of community service if a personal item is returned to them from lost property. This may include sorting the lost property and returning items, cleaning up the playground or helping with other tasks during play time.

Parents:

- Will be sent continued repeated reminders through Seesaw and the App over the next few weeks reminding families to label all items with your child’s name. This includes shoes, lunch boxes, drink bottles, uniform items, non-school uniform items and toys. If items are not labelled and appear in lost property, they are donated to the uniform shop or charity.

Zone Athletics Carnival

Congratulations to our Zone athletics team who competed at Homebush last week. Thank you to Miss McVay, Ms Stiglic and Mr Green for accompanying the team. Congratulations to the following students who have progressed to the next stage: Hine R, Charli H, Zayla T, Lucy H, Freya D, Alex S, Remy S, Will D, Ben S and Zach W.

Solar My Schools project and Grant



Gladesville Public School has recently taken part in the Solar My Schools project. The Solar My School is an initiative helping schools reduce energy bills, educate students and shrink their carbon footprint with solar power. The program has been jointly funded and run by local Councils, providing free independent support and guidance to primary and secondary schools looking to power their buildings with cheap green energy. As a result of the initial stage of the project, the school has been provided with a detailed analysis of how to utilise the installation of solar panels and has decided to proceed with the installation of a solar power system. The Department of Education will jointly fund 50% of the cost of installation, and the school has also been successful in gaining a grant through the Purryburry Trust to cover 25% of the costs of the system. This means that the school only needs to provide the remaining 25% of the funding, approximately \$12 750. The project will be completed within the next 12 months.

2020 Planning

If you are aware that your child will not be returning to Gladesville Public School next year, please notify the office.

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.

Class Placement Requests for 2020

Next term planning will begin for 2020 classes. While class teachers and executive staff are generally aware of situations that may impact on class placement, there are circumstances or concerns that you as parents may have a greater awareness of. 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 Friday 18 October.

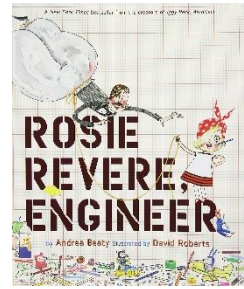
If you would like to discuss your child's class placement personally, please make an appointment to see Ms Barnard or me through the school office or school email.

Peer Support Lessons- Session 2

The focus of Peer Support Lessons in Week 6 for Early Stage 1 and Stage 1 is the Skill Factor.

Lyn Worsley outlines the Skill Factor in the following way:

‘There is a lot of research into the efficacy of an individual who develops hardiness associated with learning or attaining a skill. The skill may not be something they are the best at but rather a skill they have worked at attaining and have felt a sense of success associated with it.’ (Worsley 2017, p. 15)

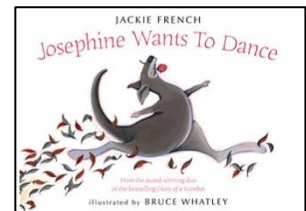


In the Skill Factor lessons, students will be identifying their skills and how they make them feel.

Last session Years 3-6 focused on 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 Skill Factor lesson, students identified their peer group and how they interact with their peers.

In Week 7, Years 3-6 will focus on the Parent Factor as outlined in the Week 5 newsletter.

How can you continue the conversation at home? The picture books used this week by Early stage 1 and Stage 1 were Josephine Wants to Dance by Jackie French and Rosie Revere Engineer by Andrea Beaty, if you would like read these in the home. Digital versions are readily available on YouTube.



K-2 Athletics Fun Day - Friday 6 September 2019



Dear Parents /Caregivers,

A Kindergarten to Year 2 Athletics Fun Day will be held on Friday 6 September following the P&C Fathers' Day Breakfast.

What to wear: Students should wear appropriate clothing in their house colours.

Oxley **Sturt** **Flinders** **Phillip**

What to bring: Students should bring the following items, clearly labelled with their name and class:

- A hat
- A water bottle
- A jacket
- Sunscreen
- Crunch and sip, recess and lunch

Schedule Times are approximate, and races may not run to schedule

9.10am	Students assemble in the Fed Shed in their year groups
9.25am	Girls age races and boys age races
10.10am	Rotational activities
11.10am	Recess
11.30am	Rotational activities continue
1.00pm	Lunch
1.10pm	Carnival concludes

Families are warmly invited to attend and support their children at the K-2 Athletics Fun Day. In the event of inclement weather the event will be held on Friday 20 September, please see App or Website for details.

We are looking forward to a fun day!
K-2 Teaching Staff



Wear school uniform with a splash of yellow

on

Thursday 12 September R U OK? Day

A day when we're reminded to ask, "Are you OK?" and to remember every day of the year to support people who may be struggling with life's ups and downs.

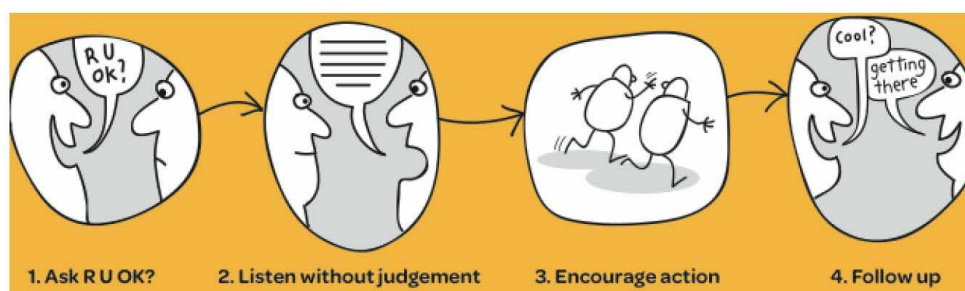
At GPS, we know that regular meaningful conversations can make a difference. And you don't have to be an expert to ask how someone's going. Just be a great mate and a good listener.

This year on R U OK? Day we're shining a light on the times we should be asking our friends and loved ones this important question. We want everyone in our school community to know that if something's up with someone you know or you notice a change in what they're doing or saying – it's time to trust your instinct and ask them "Are you OK?"

To spread this message, the SRC will be hosting R U OK? DAY on Thursday 12th September. Wear school uniform and a splash of yellow eg yellow hair ribbon, wig, scarf, socks, yellow hat or belt. SCR students will be teaching their classes about how to see if our friends are OK.

R U OK? is a national charity dedicated to inspiring all of us to have regular, meaningful conversations to support each other.

You can learn more about the signs and how to ask R U OK? at www.ruok.org.au



Sports Report - Weeks 5 and 6

Summer PSSA

Summer PSSA will recommence this Friday, after a washout in Week 6. Please refer to the new Ryde Zone PSSA website for cricket, T-Ball, softball, newcombe ball and volleyball draws: <https://www.revolutionise.com.au/rydepssa/home/>

Ryde Zone Athletics Carnival

Congratulations to all our students who represented Gladesville at the Ryde Zone Athletics Carnival on August 20th. Well done to those progressing to the Sydney North Athletics Carnival in Term 4!

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.





Stewart House

This year Gladesville PS donated \$782 to the yearly gold coin fundraising drive. The CEO Graeme Philpotts has expressed his thanks to our school community for it's ongoing support.

Stewart House provides children with twelve days respite care in a safe haven at no cost to their parents. Children are afforded dental, optical, hearing and medical treatment and screening. They are involved in educational programs and excursions designed to develop their social and emotional skills, build self-esteem and improve their overall well-being. Since 1931, and only through the generosity of the staff and community of public schools, individuals, organisations and corporations, has Stewarts House been able to change the lives of over 150,000 children in difficult circumstances and to give them hope and aspiration for the future.

News from your P&C

➤ Father's Day Breakfast

A reminder that the Father's Day Breakfast is being held this Friday morning from 7.30am. It is going to be a super fun morning with delicious food, a paper airplane comp and games in the hall.

➤ Greatest Showman Movie Night- sponsors wanted

Plans are now well underway for the Greatest Showman outdoor movie night and birthday party. This is going to be a fabulous family event so please put the date of Friday night 8 November in your calendar.

The Events team are now looking for sponsors for our movie night. If you have a business that you would like to see promoted on the big screen on the night, please email Jess Sabharwal to find out more about your sponsorship options

(Jessica.Sabharwal@gmail.com)

➤ Second hand uniform donations

We are coming to the end of our transition period from the previous logo uniform items to the current logo items. Please do not donate any gold or sky blue polo's or sloppy joe jumpers to the second hand rack because people are no longer buying them. Please recycle these items yourselves at home or through other providers.

➤ Terracycle Community Garden Challenge reminder- one month to go!!!

A reminder that we are still collecting oral/dental waste of all brands at the school as part of Terracycle's Community Garden Challenge. Please drop your oral waste (packaging, toothpaste tubes, brushes/brush heads, floss containers, mouthwash containers) in the basket at the office or the box at Gladesville Shopping Village outside Coles. Everyone can vote for Gladesville Public School once a day from now until the end of the competition in September (<https://www.terracycle.com/en-AU/contests/colgategardenvoting>).

Live Life Well @ School

24 HOURS IN A DAY

How do you
make
your move?



- Grab a ball to play soccer or go for a run with a friend to add some 'huff and puff' **vigorous activity**
- Swap a drive to the shops with a bike or scooter ride for **moderate activity**
- Walk the dog or play handball for some **light activity**
- **Strengthen muscles and bones** by climbing trees or swinging on monkey bars at the playground

Read the guidelines for kids.
Search 'Movement
Guidelines' at health.gov.au



Health
Northern Sydney
Local Health District

Penguin Foundation

If you or any members of your family are interested in knitting jumpers for penguins affected by oil spills, a parent in our community is co-ordinating this initiative. Please see the link below for pattern details. All donations can be left at the school office.
<https://penguinfoundation.org.au/assets/Uploads/Penguin-rehabilitation-jumper-pattern-August-2019.pdf>



Macquarie ADHD

Parent Support Group Inc.

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

Presentation: ADHD: Executive Functioning
Thursday 12 September 2019, 6:45-9:00pm
Dr Caroline Stevenson, Senior Clinical Psychologist

This presentation by Dr Stevenson, a Sydney-based Senior Clinical Psychologist, will focus on how to help children with ADHD manage getting organised, staying focused, sustaining effort and all the other tasks better known as Executive Functions.

Caroline Stevenson is a Senior Clinical Psychologist. She has worked for over twenty-five years in the field of ADHD and learning difficulties. She works in private practice in Frenchs Forest. She is also the Psychology Manager at Royal Far West in Manly, and a past president of the Board of ADDult NSW.

NEW VENUE The Chats Function Room, The Ranch Hotel, Corner Epping & Herring Roads, North Ryde
www.theranch.org.au

Parents are welcome to visit the bistro for dinner pre or post the talk, open til 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/BDXEH>

COST This event is free for financial members and \$10 for the general public online.
Membership applications can be submitted online here to receive the member discount:
<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.

Contact Us

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>



MultiLit

Literacy Centres

Macquarie Park | Bella Vista

Intensive programs at MultiLit Literacy Centres

- ▶ Intensive intervention programs for primary and secondary students, including young adults
- ▶ Customised literacy support based on needs
- ▶ Research-based programs delivered via high-quality one-to-one sessions by peer-assessed tutors
- ▶ Face-to-face and fully online sessions available

Enrol in our School Holiday Programs for September/October 2019

Program dates for NSW School Holidays

- ▶ 30 September – 11 October 2019 (9 days)

Program Format

Students complete a 50-minute session each day of the program.

Programs are held over consecutive weeks (excluding NSW Public Holidays).

Lessons can be undertaken face-to-face with qualified tutors at one of our dedicated MultiLit Literacy Centres located in Macquarie Park and Bella Vista.

Lessons can also be completed fully online or using a combination of both face-to-face and online tutoring services.

Costs

Two-week program: \$1,017

Placement test: \$50

(must be completed prior to commencement)

An additional option for existing MultiLit Literacy Centre students is a one-week program for \$620.

No Placement Test is required for continuing students.

About MultiLit Literacy Centres

MultiLit, a research initiative of Macquarie University, offers proven programs to improve reading accuracy, fluency, comprehension and spelling, designed specifically for students who are reading at a level significantly below their peers.

Our most recent analysis has shown that students who have completed two-term programs at a MultiLit Literacy Centre made three to six times greater progress than they were typically making prior to receiving MultiLit instruction.

For more information or to book a place:

T 1300 55 99 19

E literacy.centre@multilit.com

W www.literacycentres.multilit.com



LIVING WELL PHOTOGRAPHY COMPETITION 2019



1st Prize: \$300

2nd Prize: \$200

3rd Prize: \$100

THEME: MY TRIBE

We are social beings. We connect and interact with people and places that we feel close to. Environments where we feel safe, secure, strong or supported. We are seeking photographs that portray people that you feel comfortable around and/or places that you feel comfortable being. It could be your family, relatives, friends or an iconic person in your life. It could be an event that you attend, gathering that you hang out at, or a place that you visit to refresh and be inspired. Tell us about the people and places where you feel acknowledged, accepted, loved by submitting a photograph with a title and description (maximum 100 words) that captures your idea.

SLHD Staff Award \$100
Technical Award \$100

FREE ENTRY

Information & Registration

<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>



Health
Sydney
Local Health District

Submission By
30.09.2019