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GLADESVILLE
PUBLIC SCHOOL

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Term 2, Week 9

Tuesday 15 June

17 June	NAIDOC performance & IFL bring a gold coin
17 June	GPS Sushi Day
22 June	Stage 3, RGHS 'Annie Jnr' performance
24 June	Debating Team – onsite, GPS vs EPS
24 June	Surprise Me! Day
25 June	Last day of Term 2
12 July	Staff Development Day – no classes for students
13 July	1 st day of Term 3

VALUE AWARDS WEEK 7 & 8

KS	Diego G/Chester C	KG		KJ	Eli M
1J	Amelie L/Doris Z	1G	Jansen L/Abram B	1R	Mia G
2K	Caleb D/Adam D	2E	Mike I	2R	Olivia G/Tenzing L
2/3M		3D	Lucas B/Sofia T/Sebastian H/Ayden W	3S	Jesse W/Maia B/Zac H/Madison L
3/4H	Millie H	4P	Rohan R/Lillian O/Dylan C	4/5M	Lucas P/Arshiya V/Matthew L/Elena L
5D	Pascale G/Ben D	5N	Ted P/Josh B/Franky F	6E	Iilah L/Jia Jia W/ Jake Z
6W	Chloe Z/Zubair S				

FROM THE PRINCIPAL

Semester 1 Reports

Semester 1 reports will be available to parents/caregivers via the [Parent Portal](#) in Week 10 Term 2. Remember, the username is the email address you selected on setting up the portal.

All previous reports will be available via the Parent Portal in School Stream whilst you child is attending Gladesville Public School. Please ensure you download copies for your files as these will not be accessible when you leave Gladesville Public School.

All new families to the school should have received information via email regarding accessing the Parent Portal.

GPS Orchard



The plan to create an orchard at the school has come to fruition. Generous donations from the 2020 Year 6 families, along with school funding, has resulted in an orchard of plum, mandarin, apple and pear trees. Whilst the trees are looking decidedly wintery at the moment, we are looking forward to spring flowers and maybe summer produce. The Kindergarten classes are already planning on incorporating the orchard in their Food and Farm lessons in Term 3.

We would like to thank the families of the 2020 parents for enabling us to get this project up and running.

MOGO and GPS STEAM Challenge

After the success of our first STEAM Challenge in 2020, we are excited to be hosting our second collaborative learning event with Mogo Public School on June 17. Stage 2 students have been set the task of constructing an earthquake proof structure which they will have the opportunity to showcase via Zoom with the students of Mogo PS.



Externally Funded Service Providers

A number of parents are requesting external providers to deliver therapy related sessions during school time utilising school facilities. The school endeavours to support these requests, however we do not always have room available and we need to determine the impact withdrawal has on education at school for students. It is important that parents understand that the school needs to perform working with children checks and declarations prior to an external provider working on the school site. Parents, not the providers, need to send requests to the school.

NAIDOC Performance



As part of our NAIDOC celebrations, Majeda Beatty will be taking students on a journey of Australia's First Nation dreamtime through an interactive and vibrant experience this Thursday 17 June. Thank you to those families who have already paid.

Students are asked to wear colours from the Aboriginal (red, yellow, black) or Torres Strait Islander (blue, white, green) flags. Please bring a gold coin to support Indigenous Literacy Foundation on the day.


GOT IT! Program K-2

The GOT IT article below focuses on self-care for parents including steps and strategies to plan for self-care.

Candice Barnard

Principal

Tips for Staying on Track



Taking Care of Yourself

Self-Care is important.

There is simply no way to be a patient and calm parent if you are not looking after yourself.

To be available to meet our children's needs we need to make sure we're feeling emotionally and physically well. But let's face it, many of us live with constant stress, which means we're often running on empty. It's understandable that we might lose patience with our children, and possibly feel even worse.

So how can we stay in a positive state more often?

It starts with finding ways to **nurture and nourish ourselves**, so we can stay more centred. We need to put taking care of ourselves high up on our priority list and begin showing ourselves love and appreciation. You can start by finding small moments in your day to pause and label as self-care (e.g. spending an extra minute or two in the shower, or drinking your morning coffee outside).

Why? Because you deserve it!





(02) 9887 5886

Nurture yourself as you would your beloved child or best friend.

- ▼ Stay connected with family and friends
- ▼ Maintain healthy sleep and eating patterns
- ▼ Exercise
- ▼ Take time out for yourself to recharge your batteries.
- ▼ Don't postpone joy— have some fun!

Activities to try at Home



Develop a guilt-free self-care plan:

- ♥ Set aside guilt-free time for self-care. Guilt-free because you are doing it to be a better parent.
- ♥ Be prepared—have a list of things you enjoy. Think of activities that are both activating (e.g. exercise) and calming (e.g. reading).
- ♥ Make time each day to do a simple activity you enjoy. Even setting aside 5-10 minutes a day will make a difference!
- ♥ Consistency is important— set a daily reminder alarm on your phone.
- ♥ You will get more recharge if you focus on one thing at a time. That means no Facebook, diary checking, or dinner planning!
- ♥ Once you have developed your own self-care plan, you can help your children learn what activities recharge their batteries.

Self-care is anything you do that helps to maintain your physical, mental, or emotional health. We all have different ways to recharge—it is a matter of finding what works for you and prioritising the time to do it.

Resources:

The following websites have some great information on self-care strategies for parents:

<https://au.reachout.com/articles/6-strategies-for-self-care>

<https://raisingchildren.net.au/grown-ups/looking-after-yourself/parenting/looking-after-yourself>

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/self-care-support-for-parents-caregiver-14>

<https://education.nsw.gov.au/parents-and-carers/parent-and-carers-toolkit/self-care-tips-for-parents>



FROM THE DEPUTY PRINCIPAL

Surprise Me! Day

The SRC is excited to announce their first fundraiser of the year - Surprise Me! Day. Students are asked to dress as a pirate or to wear a splash of red to school on Thursday 24 June, bring a gold coin. The funds raised will be donated to 'The Kids Cancer Project' and 'The Red Cross'. We are excited to see what you choose!



The poster features a central vertical line with a keyhole at the top and bottom. To the left of the line, a pirate cutout is shown in a blue and white outfit with a red sash. Below it, the text reads 'DRESS AS A PIRATE TO SUPPORT THE KIDS CANCER PROJECT!'. To the right of the line, the Australian Red Cross logo is displayed. Below it, the text reads 'WEAR RED TO SUPPORT EVERYTHING THE RED CROSS DOES!'. At the bottom center, a large gold coin with a dollar sign is shown. The text 'AUSTRALIAN RED CROSS' is written in a grey banner at the bottom right.

SURPRISE ME! DAY 

PIRATE - KIDS CANCER PROJECT

RED CROSS - PEOPLE IN NEED

24TH JUNE
WEEK 10

DRESS AS A PIRATE TO SUPPORT THE KIDS CANCER PROJECT!

WEAR RED TO SUPPORT EVERYTHING THE RED CROSS DOES!

Australian Red Cross **PIG COLLAGE**

Multicultural Perspectives Public Speaking Zone Final

Congratulations to Kiris V, Valentina T, Jessica G and Myles J who proudly represented our school at the Multicultural Perspectives Zone Final. The students had to deliver both a prepared speech, and an impromptu speech which was on the theme Secrets.

Here is a student perspective on the event from Valentina and Kiris.

We came into the freezing cold hall and there were 12 seats. The adjudicator explained what we were going to do and they led us to the chairs. Soon our names were called and we entered the stage. We were both nervous but we started to speak. After everyone delivered their multicultural speech, we ate some food. After we ate, we had to write an impromptu speech on the topic Secrets. The topic was really hard but we still tried our best. After the impromptu speeches, the adjudicator had time to think about who would win while the principal of Boronia Park PS gave out awards to every child. Finally the adjudicator announced the winner.

Alicia Elsinga

Relieving Deputy Principal

News from your P&C

Sushi Day

Sushi Day is this Thursday – orders have now closed. Thanks to the volunteers who are helping on the day!

P&C Buck\$

Classes across the school thought Christmas had come early last Friday when the P&C resources arrived in class. Thanks to P&C fundraisers, each class teacher had \$200 to spend on resources for their classroom with educational games, craft supplies and lap desks all popular choices!

Secondhand Uniforms

With the cooler weather suddenly upon us, many of us will be pulling out the winter uniform to find the kids have had a growth spurt over the summer and the sleeves are a little short!

Pre-loved uniforms can be donated to the P&C by leaving them outside the uniform shop any day of the week. The rack with items for sale will be outside the uniform shop on Thursday mornings.



We are now taking enrolments for Term 3 music lessons. If you would like your child to learn an instrument next 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.



Macquarie ADHD

Parent Support Group Inc.

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

Presenter Simon da Roza, ADHD Coach at xceptionalleaders

Topic: ADHD: Check-in on school engagement PLUS healthy screen-time habits for the neurodiverse child

Date & Time: Tuesday 22 June 2021, 7pm – 9pm (6.45pm arrival)

Following Simon da Roza's enormous success hosting three webinars for the Macquarie ADHD Parent Support Group in February 2021, Simon will present **in-person** on Tuesday 22 June 2021! Our first face to face talk for 18 months! Simon is a passionate educator, supporting kids and families with ADHD, ODD, ASD & PDA.

If any of the following statements sound familiar to you, then join us for a chat:

- ✚ "Just five more minutes!!"
- ✚ "YES! for the 53rd time stop playing."
- ✚ "I know it is important but so is my sanity, come to dinner."
- ✚ "If she would only focus on her school work like she does on her phone."

Simon works with neuro diverse children, adolescents and families to help them shine. His light hearted pragmatic approach to helping ADHDers thrive rather than survive, provides hope with a cheeky grin. With over 33 years teaching experience in diverse settings across NSW he has acquired extensive experience and knowledge which he shares to empower those in schools who support neuro divergent students and dispel the myths and stigma around ADHD and the mental health of all young Australians.

NEW VENUE: St Anne's Anglican Church Top Ryde, Auditorium Function Room
42 Church Street, Ryde, <http://www.stannes.org.au/>

TRANSPORT: 30 car spaces are available underneath the church, via Gowrie Street. Limited street parking. Alternatively Top Ryde Shopping Centre is a 5min walk.

RSVP: <https://www.trybooking.com/BRTPY>

COST: \$10 online at TryBooking (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 at 6.45pm with the speaker commencing at 7pm sharp, for approximately one-hour presentation. After a short break, a Q&A session will follow with an opportunity to meet other parents. Maximum capacity 120pax. Tea, coffee and biscuits provided.

* This talk is presentation only and will not be recorded. Presenter slides will be circulated following the talk to all attendees and financial members of the group.

* The Committee appreciates any assistance from parents to help set up the room and pack down at the end of the night.

* In the event of NSW Health Advice changing, every effort will be made to pivot to a webinar.

DISCLAIMER: The views and opinions of the presenter are theirs only. The Macquarie ADHD Parent Support Group Committee accepts no responsibility for opinion and/or advice provided.

National Support line: 1300 39 39 19

Email: info@macquarieadhd.org.au

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

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