



Term 3, Week 2

Tuesday 20 July 2021

COMING EVENTS

Week 3	Education Week 26-30 July
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FROM THE PRINCIPAL

Learning from Home and Lockdown

Who would have imagined that we would be locked down and returning to learning from home in Term 3? As a community we have yet again risen to the challenges a lockdown and learning from home present us with. This truly highlights what an amazing community we are and our ability to adapt to and make the most of the current situation. Our teaching and support staff are immensely proud of our students and their willingness to try their very best whether they are here at school or learning from home. Thank you to our wonderful teaching staff, under the outstanding guidance and leadership of our executive team. They have demonstrated their ability to adapt, be resilient and an unwavering commitment to our students when faced with transforming planned Term 3 learning to an online model and dealing with a NSW Department of Education cyber-attack which prevented them from accessing key platforms and teaching resources.

I would also like to extend my gratitude and appreciation to our hardworking administrative staff who are constantly working behind the scenes to keep our school running and responding to the needs of our community.

We acknowledge and understand the challenges faced by parents and carers as we return to learning from home. Juggling competing priorities is not an easy task. We ask that you do the very best that you can and make the most of the time with your children. Please reach out to us if you need assistance to help your child with their home learning, ICT or any other questions that you may have. Classroom teachers are the best place to start with questions about our learning platforms, Seesaw(K-2) and Google Classroom (3-6). Please send an email to the school gladesvill-p.school@det.nsw.edu.au or call on 9817 2388.

As the COVID situation is evolving quickly and updates are frequent, please ensure that you keep a close eye on your emails so that you are aware of the most up to date information. The latest advice is also available on the NSW Department of Education [website](#).

Stay safe everyone!

Staffing Update

Mrs Alicia Elsinga will be teaching 6E for the remainder of the year and will be returning to the role of Stage 3 Assistant Principal. I sincerely thank Mrs Elsinga for her commitment to the role of Relieving Deputy Principal in Semester 1.

We welcome Mrs Jacinta Thom to Gladesville PS in the role of Relieving Deputy Principal for Semester 2. Although not an ideal time to start at a new school, Jacinta has seamlessly stepped into the role and is looking forward to meeting our community.



Miss Kate Beverley will commence teaching 2K when Miss Alison Kelleard begins her maternity leave on Friday 30 July.

Parent/Carer Wellbeing During Lockdown

Our School Psychologist, Rebecca Hanson has prepared a comprehensive resource *'Wellbeing resources and survival tips for students and their families'* to support our community during this challenging time. The resource will be emailed to parents/carers today.



Education Week 2021



Education Week will be celebrated in public schools from next Monday 26th July. The theme, this year, is 'Lifelong Learners'. This year's theme celebrates education as a lifelong journey from before a child enters an early childhood setting, progressing to primary and secondary school, and continuing their learning journey into adulthood; learning a trade, entering tertiary education, or the workforce. Even though most of us are currently learning at home, we are still celebrating the learning journeys of our students with the community. More information will be communicated later this week.

GOT IT! Program

The GOT IT article below focuses on empathy, kindness and bucket filling and includes steps and strategies for parents to discuss these concepts with children and families.

Candice Barnard

Principal

FROM THE DEPUTY PRINCIPAL

A Message from Mrs Thom

I have the privilege of fulfilling the Relieving Deputy Principal role at Gladesville Public School for the remainder of 2021. I have spent the last few years working in the Blacktown and Mount Druitt areas as an Assistant Principal, and prior to that I had worked for several years as a classroom teacher in The Hills district. During my first week at GPS I have had the pleasure of getting to know a number of friendly students, and where possible I have been able to meet some parents and carers too. I look forward to meeting more members of our school community and getting to know you all over the coming weeks.

Opportunity Class Placement Test

As a result of the most recent advice from NSW Health regarding the duration of COVID-19 restrictions, the Opportunity Class Placement Test has been delayed. New testing arrangements for students will be announced as soon as possible.

Jacinta Thom

Relieving Deputy Principal

News from your P&C

Welcome to Term 3 2021

Save the Date, **Wednesday 28 July at 7pm**. The meeting will be held via Zoom due to the current COVID restrictions. We would love to see some new faces, so please join us! RSVPs are essential, please let our Secretary Drew Dunstall know you'll be there by emailing him at secretary@gpspandc.onmicrosoft.com to receive Zoom details.



Tips for Staying on Track



Building Empathy & Spreading Kindness



(02) 9887 5886

Empathy involves being able to see things from another person's perspective and understand what they are feeling or experiencing. Empathy isn't a skill we are born with, it is a skill we develop through our experiences with others.

Empathy helps children learn that others have experienced big feelings too, and helps them feel understood and accepted. Children learn that they are not alone when coping with their powerful emotions.

So how can we teach the skill of empathy to children?

▼ Model being empathic

Show warmth and understanding toward all your child's feelings by labelling and validating their emotions. This might sound like *"I know how you feel"*, *"It looks like you had a really hard day"*, or *"It sounds like you're feeling really angry toward your brother, I'd feel angry too if..."*.

▼ Build a climate of empathy

Create opportunities for children to be empathic and highlight and praise moments of kindness. This might sound like *"That was very kind of you to help your sister find her toy"*. This will foster empathy into the future.

For more about empathy, watch this clip from Brené Brown:

<https://www.youtube.com/watch?v=1Ewvgu369Jw>

Talking about kindness with our children helps develop their understanding of how their actions impact on the world around them, and builds empathy.

Benefits of empathy:

- ▼ Builds stronger relationships with others
- ▼ Encourages tolerance and acceptance of others
- ▼ Promotes good mental health and happiness
- ▼ Promotes social harmony



Activities to try at Home



Story Time:



Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids

By Carol McCloud

This is a book you might like to read with your child on the subject of kindness.

Read Aloud version: https://www.youtube.com/watch?v=pB_xo5tokgg

Have a regular family discussion

Once a week at the dinner table have a discussion about kindness.

Here are some examples of questions:

- ♥ Who was a **bucket filler** today? OR
- ♥ What is a **kind** thing you did today for someone else?
- ♥ What **filled** your bucket today?
- ♥ What is something that made you **happy** today? OR
- ♥ What is something you feel **thankful** for today?
- ♥ Were you a **bucket dipper** today or did someone dip into your bucket today?



Activity: Make a Family Bucket

You will need:

- ★ A plastic container to be the 'family bucket'
- ★ Craft Pom Poms

Instructions:

Bucket fillers are kind things people do for each other that make the other person feel good (e.g. using kind words and compliments, sharing, and being helpful).

Whenever someone in the family is a 'bucket filler' (adults and children) and fills someone else's bucket, they get to add a Pom Pom to the family bucket. Once the bucket is full, organise something nice to do together as a family to celebrate (e.g. cook a nice dinner together, watch a movie together, go to the park together for a picnic).