



GLENMORE PARK PUBLIC SCHOOL NEWSLETTER

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Issue 6

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A picture says a thousand words...



Principal's Message

A big congratulations to our stars who shone brightly on the Joan Sutherland stage last week at the Penrith Valley Performing Arts Festival. It was so nice after the last couple of years to be able to return to the stage!

Good luck to our athletes who made it through to the next round and will be competing at the zone athletics tomorrow. All we ask is that you try your best and show great sportsmanship.

Our first PSSA Gala Day took place last Friday. It was so wonderful to see the students participate in sport in what seems like the first time this year! The Gala Day was a trial, and the Zone PSSA Committee will review the processes and make a more long term decision. The hope is that a PSSA Gala Day will take place once each term.

Dr Kristy Goodwin

We have been fortunate to secure Dr Goodwin to work with our school on Wednesday 14 September. Dr Goodwin will run sessions with our students in Years 4-6, run a staff workshop and then run a parent/carer workshop. Dr Goodwin works with many schools and families and if you don't follow her already on the socials I highly recommend you do. Please refer to the flyer on page 4 for further details and for the link to register.

Education and Book Week Celebrations

On Tuesday 23 August we will be having a joint Education Week and Book Week Celebration. A note has been sent home today encouraging children to dress up as their favourite book character. I have already organised my costume and I cannot wait to see what characters the children pick to dress up as.

From 2pm on the same day, we are inviting our parents/carers to our Education Week Open Classrooms. This will give you the opportunity to get a look at what goes on in your child's classroom and see them learning. Please note that this is not an opportunity to discuss your child's progress or any concerns. If you do need to discuss anything with your child's teacher, please make an appointment.

Safety at the Front of the School

It appears that children are arriving earlier and earlier each day. The school gates do not open until 8.30am, which is when the supervision begins. We ask that you do not drop your children to school too early. Additionally, if your child makes their own way to school, encourage them to leave at an appropriate time which does not get them to school too early.

Additionally, I ask that you discuss with your children safe behaviours when they are near roads. I have had to personally pull over while driving to speak to our students and remind them to stay on the footpaths and not play with balls when near roads. If we are all sharing the same message, we are more likely to succeed in keeping them all safe.

2023 Kindergarten Enrolments

A reminder that if you have a child due to start kindergarten next year, or know someone who does, I encourage you to complete the enrolment process asap. We are currently organising our orientation and would hate for any kids to miss out. Some notes for your diary:

- Parent/Carer Kindergarten Expo – Wednesday 19 October – 6.30-7.30pm
- Student transition visits commence Monday 24 October - 9.30am

Natalie Mansour
Principal

Signing Students out Early

To collect students early, please press the intercom or call from the gate if locked. When the office staff answer, please let them know your child's name, class and reason for the early departure. Your child will then be brought up to the office and signed out by staff. Please remember that during recess (11.30am-12pm) and lunch (1.30pm – 2pm) children are not in their classrooms and are not able to be contacted. Please also allow enough time for your child to pack up their activity, their bags and get to the front office.



Get your costumes ready!

This year GPPS will celebrate book week during Week 6 on **Tuesday 23rd of August**. Students are encouraged to come to school dressed up as a character from their favourite book/novel.



On Tuesday 23rd of August Glenmore Park PS will hold a Book Fair in the library.

During the end of week 5 all students will get the opportunity to browse the books on offer. Students will bring home a wishlist with the title of the books they wish to purchase and their cost. If you choose to purchase these books you can pay for them online. Once paid you can bring back the wishlist on the Tuesday and the books will be given to students.

We will also open the fair up to families on the Tuesday afternoon after school from 3-4pm to buy any additional books.

We will accept cash or online payments during this time but NO Eftpos.

Every book sold benefits our school, adding resources to our library and classrooms.

Raising Your Child Online

DR KRISTY
GOODWIN

Help your child to thrive online. Put an end to the guilt, grief and guesswork often associated with screen time.



Glenmore Park Public School is delighted to offer a presentation with Dr Kristy Goodwin. It will help parents with children between 4 and 12 years of age to navigate the digital world with their children, **without** suggesting that they ban the gaming console, or iPad, or unplug the TV. Dr Kristy will arm parents with research-based yet realistic advice to help them feel confident about how they can best support their child's physical health, mental wellbeing and learning online.

Kristy will explore:

- // Why children find the online world captivating and how to manage their screen time so it doesn't end in 'scream time' (there's science to explain their techno-tantrums);
- // A simple (& realistic) formula to determine healthy SCREEN TIME limits for children;
- // The 3Bs that allow parents to be the PILOT of the DIGITAL PLANE;
- // the 5 essential BOUNDARIES they must establish to ensure their child's time online supports their PHYSICAL HEALTH and MENTAL WELLBEING;
- // Why DIGITAL DISCONNECTION is critical for your child.

DATE - 14th September 2022

TIME - 6:00pm AEST

LOCATION - Glenmore Park Public School Library

REGISTRATION - <https://forms.gle/zxoM4DhJ5DKghbVE7>

About Kristy



Dr Kristy Goodwin is one of Australia's leading digital wellbeing researchers, speakers, authors & media commentators (and mum who endures her kids' techno-tantrums). She provides brain-based solutions to help children, teens and adults thrive in a digital age. Kristy arms parents with science-backed, yet simple solutions to help their 'screenagers' develop healthy and sustainable digital behaviours. Kristy's former clients include the NSW Department of Education, the Reserve Bank of Australia, Westpac, Optus, Apple, Macquarie Bank, Randstad, DLA Piper and public and private schools across Australia.

 WEBSITE

 FACEBOOK

 LINKED IN

 INSTAGRAM



SRC PYJAMA DAY

On Friday, 26th August, the SRC are holding a Pyjama Day. Wear your favourite pyjamas to school and bring in a gold coin donation.

Remember to wear sensible shoes and to bring your hat. All money raised will go towards a bench seat for the playground.



The SRC

Crunch&Sip is a time during the school day for children to re-fuel with vegetables or fruit and rehydrate by drinking water in the classroom.

Each classroom has a Crunch&Sip break every morning. Certain foods are permitted for this break. See the list of permitted foods below.

Students can eat the foods that are not permitted for Crunch&Sip at recess or lunch.

Vegetables

All fresh vegetables are permitted (e.g. celery, carrot sticks, broccoli bits)



Fruit

- All fresh fruit (e.g. whole fruits, chopped melon)
- Dried fruit like sultanas or apricots are allowed for Crunch&Sip but should be limited.

Drinks

A clean, clear water bottle filled with plain water.



All other food and drinks are not permitted including:

- Any drinks other than plain water including fruit or vegetable juice, fruit juice drink, fruit cordial, mineral waters, carbonated water, water with added vitamins and minerals
- 'Fruit' products (e.g. fruit leather, fruit roll-ups, fruit bars or similar)
- Fruit jams, jellies, pies or cakes
- Canned Fruit or fruit in cups
- Dips, including those that are vegetable-based
- Marinated or processed vegetables (e.g. olives)
- Vegetable or potato crisps, hot potato chips
- Vegetable pastries (pies, pasties, sausage rolls)
- Vegetable cakes, fritters, quiches, breads or similar
- Popcorn
- Yoghurt



Congratulations to our Award Recipients

Silver Award

Recipients

Hunter 2-3F
 Olivia 3C
 Joshua 4MC
 Ava 4MC
 Jaskirat 5D
 Georgia 5E
 Isaac 5H
 Rasleen 5H
 Noah 1D
 Manuel 1D
 Isabella 1W
 Maxi 2M
 Arleen 3C
 Juke 6H
 Declan 5/6G
 Cooper 1F
 Brayden 5H
 Jake 1G
 Chanelle 3B
 Jorja 4M
 Lachlan 2M
 Minka 5D
 Tyler 4M

Gold Award

Recipients

Umar 4M
 Spencer 4S
 Georgia 5E
 Learah 5/6G
 Ranulpreet 4M

GPSS REWARD SYSTEM



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5 Orange Awards

Blue Award



=



4 Blue Awards

Silver Award



=



3 Silver Awards

Gold Award



=



2 Gold Awards

Honour Award

Honour Award

Recipients

Georgia 5E

Highlights from the last few weeks



Highlights Continued ...



Over the last few weeks, our Year 3 - 6 students have participated in the Premier's Spelling Bee. Each class has held their own competition and then yesterday we held our school finals. The winners of our school final will now progress to the Regional competition.

Please join us in congratulating Stephanie, our junior champion and Azizah, our senior champion. Well done to every student who competed.



These beautiful bookmarks with hand woven tassels were given to each of our Aboriginal and Torres Strait Islander students yesterday. This was in recognition of National Aboriginal and Torres Strait Islander Day (Children's Day) that took place last Thursday 04/08/2022.

Children's Day is an opportunity to show our support for Aboriginal and Torres Strait Islander children, as well as learn about the crucial impact that culture, family and community play in the life of every Aboriginal and Torres Strait Islander child.

The 4th of August was historically used to communally celebrate the birthdays of Aboriginal and Torres Strait Islander children who were taken from their families at a young age without knowing their actual birthdays- The Stolen Generation.



GPPS celebrates NAIDOC Week each year with a very special tradition. Each class creates a "Deadly Door" to celebrate this special week. This year's NAIDOC theme is "Get Up! Stand Up! Show Up!". Check out these amazing creations!





4M had a wonderful time learning all about road safety on their excursion to CARES yesterday.





A lot of excited boys and girls from Kindergarten welcomed their families into their classrooms today. Thank you to our families for making their day extra special!





As part of our NAIDOC celebrations, students participated in some wonderful learning opportunities today. They learnt 'heads, shoulders, knees and toes' in Darug, learned some deadly dance moves, weaved bracelets out of raffia, clapped sticks along to Mr. Hovenden's amazing didge playing, painted the feathers of a black swan and were mesmerised by our wonderful guest storytellers. They also learned more about the AECG language App and problem solved how make a fish trap with natural resources from around the school. Unfortunately our Oz-Tag competition had to be postponed due to the playing fields still being very wet, but our Netball competition was a great way to finish off our NAIDOC event. All the teams showed great sportsmanship and cooperation and the winning student team then played against a team of teachers! The sense of community and fun was amazing and our students showed just how loudly they can cheer!



👵👵 100 days of learning 👵👵

Our Kindergarten students have had a fun day dressing up like they're 100 years old and participating in engaging activities. Thank you to our families for your involvement in today's celebrations!



#picoftheday #LoveWhereYouLearn



#picoftheday #LoveWhereYouLearn



#picoftheday #LoveWhereYouLearn



I always talk about how wonderful the staff at GPPS are...I do mean it. The staff are some of the kindest, compassionate and dedicated staff I have ever worked with.

We kicked off Term 3 on Sunday. We spent two days working hard, learning new things and of course enjoying each other's company.

We are ready to welcome the students back tomorrow and implement our learning while hearing all about the students' holiday adventures.

Natalie 😊



Term 3 2022

WEEK 5	15/8	16/8	17/8 Zone Athletics Carnival	18/8	19/8
WEEK 6	22/8 Kindy Zoo Excursion	23/8 Book Week Open day	24/8	25/8	26/8 SRC Pyjama Day
WEEK 7	29/8	30/8	31/8 Fathers day Stall	1/9	2/9
WEEK 8	5/9	6/9	7/9 Great Book Swap	8/9	9/9
WEEK 9	12/9 K -2 Fun day	13/9	14/9 Dr Kristy Goodwin	15/9 Group Photo Day	16/9
WEEK 10	19/9 PBL Reward Day	20/9	21/9	22/9	23/9 Last day of term 3

Term 4 2022

WEEK 1	10/10 Students return to school	11/10	12/10	13/10	14/10
WEEK 2	17/10	18/10	19/10 Kindy 2023 Open Night	20/10	21/10
WEEK 3	24/10 Kindy 2023 Orientation	25/10	26/10	27/10	28/10
WEEK 4	31/10 Kindy 2023 Orientation	1/11	2/11	3/11	4/11
WEEK 5	7/11 Prefect Elections	8/11	9/11	10/11	11/11

Please note: Details are correct at time of publishing and are subject to change