

GARDEN SUBURB PUBLIC SCHOOL



Wednesday 13th November 2013

Week 6 Term 4

Dear Families

Our school Environmental Education Programs and gardens are outstanding. At the moment our sensory garden is taking on a life of its own. Everyday new exciting fun things appear in the trees and on the ground. Students are now creating their own “fairy” gardens, working with friends, building, clearing and designing. There is a wonderful feeling in the school with our students. As a family get together why not use up-cycled materials eg. Old wheelbarrow or driftwood, cans or plastics and create a piece to stand proudly in our garden for students to admire. More information on our up-cycled sculpture competition on the next page.

As I look at the changes happening in our world with weather, families and health I have found an article “The Language of Resilient Families”. I would like to share some strategies to support your family.

Situation-specific language	Strategy	Good For
Come on laugh it off	Humour	Kids who experience disappointment, failure and even loss.
Don't let this spoil everything	Containing thinking	Kids who feel overwhelmed, rejected, perfectionists
Lets take a break	Distraction	Kids experiencing stressful situations, kids who think too much, kids with busy lives
Who have you spoken to about this	Seeking help	Kids who experience bullying and social problems. Handling personal worries.
I know it looks bad but you will get through this	Offering hope	Kids experiencing loss, bullying, change or extreme disappointment.

DATES TO REMEMBER

Sunday 17th Nov	P & C stall at Adamstown Markets
Thursday 21st Nov	School Disco
Sunday 23rd Nov	Bunnings BBQ Kotara
Friday 29th Nov	2014 Leaders Speeches by Yr 5 9.15am in the hall
Friday 6th Dec	Special Award Assembly, Certificates for Library, Premiers Reading Challenge, Sporting Representatives
Sunday 8th Dec	Bunnings BBQ Kotara
Thursday 12th Dec	9.30am –11am Whole School Presentation Day
Monday 16th Dec	Year 6 Farewell
Tuesday 17th Dec	Party Day
Wednesday 18th Dec	Students Last Day
Wednesday 29th Jan 2014	Yr 1 to Yr 6 return for Term 1

Situation-Specific	Strategy	Good For
What can you learn from this so it doesn't happen next time	Positive refraining	Kids who make mistakes, led others down, experience personal disappointment
Don't worry, relax and see what happens	Acceptance	Kids who worry about exams or performing
This isn't the end of the world	Maintaining perspective	Kids who catastrophise or blow things out of proportion
You could be right, but have you thought about	Flexible	Kids who castastrophise, experience extreme feelings, who exaggerate
What can we do about this	Taking action	Kids who mope, who experience disappointment, who feel inadequate.
Something to think about.		
Have a good week		
Regards		
Jo Swadling		

CANTEEN ROSTER
Thursday 14th Nov B Cusack, L McClymont
Friday 15th Nov T Clark, A Rah
Monday 18th Nov T Clark
Tuesday 19th Nov F Gray, M Straumer
Wednesday 20th Nov T Clark, L Johnson

PAYMENT REMINDERS
Payment Due: Yr 6 Farewell \$25
Payment Due: 13/12/2013 Stage 2 Party \$18

Upcycled Sculptures in the Playground Competition

Students are invited to create a sculpture to be displayed outside in the playground. These sculptures are to be made of recycled and found items eg. Bottle caps, plastic bags, cans, old kitchen ware, sticks, stones, shells, plastic bottles etc. No sharp edges.

To enter students are to bring in a gold coin and the sculpture to the office by Thursday 28th Nov. The sculptures will then be placed in the playground on Monday 2nd Dec. There will be a number of prizes awarded and the sculptures will be judged by special guest judges. Prizes will be given at the Special Awards Assembly on 6th Dec 2013. Parents will then be able to wander around our playground and admire our students creativity. For ideas Google recycled sculptures for kids. Money raised will go towards our gardens.



Olivia with her sculpture

CHRISTMAS HAMPERS/RAFFLE TICKETS

P&C are asking for donations towards the Christmas Raffle Hampers. All donations are gladly accepted especially Christmas decorations, food items and any small gifts these donations go towards making up some really great hampers .

Tickets will be coming home soon.



Another Masterchef

Term 4 Sport- Week 5

Brumbies/Wanderers Wanderers 16-12

Heat/Patriots Patriots 20-16

Bruins/Firebirds Firebirds 8-2

Best and Fairest:

Gracie Lloyd, Michael Magwaza, Lucas McGaw,
Wil Corbett, Mabor Kariom and Ciara Ikihega



Fairy Gardens


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