



GARDEN SUBURB PUBLIC SCHOOL We strive for excellence, student growth and wellbeing

Term 1 – Week 5

I would like to congratulate our students who proudly represented our school at the Zone Swimming carnival last Friday. I had the pleasure of attending and cheering on our amazing students.

The staff at GSPS would like to offer our condolences to Mrs McDermott. In late January Mrs McDermott lost her husband Tom. Throughout Mrs McDermott's 20 year tenure at GSPS, Tom has from time to time generously volunteered his services in classrooms (Carmel's), and on community days manning barbecues. He was often a friendly presence at staff functions. He is fondly remembered by many past and present staff and local families.

Classroom Switch

Today 3/4P and 4/5B switched classrooms to allow students in 4/5B to have more space as there are more students in this class. It also allows us to have space if another year 4 or 5 student arrives as the 5/6 classroom is currently at capacity.

Dogs on School Grounds

We would like to ask our families who have dogs, big or small, to please keep them outside of the school grounds. We have students at GSPS who are afraid of dogs and we need to ensure that our grounds are free from dogs to help them feel safe at school. Thank you for understanding.

Toilet access for Parents

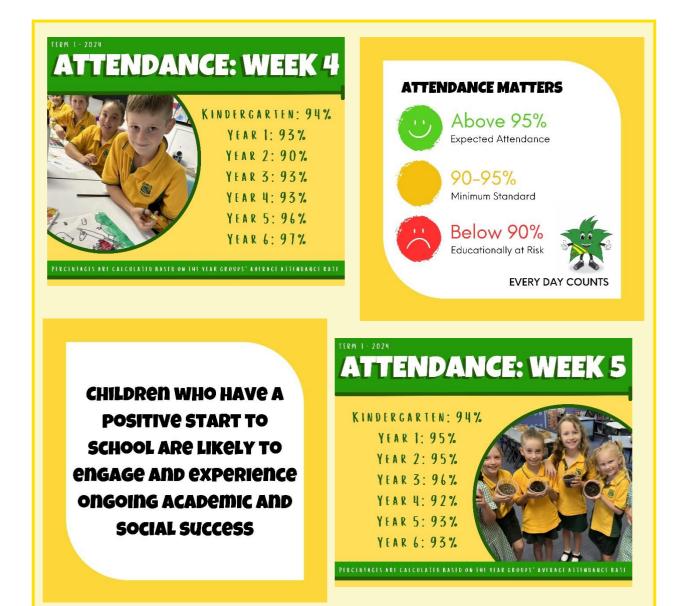
We have had our parent toilet repaired, if you are requiring to use a toilet whilst on site please see our staff who will direct you the bathroom.

Claire Bradshaw

Principal

W: https://gardensub-p.schools.nsw.gov.au/ E: gardensub-p.school@det.nsw.edu.au P: 02 4943 4898

Attendance



NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...









Build skills through fun



Dates for your Calendar

Sentral Parent Calendar

Term 1

Fuer 10				
Tues 12				
13 Mar – Mar				
8 Mar – Mar				
9 Mar				
Mar				
25 Mar				
.6 Mar				
Mar				
Week 10				
Apr				
? Apr				
3 Apr				
4 Apr				
Thurs 4 Apr				
pr				
Week 11				
Apr				
Apr				

WHAT'S HAPPENING

Excursions

In week 10 all students have the opportunity to attend an excursion. Kinder – Oakvale Farm Yrs 1 & 2 – Hunter Valley Wildlife Park Yrs 3 – 6 – Reptile Park Online permission notes have been sent via the Sentral parent portal. The due date for these permissions is the Thurs, 7th March 2024. We will require payment for these

excursions by the due date due to transition to Sentral finance. Unfortunately we will not be able to accept late payments. Please contact the office if you require financial assistance.



ES1 – Oakvale Farm S1 – Hunter Valley Wildlife Park S2 & S3 – Reptile Park Train-On Debating

All permissions and payments MUST BE FINALISED by Thursday 7.3.24 (Week 6). The quick turn around is due to the website parent payments closing, ready to migrate to Sentral parent payments.

Thank you for your cooperation and understanding

Public Holidays

We hope you enjoy you're the public holidays on Good Friday and Easter Monday. The school will be non-operational.



Cross Country

Students participate in the school cross country on a track marked out in the schools playground. Please send your child/ren to school with a water bottle, sunscreen, school hat, runners and they can wear their sports house colours or school sports uniform. Parents are invited to attend and can spectate under the trees near the play equipment on the bottom oval. Approximate times for races will be:

9:30am - 11 year boys/girls (5 x red laps)

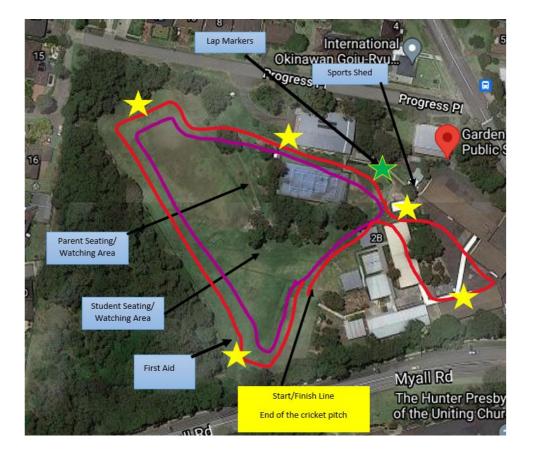
9:50am - 12/13 year boys/girls (5 x red laps)

10:10am - 5/6/7 year boys/girls (2 x purple laps)

10:40am - 8/9 year boys/girls (3 x red laps) and final (4th) lap is (1 x purple lap) (i.e. turning at the sports shed)

11:00am - 10 year boys/girls (3 x red laps) and final (4th) lap is (1 x purple lap)

(i.e. turning at the sports shed)



School Photos

On Tuesday 9th April students will have their school photo taken. Please make sure students are dressed in full school uniform.

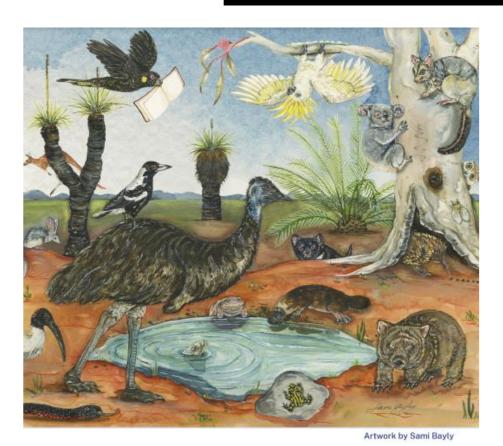
To view packages and order online go to <u>www.newcastleschoolportraits.com</u>

The GSPS Shoot Code is: 410231

Orders to be placed before photo day to avoid a late fee.

If you would prefer to pay cash envelopes are available in the office.

Newcastle School Portraits Capturing your memories for 25 Years



NSW Department of Education

2024 NSW Premier's Reading Challenge Start reading now!

www.premiersreadingchallenge.nsw.edu.au









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Troay 23 August

Payments to school

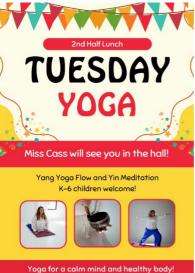
The school website payments (Make a payment) will be unavailable from Tuesday 12th March. During the transition to Sentral payments to the school may not be able to be made a short period. We will advise as soon as payments can be made via Sentral.

Introducing Sentral Finance!

The easy and convenient way to make school payments. Coming soon!







Year 6 moving into Year 7 Expression of Interest

Dear parents/carers of Year 6 students.

To enrol your child in Year 7 for 2025, you will need to complete an Expression of Interest for Year 6 to Year 7 transition. The Expression of Interest (EOI) lets you indicate which school(s) you would like your child to attend in Year 7.

The EOI process is available online from the 6th March 2024. After you submit an EOI and it has been assessed, your child will be offered a place at a high school. We will send out a link to Year 6 parents to the EOI via Sentral next week.

If your child will not be attending a NSW Government high school next year, please let us know by completing a Placement Not Required form.

If you are unsure whether they will be attending a NSW Government school (you've applied for a private school, or you are moving interstate), we ask that you still complete an EOI and follow up with your school once a decision has been made.

The online process will guide you through your options and collect the information required to make the process as smooth as possible.

For parents/carers who are not able to complete an application online, a paper EOI form can be collected from the school office.

For more information about moving to high school, visit Going to a public school.

Afternoon Pick-up

As part of our efforts to maintain a conducive learning environment, we kindly request that family members and siblings meet students at the front or side of the school premises. Also, we ask that you please obey the parking signs and park appropriately. To minimise disruptions and ensure a focused conclusion to the day, we ask that parents, carers and siblings refrain from entering verandahs or classrooms before the end of the day. This helps create a smooth transition for students and allows teachers to wrap up their lessons effectively. We extend this request to previous students who may attend high school on our premises on Wednesday afternoons. Your cooperation to these guidelines is greatly appreciated to contribute to the overall well-being of our school community.

The Resilience Project



On Monday afternoon all GSPS staff will complete Professional Learning with the TRP Team to further develop our knowledge and understanding of the program. All students this week completed their first TRP lessons. Students were looking at the principle of gratitude and identifying the things they are thankful for.

Gratitude

Working on gratitude helps us to be thankful and appreciate what we have in our lives, rather than focusing on what we don't have or what we want. When we practise being grateful, we start to scan the world to look for positives – this only takes 21 days! Practising gratitude every day increases our levels of energy, helps us to feel happier and more focused, determined and optimistic. It even helps us have a better sleep, lowers levels of anxiety and depression and we are less likely to get sick. So many benefits – let's all try to be grateful for the things and people in our lives every day!

Whole Family Activity:

Gratitude Scavenger Hunt

- As a family create a scavenger hunt list of things that make you happy or you are grateful for, you can make your own list or use the examples below:
- Something that makes you happy
- Something you love to smell
- Something you enjoy looking at
- Something that is your favourite colour
- Something you like in nature
- Something that is useful for you
 - Each member of the family uses the list, and has to find as many things as they can.

• You can hunt for things inside or outside, or both. You can hunt for real things, or you can also do this using magazines or pictures from the internet.

• After a set amount of time hunting, come back together, have a look at what each person collected and let them explain why they are grateful for each item.

Family Habit Builder:

Every night at dinner, have each person talk about their favourite thing about that day.



Zone Swimming Carnival

Congratulations to all students that represented GSPS at Zone swimming last Friday. All participating students did an amazing job and demonstrated our school values of respect, responsibility and personal best. Great to finish the day with our senior boys relay wimming in a time of 2.29. We are still waiting for Hunter to notify which students have been successful in making it to the Hunter competition and will communicate this as soon as possible.













Book Club

Parents please use the below links to access the Book club catalogue and order online using the LOOP app. Catalogue

- https://www.scholastic.com.au/bookclub/book-club-parents/book-club/

SCHOLASTIC SCHOLASTIC



Every Child Deserves a Good Book

LOOP - https://mybookclubs.scholastic.com.au/Parent/Login.aspx

THANK YOU!!

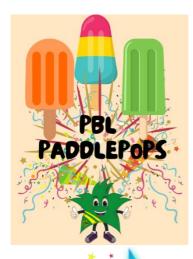
A big thank you to everyone who placed a Scholastic Book Club order from the Issue 1 catalogue! Every single purchase earns rewards for our school library and your continued support is much appreciated.

As soon as the orders arrive at school, we will distribute them to students. A friendly reminder that if you do not wish for us to give them to students because they are a gift, please let the ladies in the office know ASAP. If you have any questions, please do not hesitate to reach out.



PBL Paddlepops

Students receive Dazzlers in the classroom and playground for displaying our school values and expectations. Dazzlers are placed in a raffle that is drawn out by our leaders. Winners enjoy a paddle pop with the principal. The Dazzlers from each weekly raffle are then placed into a large barrel for an end of term super raffle. Congratulations to all the winners, who were lucky enough to receive a PBL Paddlepop or iceblock this fortnight.







ENVIRONMENTAL NEWS

Week 3 Term 1

After many months, our sandpit is now ready for students again to enjoy playing in this area. Fresh sand was added this week and new cooking equipment, bowls and buckets have been purchased with money from our Return and Earn collection.



If you have any cooking equipment like cake tins,



wooden spoons and spatulas that you would like to donate to the school, please drop off at the office.

This Friday is Clean Up Australia Day at school. Students will clean up an area at school with the supervision of their class teacher. Students will use buckets, tongs and gloves to collect rubbish from their area.

Julie Brewer



Easter Hat Parade

Dear Families and Community Members,

You're invited to our annual Easter Hat Parade!

The Easter Hat Parade will be for K-6 students and will be held on Monday 25th March, 2024.

The parade of spectacular hats will begin at 9:30am, then families are invited to attend a picnic with their children from 10:30-11:30 am.

All hats are to be made outside of school. For sustainability purposes, students are encouraged to use what they have at home and get creative!

The P&C have organised an Easter Fun-Day Treat for collection on the day. All meal deals are \$6 per order and must be pre-purchased. Please see attached information flyer for more information.

Easter Hat Parade Organisation

ORDER OF EVENTS	9:30 - 10.30am – Easter Hat Parade		
May be subject to	K-6K, K-6B, K-6W, KT, K/1P, 1H, 2S		
change	Infants choir performance		
	2/3B, 3/4P, 4/5B, 5/6P		
	Pre-schoolers / younger siblings parade		
	10.30 – 10.40am – P&C Easter Raffle		
	10:40 - 11:30 am – Collection of prepaid		
	meal deal and picnic		
LOCATION	Visitors are to gather outside the hall, on the seats provided and between the cones. Students will parade around the visitors. Please enter through the side and front gates. As we are trialling a new location, feedback is welcomed to revise the plans for future Easter Hat Parades.		

The picnic will conclude at 11.30am to allow students the opportunity to play at lunch time. This will be signalled by a loud speaker announcement thanking visitors for their attendance.

Looking forward to see you at our annual Easter Hat Parade! 🐵



Canteen News

Make your child's day with a birthday bucket from the canteen. It's easy to order through your Quickcliq account. Make a meal order, click on the date of your child's birthday and you will see



'Birthday Bucket", then select their class.



Canteen Roster

If you can spare some time to help out in the canteen please contact the office. Your assistance would be greatly appreciated.

Week 6		Week 7	
Wed 6/3	Donna	Wed 13/3	Donna & Maria
Thurs 7/3	Donna & Karen	Thurs 14/3	Donna & Kirsten
Fri 8/3	Donna, Danielle & Sarah	Fri 15/3	Donna, Simone & Dom

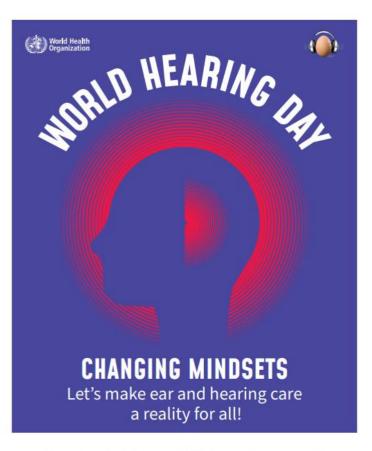


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If you are looking to play netball in 2024 Cardiff Netball has limited vacancies in the following age groups:

Under 7s (turning 6 or 7) - up to 3 vacancies Under 12s - up to 3 vacancies Under 13s - 1 vacancy Under 21s - 1 vacancy Seniors - 2 vacancies

If you know someone interested in playing, please send us a private message, call or text 0401410780 or email Cardiffnetballclub@gmail.com



Changing mindsets is crucial for improving access and reducing the cost of unaddressed hearing loss

03 March 2024 #WorldHearingDay

COMMUNICATION

Please use the following forms of communication with the school to stay up to date.

Sentral Parent Portal App



The school uses the Sentral Parent Portal app to communicate all school updates, newsletters, permission notes and fundraising opportunities with our parent community. Parents can also submit absence requests, check the school calendar for upcoming events and message the class teacher.

All new parents and carers to the school should have received a welcome email with instructions on how to register and your access key. If you don't have an access key, please let the office know. Parents can have multiple access keys for each parent to stay up to date on what's happening in the school.

Quickcliq

Canteen and Uniforms orders can be purchased online through the website QuickCliq. Parents are encouraged to register an account, add their students details to the account and purchase credit through the website. For detailed instructions please see <u>'How to'</u> guide.



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Website

Information regarding the school's policies, planning, reporting, expectations, P&C and so much more can be found on our <u>website</u>. All parent payments and enrolment

applications are made online using the quick link tabs along the top of the home page.

Facebook

The school has a Facebook page where you can find information on student successes, good news stories and community information. Our school Facebook page can be found by searching 'Garden Suburb Public School' on Facebook.

NSW School Updates app

The NSW School Updates App has the ability for parents and carers with children in multiple schools to receive newsletters and updates within the same app and receive push notifications on their phones when newsletters and events are posted by the school. Information feeds are filtered by school year are customised for parents and carers and includes direct contact line details to the school.



Start the day right with brekky

Eating breakfast fuels the body and gives kids more energy to concentrate and focus at school. It also gives kids the energy to be physically active!

Here are some tips to encourage kids to eat breakfast everyday:

- Involve kids in planning, shopping and making breakfast. This teaches them to plan, prepare and cook meals
- Prepare the night before i.e., get the kitchen utensils out ready to use, bowls, plates, cups, cut up fruit and pop it in the fridge
- Try healthy grab and go options: fruit, trail mix, yoghurt, fruit smoothies, baked beans or wholegrain cereal bites
- Incourage your kids to start each day with breakfast! Make time to sit and enjoy eating breakfast together







Developed by Hunter New England LHD

HNELHD-GoodForKids@health.nsw.gov.au https://goodforkids.nsw.gov.au



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.



Get your kids packing everyday lunchboxes

When children help plan and pack their own lunchbox, they are more likely to eat it.

Encourage them to swap:

- Muesli bar to wholegrain cereal bites
- Pre-packaged cheese-dip and crackers to wholegrain crackers and cheese

SWAP FROM







SWAP

TO

Cheese dip & crackers

Wholegrain crackers & cheese



Download our free "SWAP IT Everyday Lunchbox Planner" to try with your child! Scan the QR code or visit <u>www.swapit.net.au/planner</u>