



# GARDEN SUBURB PUBLIC SCHOOL

*We strive for excellence, student growth and wellbeing*

## **Term 1 – Week 7**

On Monday night we conducted our Annual General Meeting at P&C, this is where nominations are received for the executive roles within the P&C. Congratulations to Jessica Standen our new President and to Simone Quinn our new joint Vice President. All other roles continued as in 2023, with a new additional role of Fundraising Coordinator being filled by Sharne Hall. A big thank you to our outgoing President Catriona McIntyre for your dedication and leadership over the past 5 years.

Next week we celebrate Harmony Week, at Garden Suburb Public School we have many families and teachers from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone. On Thursday 21st March students can wear orange or a traditional costume to show their support. Classroom activities will have a Harmony Week theme.

In our professional learning this week teachers reflected on differentiated learning in the classroom. Our teachers at Garden Suburb Public School not only have High Expectations of their students but also of themselves, striving for excellence in an inclusive environment where all students are supported to achieve success and their personal best.

Differentiation is one of many evidence-based strategies for our students requiring additional support or our high potential and gifted students, it is most effective when used with purposeful grouping, explicit teaching, adjusted success criteria and formative assessment and feedback. Differentiation recognises that individuals learn at different rates and in different ways. It refers to the deliberate adjustments applied to meet the specific learning needs of all students.

Adjustments can be made to the content, what is being taught; the learning process, how the content is taught; the product, how the student

demonstrates learning; or the learning environment, the physical and mental learning space created by the teacher.

In our classrooms at Garden Suburb Public School teachers differentiate everyday. Effective differentiation functions on the premise that every student can do remarkable things with the appropriate guidance and support. Teachers differentiate content, process, product and the learning environment according to individual student characteristics of readiness, interests and learning profile.

The new syllabus provides teachers with the opportunity to adjust success criteria through tiered instruction and make slight adjustments within the same lesson to meet the needs of students.

Many students who have had a Personalised Learning Support Plan in the past, are currently having their needs met through differentiation within the classroom and small group tuition if there is an identified need. Adjustment profiles are created by the classroom teacher with the support of their supervisor and our Learning and Support Teachers. Differentiation and adjustments are evident throughout teacher's programs as they tailor the classroom learning to meet the individual needs of your child.

In week 11 we invite all parents and carers to meet with the teacher to discuss your child's progress. Interview times will be made available next week.

Claire Bradshaw

Principal

**Minutes lost = days lost per year**

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...	they miss days per year
5 mins per day	3 days
30 mins per day	18 days

**Patterns of lateness can have a serious impact on your child's education.**

education.nsw.gov.au

## Dates for your Calendar

### Central Parent Calendar

Term 1	
<b>Week 8</b>	
NAPLAN Yr 3 & 5 Language Conventions	Mon 18 Mar
NAPLAN Yr 3 & 5 Numeracy	Tues 19 Mar
PSSA Netball Team Trials	Tues 19 Mar
Harmony Day – Out of Uniform day	Thurs 21 Mar
Assembly	Fri 22 Mar
<b>Week 9</b>	
Easter Hat Parade	Mon 25 Mar
Cross Country	Tues 26 Mar
Good Friday – public holiday	Fri 29 Mar
<b>Week 10</b>	
Easter Monday - public holiday	Mon 1 Apr
Reptile Park Stage 2 & 3 Excursion	Tues 2 Apr
Oakvale Farm Early Stage 1 Excursion	Wed 3 Apr
Hunter Valley Wildlife Park Stage 1 Excursion	Thurs 4 Apr
Train-On Debating Workshop	Thurs 4 Apr
Assembly	Fri 5 Apr
<b>Week 11</b>	
School photo day	Tues 9 Apr
ANZAC Day Assembly	Fri 12 Apr
Last day of school	Fri 12 Apr

# WHAT'S HAPPENING

## School Photos

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

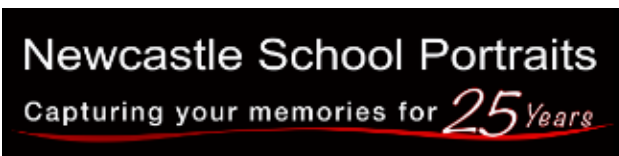
To view packages and order online go to

[www.newcastleschoolportraits.com](http://www.newcastleschoolportraits.com)

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.



# HARMONY WEEK

MONDAY 18TH-24TH MARCH 2024

*Celebrating Our Cultural Diversity*

**Monday 18th-Friday 22nd March**

- In class, students will be given an orange circle to write something symbolic to their culture e.g. "I call my grandmother Yia-yia because she was born in Greece. Lisa 5/6F". Each student will then stick their circle onto a large world map (on the location which is symbolic to them) which will be displayed in Area 1.
- Across the week, students will participate in classroom activities celebrating Harmony Week.
- During the lunch & recess break, music from around the world will be played to promote diversity in arts and music.

**Thursday 21st March**

**Out of uniform day**

- To celebrate cultural diversity within our community, students are encouraged to wear the colour orange or a traditional outfit from their culture.
- Students are encouraged to include a food item in their lunch box which is symbolic to their culture i.e. a fortune cookie or a Vegemite sandwich.

## **AED Defibrillator**

The school has purchased a Automatic External Defibrillator. It will be installed soon in a location that is accessible to staff and community in case of emergency. Once installed the specific location will be shared in our following newsletter.



<https://www.raffletix.com.au?ref=y3u2w>



# EASTER RAFFLE!

Drawn Monday  
25th March 2024



GSPS P&C Fundraiser

## Easter Fun-Day Treat!

**\$6.00**

**Monday 25th March 2024**



All orders must  
be received by

**9am**

**Thursday 21st March  
2024**

Orders and payments  
through QuickCliq  
ONLY

**1 Traditional, Fruit-free or Choc-Chip Hot Cross Bun  
Easter Egg and a Juice Popper**

**\*\* Orders to be made by 9am Thursday 21st March 2024 \*\***

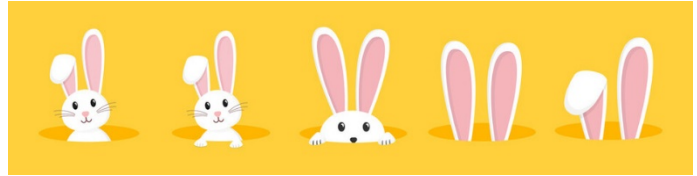
### QuickCliq Order and Payment

1. Select Student
2. Select Meal Order
3. Select the date: "25/03/2024"
4. Select "Special Event Menu"
5. Click on "+Special Event Items" and select your preferred HotXBun flavour (choose one only) and click on "Add to Cart"
6. Confirm the Order and click "PAY & PLACE ORDER"

Please note:  
The canteen will be closed  
as this is not a normal  
canteen day.  
Easter Fun-Day treats will  
be given out after the  
Easter Hat Parade for  
morning tea.



## 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 K-6K, K-6B, K-6W, KT, K/1P, 1H, 2S
May be subject to 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! 😊

Kayla Perry  
Assistant Principal

Claire Bradshaw  
Principal

## Premier Reading Challenge

26TH FEBURARY-23RD AUGUST

### K-2

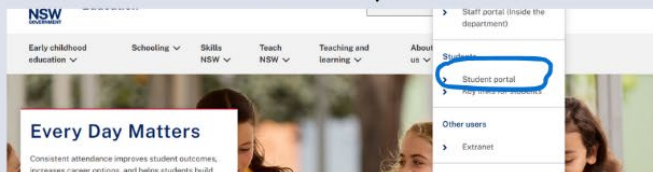
Students are encouraged to read books with their teachers and family members. No need to log books on the PRC website.

### 3-6

Students are encouraged to read books with their teachers and family members. They will need to record reading log electronically to their PRC reading log.

### How to add books to the PRC reading log.

1. Log into the NSW Department of Education Student portal.



2. Select the PRC Icon



3. Start reading and log books





## Payments to school

The school website payments (Make a payment) will be unavailable from Tuesday 12th March while we transition to Sentral payments. Information will be provided once we are ready to launch!



**Year 6 Fundraiser**

**ZOOPER  
DOOPER**  
no sugar

**\$1 EACH**

**TERM 1 - EVERY MONDAY FROM WEEK 6**



## Year 6 moving into Year 7 Expression of Interest

Families will need to complete your Expression of Interest for the High School you intend to send your Year 6 child to next year.

Click on this link and complete the form by 4th April 2024.

<https://year7.enrol.education.nsw.gov.au/?schoolCode=4136>

This expression of interest process **does not** support placement in specialist schools, selective schools and/or support classes. If you fall under any of these categories please contact the office to request a paper based form.

## Sport

### Zone Swimming Carnival

Congratulations to all students that represented GSPS at Zone swimming last Friday 23rd Feb. 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 swimming in a time of 2.29.



### Hunter Swimming Carnival

Congratulations to all swimmers who swam at the Hunter Carnival on Tuesday 12th March. Congratulations to our Senior boys relay team (Case H, Patrick C, Nixon H and Liam M) who have been selected to represent the Hunter at the State PSSA Swimming Carnival in Sydney next month.

### Cross Country

Our annual Cross Country will be taking place on Tuesday 26th March on the school grounds. Parents are more than welcome to attend and will have a designated area on the oval to watch their child. Approximate times for events taking place are:

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

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

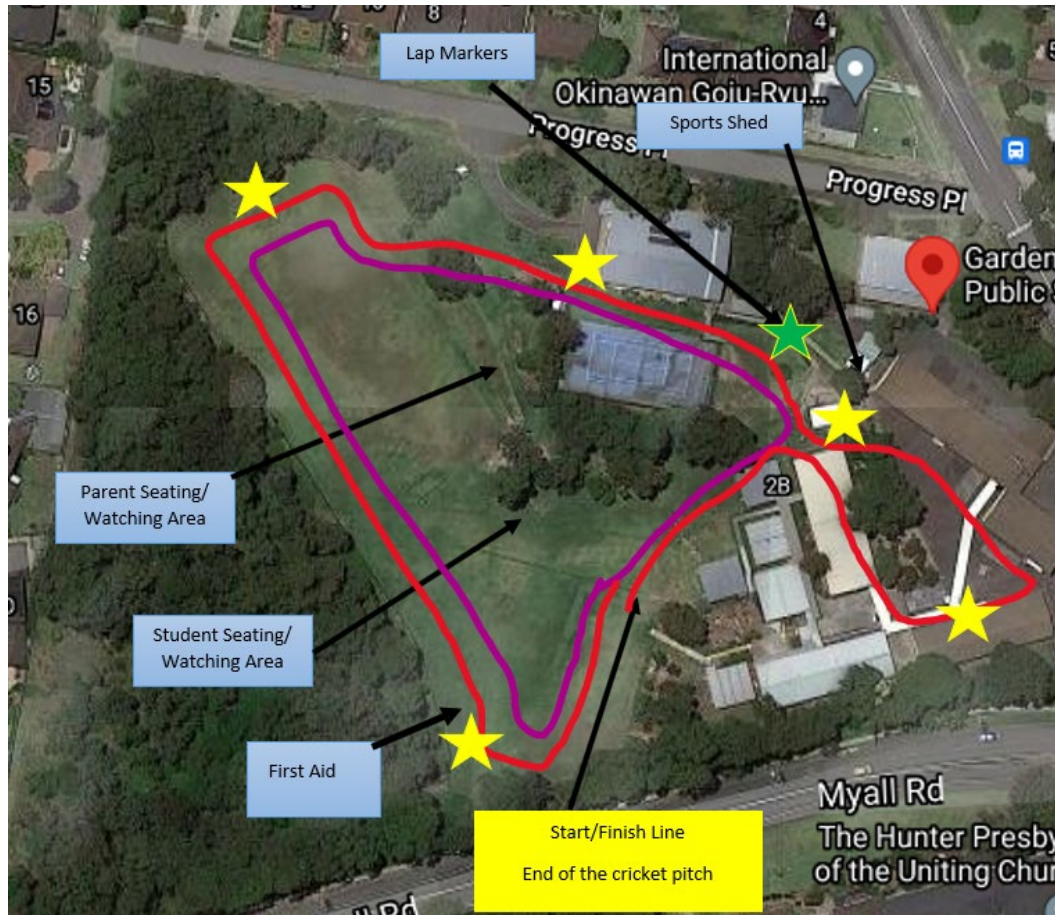
10:10am - 5/6/7 year boys/girls (2 x purple laps)

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)



### Dunford Cup

Competitive Galas for Soccer and Netball will be held in Term 2, with the first game being on the 17th May for both Junior and Senior players. Try-outs will take place in Term 2 as limited spots will be available. More information will be released as the date gets closer.



## Welcome to The Resilience Project

### PARENTS & CARERS

This year, we are excited to bring The Resilience Project (TRP) into our school community!

### WHY?

Current research tells us...

Why mental health matters



One in four Australian adolescents will experience mental health problems this year

Nearly two thirds of them will not seek help.



One in seven primary school students are also likely to experience mental health problems this year.

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

### EVIDENCE-BASED

The Resilience Project's School Partnership Program has been independently evaluated by both The [University of Adelaide](#) and The [University of Melbourne](#). Click the links or scan the QR code to find out more about the impact the program has on **emotional wellbeing** and **behavioral changes**.



### ABOUT THE PROGRAM

**The Resilience Project** is committed to **teaching positive mental health strategies** to prevent mental ill-health and **build young people's capacity to deal with adversity**.

We will be implementing their evidence-based **Teaching and Learning Program** throughout our classrooms, staffroom and school community.

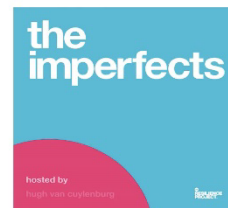
Teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude, Empathy, Mindfulness (GEM)** and **Emotional Literacy** to build resilience.

### WHAT CAN BE DONE AT HOME?



To learn more about The Resilience Project and get involved from home, you can start exploring the ideas, activities and resources which bring **Gratitude, Empathy and Mindfulness (GEM)** to life on [TRP@HOME](#).

**The Imperfects** podcast, led by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, is all about how perfectly imperfect we all are. Hugh, Josh and Ryan chat to a variety of interesting people who bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.







**Hi Families,**

**This week in class, we explored emotional literacy by identifying all the different feelings we experience. Being able to recognise and differentiate feelings we have through our facial expressions and body language is important for our wellbeing.**

Working on our emotional literacy gives us opportunities to develop our ability to understand and express different emotions. When we improve our emotional literacy, we can work towards recognising our own feelings and our ability to manage them. This allows us to cope with different life situations, such as managing conflict, making friends, coping in difficult situations and being resilient when dealing with change.

TRY IT AT HOME FAMILY ACTIVITY:  
**FEELINGS CHARADES**

**YOU WILL NEED:**

- Time together as a family

**WHAT TO DO:**

- As a family, sit around the dinner table.
- Take turns to make a 'feelings face'; for example a sad face, angry, excited, etc. You can also use your body language; for example move your hands or jump up and down.
- Other family members need to guess the face.
- After someone has guessed the 'feelings face', have a family discussion about a time you have felt that emotion before and how it made you feel.

**Family Emotional Literacy habit builder:**

Around the dinner, table ask everyone to share a feeling they felt during that day. Discuss how they dealt with that feeling, then discuss and share strategies you could use when faced with particular feelings.

**We would love to see what you are doing at home. Please share some photos or let your child's teacher know what you have enjoyed.**

## 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/book-club/book-club-parents/book-club/>

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

# Scholastic Book Club

## Issue 2 Out Now!

Book Club Issue 1 has started to be distributed to students this week. Issue 2 is packed full of great quality, affordable and popular titles!

If a paper catalogue has not made it home, please head to the link provided below for a link to the digital catalogue.

Please remember to place all orders online via the LOOP (Scholastic website or the LOOP app). See link below.

Particular mentions are:

Item 072. Bin Chicken's Eggcellent Easter, another great book by the incredibly talented Kate & Jol Temple!

Item 232. Baby Sitters Little Sister 5 pack is the perfect starting point for our younger children wanted to dip their toes into the world of Graphic Novels; and

Item 353 is Sensational Sharks. Sharks are a very popular topic in the library and this exquisite book is sure to be a hit!

All Book Club orders accumulate rewards for our school, which we use to purchase books for our library collection!

Please place all orders by 3pm on **Monday 22nd March**.



Every Child Deserves a Good Book





# 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 7 Term 1

It may be autumn but the days are still very warm. Students are encouraged to wear a hat and drink plenty of water or play in the shade. Our new sandpit toys have been popular but unfortunately the mud kitchen located in the sandpit was being destroyed by white ants. It became dangerous and had to be dismantled and all building materials removed. A few milk crates have been added to the play area so students can turn them upside down like tables.

While on playground duty near the sandpit, I could hear the chatter of lorikeets in a tree enjoying the red flowers. As you move around our school grounds keep a lookout for some of the wildlife that calls GSPS home.

Julie Brewer



# FROM THE P&C

Keep up to date with P&C Fundraising and Information via our Website and Facebook Page

Website: <https://garden-suburb-public-schoolpc.square.site/>

Facebook:@GardenSuburbPublicSchoolP&C <https://www.facebook.com/profile.php?id=100083216018103>

Join the P&C and be a financial member for \$2 per calendar year. Receive minutes of each meeting and be involved in a group of like-minded parents!

<https://garden-suburb-public-school-pc.square.site/join-us>

## 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 volunteers link is <https://garden-suburb-public-school-pc.square.site/school-canteen>

## 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 8		Week 9	
<b>Wed 20/3</b>	Donna & Minyon	<b>Mon 25/4</b>	Donna & Sione, Danielle B & Maria
<b>Thurs 21/3</b>	Donna & Karen	<b>Wed 27/3</b>	Donna & Danielle B
<b>Fri 22/3</b>	Donna, Jenna & Steph	<b>Thu 28/3</b>	Donna, Karen & Alex

# Good for kids good for life



## What makes a balanced lunchbox?

A balanced lunchbox is made up of everyday foods from the five food groups: grain foods, fruit, vegetables, dairy/alternatives and meat/alternatives. Eating a range of everyday foods will give kids energy to learn, grow and play!

Follow this guide for packing an easy everyday lunchbox:

**Crunch&Sip®:** 1 serve of vegetables or fruit

**Recess:** 1 serve of vegetables or fruit & 1-2 everyday snacks

**Lunch:** A meal made with everyday ingredients such as sandwich, wrap, roll or leftovers

**Drink:** Water and/or reduced fat plain milk

Don't forget to pack an ice brick or frozen water bottle to keep food cool and safe!



Developed by Hunter New England LHD



[HNELHD-GoodForKids@health.nsw.gov.au](mailto: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.



## Cool lunchboxes

An insulated lunchbox with an ice brick can keep the lunchbox 12°C cooler and the lunchbox foods safe.

Try adding a frozen:

- Water bottle
- Plain milk popper
- Reduced fat yoghurt



Frozen water bottle



Frozen ice brick



Frozen reduced fat  
yoghurt pouch



Frozen plain milk  
popper



Frozen reduced fat  
yoghurt tub

For more great tips on keeping the lunchbox cool visit:

[www.swapit.net.au/safe](http://www.swapit.net.au/safe)