

KINDNESS

WELLBEING

INTEGRITY

RESILIENCE

TERM ONE

Wed March 20	Presentation – Prep to 2 'Being Brave' (no cost)
Thu March 21	Harmony Day – Wear orange or cultural clothes.
Thu March 21	Family Night – Commencing 5.30pm
Fri March 22	School Assembly – 2.50pm in the gym
Mon March 25	Presentation – 3 to 6 "Being Brave" (no cost)
Tue March 26	School Council
Tue March 26	Year Six Camp
Wed March 27	Year Six Camp
Thu March 28	Year Six Camp
Thu March 28	Prep BBQ – 5.00pm to 6.30pm (no cost)
Fri March 29	School Assembly – 2.50pm in the gym
Tue April 2	Colour Run
Thu April 4	School Photos
Fri April 5	Casual Day – Cuthbert House - Red
Fri April 5	Last Day of Term – 2.30pm dismissal

Prep Family Survey

In February, a survey of Prep parents/carers was conducted to provide information regarding transition to school and to gather information regarding parent/carer thoughts about the school. Of the 68 surveys sent out, 44 were returned which is a fantastic response.



	% Positive Strongly Agree Agree
My child is happy to go to school each day	100
My child speak positively about school experiences	100
My child has found a friend at school	95
My child feels safe at school	97
The transitions sessions in 2018 helped prepare my child	97
I am aware of the school values	95
I feel welcome in the school	100
The principal cares about children in the school	100
I know who to speak to if I have a concern	100
I feel confident to ask staff questions	100
I like the school uniform	95
The cost of the school uniform was reasonable	93

The survey invited written responses and it was terrific to have a number of parents take this opportunity to provide feedback and make suggestions. All written comments will be considered and actioned as appropriate.

Camps, Sports and Excursions Fund (CSEF)

Parents who hold a current health care card may be eligible to claim financial support to assist with expenses for camps, sport and excursions. If you are eligible please contact the school for an application form. Parents who have already claimed this at Gladstone Views Primary School will not need to apply again however the school office will need to make a copy of your current health care card.

Prep Enrolments for 2020

Our first school tours for parents of prospective 2020 Prep students commenced this week. Additional tours will be held on April 3rd and April 30th at 10.00am and 6.00pm on both days.



Questions / Comments / Concerns



Parents/carers are invited and encouraged to ask questions, make comments and raise concerns. It is often best to address any concerns or issues early as this can prevent the situation from becoming worse.

Questions or concerns regarding aspects of classroom operations or student learning are best addressed by the classroom teacher. We ask that an appointment is made to ensure the teacher can give the issue their full attention.

You are also more than welcome to talk to myself or Suzy regarding any matters. We are in the playground each morning and are happy to talk then, and are often available throughout the day, however for more important matters an appointment may be more suitable.

Being Brave – School Performance



This term all students will have the opportunity to attend the performance 'Being Brave' as part of our school curriculum to build social and personal capacity.

The performance, by Brainstorm Productions, explores strategies to deal with emotions through good communication, persistence and positive self-talk. Through song, dance and drama, students learn strategies to bounce back after difficult times.

As this is an important part of our school curriculum the show is provided at no cost to parents, with the school covering the payment. We have used Brainstorm Productions each year for four years now and have found their presentations extremely worthwhile.

Parents/carers are invited to attend the performances.

Performances:

Prep to 2 – Wednesday 20th March from 2.30pm to 3.30pm

3 to 6 – Monday 25th March from 2.30pm to 3.30pm

Family Night

Thursday March 21st
From 5.30pm

Classrooms open from 5.30pm to 6.15pm

Cultural Performances from 6.30pm in the gym

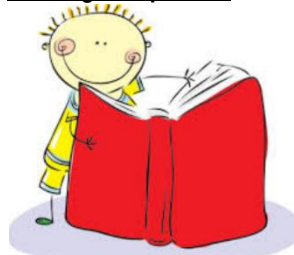
Items for Purchase on the Night

Lolly bags and water

School tea towels and candles

Curriculum News – Listening to Your Child Read

Reading is important.



Reading has always been an important skill. Children learn about the importance of reading as they watch family members use reading and writing for every day purposes. Listening to your child read their take home readers and library books is a fantastic way to support your child's reading development.

Hints for listening to your child read

△ Before reading, talk about the cover, the title, the pictures, and discuss what the book may be able. This is part of the guided reading routine; your child will be familiar with this process.

△ During reading, discuss what has been read up to that point, and get your picture to predict what might happen next.

△ After reading has finished, talk and ask questions about the story and the characters.

△ When your child embarks upon an unknown word, get them to use their letter and sound knowledge. Encourage your child to segment (**f/r/o/g**) and blend (**frog**) the unknown word together.

△ Discuss the meaning of unknown vocabulary. Get your child to say the new vocabulary in a sentence and suggest synonyms.

△ Let your child see you enjoy reading.

From the Literacy Action Team

Six Ways to Raise a Resilient Child

Dr Rangan Chatterjee

Resilience is an important skill for everyone. We all face challenges and adversity during our lives. I recently came across an article by Dr Rangan Chatterjee that thought was worth summarising in the newsletter.

1. Have one one-on-one time with each child.

Quite difficult in the busy lives we all lead but a short time of focussed attention (possibly ten minutes) is beneficial.

2. Increase sleep

Lack of sleep is a huge driver for stress and has negative effects on memory, concentration, cognitive function and decision-making.

3. Exercise

Regular exercise strengthens the brain and teaches our stress-response system to recover more efficiently.

4. Delay Gratification

Resilience means understanding that you can't have everything you want as soon as you want it. Board games are a recommended strategy.

5. Ensure a Varied Diet

Nutrition has a significant impact on mental health. Poor quality, highly processed food sends stress signals to the brain.

6. Model Gratitude

Look for positives in all aspects of life and highlight these. Thinking of something positive about the day before going to bed can, over time, re-focus the brain and develop a positive and resilient mindset.



Woodlands Division Representatives

Over the past fortnight Gladstone Views has been represented at Woodlands Division sports events.

Yasmin represented the school at the Woodlands Swimming Carnival in the 11 year old girls' backstroke where she placed 6th. This is an outstanding result and we congratulate Yasmin.

Lucas and Shanaya represented GVPS at the Woodlands Tennis Championships. Both students performed extremely well with Shanaya winning the girls' competition. Shanaya will now compete at the North Metropolitan Region Finals next week. We wish Shanaya all the best for this high level competition.

An extremely important aspect of sport is sportsmanship and we are proud not only of the results these students have achieved but also the way they conduct themselves in relation to their sport.



TUESDAY 2ND APRIL

We have two aims;

1. for everyone to have a great day
2. to raise funds for our school

As much as possible we endeavour to reduce financial costs to parents. Examples of how we are doing this include:

△ no charge to parents for individual devices such as iPads

△ costs covered for whole school events including the Brainstorm Production Events this term in relation to bullying – 'Being Brave'.

We are now asking for everyone to **DO THEIR VERY BEST** to get sponsors for the colour run.

Money raised from this event will be going to an upgrade of the school grounds which will benefit all students. This is a project we have been working on for some time and unfortunately progress has been slow

Colour Run Reminders

△ white shirt and old clothes to run in

△ an old towel and a change of clothes

△ Safety Data Sheet for the powder available at the office

△ parents and other families welcome to join in

