



Term 1 Week 2 Wednesday 3rd February 2016

Mr. Osland's Oracle

Welcome parents and friends of Gwandalan PS to our second addition of our Newsletter. We have a lot happening across the school, we will endeavour to continue to update our calendars, Skoolbag app and notes sent home. Your support is greatly appreciated.

SCHOOL ATTENDANCE

As in previous years the school is again asking parents and carers to please ensure that their child is attending school regularly. We all realise with consistent attendance at school, increased educational outcomes can be achieved. If we look at an example of 5 days off a Term— 20 days off in a year— 140 days off if the pattern continues from Kinder to Year 6 (puts a student 3 terms behind).

We ALL understand how hard it is sometimes to get children to school. If there are any concerns that we can support parents with we will. Notes and phone calls will again be a means of communication when dealing with absences. PLEASE let the school know by phone, on our APP or a letter sent into school. We wish to maintain our AMAZING school Attendance rate with your help it is easily achievable.

HOW we COMMUNICATE with EACH OTHER

Can I just remind everyone that what we do at our school is focus on supporting and developing our students under the modelled guidelines of SAFETY, RESPECT and Trying YOUR BEST. However there has been a number of times when Staff/Student/Parent relationships have been questioned in a negative or prickly manner.

We all understand the stress that we face day in and day out but this is no excuse for unproductive relationships. We welcome constructive feedback, we welcome open dialogue, we are more than happy for people to visit our classrooms, we do have an open door policy but PLEASE let us know of situations occurring that we may not be aware of.

We continue to be active around the school, viewing classrooms and communicating expectations. We do see our Expectations as LIFE SKILLS. Are you being SAFE? Do we show RESPECT? What does this look like? How can we be Achieve our Best? What things do we need to do to follow this? We are challenging our students, parents and teachers to showcase what we can do. ***From little things BIG things Grow. LET US WORK TOGETHER to support our FUTURE (the students).***

UPCOMING Teacher Professional Development

As apart of our school strategic directions our school staff will be undertaking a variety of learning opportunities. This may see staff released to attend workshops, sessions at other schools and collaborative network session. We will ensure minimal disruptions to normal classroom routines and student learning outcomes.

This Professional learning can only improve the education and wellbeing of our students whilst enhance the quality of our classrooms.

Any questions please contact the school.

SCHOOL Sport

Friday Sport will start this week Friday. Students have been advised of their groups. Payments due. Please pay by cash, eftpos or cheque.

MEET the TEACHER Afternoons

Kindergarten: Monday 22nd February at 2.30

Years 1 and 2: Wednesday 24th February at 2.30

Years 3—6 Wednesday 24th February at 3.15.

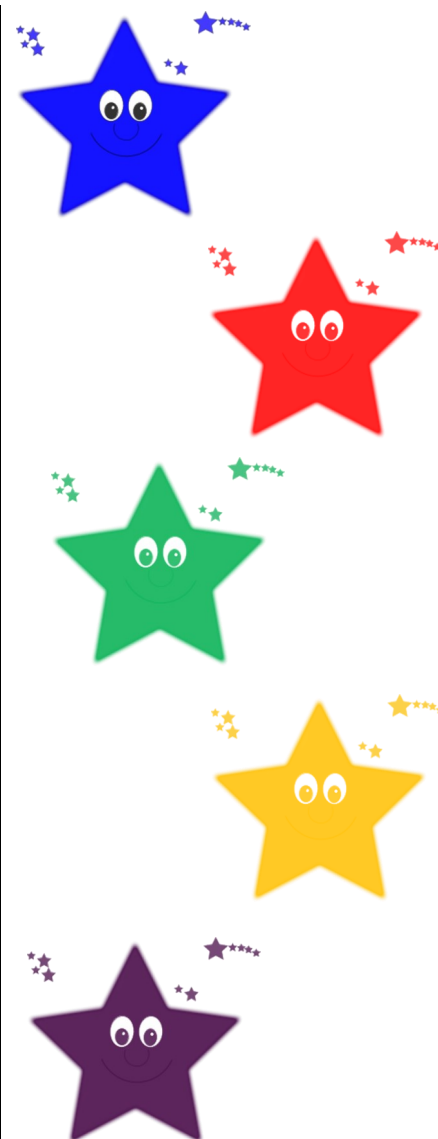
All sessions to be held in the class rooms.

Assembly Awards 2016 Term 1 Week 3

Class	Name	Reason for Award
K/1D	Dezzel Gow	Sounding out words during independent writing
K/1D	Allyra Markham	Helping Kinder to settle into school
K/1D	Mia Harris	Showing initiative to help others
K/1D	Sunny Cooper	A great start to Kinder!
1I	Tiana Eastough	Excellent work in literacy groups
1I	Hayden Guest	Being a friendly class mate
1I	Jonti Adamson	Producing quality work
1I	Jack Moyle	Writing interesting sentences
2W	Kira Whitney	Contributing to class discussions
2W	Aaliyah James	An excellent ape information report
2W	Thomas Davies	Trying hard to listen and follow instructions
2W	Cameron Lobb	Neat presentation of written work
2A	Bryce Gibson	Outstanding effort in writing recounts
2A	Nathan Gray	Taking great pride in handwriting
2A	Kiara Walton	Working hard in class
2A	Tara Austin	Being a helpful class member

YOU CAN DO IT AWARDS

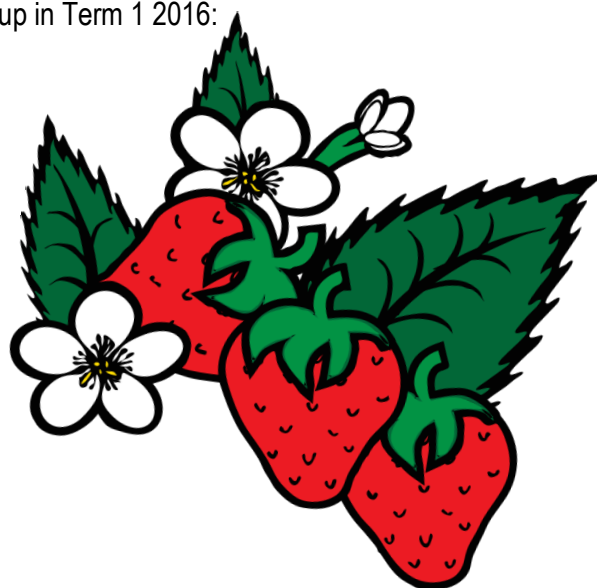
Getting Along Award	Amy Dalton	Congratulations
Confidence Award	Erica Smith	Congratulations
Organisation Award	Gabriella Maciel Hatzinikoloau	Congratulations
Resilience Award	Flynn Baggot-Stone	Congratulations
Persistence Award	Oliver Stott	Congratulations



GARDENING GROUP TERM 1 2016

The following interested students have been invited to join gardening group in Term 1 2016:

Hannah M,	Cameron T
Heidi,	Cooper T
Sharni P,	Travis H
Abbie S,	Olivia B
Tori A,	Brandon B
Tori S,	Koby M,
Luke M,	



Last week we spent most of the time weeding and pulled out four loads

of weeds, however the students did all get to eat some of our school grown strawberries.

All students were are extremely supportive and demonstrate our positive school expectations.

This year gardening group is held at 8am every Friday (weather permitting) if students wish to attend.

Primary Assembly Awards 2016 Term 1 Week 3

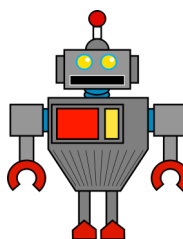
Class	Name	Reason
3/4E	Travis Higgins	Welcome to Gwandalan Public School
3/4E	Joshua Jamieson	Outstanding work presentation
3/4E	Jorja Kowalski	Always being ready to learn
3/4E	Zoe Bakker	Outstanding spelling results
3/4S	Connor Fowles	Quality contributions to literacy activities
3/4S	Briella Gyler-Dial	Settling in so well at Gwandalan Public School
3/4S	Brandon Bell	Quality work presentation
3/4S	Tori Adamson	Quality work presentation

Interest Groups are returning due to popular demand!

Gwandalan Public School is planning to start the first session of interest groups later in Term 1. We hope to run the groups on Wednesday afternoons. Students in years 3 to 6 will be participating.

In the past the staff have led a variety of interest groups including: beginners guitar, ukulele, dancing, robotics, drama, gardening, senior art, paper craft, cooking, sculpture, weaving, photography, movie making and choir. Students will be asked to record their top three choices, please understand that some activities are more popular than others therefore not everyone can have their first choice.

To cover expenses, some groups will cost a small amount of money and places will be limited. Notes will be sent home in the near future.



SCHOOL SWIMMING CARNIVAL

Tuesday 23rd February

Notes went home last week for our Swimming Carnival to be held at Swansea Swimming Centre.

Cost to each student is \$4.00. The school will be covering the cost of the buses keep cost down. We ask all students to travel to the carnival by bus.

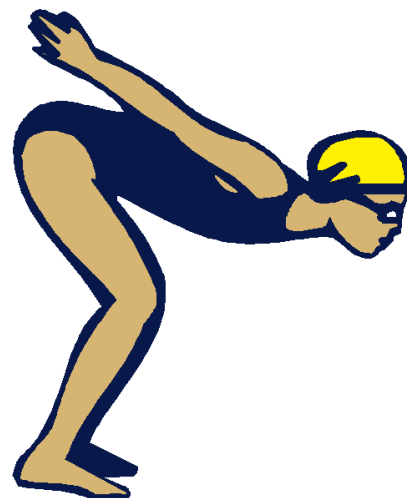
Parents attending can take children home at the end of the day if wanting too.

Please return the note and the \$4.00 as soon as possible.

A copy of the canteen menu at the pool is attached on the next page or your information.

ALL PARENTS and FRIENDS of GWANDALAN PS are invited to come along and support our students

Thank you for your support



SWANSEA SWIMMING CENTRE

KIOSK MENU 2015/16

PIES	PLAIN	\$3.00
	TOMATO / ONION	\$3.50
	CURRIED / MINCE	\$3.50
	BACON / CHEESE	\$3.50
	Party pies	\$0.60
SAUSAGE ROLL		\$2.50
	Party sausageRolls	\$0.60
	Spring Roll	\$3.00
	Hot Dogs	\$3.50
	Pluto pups & sauce	\$3.00
	SAUCE	\$0.00
	Fish cocktail	\$0.60
	Chicken Nuggets	\$0.60
	CHIPS LARGE	\$5.00
	CHIPS SMALL	\$3.00
	Chips Trays	\$8.00
	Scallops	\$1.00
	MUFFINS & Cakes	\$3.00
DRINKS	Fruit Box poppers	\$2.20
	Powerade	\$3.80
CANS -375ml	Creaming soda,Lemonade,Fanta	\$2.50
	Ginger Beer,Pasito,Coke,C-Zero	
Cans - 250ml	Coke, Coke Zero, Diet Coke	\$2.00
	BOTTLES -600ml	\$3.80
	Coke, Fanta,Sprite, Lift.& Diet Coke	
	Flavour Milk 500ml	\$3.50
	Flavour Milk 250ml	\$2.50
	WATER	\$2.60

**IF ORDERING PLEASE PLACE ORDERS IN LUNCH BAG
WITH HOUSE COLOURS WRITTEN ON IT THANK YOU.**

Chess Challenge

Last week, Mr Osland challenged two senior students to a game of chess using the mega sized playground set near the canteen. Carter Van Eden and Tori Sharp played well, so did Mr Osland with strategic thinking from both sides. The game could go either way and will be continued this week. Many students were watching and the audience grew as the game progressed.

Chess is a 1500 year old strategy game with many educational benefits. Chess: improves concentration and memory, enhances reading and maths skills, fosters logic, critical thinking and creativity, encourages and rewards hard work, is good fun! (Virtual Learning Connections)

From the middle of term 1, chess will be offered at lunch time on Tuesdays. For most students it only takes two lunch times to learn the basic rules. Another fun way to learn to play chess is to download the app through Chess.com, it's free (at the moment) and students can work through lessons, videos and play against others or the computer.

If your child plays chess please let us know so that we can further support the opportunities we provide across our school. There is not age limit for when a individual learns to play chess.

In Term 2, a team from Gwandalan Public School will play against teams in other schools. We will host some games and travel to others.

Mrs Helen Styan

Chess Co-ordinator

Photograph by Mr Martin



CLASS WORK FROM 3/4E



I am a kangaroo.

ANGUS



09 FEB 2016

Wonderful Art
work from 2
students in KS.
Well done Angus
and Alysha.

I am a unicorn.

hysda
Alysha



A MESSAGE FROM 2W

We are in 2W,

And we'll tell you what we do.

We have fun at school each day.

We do our work and laugh and play.

Our work is really very neat.

We sit up nice and straight in our seat.

Homework is a lot of fun.

We wear our hats when we play in the sun.

We show manners and respect.

Be kind to your friends now don't forget.

We are nice and always kind.

A better class you'll never find.



2016 HOUSE CAPTAINS

Congratulations to the following students for their successful election as House Captains.

EURIE

Carter van Eden

Montana Seaburn

COOMALONG

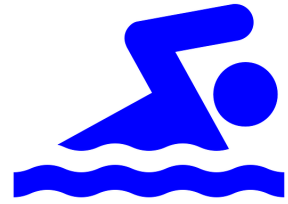
Mitchell MacDonald

Amelia MacAlpine

AWABAKAL

Luke Brooks

Shannon Clark



Please contact your child's teacher if your unsure what HOUSE your child is in.

MESSAGE FROM THE P & C

Crazy Camel has been in contact with us in regard to the Calender orders from last year. Apparently there is an error in the Month of April. If you have ordered a Calender please call into the office as we have a correction for you to attach to your Cal-ender for April. Thank you for understanding

P & C Committee—WE NEED YOUR SUPPORT to HELP our SCHOOL

Many of our members have moved on this year. Therefore we are ASKING for new members to join our dwindling team. What we do is offer a VOICE for our community that enhances the opportunities for ALL students.

We work closely with the SCHOOL , our Principal and our community to enhance the school in the best possible way. *Its our students that benefit from the money we raise.*

We ALL live busy lives and ANY HELP that you can offer is greatly appreciated . Please consider joining our P & C for 2016 and being an active part of our growing School Community.

We meet monthly in the community room at 3.15pm on the first Tuesday of the month.

Your children are welcome to play on the Verandah or the oval while the meeting is taking place.

Our next meeting is Tuesday 1st March.

Come along, have a chat and a coffee. Your SUPPORT is greatly appreciated

Working Through Grief- Everyone can Help

Grief is our body's reaction to the loss of someone or something that was important to us and the more important it is then the bigger will be the resulting grief at the loss.

When we experience grief there are a number of different things that can happen to a person. We can feel shock and disbelief - not even being able to accept that it has happened. Anger & Frustration that it has happened. Sometimes we blame ourselves and start to say or think things like "If only I had (or hadn't)...". We commonly do not understand what to do if something occurs to friends, family members or people we know.

Talk about Your Feelings

Look after yourself

Help is available



A small grief will normally take care of itself fairly quickly. But we should never dismiss even a small grief as silly because this can leave the person feeling like they don't matter. For big grief it is important that we continue to allow the child to express the pain they are feeling. This can sometimes be very hard if we are also feeling the grief.

Children also, unlike adults, shift in and out of grief very quickly and easily. They can be sobbing uncontrollably at a funeral one minute and then playing outside with their friends the next. This is actually one of the ways they cope as they are more in the moment than adults. Don't ever interpret this as they are

Children need support to cope

Children need lots of reassurance and support from caring adults to help them come to terms with a major loss. While grief is a normal reaction to loss, feelings of anxiety or sadness may be intense and long-lasting – especially if the child loses a primary carer, or if the loss occurs in traumatic circumstances. Children keep grief inside until they can't manage it by themselves any more.

How family and friends may help

Many people do not know what to say or do when trying to comfort someone who is grieving. However, often it is the simple offer of love and support that is the most important.

Acknowledge the situation and let them know you care – "I was really sad to hear about..."

Be genuine and honest – "I'm not sure what to say or do, but I want you to know I am here for you".

Listen with compassion

Offer comfort. They need to feel supported in their loss, not judged or criticized.

Help them to understand that healing takes time.

Accept that silence is helpful sometimes. You can offer comfort by a squeeze of the hand, or a reassuring hug. Silence can offer them a time to gather their thoughts and reflect on times gone by.

Be patient. Sit and listen quietly as they share their stories o



If you feel you need assistance or just need to talk to someone, make an appointment with your GP, call Lifeline on 13 1114



Gwandalan Outside School Hours Care Centre INC

ABN 502 40546278

Gwandalan OOSH

Phone 024976 1005

27 Orana Road Gwandalan

Mobile 0450 208 519

Email orana222@tpg.com.au

Enrolment is FREE.

Our Centre provides Before School, After School & Vacation Care for school aged children for working, studying and non-working families.

Easy steps to Enrol

Visit or call our centre to receive an enrolment pack and family hand book

Return completes enrolment form

CCB% (child care Benefit) can reduce your fees

You could pay as little as

\$6.27	for	Before School Care
\$6.54	for	After school care
\$5.18	for	Vacation Care

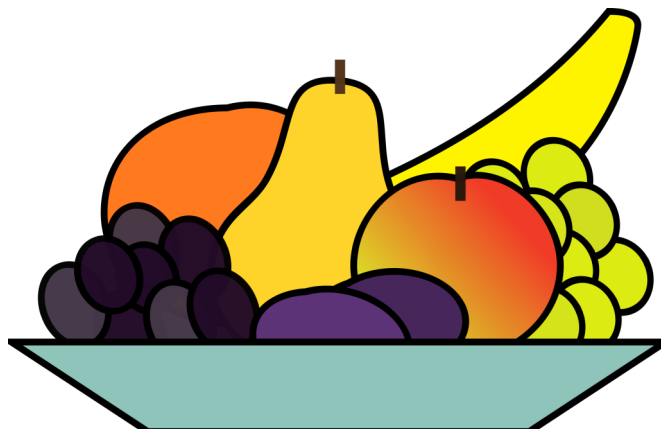
Friendly Staff, Safe environment, Fun filled programs, friendship with peers

CANTEEN

Our canteen has had a very successful start to 2016. Jane, our new manager, has noticed that many students like to buy hot food at lunch time. However, all hot food must be ordered by way of a lunch order.

Fresh food is available over the counter at lunch time. Eg fruit, drinks, yoghurt, custard, vegetable sticks, just to name a few.

Thankyou to all our new volunteers. We appreciate your wonderful assistance. We are currently looking for volunteers for next **xxxxxxx** and **xxxxxxxxxxx**. If you can help please contact the school on 4976 1318 or the canteen directly on 4976 2054.



DATES TO REMEMBER

Monday Feb 22nd	Kindergarten Meet the Teacher. 2.30
Tuesday Feb 23 rd	Swimming Carnival
Wednesday Feb	
Monday March 21 st	School Photos
Tuesday March 22 nd	Harmony Day (wear orange)
Thursday March 24 th	Easter Hat Parade
Friday March 25 th	Good Friday
Monday March 28 th	Easter Monday



CYBER SAFETY

Instagram is **NOT** safe for kids!

Instagram is a lovely app for adults. Yes its available for teens aged 13+ but here's the thing. Instagram is really a search engine for billions of images. Your child can search for anything on Instagram, cats, celebrities, dogs, funny photos andporn. Instagram is also a photo sharing and messaging app. For cyber savvy parents the biggest problem is that if you have any adult content filters on your childs device or on your home internet, **Instagram bypasses all of these. Its an app, so it won't be able to be filtered for adult or violent content.**



Instagram