

Term 3: Friday 13th August

Our Mission: Value kindness, learn together and empower the leader within.

Lockdown Extended

As you will be aware, remote and flexible learning has been extended. It is not what we want to happen but is what our state needs to do so that we can stay safe and hopefully be back onsite soon.

Our staff will continue to provide learning tasks virtually and connect with families each day. If there are any changes to your family circumstances, you need extra resources or things are getting a bit hard please don't hesitate to reach out and connect with your child's teacher, Maigen our chaplain, Mandy in the office or myself. We are here to help as much as we can.

Newsletter Feedback

If you are reading this newsletter, thank you for making the time to connect with what is happening at Gladesville Primary School. We have increased the frequency of newsletters, as well as curriculum and wellbeing updates, so that families and the community have a greater understanding of day-to-day life at our school. We are hoping to gather feedback on how you are finding the frequency and content of the newsletter, Compass and Facebook. All constructive feedback welcome! Feel free to send me an email through or connect with our School Council.



Yours in leadership,

Nicki Wood
Principal

Leader in Me®

FIND YOUR VOICE



August

Foundation 100 Days of School: Friday 13th August

Gymnastics: TBC

Taekwondo: TBC

Life Education Van: Friday 20th August

Assembly: Friday 27th August

The Leader in Me Paradigms

Everyone can be a leader.

Change starts with me.

Everyone has genius.

Educators empower students to lead their own learning.

Develop the whole person.

The Leader in Me
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#TLIM
TheLeaderinMe.org

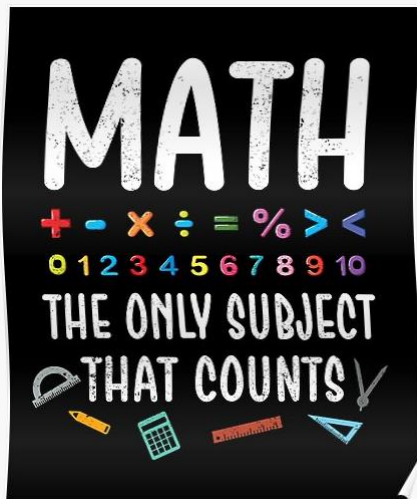
Literacy at Gladesville



Creative story telling can be tricky...it's hard to get going and it is so often done alone with our own pencil and our own thoughts. This week some of our Junior School students used Story Cubes, a set of dice with different pictures or

symbols, to create quick verbal stories with friends. The results not only demonstrated an understanding of narrative structure and creative storytelling, but as you can see, they were also hilarious! Fun and learning...Win-Win!

Numeracy at Gladesville



Behind the scenes in Mathematics

This week has been a very busy week in the world of mathematics leadership. At the start of this year I began my journey in the Primary Mathematics and Science Specialist Initiative and this week I continued my Professional Learning with two whole days of online learning. I was lucky enough to attend seminars run by multiple Emeritus Professors from around Australia and have returned to school bursting with ideas and fun games to share with all the classes. The students at Gladesville have been so open and excited to learn about problem solving this year, I can't wait to see where our journey takes us.

Respectful Relationships at Gladesville



Positive Coping

In order to cope with strong negative emotions it is important to be able to identify the event/situations and the consequent feelings that have led to the emotional response; to develop the ability to ask 'I wonder why I feel the way I do?' and 'What happened before this feeling?'. This understanding will assist students to develop self-awareness and to recognise when they need to use self-calming coping strategies.



Big Rocks Tool

Find a quiet place where you can focus and spend 15 minutes to:

1. Connect with your mission, roles, and goals.
2. Identify and schedule your Big Rocks. Ask the Big Rocks question: What are the one or two most important things I can do in this role this week?
3. Organize the rest. Schedule your other tasks, appointments, and activities around your Big Rocks.

| Role | Big Rock |
|------|----------|
| | |
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| | |

LeaderinMe. Name: _____

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Habit #3 - Put First Things First

Do the important things first!

Do you ever feel like the most important isn't getting the time and intention it deserves? As a Leader In Me School, thinking and planning 'Big Rocks' are what keeps us focused on the important things. Big Rocks are the most important things in your life and we need to plan them into our week so that our time is not taken up by the 'gravel' - all the OTHER things that take us away from what is important.

Over the week, we encourage you to sit as a family and talk about the roles you have and what are the important things you can achieve in your roles for the next week.

For example, each Friday afternoon the GPS staff think

about our roles at school as well as our roles as husband/ wife, mother/ father, friend, coach etc. We then plan 1-2 important things that we would like to achieve in the coming week in each of our roles. This helps us to be accountable for making sure we achieve and celebrate what is most important in our lives.

Happy Big Rock planning and we hope that some of our families will share with us what this looked like at you house over the coming week.

"The key is not to prioritize what's on your schedule, but to schedule your priorities." -Dr. Stephen R. Covey

My Big Rocks for the Week of: _____

My Roles. Write down your important roles: family member, student, friend, athlete, etc.

My Big Rock Goals. Write out the most important thing you can do in this role this week.

When? Write the day(s) and time(s) you'll accomplish each Big Rock this week.



| My Roles | My Big Rock Goals | When? |
|----------|-------------------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Birthdays at Gladesville



Happy birthday to everyone having a birthday in August.

2nd Eliza Fountain
3rd Shelby Alweyn-Harris
4th Fletcher Askham
6th Xavier Vukic
8th Jayden Dempster

11th Tyson Lupton
12th Matthew Nieman

Premiers' Reading Challenge

Congratulations to the 32% of our students who have completed the 2021/22 Premiers Reading Challenge. Cooper joins the list Challenge Completed list this week! You have done so well and should be very proud of yourselves.

Challenge Completed: *Sienna, Oliver, Hannah, Matilda, Piper, Bawi C, Jayden J, Kade, Chloe, Riley, Shelby, Mia, John, Fletcher, Charley, Blake, Harley, Marley and Cooper*

Unfortunately, there was only one new student to add to the Challenge Completed list this week. Please ensure that you are reading and logging books on as a family at home. I look forward to adding lots more names to the list next week. The Premiers' Reading **Challenge closes on September 17th** and our goal is to have ALL Gladesville students complete the challenge. Please contact your child's teacher regarding logging on and recording their books if you have not already done so.

Physical Education at Gladesville

As part of the RHSports e-Challenge Gladesville Primary students will be running/walking around Australia. The challenge will open from **Monday 16th August** until **Friday the 10th September**. In preparation for our virtual run around Australia it has been wonderful to hear that families have been running, walking skipping, playing on the trampoline and of course doing PE with Joe! As we will be in staying in remote and flexible learning for part of next week, students will need to track their walking or running and record it in the learning task that will be posted on Compass on Monday.

The first leg of our journey will be 663km.

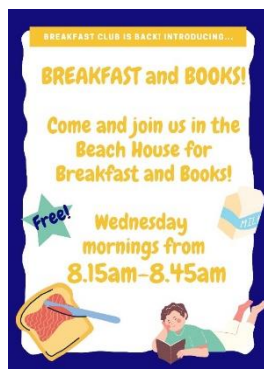
Remember that this is a collective effort where we will synergise to achieve our goal. If each student and staff member walked or ran 1km a day, that would be 7km a week and we would be well and truly on our way to achieving our goal. Habit #6 Synergise - Working together we can achieve more!! Keep an eye out for the learning task post on Monday and we will keep you updated each week with our progress.



Distances

| From | To | Stage Total (kms) | Overall Total (kms) |
|-----------|--------------|-------------------|---------------------|
| Hobart | To Melbourne | 720 | 720 |
| Melbourne | To Canberra | 663 | 1383 |
| Canberra | To Sydney | 286 | 1669 |
| Sydney | To Brisbane | 917 | 2586 |
| Brisbane | To Darwin | 3426 | 6012 |
| Darwin | To Perth | 4146 | 10158 |
| Perth | To Adelaide | 3110 | 13268 |
| Adelaide | To Melbourne | 727 | 13995 |

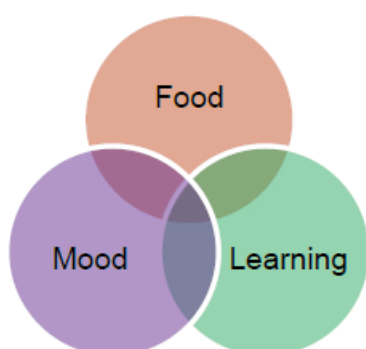
Breakfast Club at Gladesville



Our plans to relaunch Breakfast Club are on hold until we receive advice about the current lockdown restrictions changing.

PLEASE NOTE: BREAKFAST CLUB WILL BE RUN SUBJECT TO COVID-19 RESTRICTIONS AS POSTED ON COMPASS

Healthy Eating at Gladesville



The link between food, mood, and learning: Habit 7 Sharpen The Saw

We know that fuelling children with the appropriate foods helps support their growth and development. But there is a growing body of research showing that **what children eat can affect not only their physical health but also their mood, mental health and learning.** The research suggests that eating a healthy and nutritious diet can improve mental health, enhance cognitive skills like concentration and memory and improve academic performance. Children should be eating plenty of nutritious, minimally processed foods from the five food groups:

- fruit
- vegetables and legumes/beans
- grains (cereal foods)
- lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- milk, yoghurt, cheese and/or their alternatives

Consuming too many nutritionally-poor foods and drinks that are high in added fats, sugars and salt, such as lollies, chips and fried foods has been connected to emotional and behavioural problems in children and adolescents. In fact, young people that have the unhealthiest diets are nearly **80% more likely** to have depression than those with the healthiest diets.

While students are learning from home this week, we encourage families to be mindful of the food choices they are making in relation to food, mood and learning. We encourage all families to send a photo of their healthy choice snacks and lunches to Mrs Wood so that we can add them to our Healthy Eating learning display at school.

Supporting Gladesville



Bayswater

