



# GLADSTONE

## PRIMARY SCHOOL & KINDERGARTEN

# NEWSLETTER

Term 1, Week 4, 18 February 2020



### 21<sup>st</sup> February

- Play Group 9.30-11.00.

### 24<sup>th</sup> February

- Student Free Day.

### 27<sup>th</sup> February

- CAYHS appointments ring 1300 733 606.

### 4<sup>th</sup> March

- Assembly 2.30pm, 6/7 class hosting.

### 6<sup>th</sup> March

- Play Group 9.30-11.00.

### 9<sup>th</sup> March

- Adelaide Cup public holiday.

### 17<sup>th</sup> March

- Governing council meeting 7.30pm.

## Children and Sleep

### About sleep and learning

Good-quality sleep helps your child concentrate, remember things and behave well. This helps her/him to be a successful learner. Poor sleep or not enough sleep affects concentration, memory and behaviour, making it harder for your child to learn. Children who don't sleep well are more likely to feel sleepy at school during the day and to have difficulties with learning.

### Concentration and sleep

Children who are sleepy have trouble concentrating during the day. If your child can't keep his/her attention on what he/she is trying to learn, whether it's climbing a tree at the park or singing a song at school, it will affect his/her learning.

### Memory and sleep

Remembering things is part of learning. If your child is tired, it's harder for her/him to remember basic things like how to spell words, how to do maths calculations, or where to find information in a book or on the internet. It's also harder for her/him to remember how to do things like playing a musical instrument. Our brains create and strengthen different types of memory in different sleep cycles.

### Behaviour and sleep

Sleepy children tend to have more problems with behaviour at preschool or school – and at home too! For example, a sleepy and tired child might not cooperate in class or have difficulty following the teacher's instructions.

### How much sleep is recommended?

**Newborns** (0-3 months) - 14-17 hours, **Infants** (4-11 months) - 12-15 hours, **Toddlers** (1-2 years) - 11-14 hours, **Preschoolers** (3-5 years) - 10-13 hours  
**School-aged Children** (6-13 years) - 9-11 hours

Want more information? Go to.....

<https://raisingchildren.net.au/school-age/sleep/understanding-sleep/sleep-learning>

<https://www.sleepfoundation.org/excessive-sleepiness/support/how-much-sleep-do-babies-and-kids-need>

## Sporting Achievements

The swimming team, Chloe, Tiffany, Eliza, Hudson, Jed, Patrick and Imogen, did well last Wednesday at the High School Carnival, coming in second after Crystal Brook. Eliza and Hudson won the trophies for 6/7 competitors with the most points. Jed and Hudson went to Quorn for the MNSEC carnival yesterday, GHS 6/7's came first.

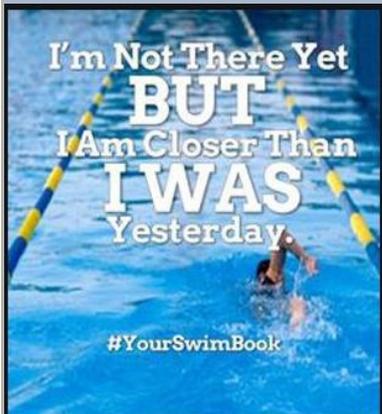
### **School Card application**

All School Card application forms are now available online at [www.sa.gov.au/education/schoolcard](http://www.sa.gov.au/education/schoolcard) If you do not have access to the internet please contact Bev at the front office for assistance.

### **Head lice**

We have had a case of head lice reported. We'd appreciate it if all children could be checked tonight.

We acknowledge and respect the traditional custodians whose ancestral lands we are meeting upon. We acknowledge the deep feelings of attachment and relationship of Aboriginal people to country.



2 West Terrace Gladstone SA 5473

T 8662 2235 M 0407 411 587

E dl.0147\_info@schools.sa.edu.au

W gladstoneps.sa.edu.au

# Water Safety

2020

Children have participated in **Swim Safety** lessons this week. This is a very important part of the school curriculum because it focuses solely on teaching children how to keep themselves safe in the water in different scenarios and different water types.



## High School Swimming Carnival



Some of the 6/7 class took part in the GHS swimming carnival last week. Congratulations to Eliza and Hudson for winning the Year 6/7 girl and boy trophie for most points, it's a great achievement for you both!



# SOUTHERN FLINDERS



**FOOTBALL CLUB  
EST 2002**

# COLTS AGM

**Monday 24th February 8pm**

**Laura Football Club Rooms**

Parents of Colts Players are encouraged to attend to get our plans in place for the 2020 season.

Contact Ben Crawford 0429 624 010

for more information.



## Come and Try Futsal

**Ages 5 - 18 (2002 - 2014)**

**Friday 13th March 5.30 - 6.00pm**

**The Big Shed, Jamestown**

Come and try Futsal to see if you would like to play in the 2020 Season.

We play Friday nights May - September.

Come on the 13th and talk to us about how to be placed in a team for a season of fun!

For more information please email [jamestownfutsal@gmail.com](mailto:jamestownfutsal@gmail.com)



**We make  
problems  
disappear.**

**ROADSIDE**  
SERVICES AND SOLUTIONS

Peterborough Art Prize Committee Inc.

Chairperson: Janet Ridge  
Phone 0411 151 750  
Email: [info@prac.org.au](mailto:info@prac.org.au)

PO Box 182  
Peterborough SA 5422  
Website: [www.prac.org.au](http://www.prac.org.au)



**PETERBOROUGH ART PRIZE 2020**  
Peterborough Town Hall  
3rd - 13th April

Open and Senior Sections—NO THEME  
Junior Student and Preschool—theme 'Mother Nature'

#### ART PRIZES:

Open: 1st - \$1,000 Highly Commended - \$100 Peoples Choice - \$100  
Packers Prize - \$200

#### Senior Student (14-21 years):

1st - \$250 2nd - \$100 Peoples Choice - \$50

#### Junior Students (years 4-7) & (up to year 3):

1st - \$75 Art Pack 2nd - \$25 Peoples Choice - \$50 Theme - \$25

Preschool Art: 1st - \$25 Art Pack 2nd - \$25 Art Pack

#### PHOTOGRAPHY PRIZES:

Open: 1st - \$500 2nd - \$100 Highly Commended - \$100  
Peoples Choice - \$100

#### Junior (under 16):

1st - \$200 2nd - \$100 Highly Commended - \$50  
Peoples Choice - \$50 Theme - \$25

## SCOPE

Strengthening Career Opportunities  
through Partnering & Enterprises

TO LEARN MORE  
ABOUT SCOPE VISIT:  
[www.investconsulting.com.au](http://www.investconsulting.com.au)

### 12 Week SCOPE

is an exciting new initiative being delivered over two programs, one small group in Port Pirie and one delivered across Jamestown / Peterborough / Orroroo, eligible parents from surrounding areas are invited to apply.

#### What will the course offer?

This unique program gives you the opportunity to:

- be part of a very supportive and encouraging group
- develop confidence, communication skills and an action plan
- identify YOUR interests, strengths and talent
- inspiration to focus on what you are good at
- your choice of a project that will suit your passion
- explore strategies to develop a successful project

#### The program is commencing:

Port Pirie 6th March, 2020  
Jamestown, Peterborough, Orroroo 12th March, 2020

#### How do I apply?

If you are interested in applying, please complete either:

An online registration form at the following link  
<https://www.surveymonkey.com/r/PZYVH6T>

OR

Collect a registration from  
Regional Development Australia Yorke and Mid North - 85 Ellen Street Port Pirie, or from your Local Community Library, Jobactive, ParentsNext or Transition to Work provider.

For further information: contact Jodie Bouly  
M. 0429 701 740 | E. [jodie@investoryou.com.au](mailto:jodie@investoryou.com.au)



#### Project Partners

This project is proudly supported by the following organisations who are committed to investing in people, ideas, creativity and local talent.



## CRYSTAL BROOK JUNIOR TENNIS TOURNAMENT

**Doubles Round Robin**

**Sunday 1st March 2020**

Crystal Brook Tennis Courts

8.30am for a 9.00am start

\$15 Entrance fee per child

Lunch & refreshments available

Age Groups: - 16 and Under, 13 and Under, and 11 and Under

(Parents of 11 & Under age group will be required to umpire neutral games - please advise name for roster)

Email registrations forms to [cbc.tournaments@gmail.com](mailto:cbc.tournaments@gmail.com)

or Enquiries to Jade Inglis - 0417 817 218 by Thursday, 20th February, 2020



For conditions of entry and entry forms please see Jody.



## PASTORAL CARE WORKER

(Previously known as "School Chaplain")

### Gladstone Primary School

Schools Ministry Group along with the Rocky River Schools Ministry Support Group are seeking applications for this 10.5 hour per week position, commencing Term 2, 2020.

The position exists to offer Chaplaincy Services to students, staff and the school community.

A Job and Person Specification, including details on "How to apply" is available by visiting SMG website

[www.smg.asn.au/chaplaincy-vacancies](http://www.smg.asn.au/chaplaincy-vacancies)

**Closing date: 5pm, Monday March 16th**

Interested? For more info email [phillipm@smg.asn.au](mailto:phillipm@smg.asn.au) or call 8378 6800



**VOLUNTEERS  
NEEDED!**

### The High School canteen, is looking for volunteers to help out with lunches. If you have some spare time between 9.30 & 11.30am and you're interested please ring Angela at the GHS.



### Hip Hop Bounce - Propelling Potential

Enrolments are now open at our 5 regional campuses!

\*Port Pirie \*Jamestown \*Clare  
\*Crystal Brook \*Port Broughton

Join us for inspired dance education and qualified cheer and tumble programs.

We seek to propel the potential of all our students; from 2 years of age, caring for their progression right through to adulthood.

All ages, abilities and aspirations welcome.

With recreational, performance, competitive and vocational streams available, speak to us about the right class to fuel your love of dance...

Enrolments are now open for our exciting 2020 timetable...

\*New classes with expanded timetables in all campuses.

\*Huge range of styles including Hip Hop, Ballet, Tap, Jazz, Contemporary, Adult's Dance Fitness, and Bounce-Sing (Musical Theatre).

\*Home of the Bounce All Stars Cheerleading program encompassing Stunt, Pom and Tumble.

\*Our very own Little Bouncer Club classes specifically designed to introduce your 2 or 3 year old to the magic of dance.

\*Student-Teacher Training program.

\*VET dance certification options for school years 9 and up

\*Take classes to perform, compete or just for fun; 2 years to adults, beginner to advanced.

Contact us for details and to book your place - classes are filling quickly and we would love to welcome you into our HHB family!

[natasha@hiphopbounce.com.au](mailto:natasha@hiphopbounce.com.au) 0416 239 676 Find us on Facebook

**Hip Hop Bounce, fresh dance that's all about FUN!**