

GLADSTONE

PRIMARY SCHOOL & KINDERGARTEN

NEWSLETTER

Term 1, Week 6, 4 March 2020



6th March

- High School Sports Day 6/7 class.
- Play Group 9.30-11.00.

9th March

- Adelaide Cup public holiday.

17th March

- Governing council meeting 7.30pm.

20th March

- Play Group 9.30-11.00.

23rd March

- SAPOL visit.
- NAPLAN online practice.

26th March

- appointments CAYHS ring 1300 733 606.

31st March

- RE seminars, whole school.



Hearing for life

At the end of 2019 the Australian Primary Principals Association conducted a survey of principals in regard to children and anxiety, the results were released last week in a report called '*The impact of childhood anxiety on primary schooling*'. Research has shown that anxiety affects working memory which then means that learning is impacted. This is an issue that requires a collective response – parents and staff.

Anxiety during childhood

Anxiety is a normal part of childhood. In most cases, anxiety in children is short-lived and goes away after a while. Some examples of normal worries might be:

- being shy or being worrying about being laughed at
- being upset before and/or after being left at childcare or school
- worrying about schoolwork, sport or their health

But many children experience anxiety more intensely and more often than other children, stopping them from getting the most out of life.

❖ Signs of anxiety in children (more information on following page)

If a child is often anxious, they might:

- try to avoid the situation or issue they're worried about
- get headaches and stomach aches often, especially when away from home
- have trouble sleeping or have vivid nightmares
- worry often
- need a lot of reassurance
- want things to be perfect and get upset if they're not

❖ Supporting children with anxiety

You can support your child by:

- acknowledging your child's fears – don't dismiss or ignore them
- gently encouraging your child to do things they're anxious about
- waiting until your child actually gets anxious before you step in to help
- praising your child for doing something they're anxious about
- avoiding labelling your child as 'shy' or 'anxious'

❖ You can also get professional support from:

- your child's wellbeing teacher
- your child's GP or paediatrician
- Anxiety Recover Centre Victoria
- Reconnexion
- Raising Children Network
- Headspace

Information from <https://www.healthdirect.gov.au/anxiety-in-children>
www.adaa.org/living-with-anxiety/children

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

Reminders please organise payment of materials and services fees.

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

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.



3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



THANK YOU

Fundraising news

The year has started off in full swing and we have already had one very successful fundraiser.

The Catford Clearing Sale in Feb, having cooked Steak Sandwiches and Snags along with selling cakes and Biscuits with drinks.

It was a massive day starting at 7.30am. Initially we planned to cater for approx. 300 people, however the day brought out many with approx. 600 people in attendance. This resulted in the need to restock 3 times (first being by 11am) with extra bread, snags, steak and onions. All food was sold by the end of the day which was a great result.

The response we had from families donating baked goods was phenomenal. All goods were sold by the end of the day which is testimony to the amazing cooks we have in our school.

Our success wouldn't have been possible without the workers on the day either. It was a hard slog, with not much down time from start to finish (6pm). Everyone worked tirelessly. Thanks to Mark Crawford, David Hodgson, Tom Flavel, Ben Crawford, Mark Hollitt, Bec Longmire, Beck Crawford, Bec Cunningham and Karen Ide for all their work. We worked well as a team!

Whilst we are still working out the final figures, it is likely we have raised approx. \$2,000 on this one fundraiser which is fantastic.

Thank you to everyone that helped and donated in whatever capacity they could – it has made it a huge success.

Nat Hodgson

Fundraising Committee

Hearing Awareness Week

To acknowledge Hearing Awareness Week we had Ben McNicholl visit to teach us about our ears and how they work. The students were able to look at a model of an ear showing the outer, middle and inner ear, listen through hearing aids to see what it's like to have a hearing loss, measure different sounds and play some Auslan games.



I learned how deep your ear can go.
-Isla

In Auslan we were told about how the ear works and hears. We learned about how sound projects into the ear. We were allowed to try out hearing aids.
- Eliza & Patrick

I enjoyed learning about our ears. I learned the sign for turtle.
- Jay-Cee

Today Ben came to Gladstone Primary School. I liked it when he talked about his son being in the Deaf Olympics because I never knew it was a thing.
- Nate

I learned that our eardrums help us to hear. Invisible sound waves go into our ears.
- Fred



To request an appointment online, go to:
www.sahealth.sa.gov.au/dentalappointment
 For clinic locations, go to: www.sahealth.sa.gov.au/findyourclinic



The schools supply of newspapers is running low. If you have newspapers you'd like to recycle we'd love to have them.

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

SOUTHERN FLINDERS NETBALL CLUB:

We invite all interested coaches for 2020 season to contact Bern on 0439864330 or pabj.schmidt@activ8.net.au to obtain an application form. Mentoring and coaching information will be available prior and throughout the season. For any other queries contact Kelly Zwar President on 0412189883

SENIOR TRIALS:

Thursday March 5th @ 6:30pm at Laura
 Players must attend a minimum of 1 trial
 ALL new and returning players welcome.

JUNIOR TRIALS:

These will commence on March 12th 2020
 Subbies and minis 4:30p.m.

I and J grade 4:30 p.m.

High school age 5:30 p.m.

Venue is to be confirmed.

We are still seeking coaches for Junior and Senior grades please contact Kelly on 0412 189 883 or Bern on 0439 864 330 for an application form and more information. Mentoring and coaching information is provided.



SCOPE

Strengthening Career Opportunities through Learning & Employment

12 Week SCOPE
 is an exciting new initiative being delivered over two programs, one small group in Port Pirie and one delivered across Jamestown/Port Pirie/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
- acquire strategies to develop a successful project

The program is co-mentored by:

Port Pirie Jamestown, Peterborough, Orroroo 4th March, 2020
 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.scopecareer.com.au/FOCUSNET>
 OR
 Contact a registration form from:
 Regional Development Australia Yorke and Mid North - 85 Ellen Street Port Pirie or from your Local Community Library jobcentre, Familylink or Transition to Work provider.
 For further information contact Julie Bould: M 0494 355 740 | E jodie@investforyou.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:

FREE

Celtic Rock Band
 CONCERT by
THE BORDERERS
 at JAMESTOWN
 MEMORIAL PARK SUNDAY
 29 MARCH 2020 1 – 3 pm to
 support Drought Appeal Sturt
 Patrol via Frontier Services.
 All families invited to enjoy
 this great entertainment.

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

Closing date: 5pm, Monday March 16th

Interested? For more info email phillipm@smg.asn.au or call 8378 6800

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 0416 239 676 Find us on Facebook

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