



The Galston Gumnut

Galston Public School Newsletter

Wednesday 4th March 2020

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Respect

Responsibility

Personal Best

Week 6, Term 1

Calendar Dates	
Week 6, Term 1	
Wednesday 4 th March	Peer Support Session 3
Thursday 5 th March	Beecroft PSSA Zone Swimming Carnival
Friday 6 th March	K-6 Assembly 2:05pm
Week 7, Term 1	
Tuesday 10 th March	P&C Meeting 7pm
Wednesday 11 th March	Peer Support Session 4
Wednesday 11 th March	Galston HS Open Day
Thursday 12 th March	World's Greatest Shave (Coloured Hair Mufti Day)
Friday 13 th March	Bullying Prevention Acrobatic Show
Friday 13 th March	No Assembly
Week 8, Term 1	
Tuesday 17 th March	Got It! Parent Workshop 1 – Emotion Coaching 6pm to 7:30pm
Wednesday 18 th March	Peer Support Session 5
Wednesday 18 th March	Year 6 Cake Stall
Friday 20 th March	Harmony Day
Friday 20 th March	K-6 Assembly 2:05pm Opportunity for community to farewell Julie Cordina and Jean Saxby

Note	Due Date
K-6: Bullying Prevention Acrobatic Show incursion	OVERDUE
K-6: Student Emergency Contact Details	ASAP
K-6: 2020 School Invoice	Friday 6 th March

From the Principal

Got It! Parent information sessions

Getting on Track in Time – *Got It!* is an early intervention program provided by a specialist mental health team in partnership with NSW Education. The NSLHD *Got It!* Team will be implementing the program in all NSW Primary Schools across Northern Sydney. In 2019, parent information sessions were well received, and these will be offered again in 2020.

Children will display difficult behaviours as a normal part of development because they do not yet have the social, emotion and problem solving skills to manage new challenges. The *Got It!* program is designed to assist with emotional and social wellbeing and addressing disruptive behaviours, both at school and home.

The program aims to intervene early and assist children to enhance their emotional and social skills and assist in improving and preventing the development of disruptive behaviours. When disruptive behaviours occur regularly they can negatively influence children's academic, emotional and social development. Working with parents/carers and teachers to develop a consistent approach at home and school will help to create positive and sustainable change.

If you missed out last year or are new to our school this year, I would encourage all parents to come along on 17th and 24th March for these informative sessions.

SRC Induction

Last Friday, 28th February, we had the great honour of inducting our K-6 Student Representative Council (SRC) members into their leadership roles for 2020. These students will advocate as student voice in a number of areas this year, and myself, the executive team, the teachers and administration teams at Galston PS look forward to working with them. I am sure they will wear their badges with pride and will take their role seriously as we strive to continually improve our already fabulous school.



KM: Oliver I and Louise H



K-1B: Maddie D and James S



1-2M: Layla B and Will Z



2P: Tama P and Vivienne A



3-4B: Benjamin L and Sophie O



3-4F: Aiden Z and Avalon C



3-4H: Summer N and Thomas B



5-6G: Makayla B and Tyler C



5-6M: Riley M and Chloe B



5-6S: Joshua B and Ben G

Staff Retirement

At the end of 2019, two long serving staff members of Galston Public School retired from service. Jean Saxby (Classroom teacher and Librarian for 20 years) and Julie Cordina (School SAM for 22 years) were highly valued members of the teaching and administration teams respectively, and we thank them for their years of dedication and service to the children of the Galston community. On Friday 20th March, we will be holding a special K-6 assembly at 2:05pm, where our students, teachers and parents will have the opportunity to farewell these two special ladies. Afterwards (from 3pm to 3:45pm), parents and community are invited to share some time with Julie and Jean, catching up with their plans for adventure into retirement.

Portable Digital Devices Procedures and Guidelines

Recently, we have updated our Portable Digital Devices Procedures and Guidelines. A copy has been included in this newsletter, as well as distributed to those students who currently bring their mobile phones to school for family reasons. There are a number of reasons why it is a good idea for these devices to remain at home, first and foremost is safety and cost of replacement if lost or damaged. However, if your child does need to bring a mobile device to school, a copy of the procedures and guidelines will be available on our school website, or a paper copy can be obtained from the front office for your reference.

Beecroft PSSA Zone Swimming Carnival

On Thursday 5th March, we wish all students representing GPS at the zone swimming carnival the very best of luck! Making it to this level of competition is a fantastic achievement, and we are sure all students will be outstanding ambassadors for our school in their behaviour, effort and sportsmanship. We look forward to celebrating their successes upon their return.

Painting Works

Over the past few weeks, we have been lucky enough to have painting works completed around the school as part of our ongoing cyclic maintenance. All four of our demountables and the main office building as well as the OOSH building have received a much-needed external facelift. I'm sure you would agree that they present a much neater and more welcoming image for our students' learning environment. Thank you for your and your children's patience while this work has been undertaken.

We want your ideas!

As you walk around our school, please keep an eye out for areas which could use a little TLC. Over the coming weeks, I will be sending out a feedback form to gather ideas from the community for upcoming working bees in the not too distant future. These will be a fun and engaging way for our students, staff and parents to show their pride in our beautiful school.

Hard to believe, but this week marks the half way point of our first term for 2020. How time flies when you're having fun! Our students, staff and parents are to be commended as we continue to share our love of learning well into the term. I am finding many sparkles each day to share with my family and with mufti days, colourful hair, shaving of heads for charity, harmony day and acrobatic shows on the horizon, feel confident you will find plenty to share with your children around the dinner table over the coming weeks too...



Allan Ison

Peer Support Week 3: Types of Friends

Types of friends is the focus in Peer Support this week. Children will explore what encourages them to form friendships with different people (common interests, admirable qualities etc). Through various activities children will identify that their friends can fall into the categories of 'best friends', 'friends' and 'people we know'. Children will also discuss the fact that friendships can change over time for various reasons.

Discuss with your child the different friends they have in their lives and how friendships may change. Some friends may be more important at different times in their lives.

Claire Sundin, Madelaine Mifsud and Giulia Muscat – Year 6 teachers

Harmony Day

Harmony Day is celebrated every year. For Australia, it is a day to celebrate our diverse and multi-cultural society. Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background.

At Galston Public School we will be celebrating Harmony Day on Friday 20th March. This is a special day where we recognise and show respect for everyone who calls Australia home, from the traditional owners of this land to those who have come from many countries around the world. To show our support for cultural diversity and an inclusive Australia, we ask our students and staff to wear traditional cultural clothes or **orange** clothing/accessories (eg shirts, pants, orange ribbon, socks, hair clips etc) on Friday 20th March.

A note has gone home listing a range of activities for parent helpers to assist with. This promises to be a fantastic community event.

Madelaine Mifsud – Year 6 teacher

Scholastic Book Club Issue 2

- **Cash or cheque** orders must be returned to school by **Wednesday 18 March** – in an envelope clearly marked with Book Club, child's name and class.
- **Credit payment** must be completed using Scholastic's **LOOP** facility
- If paying by cash or cheque (return order to school) and ensure **correct** payment is enclosed
 - **CHEQUES** – payable to Scholastic Books
 - **CASH** – must be exact amount: change not available
- If the order is completed by your child – **please check it!**
- **Late orders will not be accepted.**
- **Parent orders** (e.g. a present for child) – mark the envelope as a parent order and include your phone number.

News From 3-4B

3-4B have settled in well to their new class and have had a busy and exciting couple of weeks.

In English we have started with the Seven Steps of Writing. Students have enjoyed brainstorming some amazing story ideas. They have also written some great 'Sizzling Starts' to get the reader interested in their writing. We are looking forward to creating some interesting stories as part of this program.

In Maths, we have been doing our multiplication grids and trying to improve on our scores. Our class has enjoyed talking about 3D shapes and counting the faces, vertices and edges. We have done this through creating 3D match stick and cardboard models.



In History we are looking at the local Aboriginal people in our area and the language that they would have spoken. The class has been learning some Aboriginal words and trying to use them in class. We are looking forward to learning more about our local area.

Our class reward system, Class Dojo, is a system to reward positive behaviour. Students are working hard to achieve a number of our class goals. They are also enjoying the 'Big Idea' part of Class Dojo where we have been watching Mo Jo learn about his brain and that we have to exercise our brain to encourage us to learn new things. We are looking forward to a wonderful 2020 in 3-4B!!!



Belinda Hitchcock – 3-4B

P&C News

At our next P&C meeting (Tuesday 10th March 7:00pm) we will be holding a vote for the location of our GPS Christmas Carols in 2020. We have the option of doing a Community Christmas Carol event at Vision Valley similar to last year, or holding the event at the school as we have done in other years.

IMPORTANT: to be eligible to vote, you need to have paid your P&C Membership for 2020 (\$10/family) and you need to be at the P&C meeting. Membership can be paid in advance of the meeting or I will accept payment on the evening. The vote will be completed similar to last year i.e. marked on a piece of paper and placed into a box, that way it is private.

The P&C membership letter was sent out by the school on Monday.

Kim Alsdorf – P&C President, kim@galstonpandc.org.au

Canteen News

Friday 6th and Monday 9th March Lunch + Counter Sales

Please lodge orders through [Flexischools.com.au](https://flexischools.com.au) by 9.15am.

If your child is absent from school on a lunch ordering day you are able to cancel the order online prior to cut off at 9.15am or call Flexischools on 1300 361 769.

Granola bars have now been discontinued. We do not have a replacement as as yet.

Grandparents/My Very Important Person Day ordering for Friday 27th March is now available in Flexischools. The cut off for orders is Wednesday 25th March at 9.15am.

The Term 2 roster will be published in a couple of weeks. For the information of new parents, this is a great way to make new friends or strengthen new friendships. A trained Supervisor will always be on during Friday. On a Monday you will also have another volunteer with you until you 'learn the ropes'.

Some of the new parents may not be aware that the canteen will not be open on a Monday or Friday if we do not have enough volunteers to fill the day's shifts. Of a Friday unless we have a Supervisor registered we will close the day even if all other shifts are filled. We cannot open without a Supervisor. If you would like to train as a Supervisor, please make contact so that we can ensure you learn the procedures.

Louise O'Rourke – *Canteen Committee*

Uniform Shop

We encourage all parents and carers to order uniforms via Flexischools. Orders will be packed and sent home with students at the start and end of each week. Any enquiries please contact us via uniformshop@galstonpandc.org.au


The remaining uniform shop opening dates for Term 1 2020 will be as follows.

Wednesday 1st April 2.30 - 3.15pm

Wednesday 29th April 2.30 - 3.15pm

Kristie Chambers and Belinda Crofts – *Uniform Shop Coordinators*

Got It! is a school-based early intervention program focussing on equipping teachers and parents with skills to support children's social and emotional development.



The *Got It!* program is being introduced to public primary schools across NSW. The *Got It!* team worked with Galston Public School in 2019 to run parent and teacher seminars, and to run a weekly small group program. The *Got It!* team are returning to the school in 2020 to deliver a series of parent sessions.

All parents of children from K-6 are invited to attend.

In Term 1 the *Got It!* team will be running sessions the following sessions:

- *'Evidence-based parenting strategies to support children's social and emotional development'*.

Part 1: Tuesday 17th March 6.00-7.30pm
Part 2: Tuesday 24th March 6.00-7.30pm

Please RSVP to the school if you wish to attend by Thursday March 12th.


*Please note this is a repeat of the sessions conducted in 2019.

In Term 2 the *Got It!* team will be running the following parent seminars;

- *'Setting Limits with Kids'* Tuesday 19th May 6.00-7.30pm
- *'Resilient Kids'* Tuesday 26th May 6.00-7.30pm

The parent sessions are delivered by a specialist mental health clinicians, in partnership with the NSW Department of Education. More information about the content of each session will be made available closer to the time.

Hope to see you there!



Health
Northern Sydney
Local Health District



GALSTON PUBLIC SCHOOL

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Portable Digital Device Procedures and Guidelines

Portable digital devices include but are not limited to:

- Mobile phones
- Smartwatches
- iPods/iPads
- Mp3 players
- Personal media devices including gaming devices
- Digital cameras
- Netbooks and laptops

Galston Public School is lucky enough to have iPad devices and laptops used throughout the school to enhance learning, wellbeing and educational attainment.

As a result, the following applies:

1. Galston Public School recommends that students do not bring any of the above personal devices to school.
2. The **only exception** is for students who need to carry a mobile phone due to travel arrangements or other accepted safety reasons.
3. Parents with an urgent need to contact their child during the day should contact the school office and appropriate steps will be taken to pass on the message.
4. Galston Public School will take no responsibility for damage, loss or theft of any personal devices.

Students who bring mobile phones to school **must** adhere to the following procedure:

- Phones will be labelled with the child's name, switched on to silent and handed in at the office upon arrival at school before 8:55am.
- Phones will be collected after school finishes at 3:00pm from the office.
- Phones will be stored securely for the duration of the day.



small community BIG opportunity

See, *experience* and *feel* what Galston High School offers its students.

See the depth of curriculum offered and teacher expertise.
Experience the dynamic and modern learning environment.
Feel the warmth of a small community with big opportunity.

OPEN DAY
2020 WEDNESDAY 11 MARCH
 9.30am - 12.00 noon

ACHIEVING EXCELLENCE
 INSPIRING SUCCESS

GHS GALSTON HIGH SCHOOL

galston-h.schools.nsw.gov.au

CAUGHT ON CAMERA! PENALTIES NOW APPLY

Drivers caught on camera illegally using their mobile phone will be issued fines and demerit points from today.

The NSW Government's world-first mobile phone detection cameras have been operating in warning mode since 1 December 2019, but drivers caught doing the wrong thing will now cop a **\$344 fine and five demerit points**.

Minister for Roads Andrew Constance said 9 million vehicles had been checked by the cameras during the three-month warning period, with more than 30,000 warning letters issued to offending drivers.

"We're seeing more than 99 per cent of drivers doing the right thing, so when we compare this with the findings from the pilot last year, it is clear drivers are starting to get the message.

"As fines and demerits start to be issued from today we expect the number of offences could fall even further, making NSW roads safer for everyone.

"It's important that drivers who continue to put the safety of themselves, passengers and the local community at risk realise that no matter where you are you could be caught and you will be fined," Mr Constance said.

Minister for Regional Roads Paul Toole said taking your eyes off the road for longer than two seconds doubled the risk of a crash.

"The decision to pick up your phone can have fatal consequences. Whether you're driving on a major highway or an isolated road in the bush, there's no excuse for using your phone illegally," Mr Toole said.

"The cameras are both fixed and transportable, with the trailer-mounted cameras to be frequently moved around the state, targeting illegal mobile phone use anywhere, anytime."

NSW Police continue to enforce illegal mobile phone use and issue infringements as part of regular operations.

New Images of illegal phone use:

<https://www.dropbox.com/sh/cemy81kjk3f80q8/AADi7OAVjckRV0ISdiddqdLta?dl=0>



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Child Care Centre



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- Quality education and care
- Genuine partnerships
- Collaboration and contribution
- Respectful and reciprocal relationships



Our mission

"We aspire to provide the best education and care, and create a nurturing environment for you and your child's individual needs"



Centre hours

We are open from 7am and close at 6pm weekdays.
Care for birth to 6 years
242 New Line Road, Dural
9651 7700
learningblocks.com.au

What do we offer?

- Quality educational program and individual care for your child.
- We provide all daily meals and nappies.
- Professional and passionate educators



Live Life Well @ School

HEALTHY SCHOOL CELEBRATIONS



From birthdays to holidays, there are many celebrations in schools. Each student's birthday can mean multiple birthday cakes and party foods in the classroom...

Let's help kids celebrate with some FRESH ideas:

Hello Creativity

Make a birthday sign, stickers or a badge for your birthday boy or girl to wear

Eat a Rainbow

Pack a NEW fruit or vegetable for Crunch & Sip for the whole class to try or send in fruit kebabs or a fruit platter

Move More

Think of presents that help kids get active at recess or lunch – balls, frisbee, skipping rope

Mini Masterchef

Whip up some tasty fruit or veggie mini muffins or pikelets. Search for recipes at www.cancercouncil.com.au

More tips:
www.healthykids.nsw.gov.au



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