



The Galston Gumnut

Galston Public School Newsletter

Wednesday 11th March 2020

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Respect

Responsibility

Personal Best

Week 7, Term 1

Calendar Dates	
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 Retirement (Julie Cordina and Jean Saxby)
Week 9, Term 1	
Tuesday 24 th March	Got It! Parent Workshop 2 – Emotion Coaching 6pm to 7:30pm
Wednesday 25 th March	Peer Support Session 6
Friday 27 th March	Grandparents Day
Friday 27 th March	K-6 Honour Assembly 2:05pm

Note	Due Date
K-6: Student Emergency Contact Details	ASAP
K-6: 2020 School Invoice	OVERDUE
Stage 3: Canberra Excursion permission and deposit	Thursday 12 th March
Stage 3: Canberra Excursion dietary requirements	Friday 13 th March
Senior Choir: Arts Alive commitment form	Tuesday 17 th March

From the Principal

Swimming – Zone Carnival Update

Last Thursday 5th March, 23 of our students travelled to Homebush Aquatic Centre to represent Galston Public School at the PSSA zone carnival. These students competed well and were outstanding ambassadors for our school.

While we don't have any students progressing to the next level of competition, we are extremely proud of these boys and girls for the sportsmanship and competitiveness displayed on the day. Thank you also to Miss Mifsud and Miss Sundin for accompanying these students as they competed.



Harmony Day

Next Friday 20th March, students are invited to dress in traditional cultural dress or wear orange to celebrate Harmony Day. Teachers will be organising a variety of activities which promote inclusivity, respect and a sense of belonging for everyone. Each class will be looking at language, flags, stories and artwork from different countries around the world, as well as creating chalk drawings in the playground to celebrate the combination of cultures which is Australia! This promises to be a wonderful community event, with a number of parents volunteering to get involved in the range of activities being enjoyed on the day. Many thanks in advance to Miss Mifsud for her organisation and we can't wait to enjoy the diversity of the Galston Community.



Coronavirus (COVID -19) Information for parents and carers to support children and young people.

How you can support your child

It is perfectly normal for children to have questions about events that are covered in the media, such as the information currently being distributed about COVID-19. Children look to the significant adults in their lives for guidance on how to manage their reactions and you can help your child by remaining calm and reassuring them.

There is a common misunderstanding that talking with your child about a topic such as COVID-19 may increase their anxiety. This is not the case. It is important to listen to your child and answer their questions as honestly as possible and correct any misunderstandings. This will help them feel informed and understand what is happening.

Keeping up to date with the facts from reliable sources will help keep conversations calm, considered, and constructive. Provide information in words that are appropriate to the age of your child. Children can be distressed by hearing repeated stories so monitor how much your child is being exposed to television and social media and encourage them to talk to you about what they are seeing and hearing.

Some practical advice - Some practical advice for your child includes reminding them to cover their nose and mouth when they cough or sneeze (coughing into their elbow is a useful strategy), keep their hands clean by washing them regularly with soap and water, and avoid touching their eyes, nose, and mouth before washing their hands. These are easy habits for children to adopt, and should help them feel as though they're able to exert some control over their circumstances.

If your child must stay at home, it is important for your child to maintain a healthy lifestyle including proper diet, sleep, and social contact at home and by email and phone with family and friends

Communication is important

- read the [department's response to COVID-19](#) for current information
- read any information sent home by the school.
- contact the school if your child becomes unwell.

Where to get help

Contact the school if you are concerned about your child's wellbeing to discuss the most appropriate support. Support is also available through a number of agencies and community organisations. Parents and carers can:

- call the National Coronavirus Health Information line (1800 020 080)
- review the NSW Health COVID-19 website for the latest information and advice
- obtain help and information from their local General Practitioner or Community Health Centre

Allan Ison

Silver Award



Citizenship Awards



Galston Gotcha Prize Draw Winners



Peer Support Week 4: Being Supportive

This week in the Peer Support session, children will be focusing on the importance of support networks and the role that friends play in each other's lives. Children will construct a visual representation of this during the session. Encourage your child to identify friends they have who can provide support to them if the need arises.

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

News From 1-2M

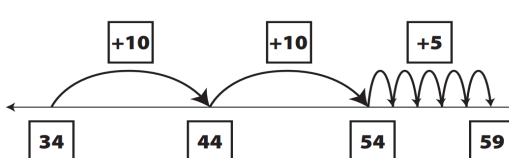
1-2M have had a fantastic start to the year with all students settling in beautifully. In English, we are learning to provide effective peer feedback for student presentations. Each student provides '2 Stars and a Wish'- two things he/she thinks were good about the presentation (the two stars) and a suggestion for improvement (the wish). Students relate their feedback to speaking and listening success criteria such as making eye contact with the audience, speaking with a clear voice and using hand gestures.



The class has also begun Kung-fu Punctuation, an engaging activity where punctuation marks are given kung-fu style actions and sounds. We all start as white belt students but we will be moving through the ranks to eventually obtain a black belt in advanced punctuation.



In Maths, we are learning to apply written and mental strategies to solve addition and subtraction equations, such as counting on, bridging to ten and the jump strategy. These are some strategies that students can practise at home.

<p>Bridging to ten $8 + 6 =$ 8 and 2 is 10, then add 4 more.</p> <p>$14 + 7 =$ 14 and 6 = 20, then add 1 more.</p>	<p>Counting on Start with the biggest number, then count on. $8 + 3 =$ Start at 8 and think ... 9 ... 10 ... 11. ① ② ③ $8 + 3 = 11$</p>	<p>Jump strategy Using a number line, jump in tens and ones to arrive at the answer. $34 + 25 = 59$</p> 
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Leanne McDonald – 1-2M

P&C News

P&C Meeting

Thank you to all attendees last night at our March P&C meeting, it was great to see regular and new faces. Please note that our April meeting date falls in the school holidays this year, so our next meeting date will be Tuesday 10th May at 7pm in the school library.

P&C Membership

Thank you to all families that have made a P&C contribution to date and an extra thanks to those that have made more than the \$10. It is very much appreciated.

Colour Run Expression of Interest

Our fundraising coordinator gave us some excellent information regarding holding a Colour Run at the school. We all thought it would be a great activity and good for fundraising. However, to make this work we would need a volunteer coordinator. If you have an interest in putting your hand up for this event could you please let me know. We were tentatively looking at holding it the last day in Term 3 or perhaps the first week of Term 4.

School Disco

Our school disco has been booked in with DJ Andy for Friday 12th June, so mark it in your calendar.

Mother's Day

The Mother's Day stall will be run at the school on Thursday 7th May and Friday 8th May. More information to follow.

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

Canteen News

Friday 13th and Monday 16th March Lunch + Counter Sales

Please lodge orders through 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.

Choc Mint Fudge is now back in stock.

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.

Easter Hat Parade ordering will be available soon. We will be selling Hot Cross Buns (purchased locally and with no fruit peel) and GF Gingerbread Bunnies via pre-order.

Term 2 Roster is now available for sign up

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'.

Please 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. On Fridays the canteen cannot open without a Supervisor, so unless we have a Supervisor registered we will close the day even if all other shifts are filled. If you would like to train as a Supervisor, please make contact, so that we can ensure you learn the procedures.

Mondays: <https://m.signupgenius.com/#!/showSignUp/70a0d4ba8a823a6f58-monday3>

Fridays: <https://m.signupgenius.com/#!/showSignUp/70a0d4ba8a823a6f58-friday3>

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



learningblocks
Child Care Centre



Our mission

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

What do we offer?

Quality educational program and individual care for your child.

We provide all daily meals and nappies.

Professional and passionate educators



Our Values

Quality education and care

Genuine partnerships

Collaboration and contribution

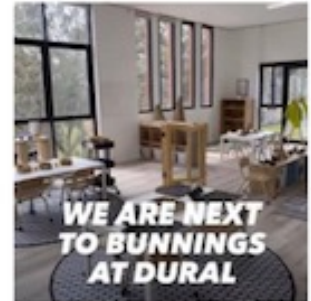
Respectful and reciprocal relationships



Centre hours

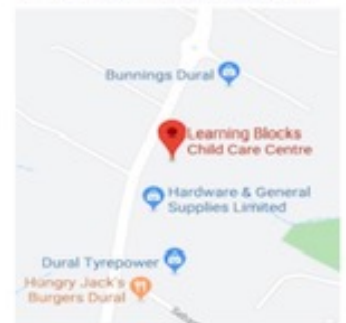
We are open from 7am and close at 6pm weekdays.
Care for birth to 6 years

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Join our Easter Family Night

FREE



Thursday 2nd April 6pm – 8pm

Bring the family along for a great night of fun!

- Easter D.I.Y. Workshops
- Visit from Easter Bunny
- Easter activities for the whole family
- Light refreshments will be provided

Bunnings Dural

- Petting Zoo
- Air Hockey
- Arcade Games
- Easter Scavenger Hunt
- Craft
- Face Painting
- Jumping Castle
- Popcorn
- Fairy Floss
- Sausage sizzle



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For more information or to book, ask one of our team in-store or scan the QR code to visit www.bunnings.com.au

BUNNINGS



 **Cancer Council**
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to eat more vegetables.

Legumes such as chickpeas, lentils, kidney beans and baked beans all count as vegetables.



Include legumes in your diet:

- Eat hummus as a snack
- Eat baked beans for breakfast

Visit healthylunchbox.com.au for more ideas, recipes and blogs.

healthylunchbox.com.au