

Principal's message

Hello everyone,

By now all the students will have settled into classes and be in full swing with homework etc. Our parent information evenings gave parents and carers an insight into the year ahead and allowed them to gain a greater understanding of some of the exciting programs being offered. If you were still wishing to speak to your child's teacher regarding your child then please feel free to contact the school office and Nicole will happily make an appointment for you.

You may have noticed some rather large boxes arriving in the last couple of weeks. At the end of last year the school purchased ergonomically friendly seating and a fabulous STEAM resource storage/table area. We have included some photos in this newsletter.

On the 2nd March we will be having a visit from Tim McCallum and John Milburn. John, as you know, is the Director for Educational Leadership – Maitland (in other words – “The Boss”!) and Tim is Executive Director, School Performance, Deputy Secretary, Schools. (In other words – “The BIG BOSS”!). At this visit Tim and John will be keen to see STEAM, L3, Design Thinking, the enrichment program and of the course the gorgeous new rainforest complete with Kara In action.

I am reluctant to spend much time out of the school however there are times when it is inevitable and is required. This week I will be attending a Principal's Conference in Sydney and working with a number of other principals and executives focussed around the disability strategy, leading Aboriginal education, the school excellence policy, operational management and a whole host of other things which should be stimulating but no doubt brain draining!

This week we have Bell Shakespeare, the P&C AGM and welcome disco! I am disappointed I will miss each of these events but look forward to hearing all about it on my return. Next week students will be attending the WaterWatch excursion under the guidance of Mrs Rubeli – it looks to be a very informative experience in which the children will deepen their knowledge of our waterways. Thank you Mrs Rubeli for your organisation – the children and staff appreciate the time you have taken to put this together.

On Monday the students in Year 3/4 welcomed Ave Chadwick from the Children's University in Newcastle. The students will be embarking on a year long association with the university as a part of the Newcastle Universities program to encourage children to be lifelong learners. Children's University Newcastle encourages children between the ages of seven and 14 to be curious learners by participating in validated activities beyond the school curriculum.

The program is designed to engage children in learning in its broadest sense and to provide the scaffolding for children to develop self-efficacy, confidence and an appreciation of learning outside of the school classroom. Each participant receives a passport where their hours of learning are recorded and stamped by registered organisations, referred to as learning destinations. Students are supported to access a variety of extra learning opportunities at local learning destinations across the Hunter, Newcastle and Central Coast regions. Once 30 hours of learning are reached, students are invited to attend a [graduation ceremony](#) to celebrate their achievements. More information will come home shortly with your child.

Have a lovely week everyone ☺

Michelle Crowfoot (Relieving Principal)





SCHOOL MERITS

Bailey Garaty, Ari Temba, Nathan Steele, Charli Barnett, Jake Ramm, Aiden Caukwell, Pearl Farley, Bridie Booth, Kammi Conn

ACADEMIC ACHIEVEMENT

Cherry Ropata, Zaiden Aphorpe, Tom Field, Luca Kraefft, Oliver Booth, Bailey Caukwell, Ryan Thiecke, Lara Silver

PBL AWARDS

Eliza Mitchell, Pippa Merchant, Chilli Bynon, Hendrix Johnson

LIBRARY AWARDS

Kammi Conn, John Hodges

GOOD LISTENER AWARDS

Egidy Temba, Oliver Booth

SPORTS AWARDS

Kobi Bytheway, Lexie Hill, Jackson Davis, Jaxon O'Connor, Rylee-Grace Walters, Ellie Barnett, Kurtis Joliffe, Monica Lawrence

February

- Fri 21 - P&C AGM - 10.00am
- Meet & Greet Disco 6-8pm
- Tue 25 - Water Watch whole school excursion

MARCH

- Wed 11 - Dungog High Year 7
Information Night for 2021/22
- Fri 13 - Gresford Show excursion
- Tue 17 - Wetlands excursion
- Fri 20 - P&C meeting 10.00am
- Tue 24 - School Photos
- Fri 27 - School Cross Country

APRIL

- Fri 3 - Zone Cross County
- Thu 9 - Last day for Term 1
- Fri 10 - Good Friday



CANTEEN ROSTER

Friday 21 February
Illanda Ellis & Samantha Russell

Wednesday 26 February
Betty Richardson & Helen Farley

Friday 28 February
Katherine Hodges & Margaret Watters

Wednesday 4 March
Mary Horn & Joleen Pittman

Friday 6 March
Tracy Merchant & Shantelle Turnbull

Wednesday 11 March
Rebecca Marsh & Illanda Ellis

Friday 13 March
Amy Garaty & Sylvia Lawrence



Tucker Box & P&C News

**Gresford Public School
P & C Association**

**invite you to their Meet and Greet Disco on
Friday 21st February 2020
6.00pm to 8.00pm**

**Gresford School Hardcourt
\$2.50 entry per person**

Sausage sandwiches, drinks, chips and lollies will be available for purchase of the night.

All children must be supervised by a parent or carer.

AGM

**The P&C AGM will be on tomorrow,
Friday 21st February at 10.00am.**

Gresford School focuses on Environmental Issues

Written by Kristy Peters NSW Woodland Bird Project Officer

Gresford Public School serves the township of Gresford, NSW and rural communities in the Paterson and Allyn River valleys. As a small school of 84 students, there is a strong sense of community ownership and pride for the beautiful environment they live in. An ongoing area of learning is encouraging thoughtful care of the environment with a strong educational program focused on recycling and sustainability measures such as a student-managed school chicken run and vegetable garden.

The children came up with 5 projects to help boost and protect populations of local endangered animals. These projects were:

1. Planting trees within their local area (to benefit threatened species such as the Koala and Regent Honeyeater)
2. Building native animal shelters (researching designing and building bird-boxes, frog ponds, lizard habitats etc.)
3. Making educational posters on feral animals
4. Tracking endangered animals using camera traps
5. Making an educational video about endangered animals (which went on to win Best Animation at the Kreative Koalas awards ceremony).

Two talented students Maggie, (age 7) and Caidence, (age 8) (featured in photograph) produced amazing artworks of the critically endangered Swift Parrot and Regent Honeyeater.

Students also learnt from visiting speakers such as Kristy Peters, Woodland Bird Project Officer from BirdLife Australia about how they can help protect and enhance habitat for critically endangered birds like the Regent Honeyeater and Swift Parrot.

Well done to the fantastic staff and students of Gresford Public School for their ongoing commitment to caring for their local environment and the threatened species that also call it home.



Just a gentle reminder:

All visitors to the school and classrooms **MUST** sign in at the school office first. This is a departmental and WHS requirement.

Adults and children are **not** to use the driveways when dropping off or collecting students. Please make sure you access the school via walkways.

Coming soon!!!

Have you downloaded our School app yet?

Never miss important school information again!

- ✓ Events
- ✓ Notices
- ✓ Instant school messages
- ✓ Absentee
- ✓ Newsletters
- ✓ Permission Slips

Available on the App Store and Google play.

Simple free download. In Google Play & App Store search 'Skool Loop' & choose our school once installed.

Before and After School Care



Our Before and After School Care Service provides quality, fully accredited child care services, Monday to Thursday both mornings and afternoons at the following times:

Mornings: 7.00am to 8.45am and
Afternoons: 3.00pm to 5.30pm.

No Fridays.

Gresford Phone No: 0447 504 978.

Head Office Phone No: 4934 6725

*Rebates and casual vacancies available. Enrolment forms available at the office. **Please support this excellent service!***



Woof!
wednesday
is School Banking day.

School banking has started which has been well supported the last couple of weeks. Keep up the good work everyone! If you would like a information banking package please come to the office or ring Nicole on 4938 9304.

River Life

Children were amazed by the “Freshwater” Museum in a Box from the Australian Museum - helping our students learn about River Life.



**“The way I see it,
if you want the
rainbow, you
gotta put up with
the rain.”**

—DOLLY PARTON—

**SRC & Sports Captains Badges
will be presented
at the assembly
tomorrow morning
Friday 21st February
at 10.30am.
All welcome!**

ATTENDANCE

To get the most out of education, children need to go to school every day. School attendance has a major influence on educational outcomes. Students who attend school regularly are more likely to achieve better results at school and are more likely to complete their schooling.

Parents can encourage their child to attend school by having a positive attitude to learning and education.

Poor school attendance patterns can start as early as Kindergarten. It is important that from the first day of school, parents set an expectation that their children will be at school every day. Missing an average of ten days of school per term adds up to missing two full years of schooling by the end of Year 10.

It is important to remember that all Australian states and territories have legislation in place that requires parents to ensure their children attend school. These laws apply to all students in government and non-government schools.

Please explain any absences within 7 days in writing, email or verbally to the class teacher. Schools are required by Department of Education procedures to contact parents by second day of unexplained absences. If you are having attendance issues with your child, please contact us so we can work together to improve their attendance at school.



YEAR 7 2021/2022 INFORMATION EVENING

**DUNGOG HIGH
SCHOOL LIBRARY**

**WEDNESDAY
MARCH 11, 2020
5PM-7PM**

**PARENTS/CARERS AND PROSPECTIVE
STUDENTS FROM YEAR 5 AND 6 ARE VERY
WARMLY INVITED TO ATTEND OUR OPEN
NIGHT**

**ENROLMENT INFORMATION
GUIDED TOURS - MEET THE STAFF - BBQ**

See you there!

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting and about interests in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss. It's very sad that Hansa has died or 'Tina and that Hansa has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. It's usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

It makes sense that you would feel this way. It is understandable. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/>
<https://www.nhs.uk/conditions/child-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

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Math @Home

Fill It Up
Pour water at different levels (1/3 cup, 1/2 cup, 3/4 cup, and 1 cup) into four different glasses. Ask your child: Which glass has more water? Which has less? How many glasses of water do you estimate it will take to fill a larger container? For older children, do activities using different-shaped containers that hold the same amount of water.

Did you hear about the two people who stole a calendar?

They each got six months.

Babies are born with around 100 billion **brain cells** (neurons) with relatively little connections. These connections create our thoughts, drive our actions, shape our personalities and basically determine who we are. They are created, strengthened and "sculpted" through experiences across our lives.

Give your child positive experiences. They will have the ability to experience positive experiences themselves and offer them to others.

Give your child negative experiences. They won't have the kind of development necessary for them to thrive.

Sing that silly song. Have a tickle marathon. Go to the park. Laugh with your child. Ride through an emotional tantrum. Solve a problem together with a positive attitude.

Not only do these positive experiences create good connections in your child's brain, but they also form the memories of you that your child carries for life.

When it comes to discipline, it seems hard to remain positive. But it is possible to practice Positive Discipline and get things back on track.

Being a good parent means you need to teach your child the moral in what is right and what is wrong. **Setting limits and being consistent are the keys to good discipline. Be kind and firm** when enforcing those rules. Focus on the reason behind the child's behaviour. And make it an opportunity to learn for the future, rather than to punish for the past.



PARKING IN SCHOOL ZONES - KEEP YOUR CHILDREN SAFE

Council's Environmental Compliance Officer will be out in force throughout Dungog Shire, patrolling the surrounding local government areas to ensure all drivers are parked legally in school zones.

The table below outlines the offences that apply to drivers that park illegally in school zones which incur additional demerit points:

School Zone Offences	Fines	Demerit Points
Stop on/near Pedestrian Crossing	\$457.00	2
Stop on/near Children's Crossing	\$457.00	2
Disobey No Stopping Sign	\$344.00	2
Stop in Bus Zone	\$344.00	2
Double Park in School Zone	\$344.00	2
Stop on/ near marked foot crossing	\$330.00	2
Stop on path/strip in built up area (school Zone)	\$344.00	2
Stop on / across driveway / other access to / from land	\$344.00	2
Stop in parking area for disabled without current disability permit displayed	\$572.00	1



2020 SEASON WINTER COMP

Eligible Kids play FREE !

Soccer Registrations

Under 6's to All Age Men's & Women's – Gresford Vacy Football Club
Children turning 5 in 2019 can play as Under 6's - We cater for junior Mixed and Girls only Teams

'Eligible Kids Free' are school aged children between 5 – 7 years old where their family has utilised the governments' \$100 Active Kids Voucher from Service NSW

Older juniors have minimal out of pocket cost after the voucher, please see table below

For voucher information: <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

You must register online at: playfootball.com.au

WIN rebel vouchers & refunds !!!

4x weekly prize draws of vouchers and merchandise during Feb - All registered players eligible.
Major prizes drawn on March 1st. Juniors Major prize is Rebel Vouchers - 1st \$150, 2nd \$75, 3rd \$50. Seniors Major prize is - 1st prize = full rego refund, 2nd prize = half rego refund. **Must be registered and paid in full to be eligible for Major prizes**

Rego Info Days – Tues 18th & Tues 25th Feb, 3pm-5pm at Vacy sportsground

NB: New players **MUST** bring a copy of their birth certificate

Every NEW player receives a playing strip & dress shirt
NB: all juniors receive a free training ball too

Category	GVFC Rego Fee	Less Active Kids \$100 Voucher	GVFC Game fees	Season Total Cost
Entry 5 years (Preschool)	\$50.00	NA – Still \$50	nil, zero, zilch, nothing, included in Rego Fee	Only \$50 Rego – No game fees
Entry 5 - 7 yrs	\$100.00	\$0	nil, zero, zilch, nothing, included in Rego Fee	Nothing if Service NSW \$100 Active Kids voucher utilised – else \$100
Youth 8 - 11 yrs	\$120.00	\$20	nil, zero, zilch, nothing, included in Rego Fee	Only \$20 if Service NSW \$100 Active Kids voucher utilised
Youth 12 -18 yrs	\$170.00	\$70	nil, zero, zilch, nothing, included in Rego Fee	Only \$70 if Service NSW \$100 Active Kids voucher utilised
Senior Amateur	\$250.00	NA – Still \$250	Saturday & Sunday: \$100 upfront or \$10 per game Friday nights: \$130 upfront or \$13 per game	Saturday & Sunday: \$350 Friday nights: \$380 for rego and games fees

For more information or help contact:

Club President Jim Doyle M: 0407 307 800 -- Club Secretary Jack Cowled M: 0427 385 603
Web: www.scorps.com.au Email: gresfordvacvfc@outlook.com

A safety message from Ausgrid

The recent severe weather conditions have resulted in fallen trees and power lines across the State and power outages in some areas. As a result, Ausgrid has been working to ensure the network is safe and to restore power as quickly as possible. It is always important to remember to stay safe:-

Watch out for electrical hazards hidden in storm debris; trees and flood waters can hide fallen power lines

- Fallen power lines are very dangerous; do not touch fallen powerlines and always assume they are live - If you see a fallen power line, stay at least 8 metres (as long as a school bus) away from it and anything it may be touching.

Tell an adult and call triple zero (000)

