



NEWSLETTER

GIRRAWEE PUBLIC SCHOOL

Principal: Mr. G Walker
Phone: 9631 3650

9 Bando Road
GIRRAWEE NSW 2145

28th July 2013

Open Day, 30 July K-2 10am to 10.30am and Years 3-6 10.30am to 10.50am.

Performing Arts Night —31 July 6.00-8.00pm school hall

Principal's Message

School Website:

<http://www.girraween-p.schools.nsw.edu.au/>

Yesterday's **athletics carnival** held at Pendle Hill High School was a great success. Despite the cold weather our students from Kindergarten to Year 6 had a full day of activities. Our Years 3-6 students competed in formal track and field athletics events while our K-2 enjoyed a day of novelty events. I am sure all parents who attended the carnival would have been impressed with the organisation of the carnival and the excellent participation and behaviour of our students during the day. Students who have qualified will represent our school at the district carnival next month.

Next week is **Education Week** across all NSW public schools. It is a time when we celebrate the range of opportunities and achievements students, staff and community members enjoy in our public schools. Families are provided with high quality education from preschool to Year 12 in local public schools.

Our school has a long tradition of high expectations and achievements in academic and cultural programs. We have an **invitation for parents to visit classrooms next Tuesday morning**. Classrooms are very different to those experienced by parents and classrooms in other countries. Parents will notice the use of technology, group work and classroom resources very different to their own schooling. Open Day is an opportunity to see modern classrooms in action and the work students are doing in classes with their teachers.

We will celebrate the talent of our students **next Wednesday evening** during our **Performing Arts Night**. The program includes performances by students from Kindergarten to Year 6 in dance and music groups. There have been many hours of preparation for these performances and I am sure parents will enjoy seeing their children on stage. I would like to thank the teachers and tutors who have worked with our performance groups in preparing for the evening. I look forward to seeing many parents on the night.

A **survey on teaching** in our school has been included in this newsletter and copies were sent home to families last week. The survey has also been given to students in Years 2-6 and all teachers. Results of the survey will be collated and the information used in our evaluation and planning for next year's school teaching programs. I appreciate parents input to our school. Completed surveys can be sent to the school office.

(Will Parramatta ever win another game this season?)

Regards,

G. Walker

DATES FOR YOUR DIARY

Tuesday, 30 July	Open Day
Wednesday, 31 July	Performing Arts Night, Australian School English Competition
8–22 August	Book Fair—Library
13 August	Australian School Mathematics Competition
14 August	P&C meeting 7.00pm—library
27-28 August	P&C Father's Day stall



This term in science HR12 is studying living things. We are going to be planting vegetables and flowers in the gardens.

On Tuesday we went to the planter boxes at the bottom oval, behind the cricket nets and pulled out weeds and grass.

Amuktha Goteti

HR12

We used gardening tools and gloves to pull out the weeds and old plants.

Lakshan Celvavinayagan

There was a lot of weeds and soil in the planter boxes and we took out all the weeds.

Abdul Chaker

Soon we will be growing plants from seeds and putting them in the boxes.





Girraween Public School

Bando Road, Girraween, NSW, 2145.

9631 3650 - 9631 9632 (Ph); 9896 3392 (Fax); girraween-p.school@det.nsw.edu.au

Education Week – Open Day at GPS

Tuesday 30th July 2013

25th July 2013

Dear families,

As part of our Education Week celebrations we will be having 'open classrooms' for families to enjoy the work that their children have been completing in classrooms.

All Kindergarten, Year 1 and Year 2 classrooms will be open from 10am to 10.30am.

All Year 3, 4, 5 and 6 classrooms will be open from 10.30am to 10.50am.

Morning tea for all families and students will be from **10.50am to 11.10am** outside the school hall.

The P&C are providing tea and coffee to families once they have visited classrooms.

All families are welcome to come to Girraween Public School at these times on Tuesday 30th July to join us in celebrating the achievements of our students and our school.

We look forward to seeing you on this day.

Mr G. Walker
Principal

Value of the Month: Respect

Having regard for yourself and others, lawful and just authority and diversity within Australian society and accepting the right of others to hold different or opposing views

In school communities, evidence of this value includes:

- Regarding as important the opinions of parents
- Implementing government education policy

In classrooms, evidence of this value includes:

- Accepting the rights of others to hold different views to your own
- Listening to others without interrupting
- Obeying school rules
- Acknowledging the strengths and abilities of students
- Affirming cultural diversity within the school community.

WENTWORTHVILLE PSSA SPORT—TERM 3

26/7/13

Soccer

Beresford Rd V
Girraween Yellow
Daniel St

Warriors V
Girra Green
Daniel St

OZ Tag

Metella Rd V
Girraween
Binalong Oval

Girls Soccer

Toongabbie V
Girraween Green
Girraween Oval

Metella Gold V
Girra Yellow
Girraween Oval

Netball

Warriors V
Girra Green
Girraween PS

Beresford Rd V
Girra Yello
Girraween PS

2/8/13

Soccer

Toongabbie V
Girra Green
Binalong Oval

Metella Gold V
Girra Yello
Girraween Oval

OZ Tag

Girraween V
Pendle Hill
Binalong Oval

Girls Soccer

Metella Blue V
Girra Yello
Bathurst St

Girra Green V
Darcy Rd
Bathurst St

Netball

Toony Red V
Girra Green
Girraween PS

Metella Gold V
Girra Yellow
Girraween PS

Parentingideas Magazine

Issue 8



<http://www.parentingideas.com.au/Home>





The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised 'feel-good' or 'get-on-with-it' platitudes.



Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

1. "Come on, laugh it off." **Strategy:** humour **Good for:** kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. "Don't let this spoil everything." **Strategy:** containing thinking **Good for:**

kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. "Let's take a break." **Strategy:** distraction **Good for:** kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. "Who have you spoken to about this?" **Strategy:** seeking help **Good for:** kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That's why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don't overtly talk about what's bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. "I know it looks bad now but you will get through this." **Strategy:** offering hope **Good for:** kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children's

chins up and encourage them when life doesn't go their way. Being the 'hope' person can be hard work, that's why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person's resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. *"What can you learn from this so it doesn't happen next time?"* **Strategy:** positive reframing **Good for:** kids who make mistakes, let others down or experience personal disappointment

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it's better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. *"Don't worry – relax and see what happens!"* **Strategy:** acceptance **Good for:** kids who worry about exams or performing poorly in any endeavour; pessimists.

If you've ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can't control. The only way to cope is to accept what's happening because worrying and fretting won't get you anywhere. Similarly, parents with a resilience mindset can help kids understand what's worth worrying about and what's not, and that some things won't change no matter how much kids fret or beat themselves up!

8. *"This isn't the end of the world"* **Strategy:** maintaining perspective **Good for:** kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. *"Yes, you could end up not knowing anyone at camp but you won't be the only one. Besides you'll probably end up making new friends like you generally do."*

9. *"You could be right. But have you thought about ..."* **Strategy:** flexible thinking **Good for:** kids who catastrophise; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – 'awesome', 'the best', 'the worst' and 'gross' roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace *"I'm furious"* with *"I'm annoyed"*. *"It's an absolute disaster"* with *"It's a pain"*.

"I can't stand it" with *"I don't like it"*. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. *"What can we do about this?"* **Strategy:** taking action **Good for:** kids who mope; who experience disappointment; who feel inadequate.

Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your every day language

Resilient parents focus on building children's and young people's strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family's proprietary language. You'll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to 'hang in there', 'this too will pass' and 'find the funny side'. Granted they may be phrases you don't want to hear, but at least you know that you've drummed into your kids some important core messages that have stayed for life.



*Michael will talk more about Resilience and other vital parenting matters in the **Very Important Parenting Saturday** seminars conducted in 5 Australian capital cities in term 3 this year. Find out more about what's been called the Parenting Event of the year at parentingideas.com.au*

In the recent Stage 3 excursion to Canberra Girraween Public School was fortunate to have been supported financially by PACER (Parliament and Civic Education Rebate). The excursion took in a visit to, and tour of, Parliament House, The Australian War Memorial, Old Parliament House Museum of Australian Democracy, the Australian Institute of Sport and Questacon. Each of these venues contributed to a deeper knowledge, understanding and appreciation of the democratic society and political system in which we live.



Greystanes High School

Parent & Citizen Association

PARENT & CARERS SPECIAL PRESENTATIONS

Greystanes High School P&C invites you to a special parent presentation – Social Networking & Cyber Bullying, Legal Implications & How to Deal with it if it happens to you

This is a free presentation

Open to parents of all High School and Primary School children in the immediate Greystanes Region

Presenter – **Constable Shannon Thomson, Flemington LAC**

Const. Thomson is a School Liaison Officer & will take us through the varying types of social networking, including cyber bullying, how to best deal with this (the do's & don'ts) and the legal implications

Topics Covered –

Sending Images over the Phone, Parents - Learn From Your Children, Mobile Phones, Cyber Bullying, Some Common Terminology parents should know, Red flags for parents, dealing with cyber bullying at school.

Date – **Wednesday 14th August 2013**

Time – **7pm (approx 1 hour)**

Location – **Greystanes High School Library**

(Beresford Rd, Greystanes. Limited parking is available within the school grounds, street parking is recommended) – The library is located at the rear of the school, proceed under the Cola and continue toward the back of the school.

The primary purpose of these presentations is for parents to hear directly from experts who deal with these issues on a daily basis, and can provide a far greater understanding of how we can act to assist our children early if the need arise.

We look forward to seeing you on the night – no need to book, these are free presentations.

Regards

Mark Dring
Greystanes High School P&C

Girraween Public School Winter Uniforms

Girls' Winter Uniform

Option 1

- Yellow polo shirt with school crest and striped collar (short or long sleeved)
- Bottle green slacks
- White school socks (not low-cut)
- Black shoes
- Girraween PS hat or cap

Option 2

- Yellow polo shirt with school crest and striped collar (short or long sleeved)
- GPS green and gold tracksuit
- White school socks (not low-cut)
- Black shoes
- Girraween PS hat or cap

Option 3

- Yellow polo shirt with school crest and striped collar (short or long sleeved)
- Bottle green pinafore
- Bottle green tights
- Black shoes
- Girraween PS hat or cap



Boys' Winter Uniform



Option 1

- Green polo shirt with school crest and gold collar with green stripes (short or long sleeved)
- Grey trousers
- Grey socks
- Black shoes
- Girraween PS hat or cap

Option 2

- Green polo shirt with school crest and gold collar with green stripes (short or long sleeved)
- GPS green and gold tracksuit
- Grey socks
- Black shoes
- Girraween PS hat or cap

UNIFORM SHOP

2013

Now open every Tuesday & Wednesday morning
From 8.45am to 10am

UNIFORM SHOP ORDER FORM - 2013

To assist you with purchasing uniforms, please fill in the form below and with the money/cheque, place in an envelope and leave at the School Office. The prices and sizes are noted below.

Uniform items	\$	size	No.		\$	size	No.
Yellow Polos	\$21	<input type="text"/>	<input type="text"/>	Fleecy jumper	\$21	<input type="text"/>	<input type="text"/>
Green Polos	\$21	<input type="text"/>	<input type="text"/>	Fleecy zip jacket	\$26	<input type="text"/>	<input type="text"/>
Grey shorts (boys)	\$16	<input type="text"/>	<input type="text"/>	Wind jacket	\$35	<input type="text"/>	<input type="text"/>
Summer dresses	\$32	<input type="text"/>	<input type="text"/>	L/S Polo shirts (Yellow)	\$25	<input type="text"/>	<input type="text"/>
Green culottes (girls)	\$16	<input type="text"/>	<input type="text"/>	L/S Polo shirts (Green)	\$25	<input type="text"/>	<input type="text"/>
Sports Skorts (girls)	\$16	<input type="text"/>	<input type="text"/>	Green slacks (girls)	\$21	<input type="text"/>	<input type="text"/>
Green sports shorts (boys)	\$16	<input type="text"/>	<input type="text"/>	Fleecy track pants	\$21	<input type="text"/>	<input type="text"/>
Pinafores	\$35	<input type="text"/>	<input type="text"/>	Long grey trousers (boys)	\$21	<input type="text"/>	<input type="text"/>
Green Tights S/M/L	\$4	<input type="text"/>	<input type="text"/>	Backpacks Small	\$22	<input type="text"/>	<input type="text"/>
Library bag	\$12	<input type="text"/>	<input type="text"/>	Backpacks Large	\$25	<input type="text"/>	\$12
Flap hats	\$9	<input type="text"/>	<input type="text"/>	Scrunchies	\$3	<input type="text"/>	<input type="text"/>
Sunhats	\$11	<input type="text"/>	<input type="text"/>	White school socks	\$2.50	<input type="text"/>	<input type="text"/>
Bucket hats (seniors)	\$9	<input type="text"/>	<input type="text"/>	Grey school socks	\$2.50	<input type="text"/>	<input type="text"/>
Caps	\$7	<input type="text"/>	<input type="text"/>				

Variable sizes

Summer dresses	size	Track pants	size	Grey trousers	size
Polo shirts	4-18	Fleecy jumpers	4-16	L/S Polo shirts (long sleeve)	6-18
Culottes	4-16	Fleecy zip jackets	4-18	Sun hats	55cm/57cm
Green slacks	4-16	Wind jackets	6-16	Bucket hats (seniors only)	S/S S/M M/L & L/XL
Skorts	6-18	Sport shorts	4-18	white school socks	5-8yrs 9-12yrs 13-3yrs
Grey shorts	4-18			grey school socks	5-8yrs 9-12yrs 13-3yrs (small) (med) (large)

Total enclosed in this envelope is \$_____ money/cheque (All cheques made out to Girraween P&C Association. Please add your address & licence number on the back)

My name is: _____ phone no: _____

give the order to my child whose name is: _____
in class: _____ .

PARENT SURVEY about TEACHING

As part of our school's self-evaluation, we would like to know the opinions of parents and caregivers on different areas of school life. With the school's consent, the information will be used to develop a picture of responses from across public schools in NSW. Your response is confidential and will be stored securely.

Colour the circle for the answer you agree with most. For example, the parental response was *usually* for the statement – *My child's classroom is an interesting place to learn*. If you do not have an opinion about a question leave all boxes blank.

	Almost Always	Usually	Sometimes	Rarely
1 My child's classroom is an interesting place to learn.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Almost Always	Usually	Sometimes	Rarely
1 What students are asked to learn is important.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 Teachers provide class activities that are interesting and appropriate to my child's needs and abilities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 My child talks to his/her teachers about what they are learning and why.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 The way my child's teachers manage the class helps him/her to learn.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 My child's teachers know what my child can do and what they need to learn.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 My child's teachers keep records of his/her progress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7 Parents and students understand how students' learning will be assessed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8 The school provides clear information about student achievement through the school's reporting process.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you for completing the survey

**Please return to your child's teacher
or the school office.**

CANTEEN MENU

HOT FAVOURITES

Hot Dog - 100% Chicken Halal With Sauce	\$ 2.20
Chicken Nuggets	\$ 0.60
Hash Brown	\$ 1.00
Potato Wedges	\$ 1.50
Garlic Bread	\$ 1.50

BURGERS

Chicken Burger - 100% Halal Chicken !	\$ 3.50
Hamburger - Tomato Lettuce, BBQ Sauce	\$ 3.50
Cheeseburger - Cheese, Tomato Sauce	\$ 3.50
Vege Burger	\$ 3.50

PIE & SAUSAGE ROLL

Party Pie	\$ 1.00
Meat Pie	\$ 3.20
Potato Pie	\$ 3.80
Sausage Roll	\$ 2.50

PIZZA & PASTA

Pizzas - Bacon & Cheese or Hawaii	\$ 2.50
Pizzas Large Slab - BBQ Chicken or Margharita	\$ 3.50
Lasagna or Spaghetti Bolognaise - Beef	\$ 3.50
Macaroni & Cheese	\$ 3.00

OTHER HOT STUFF

Chicken Crackles	\$ 0.70
Yummy Drumsticks	\$ 1.20
Fish Fingers	\$ 0.60
Corn Cob	\$ 0.80
Cup of Noodles - Chicken, Beef	\$ 2.50
Mini Hot Dog	\$ 1.20
Toasted Cheese Sandwich	\$ 1.60

WRAPS - LARGE

Salad Wrap	\$ 3.50
Chicken Salad Wrap	\$ 4.50
Hawaiian Wrap - Chicken, Lettuce, Pineapple, Mayo	\$ 4.50
Sweet Chilli Wrap - Chicken Tender, Lettuce, Mayo	\$ 4.50

SANDWICH & SALADS

Vegemite, Jam or Honey	\$ 1.50
Devon	\$ 1.60
Cheese	\$ 1.50
Egg	\$ 2.00
Salad	\$ 2.80
Ham or Tuna - Salad add \$1.00	\$ 2.50
Chicken	\$ 3.00
Extras - Mayo 20c, Cheese, Tomato, Beetroot, Cucumber Carrot Pineapple 40c Sauce Portions 30c Lunch Bags 10c	
Salad Bowl - Light Tasty Cheese	\$ 3.50
Salad Bowl - Chicken, Tandoori Chicken, Ham, Egg, Tuna	\$ 4.80
Caesar Salad	\$ 4.20
Caesar Salad - With Chicken	\$ 4.80



SNACKS

Red Rock Chips - Honey Soy	\$ 1.20
Jumpys	\$ 1.00
Mamee Noodles	\$ 1.00
JJ's Chicken Crackers	\$ 1.20
Popcorn	\$ 1.00
Choc Chip Cookies	\$ 1.00
Ovalteenies	\$ 1.20
Eucalyptus Drops	\$ 0.70
Yoghurt - Various Flavours	\$ 2.00

HOMEMADE CAKES

Homemade Muffins - Various	From \$ 1.00
Brownies	\$ 1.00
Banana Bread	\$ 2.00

MILK DRINKS

Moove 300ml - Chocolate or Strawberry	\$ 1.80
Moove 500ml - Chocolate or Strawberry	\$ 2.80
Hot Chocolate	\$ 2.00
Up & Go Breakfast Drink	\$ 2.00
Dare Iced Coffee - (Teachers & Parents Only)	\$ 3.60

COLD DRINKS

Poppers 100% Juice	\$ 1.20
Berri Pure Fresh Juice	\$ 2.00
Sprite Zero	\$ 2.00
Diet Coke - Caffeine Free	\$ 2.00
Aroona Mineral Water	\$ 2.00
Water - 355ml	\$ 1.20
Water - 600ml	\$ 1.60
Jelly Cup	\$ 1.00

SLUSHIES

Small Slushie	\$ 1.50
Large Slushie	\$ 2.00

ICE CREAMS

Jelly Joys	\$ 0.20
Fruitee Ice	\$ 0.40
Sour Snap Aparts	\$ 1.00
Sunny Boys	\$ 1.00
Ice Mony	\$ 1.00
Zooper Dooper	\$ 0.70
Mini Calippo	\$ 1.20
Paddle Pops	\$ 1.60
Frozen Yoghurt	\$ 2.20

FRESH FRUITS

Apple, Orange, Banana, Watermelon	\$ 1.00
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Regular \$1.50 OR Large \$2.00

\$4 Lunch Meal Deal

Available Every Day
 1 x Hot Dog (100% Chicken)
 1 x Drink of Your Choice*
 1 x Packet of Chips



* Bottle of Water, Popper or Soft Drink Only

