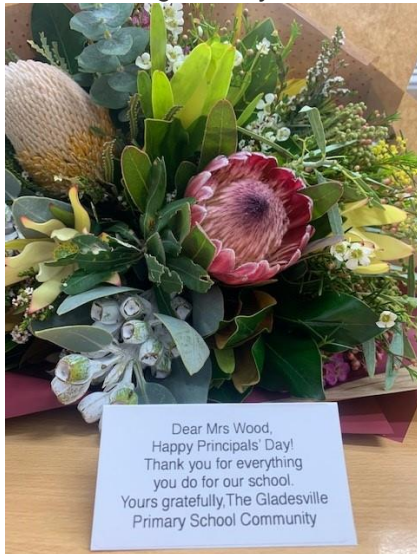


Term 3: Friday 6th August

Our Mission: Value kindness, learn together and empower the leader within.

Principal Day Thank you

I would like to send a heart felt thanks to the staff, students and families of the Gladesville Community for all of their kind words and messages, strawberries and cupcakes, chocolates and treats. They were a lovely end to the week. Principal's Day is just not the same without all of our wonderful students here to celebrate with, but your kindness certainly made it a brighter day.



Lockdown 6.0

Thank you to all our wonderful families and students who continue to support our wonderful teachers by ensuring they are keeping remote and flexible learning going. We got through the earlier 2021 lockdowns with great success and lots of fun adventures in our learning. I know that by focusing on what we can control, staying calm and enjoying our family time, we can confidently approach the coming days with a proactive attitude and make the most of a far from ideal situation. WE GOT THIS TEAM!!! Please contact me via email should you have any questions, concerns or constructive feedback regarding remote and flexible learning.

Yours in leadership,

**Nicki Wood
Principal**

Leader in Me®

FIND YOUR VOICE



August

Foundation 100 Days of School: Friday 6th August

Gymnastics: TBC

Taekwondo: TBC

Life Education Van: Friday 20th August

Assembly: Friday 27th August

*The Leader in Me
Paradigms*

Everyone can be a leader.

Change starts with me.

Everyone has genius.

Educators empower students to lead their own learning.

Develop the whole person.

The Leader in Me
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#TLIM
TheLeaderinMe.org

Literacy at Gladesville



Does spelling really matter?

With so many technologies that can check our spelling and grammar in an instant, this is an interesting question. As well as allowing us to communicate effectively, there is much research to suggest that *spelling instruction improves both writing and reading ability*. Learning how words and language works contributes to vocabulary development. This, in turn, supports reading comprehension and enhances choices made when composing written texts. When learning to spell, students will typically be thinking in different ways and using multiple strategies at the same time to solve a problem.

In the Senior School, students learn with a program called Spell-It. They have recently been investigating the sounds of Australian English – **did you know there are 47!** – and discovering how spelling patterns for individual sounds change depending on where they appear in a word. We also play with language and spelling rules. Ask your grade 4/5/6 student what the word GHOTI spells!

Numeracy at Gladesville



Grade 3/4 and their fabulous families have accepted the challenge and succeeded!

Last week I gave Miss Lord's class a problem solving challenge and they struggled, persevered and managed to solve the tricky problem. Such an accomplishment! They then went home and challenged their families to the same problem with amazing results.

Thank you to all the families who gave it a go. The 3/4's have asked for more problem solving questions so watch this space!

Respectful Relationships at Gladesville



Respecting Diversity

In life we are all a bit different. We have our own likes and dislikes. It is important to respect and appreciate people's differences. This will help to make the class a strong and happy team. We may also have different emotional responses to the same situations.

"Everyone is unique and it doesn't matter what they look like or do, we are all different." – Marley

"People can think differently and have their own opinions." – Dylan and Hayden

"Sometimes we have things in common and sometimes we don't. That makes us who we are." – Bawi

"Other people don't always have the same opinion as you so we should treat people with respect." – Abigail and Cooper

"It's what's on the inside that makes you kind. My Mum taught me that. It doesn't matter what you look like, it's what you do when no one is looking." – Chloe



Sharpen The Saw with Take Home Readers

We are very understanding that families are busy and have many commitments before and after school. We are also aware of the importance of having balance and sharpening the saw to take care of ourselves. However we have a number of students/families who are not reading their take home reader. Missing a day here or there with an explanation by the family is appreciated but we have most students who are **not** reading or completing their take home reader diary every day.

Reading each day only takes a short amount of time, is imperative to reading development, creates a special bond in families and is part of the school's homework policy from Foundation – Grade 6.

- What is your child reading today?
- Have you recorded it in their take home reading folder? (F- Gr 4)
- Have you had a conversation about what is happening in their book? (F- Gr 6)

Happy reading and leading!

FIND YOUR VOICE



Indonesian at Gladesville



This week in Indonesian we have been practising how to count in Bahasa Indonesian. We all participated in a 'Weightlifting Championship' to see how high we could count. It was fabulous to see so many students challenging themselves and counting a lot higher than the expected level. We played some cards games to help us remember our numbers in Indonesian too.

Birthdays at Gladesville

Happy birthday to everyone having a birthday in August.



- 2nd Eliza Fountain
- 3rd Shelby Alweyn-Harris
- 4th Fletcher Askham
- 6th Xavier Vukic
- 8th Jayden Dempster

- 11th Tyson Lupton
- 12th Matthew Nieman

Premiers' Reading Challenge



Congratulations to the 30% of our students who have completed the 2012 Premiers Reading Challenge. You have done so well and should be very proud of yourselves. *Sienna, Oliver, Hannah, Matilda, Piper, Bawi C, Jayden J, Kade, Chloe, Riley, Shelby, Mia, John, Fletcher, Charley, Blake, Harley, Marley.*

The Premiers' Reading **Challenge closes on September 17th** and our goal is to have ALL Gladesville students complete the challenge. Please contact your child's teacher regarding logging on and recording their books if you have not already done so.

Physical Education at Gladesville

As part of the RHSports e-Challenge Gladesville Primary students will be running/walking around Australia. The challenge will open from **Monday 16th August** until **Friday the 10th September**.

All things going well, our students will be running/ walking at school each day starting next week. Mrs Wood will measure the distance around the school and each day add up how many laps everyone did. Should we remain in remote and flexible learning mode, Mrs Wood will send out a Plan B at the end of this week.

In preparation for our virtual run around Australia, this week I would ask that all families start to help our students to increase their aerobic fitness by:

- Walking and running as a family. This could include a goal of seeing how long it takes to go around the block one day and aim to decrease the walk time over the week.
- Exercising as a family. This could include seeing how many star jumps or knees up you can do in a minute and aiming to increase it over the week.
- Dancing as a family: Turn up the music and dance away. How many minutes can you dance for? You tube is full of great clips to dance to! One you might like to try is the very simple Move and Freeze <https://www.youtube.com/watch?v=388Q44ReOWE>



Distances

From	To	Stage Total (kms)	Overall Total (kms)
Hobart	To Melbourne	720	720
Melbourne	To Canberra	663	1383
Canberra	To Sydney	286	1669
Sydney	To Brisbane	917	2586
Brisbane	To Darwin	3426	6012
Darwin	To Perth	4146	10158
Perth	To Adelaide	3110	13268
Adelaide	To Melbourne	727	13995

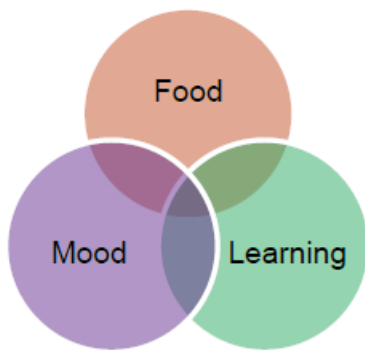
Breakfast Club at Gladesville



Our plans to relaunch Breakfast Club are on hold until we receive advice about the current lockdown restrictions changing.

PLEASE NOTE: BREAKFAST CLUB WILL BE RUN SUBJECT TO COVID-19 RESTRICTIONS AS POSTED ON COMPASS

Healthy Eating at Gladesville



The link between food, mood, and learning: Habit 7 Sharpen The Saw

We know that fuelling children with the appropriate foods helps support their growth and development. But there is a growing body of research showing that **what children eat can affect not only their physical health but also their mood, mental health and learning.** The research suggests that eating a healthy and nutritious diet can improve mental health, enhance cognitive skills like concentration and memory and improve academic performance. Children should be eating plenty of nutritious, minimally processed foods from the five food groups:

- fruit
- vegetables and legumes/beans
- grains (cereal foods)
- lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- milk, yoghurt, cheese and/or their alternatives

Consuming too many nutritionally-poor foods and drinks that are high in added fats, sugars and salt, such as lollies, chips and fried foods has been connected to emotional and behavioural problems in children and adolescents. In fact, young people that have the unhealthiest diets are nearly **80% more likely** to have depression than those with the healthiest diets.

While students are learning from home this week, we encourage families to be mindful of the food choices they are making in relation to food, mood and learning. We encourage all families to send a photo of their healthy choice snacks and lunches to Mrs Wood so that we can add them to our Healthy Eating learning display at school.

Supporting Gladesville



Bayswater



