

# Gladesville Primary School Newsletter



Term 3: Friday 30<sup>th</sup> July 2021

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

## **Back to School!!!!**

It has been delightful to see all our students back on site this week. There were of course some nerves about being back on site but these quickly settled as we connected with our friends and teachers. Here's to a smoother run for the remainder of Term 3.

## **School Council Subcommittees**

The Gladesville School Council is a wonderfully dedicated group of people focused on the governance and continuous improvement of our school. We are urgently in need of people to support the work of our Parents and Friends Fundraising subcommittee, Marketing and Promotions subcommittee and Buildings and Grounds subcommittee. This would usually mean committing to one or two 30-40 min meetings per term and supporting the projects each subcommittee works on over the year in various ways. Projects are always centred around improving student outcomes and the community engagement in the school community. We are hoping to have three people from our community assist with these committees so that the workload is distributed and celebrated. Please contact the office and we can put you in touch with the relevant subcommittee leader to discuss your involvement.

## **Traffic Safety**

As you would be aware, we have reintroducing the Kiss and Drop Zone at the front of the school each day to only have students and staff on site and keep visitors to a minimum. Parents are asked NOT to get out of their cars and all children are to get out of the car independently via the passenger side door. Children are to also have their bags in the car with them, not in the boot, so that they can safely exit the vehicle and the flow of traffic can keep moving. We again ask for your support as we transition to this new schedule so as to ensure the safety of the whole school community. If your child is having difficulty exiting and entering the car independently, please have a practice over the weekend.

As a courtesy to our neighbours, and to ensure the flow of traffic and safety of the community, we ask that parents and carers do not do three point turns into driveways. It is much safer to drive around the block or find a pathway that has you facing in the right direction when you enter Gladesville Drive. Thanks for your ongoing support of the safety of our community.

## **It's A Boy!!**

It was with great excitement this week that we celebrated the gender reveal of Miss A and Tim's second baby, who is due in December. We look forward to meeting Tristan's big brother at the end of the year.

**Yours in leadership,**

**Nicki Wood  
Principal**

# LeaderinMe®

FIND YOUR VOICE



## August

**Foundation 100 Days of School: Friday 6<sup>th</sup> August**

**Gymnastics: TBC**

**Taekwondo: TBC**

**Life Education Van: Friday 20<sup>th</sup> August**

**Assembly: Friday 27<sup>th</sup> August**

*The Leader in Me  
Paradigms*

**Everyone can be a leader.**

**Change starts with me.**

**Everyone has genius.**

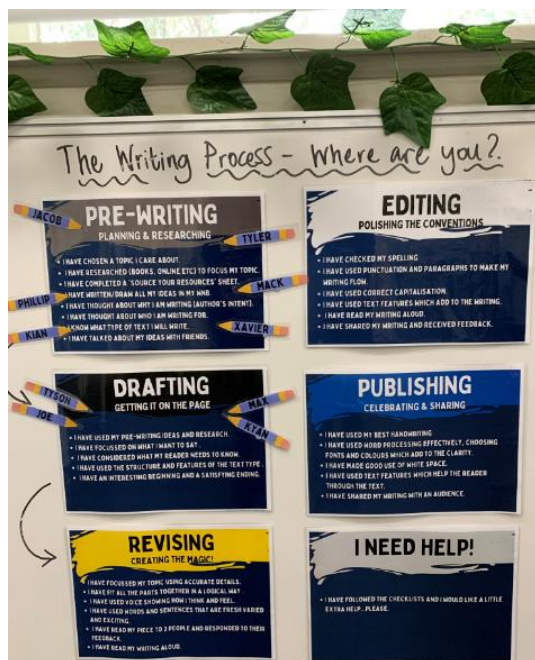
**Educators empower students to  
lead their own learning.**

**Develop the whole person.**

The Leader in Me  
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#TLIM  
TheLeaderinMe.org

## Literacy at Gladesville



Writing can be challenging for anyone, even published authors. Where do I start? What can I say? Who is my reader?

At Gladesville, students learn to appreciate writing as a process. Pre-writing involves encouraging ideas to form and grow - often called 'planting a seed' - which students do in their Writers' Notebooks. Students then refine their initial ideas and consider audience and text type. These ideas come to life in the drafting phase; the subtle art of *'just get it on the page!'*

It is, however, the revising stage that turns simple words on a page into something far greater. **Revising is the Messy Magic of writing. It is the art of polishing a raw gem until it gleams.** It is back and forth, crossing-out and adding-in, lines and arrows, moving and fixing and refining word choice and fluency until the author's voice shouts from the page.

It can be hard work and it can challenge us, but, as Mr Mitchell reminds Grade 5/6 every writing lesson, *'revising is where the magic happens'*.

## Numeracy at Gladesville

I had the absolute pleasure of doing a super fun problem solving task with Grade 3/4 today.

People who have had a negative experience with problem solving in the past tend to carry that far in to their futures. What do you think of when you look back on problem solving tasks at school? Our current focus across the whole school is changing students attitudes towards problem solving. It's allowed to be challenging and frustrating but we want them to be equipped with strategies to solve these problems and the self-confidence and drive to give it a go. We want them to feel like they can accomplish these tasks because they can.

Miss Lord and I watched these students struggle and succeed with this task today. The excitement was overwhelming. Students jumping up when they worked it out, problem solving together and celebrating as a class. They loved it so much they want to bring it home to challenge you! They might ask their siblings, friends or family members to give it a go and I hope you do. This can be a fun moment for you all.

They'll be bringing the task and cards home today. I put my email on the bottom of the task if you want to share your responses and successes at home.

Happy problem solving! – Mis G

## Truth Tiles

Materials: Nine tiles (or pieces of paper) numbered 1 through 9.

Challenge: Can you arrange the 9 tiles so each of the following is true?

$$\begin{array}{ccc} \square & + & \square = \square \\ \square & - & \square = \square \\ \square & \times & \square = \square \end{array}$$

There is more than 1 solution! How many solutions can you find?

How many solutions are there all together?

How do you know you've found them all?

Send a photo to Miss G of your family's answers to the question ☺

keylie.groen@education.vic.gov.au

# Respectful Relationships at Gladesville

## Positive Coping

In Respectful Relationships this term, students will be focusing on the topic 'Positive Coping'. Learning activities in this topic provide opportunities for students to identify and discuss different types of coping strategies. When children develop a language around coping, they are more likely to be able to understand and deliberately utilise a range of productive coping strategies. This is important for coping with negative thoughts, emotions and events. It is associated with greater persistence in the face of challenge, and can be learnt or strengthened through practice.





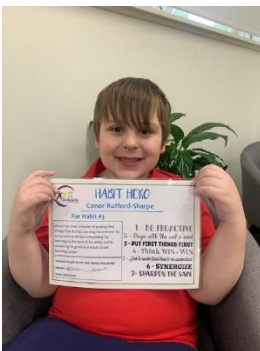




## Leader In Me at Gladesville



Congratulations to all our sensational July Habit Heroes!

FIND YOUR VOICE

Foundation/ Grade 1	Grade 2	Grade 3/ 4	Grade 5/ 6
<b>Ashley</b> 	<b>Shelby</b> 	<b>Kade</b> 	<b>Max</b> 
<b>Conor</b> 	<b>Harley</b> 	<b>Zoe</b> 	<b>Visual Art Angus</b> 



## Aussie of the Month

Abigail shows exceptional patience, compassion and empathy to all. She often goes above and beyond the expectations and consistently does the right thing when no one is looking. Abigail is a loyal friend who is always willing to lend a helping hand to others, including new students at our school. Her kindness is contagious. Give it up for Abigail!



## Birthdays at Gladesville



Happy birthday to everyone having a birthday in July.

4<sup>th</sup> Angus Bright  
5<sup>th</sup> Tyler Anderson-Maloney  
9<sup>th</sup> Mrs Wood  
9<sup>th</sup> Phillip Thang  
13<sup>th</sup> Miss Lord

17<sup>th</sup> Blake Carroll  
19<sup>th</sup> Riley Maskell  
21<sup>st</sup> Conor Rufford-Sharpe  
24<sup>th</sup> Bawi Thang  
26<sup>th</sup> Zac Strangio

## Premiers' Reading Challenge



The Premiers' Reading Challenge encourages children and students to read a set number of books over the year and record their efforts online. Since the Challenge first began in 2005, more than 3 million students have read nearly 51 million books. The Premiers' Reading **Challenge closes on September 17<sup>th</sup>** 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. Keep up the great reading!

## Physical Education at Gladesville



There have been many celebrations, as well as upsets at the Olympic Games over the past week. We have 486 selected athletes participating at these games and they each have a wonderful story. You can learn all about the 2021 Australian Olympic team by using the link below.

<https://www.olympics.com.au/games/tokyo-2020/team/>



## 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 Lunches at Gladesville

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.** Over the coming weeks, our school will be having a focus on Habit 7: Sharpen the Saw as we explore and discuss the link between food, mood and learning outcomes. Looking for information on how to pack a healthy school lunchbox that kids will love? Look no more! This week all students will have brought home a copy of the Pick & Mix lunchbox guide. This information has also been posted on Compass. Students will be discussing this guide in their classrooms in relation to Habit 7. As always the best way to create a new habit to make small, regular changes and have a plan.

For a healthy lunchbox pick & mix something from each food group 1 - 6! The Department of Health and Human Services' *Pick & Mix 1-6* poster provides a range of ideas and practical tips to inspire families to create healthy school lunchboxes. Pick and mix one tasty option from each of the five core food groups to create a healthy lunchbox every day:

1. Fruit (e.g. fresh, frozen, pureed and canned in natural juice)
2. Vegetables, legumes and beans
3. Milk, yoghurt, cheese and alternatives
4. Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
5. Grain (cereal) foods
6. Plain water

## FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP 1-6!





FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<b>FRESH FRUIT</b> <ul style="list-style-type: none"> <li>Apple</li> <li>Banana</li> <li>Mandarin</li> <li>Orange quarters</li> <li>Passionfruit halves (with spoon)</li> <li>Watermelon, honeydew, rockmelon chunks</li> <li>Pineapple chunks</li> <li>Grapes</li> <li>Plums</li> <li>Nectarines, peaches, Apricots</li> <li>Strawberries</li> <li>Cherries</li> <li>Kiwifruit halves (with spoon)</li> <li>Pear</li> </ul> <b>MIXED FRUIT</b> <ul style="list-style-type: none"> <li>Fruit salad</li> <li>Fruit kebabs</li> </ul> <b>DRIED FRUIT</b> <ul style="list-style-type: none"> <li>Dried fruit, nut, popcorn mixes*</li> </ul> <b>TINNED FRUIT/SNACK PACKS/CUPS</b> <ul style="list-style-type: none"> <li>In natural juice (not syrup)</li> </ul>	<b>FRESH CRUNCHY VEGIES</b> <ul style="list-style-type: none"> <li>Corn cobs</li> <li>Carrot sticks</li> <li>Capsicum sticks</li> <li>Green beans</li> <li>Cucumber sticks</li> <li>Celery sticks</li> <li>Snow peas</li> <li>Tomatoes (e.g. cherry and Roma tomatoes)</li> <li>Mushroom pieces</li> </ul> <b>Can serve with either:</b> <ul style="list-style-type: none"> <li>Hummus</li> <li>Tomato salsa</li> <li>Tatziki</li> <li>Beetroot dip</li> <li>Natural yoghurt</li> </ul> <b>SALADS</b> <ul style="list-style-type: none"> <li>Coleslaw and potato salad (reduced fat dressing)</li> <li>Mexican bean, tomato, lettuce and cheese salad</li> <li>Pesto pasta salad*</li> </ul> <b>BAKED ITEMS</b> <ul style="list-style-type: none"> <li>Grilled or roasted vegetables</li> <li>Wholemeal vegetable muffins or scones</li> <li>Vegetable slice (with grated zucchini and carrot)</li> <li>Popcorn</li> </ul> <b>SOUP</b> (In small thermos) <ul style="list-style-type: none"> <li>Pumpkin soup</li> <li>Potato and leak soup</li> <li>Chicken and corn soup</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Calcium-enriched soy and other plant-based milks</li> <li>Yoghurt (frozen overnight)</li> <li>Custard</li> </ul> <b>Tip:</b> <ul style="list-style-type: none"> <li>Freeze the night before to keep cool during the day</li> </ul> <b>Can serve with either:</b> <ul style="list-style-type: none"> <li>Cheese cubes, sticks or slices</li> <li>Cottage or ricotta cheese</li> <li>Cream cheese</li> <li>Tatziki dip</li> </ul> <b>Can serve with either:</b> <ul style="list-style-type: none"> <li>Fruit</li> <li>Wholegrain cereal, low in sugar</li> <li>Vegetable sticks</li> <li>Rice and corn cakes</li> <li>Wholegrain wheat crackers</li> </ul>	<ul style="list-style-type: none"> <li>Tinned tuna or salmon in springwater</li> <li>Lean roast or grilled meats (e.g. beef, chicken, kangaroo)</li> <li>Falafel balls</li> <li>Lean meat or chicken patties</li> <li>Tinned tuna or salmon patties</li> <li>Lentil patties</li> <li>Boiled eggs</li> <li>Lean deli meats (e.g. ham, silverside, chicken)</li> <li>Baked beans (canned)</li> <li>Tofu cubes</li> <li>Hummus dip</li> <li>Lean meat or chicken kebab sticks</li> <li>Peanut butter*</li> </ul> <b>Can serve with:</b> <ul style="list-style-type: none"> <li>Wholegrain sandwich, roll, pita or wrap bread with salad</li> <li>Rice and corn cakes</li> <li>Wholegrain wheat crackers</li> <li>Side salad</li> </ul> <ul style="list-style-type: none"> <li>Vegetable frittata</li> <li>Skinless chicken drumsticks</li> <li>Savoury muffins or scones (e.g. lean ham, cheese and shallots)</li> <li>Homemade pizzas with lean roast or deli meats and vegetables</li> </ul> <b>Can serve with:</b> <ul style="list-style-type: none"> <li>Side salad</li> <li>Steamed or roasted vegetables</li> </ul>	<b>MAINS</b> <ul style="list-style-type: none"> <li>Wraps</li> <li>Sandwiches</li> <li>Rolls</li> <li>Toasted sandwiches</li> </ul> <b>Tip:</b> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins. <ul style="list-style-type: none"> <li>Pasta dishes</li> <li>Rice, quinoa or couscous dishes</li> <li>Noodle dishes</li> <li>Sushi</li> </ul> <b>SAVORY BAKED ITEMS</b> <ul style="list-style-type: none"> <li>Homemade pizzas</li> <li>Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)</li> <li>Vegetable based muffins</li> <li>Pasta or noodle bake</li> </ul> <b>SWEET BAKED ITEMS</b> <ul style="list-style-type: none"> <li>Fruit loaf</li> <li>Wholemeal fruit based muffins</li> </ul> <b>SNACKS</b> <ul style="list-style-type: none"> <li>High fibre, low sugar cereal (e.g. muesli)</li> <li>English muffins</li> <li>Crackers</li> <li>Crispbreads</li> <li>Rice cakes</li> <li>Corn thins</li> <li>Wholemeal scones</li> <li>Pikelets</li> <li>Crumpets</li> <li>Hot cross buns (no icing)</li> </ul>	<ul style="list-style-type: none"> <li>Take a water bottle (for refilling throughout the day)</li> </ul> <b>Tip:</b> <ul style="list-style-type: none"> <li>Freeze overnight to keep foods cool in lunchboxes</li> </ul> <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be <b>limited</b> in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

For more information about healthy eating and for many tasty recipes, visit the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>

We are looking forward to sharing some of our super healthy lunchboxes with you over the next few weeks, as well as more information about food, mood and learning.

## Supporting Gladesville



# Bayswater

Thinking of Selling?

**maxbrown**  
REAL ESTATE GROUP

131 MAX (131 629) | [maxbrown.com.au](http://maxbrown.com.au) | Montrose Team