

Quick Tips

Building children's Self esteem:

We can help to promote good self esteem in our children by:

- loving them with complete acceptance
- giving them loving guidance on how to relate to others
- setting standards and limits to promote self control- a very important tool for childhood and growing up
- teaching them the skills they need - from reading each night to doing the washing up
- giving them real jobs to do at home
- spending lots of time with them and including them in our lives

Messages for children

These important philosophies can be an important discussion starter for your children. With your child, read out each message and discuss with your child what it means, and what it might mean for them. Use examples from your own life which align with the messages.

'What you put out, you get back. So always think carefully about what you do.'

'When doing things you don't like, figure out how to make them as enjoyable as possible.'

'Do with others what you want them to do with you.' This can also be said as 'Treat others just like you would like to be treated.'

'Education is the most powerful weapon which you can use to change the world.'

Discussions with children

Use the statements below to start a discussion with your child- ask them what they think, and an example of the statement in their life and then yours.

- 'You can think and feel at the same time.'
- 'Things don't just happen, you do them.'
- 'You can change what you do, by deciding to.'
- 'Ask questions when you don't understand.'

Sharing time together

The best activities are done together. You can make a fantastic, positive difference to your child's life through shared experiences

Boundaries

Learn to say "No!" to your children.

Let them see it is OK to say no and show them how to enforce boundaries.

Ready Set Go

NEWSLETTER Term 3 – Week 3
5th August 2020

Gillwinga
Public School
A Leader in Excellence, Innovation & Opportunity

2020 Program
*for children starting school in 2021
begins 20th August.*

Ready, Set, Go!
*A Kindergarten Transition
to School Program*

Register Now
*at the school office
Hyde Street, South Grafton
Phone: 6642 2344*

Welcome to new students

Since the holidays we have welcomed 2 new families to our school. The students have settled in making new friends. I hope you enjoy your time as part of the Gillwinga School community.

Absence reporting

The school is now using SMS notification to parents when students are absent. Thank you to all the families that are responding to these messages. We hope that this is a quick and easy way for you to inform us about students' absences.

Aboriginal Education

Yesterday our students participated in the cutting of a coolamon on our school grounds. They were shown the process of marking the shape, cutting the outline, chiselling out the coolamon and then taking care of the scar left on the tree by rubbing in ochre. We now have a scar tree on our school grounds.

We have a new aboriginal language and cultural mentor group for aboriginal students in year 5 and 6. Dean Loadman and Aunty Jo Randal will be on site to promote students understanding of culture through dance and language.

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Life Education

This week students have been participating in Life Education. Students love Healthy Harold and the learning he provides around keeping ourselves healthy and safe.

Canteen Volunteers Needed Urgently

If you are able to help, even for 1 day per month, please contact the front office as soon as possible. If we do not get any more volunteers, the canteen will need to reduce its opening days to only 1 day per week.

School Jumpers

If your child needs a school jumper there are a number available from clothing pool. They are \$2 each for a plain navy jumper or \$5 for one with the school logo. Students can bring the money to the front office.

A reminder to write your child's name on any jumpers, lunch boxes, drink bottles, etc. Iron on and stick on labels are also an option and are available online with your child's name printed on the label.

Pyjama Day





Student's Art Display

A display of Gillwinga student's artworks is currently being displayed by Grafton Shopping World, some of it can be seen in Prince Street at the beginning of "The Link".

Father's Day Stall

A Father's Day stall will be held at school on 3rd September. Prices will vary between \$1 and \$6. Students will shop in class groups.

COVID-19 Restrictions

With Covid-19 still in the community there are restrictions in place:

- Parents are asked to drop and kiss
- Parents are asked to wait at the gate to collect students from school
- Parent teacher interviews are able to occur maintaining social distancing
- Students are asked to bring a water bottle to school
- Adults on school grounds need to social distance between themselves and other students and adults
- SRE, Music Tutors and other external providers such as speech therapists and occupational therapists have resumed
- Restrictions on excursions and camps

