

Grafton Public School

A Tradition of Excellence



Locked Bag 9024 Grafton 2460 PHONE: Primary - 66421000 Infants - 66422286
Email: grafton-p.school@det.nsw.edu.au

Term Calendar - [Click Here](#)

Term 3 Week 3: Wednesday 5th August 2020

School Website - [Click Here](#)

Postponed Heel and Wheelathon

It was disappointing for students and staff when our Heel and Wheelathon had to be postponed back in Term 1 due to the COVID 19 pandemic. We have rescheduled the event for Friday 21st August and are keeping our fingers crossed that we can have a fun day on the 21st.

Unfortunately due to current COVID restrictions we cannot have any parent helpers or spectators. However we didn't want the students to miss out on too many traditional annual school events so have decided to hold our Wheelathon and have modified the organisation to follow the COVID protocol. Students have already purchased their house shirts to wear on the day.

New notes and sponsorship forms have been printed today and will be distributed to all students. More details will follow in upcoming newsletters and on Facebook.



Some photos from a past Wheelathon.

Canteen News

* Under current restrictions, we are unable to have home baked goodies bought in for a class birthday celebration. Our canteen is offering to do the cooking for you! At a cost of \$1-50 per student, you can order a **Birthday Cupcake Treat Cup** for each member of your child's class. These will be delivered to your child's class at a suitable time on their birthday after consultation with the teacher. The treat will be a cupcake in a plastic cup containing popcorn and other sweet treats. Here is a photo of a similar idea. Your child can choose the colour of the icing. To order, you can contact the canteen. Orders must be placed in the week prior to your child's birthday.



This is just another option. Store bought icypoles or pre-packaged cakes are still allowed as class birthday treats.

From the Principal's Desk

Dear Parents and Carers,

Education Week is an annual celebration of NSW public education and the achievements of local schools and students. This year, Education Week will run from Monday 3 August to Friday 7 August 2020 and the theme is 'Learning together'.

Our Education Week 2020 theme, 'Learning together', reflects an incredible year for NSW public school students, staff and parents, and the partnerships that have been strengthened in response. Join us for **#EdWeek20** as we celebrate learning together with our students, parents, teachers, schools and the community via the virtual world. We are disappointed that we are unable to hold our usual open day however, these preventative measures have been put in place across the state for the safety of all. We have shared videos on our Facebook page everyday this week to give you a virtual look inside the school and classrooms and will continue to for the rest of the week. Class teachers will also be sharing student work via Seesaw, Microsoft Teams or other means. Happy Education Week!

Whilst we can't have parents at school events at present, we are still trying to provide the same opportunities where possible for the students. For these reasons, we are holding our Wheelathon that was postponed in Term 1 and will still hold our Book Character Parade and a modified version of our Athletics carnival in the form of a Stage Sport Day. We will keep you informed of our events and whilst we realise a large number of our parents will be disappointed that they cannot attend, we are still holding the events to provide the opportunities for the students and will have photos from our events on Facebook and in our newsletter.

Kind regards,
Miss Michelle McDonagh
Principal

NED's Mindset Mission



Hello Families!

NED's Mindset Mission is a positive behaviour assembly visiting our school... Online! A world-class performer takes our students on a 45-minute journey filled with storytelling, illusions, yo-yo tricks and humour. NED's message and memorable friends inspire students, promote academic achievement, and support our school goals. NED will become a positive role model at both school and at home.

Never give up Encourage others Do your best®

Our school receives this assembly at no-cost because another school community has paid-it-forward to us. Now it's our turn—you can help by purchasing a NED-messaged yo-yo and accessories. A yo-yo is both a mindset tool and tangible reminder of NED's message. While learning to yo, children will make mistakes, try again, and improve. Read more at www.MindsetMission.com/yo-yos.

Collectible yo-yos for all ages

SHOW DATE/TIME: Tuesday 11th of August **LOCATION:** in our classrooms
SALE DATE/TIME: From Wednesday 12th August **LOCATION:** either office

CLASSIC YOS AUS\$8
Learn the basics of yo-yoing with a fixed axle yo-yo.



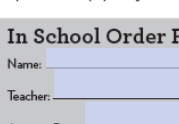
SUPER SPINNERS AUS\$15
Great for basic and intermediate tricks. With a strong throw, this auto-return yo-yo 'sleeps' at the end of the string & then comes back to you automatically.



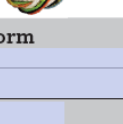
SPECIALTY SELECTION AUS\$20
Professional long spin yo-yos for next level tricks.



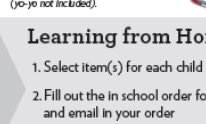
REPLACEMENT STRING PACK AUS\$5
Ten assorted strings to change color or replace a worn out yo-yo string.



YO-YO HOLSTER AUS\$5
Keep track of your yo and have it ready to go. Attach it to your belt loop or backpack (yo-yo not included).



YO-YO HOLSTER AUS\$5
Keep track of your yo and have it ready to go. Attach it to your belt loop or backpack (yo-yo not included).



In School Order Form

Name: _____

Teacher: _____

Amount Due: _____

Make cheques payable to our school.

Learning from Home?

1. Select item(s) for each child
2. Fill out the in school order form and email in your order
3. Items available at school for pick-up



Items available will vary. Prices include tax (where applicable).

**NED's
Mindset
Mission
Show for all
K-6 students
Tuesday 11th
August**

**Sale of yo-yos
from
Wednesday
12th August
to Friday
14th August
Cash only**

Community Notices



GRAFTON VIKINGS BASKETBALL IS CURRENTLY TAKING EXPRESSIONS OF INTEREST FROM CHILDREN IN AGES UNDER 10'S THROUGH TO UNDER 18'S TO JOIN OUR REPRESENTATIVE BASKETBALL TEAMS, ANY LEVEL WELCOME, TRAINING WILL BE PROVIDED, PLEASE CALL PAT ON 0447531494 IF YOUR INTERESTED, WE LOOK FORWARD TO SHOOTING SOME HOOPS! MAKE SURE YOU CHECK US OUT ON FACEBOOK FOR UP TO DATE INFORMATION!



No Scaredy Cats

REDUCING ANXIETY & BUILDING RESILIENCE SKILLS IN 2-12 YEAR OLD CHILDREN

PARENT EDUCATION COURSE

AT CRANES Community Support Programs - 11 Kemp St Grafton
AT 10:00am - 12:30pm ON September 2nd, 9th & 16th

PARENTS WILL LEARN

- An overview of how a well-honed theory of parenting (what you need to repeatedly do) can assist parents to manage children's worries.
- Coverage of how some misguided policies are making parents and children more anxious.
- The brain, including how the pre-frontal middle cortex and the amygdala operate, and where fear and anxiety originates.
- Commonly misused phrases and cognitive distortions used by children and their peers.
- A helicopter view of what risks we can allow and which require us to keep children safe.
- 'Traps and trip wires': what to do when a child's amygdala starts to play-up.
- Memorable strengthening sayings, questioning strategies and mindfulness exercises.

PARENTS RECEIVE

- A workbook to apply the concepts learnt to their families
- A certificate of completion

WHO IS RUNNING THE COURSE

The course facilitator is: Skye Pullen & Kylie Wilson, OT

who completed No Scaredy Cats practitioner training on 3.12.2019

REGISTER TODAY

Contact Skye Pullen at CRANES - book early if requiring childcare.

Phone: 66 427257 email: fars@cranes.org.au www.cranes.org.au

Parentshop has helped over 110,000 people. Our trainers are qualified professionals who are experienced in working with children, youth and families.

JOIN OVER 12,500 PROFESSIONALS TRAINED BY US

This course is being facilitated by a Parentshop licenced practitioner

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Free support for parents of children with disabilities - www.mytime.net.au



MyTime groups provide support for mothers, fathers, grandparents, and anyone caring for a child with a disability or chronic medical condition. It's a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy.

It's support for you

- A skilled facilitator will be on hand to provide guidance for parents adjusting to their child's diagnosis
- Regular guest speakers and help finding resources relevant to your needs
- While you meet a play helper is on hand to engage your child

WHERE: CRANES Training Room, 11 Kemp St Grafton

WHEN: Each Monday (Not during school holidays)

TIME: 9.30 am -11.30 am

To register contact Skye Pullen on 6642 7257 or email spullen@cranes.org.au



An Australian Government Initiative

MyTime is funded by the Australian Government Department of Social Services, and nationally coordinated by the Parenting Research Centre.

www.cranes.org.au



1-2-3 Magic® & Emotion Coaching

RESOLVE DIFFICULT BEHAVIOUR IN CHILDREN 2-12 YEARS OLD

A PARENT EDUCATION COURSE

AT CRANES Community Support Programs - 11 Kemp St Grafton

ON August 6th, 13th & 20th AT 10:00 am - 12:30 pm

PARENTS WILL LEARN

- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing strategies - the 3 choices model
- Using emotion coaching to encourage good behaviour
- Strategies for encouraging good behaviour

PARENTS RECEIVE

- A workbook to apply the concepts learnt to their families
- A certificate of completion

WHO IS RUNNING THE COURSE?

The course facilitator is: Skye Pullen and Brayden Maynard

who completed the 1-2-3 Magic® & Emotion Coaching practitioner training on 23.06.2020

REGISTER TODAY

Contact Skye or Brayden ph: 02 6642 7257

Email: fars@cranes.org.au www.cranes.org.au

Book early if requiring childcare

Parentshop has helped over 110,000 people. Our trainers are qualified professionals who are experienced in working with children, youth and families.

An end to arguing and yelling! • It changed our lives • Simple, sane, effective

This course is being facilitated by a Parentshop licenced practitioner | www.parentshop.com.au