

A Tradition of Excellence

# Grafton Public School Newsletter



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Email: [grafton-p.school@det.nsw.edu.au](mailto:grafton-p.school@det.nsw.edu.au)

Term Calendar - [Click Here](#)

Term 2 Week 3: Friday 7th May 2021

School Website - [Click Here](#)



## Outdoor Learning Area

This week we were delighted to hold an official opening of the new outdoor learning area at the Primary Campus. Last year, the concept of an outdoor learning area was discussed at our SRC meetings. It was during COVID when there was a lot of talk about fresh air, being outside and positive learning environments. When the students presented the idea to Miss McDonagh, she fully supported them and they thank her for this support. Designs were submitted, changed, discussed, changed again until finally the final design was chosen. Hugh, Ashlyn and Vinh met with the furniture company and chose the furniture (with Miss McDonagh's approval of course). After much hard work from Mr Tarrant and Mr Finley, the wonderful area is ready for use and can be fully utilised by classes. Teachers may choose to have reading here, group work, sketching or any other lessons here. It may also be used for student meetings or special lunches. A fabulous addition for our school!



**OBSTACOOOL**



Third time lucky we hope..... a new date has been set for our Obstacle Ninja Fundraiser being Friday 21st May. Please ensure permission notes, money and lunch orders are returned before 19th May.

It has been a long extended wait but weather permitting we will definitely have this fantastic fun event before the end of May, as we have penciled in a backup date of a backup, of a backup, for the following week.

## COMING UP...

**Tuesday 11 May—Thursday 13 May**

- Years 3 & 5 NAPLAN

**Tuesday 11 May**

- P&C Meeting 6.30pm

**Thursday 20 May**

- Silver & Bronze Badge ceremony, Primary campus

**Friday 21 May**

- Obstacle Ninja Fundraiser



## Good Mood Food



**Congratulations Charlie!**  
Recently Charlie competed in the NSW State Tennis Titles. She played with skill and determination against 60 of the best girls in the state and was a fabulous representative of our school. We are very proud of Charlie and her achievements!



**Congratulations Myles!**

Well done to Myles who has been selected to play in the North Coast hockey team. Another fabulous achievement! Go Myles!



**Sporting Trials**

We would like to acknowledge the efforts of all our GPS students who have participated in various sporting trials over the past few months. Your enthusiasm and passion for sport is admired. Don't be discouraged if you didn't make it this time. Keep trying and doing your best. There's always next time.

Don't give up!

Thank you to our P & C members who have helped out with various functions and behind the scene preparations over the last few months. You are appreciated!



## Grafton Public School Wellbeing System



At Grafton Public School we believe the creation of a positive and safe learning environment best enables students to learn and engage at school. This requires student behaviour, learning, wellbeing and mental health support to be integrated and delivered as a whole-school, coordinated approach. Developing positive behaviours and behaviour self-regulation skills in all students from an early age will lead to a safer learning environment for all, and will set up our students with the social skills needed in later life.

Children and young people display behaviours which span across a continuum from positive, inclusive and respectful behaviours to complex, challenging and unsafe behaviours. In addressing the needs of all students, we need to develop a universal approach to positive behaviour, prevention, early intervention and individual student support.

Effective behaviour support must ensure the safe inclusion and participation of all of our students. This includes students with complex, challenging and unsafe behaviours while maintaining the physical and psychological safety of all students and staff. To ensure we meet the needs of all students, we need to adopt a multi-tiered continuum of care. The tiers of support range from universal and preventative support, through targeted or intensive interventions.

Explicit teaching works best when working directly with students to develop their social, emotional and behaviour skills. Students will be exposed to student centred and positive strategies and skills on a weekly basis.

Our school has reviewed our Wellbeing System and have been some slight changes. Things to note include incidents either as minor or major, behaviour levels (Blue, Yellow, Red and Orange level), a green level reward system (more info in the newsletter next week). A copy of our flowchart is on the following page.

More information about the reviewed Wellbeing system can be found on our website at [https://grafton-p.schools.nsw.gov.au/content/dam/doc/sws/schools/g/grafton-p/school-policies/GPS\\_Wellbeing\\_System.pdf](https://grafton-p.schools.nsw.gov.au/content/dam/doc/sws/schools/g/grafton-p/school-policies/GPS_Wellbeing_System.pdf)

Over the next few weeks, staff will be explicitly exposing the students to the new wellbeing concepts. Keep an eye out in the newsletter for more info to come and to see what the fortnightly PBL (Positive Behaviour for Learning) concept is.



All students start each term on Green Level

## Minor Incident

- Out of bounds
- Play before teacher supervision
- Running on concrete
- Late to class/ or class lines
- Name calling or unkind words
- Grabbing or pulling others
- Accidentally injuring others
- Not following teacher instructions / Non-Compliance
- Lying to staff
- Not looking after school property
- Calling out in class or distracting others
- Provoking others
- Making verbal threats
- Spreading Rumours
- Inappropriate toilet behaviour



## Major Incident

- Swearing at adults, arguing with adults with abusive or offense words
- Disrespect
- Detention Refusal
- Disruption
- Leaving school grounds
- Fighting, punching, kicking others
- Property damage/graffiti
- Theft
- Inappropriate use of technology
- Repeated minor behaviour offences
- Defiance

Who finds out about the incident?

- Class Teacher is notified



- Parent / Carer, Class Teacher, Assistant Principal and Deputy Principal are informed

What may happen?

### Possible Consequences

- Miss out on play
- Walk with teacher
- Loss of privilege
- Discussing the incident
- Buddy classroom
- Different activity chosen
- Phone call or SeeSaw message to parent/carer



### Possible Consequences

- Detention / reflecting on incident
- Detention letter or phone call to parent/carer
- Points deducted from green level reward system
- Yellow Level
- Blue Level
- Will not be able to participate or represent in school activities such as excursions or sport
- Suspension



## GRAFTON TO INVERELL CYCLE CLASSIC

On Saturday, Grafton will host the running of the 60th Grafton to Inverell Cycle Classic. It is considered one of the toughest races on the Australian road race calendar.

Today on our usual bike bus, members of the Grafton Cycle Club and NRS team Butterfields joined us on the ride. Our visitors then gave a talk to our students on bike safety. We thank our visitors for taking the time to join our students on their ride and for their valuable information. We wish them well in the Classic.



Over the last couple of days, our Mother's Day Stalls were running on both campuses. Pictured above are just some of amazing GPS mums helping out with the smooth running of these stalls. We thank all our mums on scene and behind the scene for their contributions to the school on occasions such as this. We are sure that there will be a lot of mums out there in our community being spilt rotten with some of these special gifts on Sunday. A huge HAPPY MOTHER'S DAY to all the treasured mums and special ladies in our community on Sunday.



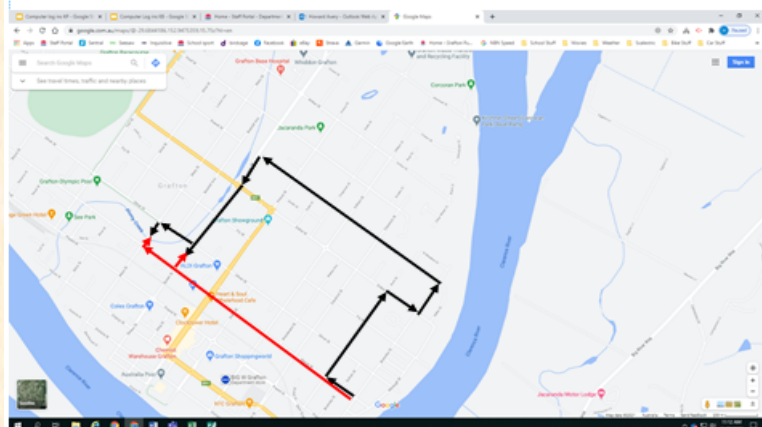
## BIKE BUS



- Bike Bus operates every Friday (weather permitting) If you are new to Bike Bus check out the map below so you know where to meet the gang).
- **Starts Friday, 5th March at 8:00, 12 Bacon St and picks up along both routes. Children MUST have a helmet and be able to ride without training wheels.**
- To be contacted about whether Bike Bus is on please leave your **MOBILE** number and name at either office.
- The weekly prize is donated by Grafton City Cycles, proud supporters of our Active Transport to School program.
- Current map of bike paths and lanes in Grafton: [https://www.clarence.nsw.gov.au/cp\\_themes/metro/page.asp?p=DOC-JIF-61-52-64](https://www.clarence.nsw.gov.au/cp_themes/metro/page.asp?p=DOC-JIF-61-52-64)



Buy a book from  
**SCHOLASTIC**  
**Book Club**  
to help build  
our classroom  
resources





## SEEKING A DANCE INSTRUCTOR

We are currently seeking a dance instructor to take on the role of Dance Instructor at Grafton Public School. This position will involve choreographing and running rehearsals for our Junior and Senior Ensembles and is for approximately 3 hours per week. The age range of students is from 8-12 years of age. Members of the ensemble were chosen by audition.

Rehearsals are on Friday mornings. Both ensembles have a GPS teacher that carries out the role of Manager. These very dedicated teachers will support the dance instructor logistically and will help with the organisation of the ensembles. Dance at GPS is about fun, passion, team work and the rewards of working hard and receiving the satisfaction that these elements bring.

Both ensembles are performance based. There are a number of school and community events that allow the students to showcase their talents and passion.

We have chosen to focus on jazz and contemporary dance styles, with an emphasis on choreography that is innovative, age appropriate and dynamic. Repertoire is driven by the passion of the dance instructor but, generally we ask that a conversation regarding choices involves the Ensemble Manager.

What kind of person are we looking for?

We are looking for an inspirational, dynamic role model for our students. We are looking for a person who is passionate about what they do. The person we seek, must understand that at Grafton Public School, the journey is as important as the destination. We are also looking for a team member. In a dynamic school, there is a need for flexibility and an understanding that you will be an integral part of a life journey for each and every one of our students.

Benefits and perks:

You will always be greeted by excited smiling children who can't wait to dance with you! We encourage you to adapt your own creative and imaginative ideas as they will help maintain and develop a very positive environment for our students who have a real love of dance. Rates of pay will be in line with the Crown Employees SLSO Award.

Skills and experience:

There are a number of requirements including a current Working with Children Check. There will be some online training courses, which are mandatory for all DET employees, that we will discuss with the successful applicant. Experience at running group dance rehearsals is a requirement. We also seek a person that has a demonstrated love of, and commitment to dance.

Applications for the position:

Applications can be forward to [grafton-p.school@det.nsw.edu.au](mailto:grafton-p.school@det.nsw.edu.au) Attention Tim Keogh

As a guide, you may like to include:

- Some information about yourself, your aspirations and the things that you are passionate about.
- A statement outlining the experience and skills that the applicant possesses in the field of dance.
- Information regarding dance teaching experience, particularly with primary aged students.
- Your vision for an ensemble and its development.
- Any supporting information, including referees that will help us get to know you as a person.
- Employment history (not necessarily dance related).

Selection Process:

Written applications will be considered by a panel made up of the Performing Arts team. It is as important that the successful applicant has the opportunity to get to know our team. They must be as happy to choose us, as we are to choose them. With that in mind, there will be a very informal interview. This will include a short dance rehearsal with a small number of students. We would like you to teach a short choreographed piece of your choice. We do not want this to be an arduous experience. It will give the short listed applicants a chance to get a feel for the program, the skill set of the students and an idea of the school environment that they may be working in.

For any further information, you may contact Tim Keogh, our Performing Arts Coordinator by email: [timothy.keogh@det.nsw.edu.au](mailto:timothy.keogh@det.nsw.edu.au) or by phoning the school on 66421000.

Further information:

Due to COVID restrictions, we have not had many posts on our Facebook site involving our Performing Arts ensembles. We did however post a link to a closed concert we filmed mid last year. It features our dance ensembles.

The link is <https://www.youtube.com/watch?v=hvy7UeuMhj8>

## Reminders and useful information

### 2021 GPS P&C Mums Retreat

It is time to start the countdown to the 2021 GPS P&C Mums Retreat which will be held 19-21 November 2021. Hopefully the pandemic will be well under control by then and we can enjoy a weekend away.

The bus leaves at 9am on Friday morning 19/11/21. We stay for 2 nights at the Bel-Air Resort at Broadbeach. You can shop, swim, relax, enjoy a beverage or two, gossip, sleep.....whatever you wish to do for the weekend. The bus will be a shopping taxi but you may choose to just hang at the resort for some "me time". We return to Grafton around 8pm on Sunday night 21/11/21.

Cost will be \$250 each which covers bus and accommodation.

Rooms are 2 bedroom units so groups must be limited to maximum of 5.

If you would like to book a seat on the bus, let Miss Karen know by the **end of May**.

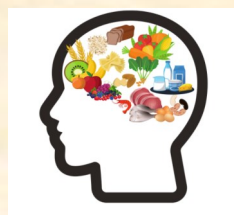
**School Banking**—A fun, interactive and engaging way to develop good saving habits. Don't forget our school banking day is **Tuesday**. Each week, bank books need to be handed to the classroom teachers for collection and they will be returned at the end of the day.

Our **canteen** on both campuses will no longer be open on Mondays and Tuesdays. Tuckshop for the infants campus will now be on Wednesdays.

## Food and Mood

Fuelling children with nutritious foods helps support their growth and development, but research shows that what children eat is also important to their mood, brain and mental health.

Eating mainly foods from the five food groups (grain foods, vegetables, fruit, lean meats / poultry / seafood or meat alternatives, and dairy) can lead to improved mental health, better concentration and memory, and improved school test results.



Eating too many foods that are high in added fats, sugars and salts has been linked to emotional and behavioural problems in children and teenagers.

What can you do as a parent or carer?

**Breakfast:** encourage your child to have breakfast every morning. Great options include wholegrain cereal, fruit and yoghurt, a smoothie, toast, boiled eggs or baked beans. Remember something is better than nothing!

**Crunch and Sip:** pack a vegetable or fruit snack for Crunch & Sip every day. Make sure you also pack a water bottle so your child stays hydrated.

**Lunchbox:** pack foods from the five food groups in the lunchbox. Some ideas include cheese, yoghurt, milk poppers, chopped fruit and vegetables, sandwiches, wraps, leftovers, eggs, pikelets, cereal bites, fritters or raisin toast.

**Role model:** Lead by example. Make sure you are eating foods from the five food groups and share meal times together.

**Teach your child lifelong nutrition skills:** involve your children in shopping, food preparation, cooking and packing their lunchbox. Research shows that habits are learnt early in life so teaching these skills are important.

Help fuel your child for success!

The next P & C meeting will be on Tuesday the 11th of May at 6.30pm in our library.  
All welcome, please come along!



## Lunchbox Swaps

✓ Best Left In	✗ Best Left Out
<b>Apple</b> \$4.70 per/kg 	<b>Roll up</b> \$42.60 per/kg 
<b>Veggie sticks + hummus</b> \$5.20 per/kg 	<b>Corn chips</b> \$11.80 per/kg 
<b>Raisin bread</b> \$6.90 per/kg 	<b>Muesli bar</b> \$18.50 per/kg 
<b>Home-prepared cheese + biscuits</b> \$11.50 per/kg 	<b>Pre-packaged cheese spread + biscuits</b> \$27.00 per/kg 
<b>Yoghurt + frozen fruit</b> \$4.60 per/kg 	<b>Chocolate snack cup</b> \$6.80 per/kg 
<b>Homemade popcorn</b> \$4.90 per/kg 	<b>Pre-packaged salty snacks</b> \$20.60 per/kg 
<b>Homemade pikelets</b> \$2.90 per/kg 	<b>Sweet biscuits</b> \$9.50 per/kg 



HEALTHYEATING  
ACTIVE LIVING



## Recipe of the Week

### Breakfast Muffins

#### Ingredients

6 eggs  
 2-3 cups vegetables  
 2 slices of lean ham  
 2 tablespoons of milk  
 1/2 cup grated cheese  
 Pepper to season



#### Method

Preheat oven to 160 degrees & grease a 12 hole muffin tin.  
 Cut vegetables & ham into small pieces.  
 Combine all ingredients and mix.  
 Pour mixture into muffin tins & bake for 25-30 minutes.



HEALTHYEATING  
ACTIVE LIVING



## Be Screen Savvy

### Recommended daily screen time limits for kids

Children under 2 years old	Children 2-5 years old	Children and young people 5-17 years old
		
<b>No screen time</b> (excluding video chats)	<b>No more than 1 hour</b>	<b>No more than 2 hours</b> (excluding school work)

Use these tips to reduce screen time: establish rules and routines like no screens in bedrooms, set a timer to break up screen time, try screen free days and be a role model.



HEALTHYEATING  
ACTIVE LIVING



## Get Moving!

### Skipping

Skipping is a fun way to improve fitness, balance, co-ordination and strength for all ages.



#### Top Tips

Practice a **walking skip** by moving arms over the head before attempting to step or jump over a rope.  
 Skip through a **hoola hoop**  
 Play fun music and **skip to the beat**  
 Skip with your children!  
 They will love the challenge.



HEALTHYEATING  
ACTIVE LIVING





## Community Notices

# FUN FRIDAY

for ages  
8-13 yrs

starting **Friday 7th May**  
@ Grafton Library from **4:00-5:00pm**



**friday 7th may**  
lego - monster mix up

it doesn't need to be  
the school holidays  
to have fun!



**friday 14th may**  
craft - paper mobiles

**friday 4th june**  
paper craft



**friday 21st may**  
ozobots

**friday 11th june**  
craft - upcycled



**friday 28th may**  
lego - tree forts

**friday 18th june**  
journal making



**friday 25th june**  
3D printing intro

register at  
Grafton Library  
or online @  
[crl.nsw.gov.au](http://crl.nsw.gov.au)

all events at  
your library  
are FREE



clarence  
valley council

your library - your place

Grafton Library | [libraryevents@clarence.nsw.gov.au](mailto:libraryevents@clarence.nsw.gov.au) | [www.crl.nsw.gov.au](http://www.crl.nsw.gov.au) | (02) 6641 0100

**CVCON**  
CLARENCE VALLEY CONSERVATORIUM

**PATRICK BREARLEY**  
VIOLA  
**MAGGIE PANG**  
PIANO

GUEST PERFORMERS MAGGIE PANG AND  
PATRICK BREARLEY JOIN THE 2021 SUNDAY SERIES  
PERFORMING PIANO SOLOS AND VIOLA AND PIANO DUETS



REGIONAL  
CONSERVATORIALS

SUNDAY 23 MAY  
3:00PM

CLARENCE VALLEY CONSERVATORIUM

8 VILLIERS STREET, GRAFTON

ADULT: \$20 CONC: \$15 CHILD: \$10

FOR BOOKINGS VISIT [WWW.CVCON.NSW.EDU.AU](http://WWW.CVCON.NSW.EDU.AU) OR PHONE 6643 3555

## CREATIVE KIDS

FOR KIDS FROM K-6

TIME: 5.30-6.30PM  
PLACE: 116 OLIVER ST STREET,  
GRAFTON PRESBYTERIAN CHURCH  
COST: \$3  
CONTACT: JAMES ON 0402 354 099

**FRIDAY MAY 14TH**

CREATIVE KIDS CLUB: A GROUP FOR CREATIVE KIDS K-6. ALSO HAVE AFTERNOON  
TEA AND SNACKS AND HEAR A COOL BIBLE TOPIC.  
COVID-SAFE PRACTICES IN PLACE



**LOWES**

2 DAY VIP EVENT – 6<sup>th</sup> & 7<sup>th</sup> MAY  
ZERO & REWARDS CARD HOLDERS

**20% OFF**  
**SCHOOLWEAR**  
& EVERYTHING ELSE!



DON'T HAVE A CARD? APPLY IN-STORE OR  
ONLINE & START ENJOYING THE BENEFITS

\*Offer available Instore & Online ends midnight (AEST) 7th May 2021. Must use Zero or Rewards card to receive discount.  
Excludes Gift Cards and Schoolwear lay-bys. Savings of original prices. Cannot be used in conjunction with any other offer, no rainchecks.

**THE UNIT**  
Clarence Valley Technology Club

THE UNIT is a technology Club where high  
functioning kids on the Autism Spectrum can  
explore their technology interests at their  
own pace in safe environment, with support  
from professional I.T. mentors.

(No diagnosis or referral required)

THE UNIT is not a classroom. THE UNIT  
provides a social venue where kids can blend  
in, be understood and not be judged.

2-Hour Sessions each Saturday.  
New School of Arts, South Grafton.

For ages 9 to 17

Phone or text: 0419 610 917  
Email: [b.carnaby@bigpond.com](mailto:b.carnaby@bigpond.com)

(NDIS and "Creative Kids Voucher" Friendly)