

GREENWAY PARK PUBLIC SCHOOL

NEWSLETTER

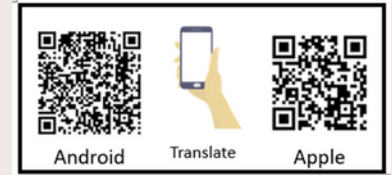


Term 1 Week 11 2024

From the Principal and Deputy Principals:

Mrs Bradwell, Mrs Cutri, Mr Shearer & Mrs Patane

SCHOOL UNIFORM



At Greenway Park Public School we take great pride in our school uniform. The uniform is a reflection of our school. Please support our high standards and insist that your child wears their correct full school uniform each day. This includes the correct school hat and either black school shoes or black supportive joggers.

EARLY MORNING ARRIVALS AND SUPERVISION

As you are aware, Greenway Park Public School is committed to a safe and happy learning environment for all of our children. To this end, and in line with Department of Education supervision guidelines, we provide teacher supervision from 8.30am until close of school at 3:00pm. Bus supervision continues until the departure of the school bus. If for unforeseen circumstances you will be late on any given day, please advise the office prior to the end of the school day. Also, if you are unable to collect your child/children at 3:00pm, please make alternate arrangements to have someone else collect or consider booking into After School Care.

LOST PROPERTY

Our lost property basket is once again overflowing with items of clothing, drink bottles and lunch containers. We are seeking your help to please check your children's belongings and label them so we can return them in the event that they are lost.

AUTUMN HOLIDAYS

We would like to take this opportunity to wish all of our families a happy and safe Autumn break. First term is always crazy busy for both our students and our teachers so I have no doubt that they are looking forward to some well earned down time. Whether you are travelling away or spending time at home we hope that you have a wonderful holiday and look forward to seeing you back at school on Tuesday, 30th April. A reminder that Monday, 29th April is a pupil free day. The teachers will be engaging in professional learning on curriculum implementation.



Self-care tips for parents

Survive these school holidays with a little self-care. Here's 9 strategies for parents to keep calm, resilient and grounded.



Every flight attendant says before take-off: place the oxygen mask on yourself first before helping others.

Self-care is incredibly important and can help to strengthen your family. When you're happy and healthy, you can be more attentive and engaged as a parent and spouse.

When developing your own self-care routines and rituals, keep in mind that the more often you manage your wellbeing the longer you will be able to sustain a happy and positive household.

Here are some ways you can look after your physical and mental wellbeing to ensure you have enough energy to continue to successfully parent and care for your children:



Practice gratitude

When you start to feel overwhelmed, try to think about the good things in your life. Even if it's just little things. This helps you change your mindset and focus on the present instead of potential future anxieties.

Keep a journal

Spend some time every day just writing out your thoughts. This can help you uncover feelings that are just under the surface. Once you know about these emotions and what's causing them you can deal with them directly.

Meditate

Just 5 minutes a day can help you feel rejuvenated. If you're new to meditation, you can try one of the many guided meditation options available. If this isn't for you, breathing exercises, closing your eyes or taking a bath can also create a meditative state helpful for reducing stress.

Create a schedule

Set aside some 'you' time in the schedule, whether it's going for a run, video-calling with friends or sitting down to read. If you have a partner, coordinate with them so you both get regular scheduled alone time.

Listen to music or a podcast

Music has the power to influence mood and energise. If you're feeling anxious, listen to calming music. If you're feeling sad, listen to uplifting music. The best part is you can listen to music while doing other tasks and you can even involve your family for an impromptu dance party if you feel everyone needs it.

Check out our list of [top parenting podcasts](#).

Start or join a virtual book club

Virtual book clubs have taken off since people can no longer meet in person, once a week/month meet up virtually with friends and family to discuss the book you've read. Not only will this help you talk to people outside of your family and help you concentrate on something else, but it will also give you a weekly/monthly goal.

Check out our list of [top parenting books](#).

Start a new hobby or re-discover an old one

Did you used to play an instrument? Have you always wanted to learn how to cook lasagna? Now is the time. Putting energy into a new hobby or skill or rediscovering old talents can help you to focus on the here and now, as well as help you feel a sense of accomplishment in learning something new.

Colour in with the kids

There's a reason adult colouring books have skyrocketed in popularity across the world. Just like it does for children, colouring clears the mind and channels focus into the task at hand, helping you to de-stress of other worries.

Be kind to yourself

Keep in mind that everyone is under a lot more stress than normal. You won't have the same level of resilience, patience and mental fortitude that you normally have, and that's ok. Give yourself a break, and manage as best you can. That's all anyone can do.

All links for self-care can be found [here](#).

**KEEP
CALM**

RELAX

HARMONY DAY

On Monday we celebrated Harmony Day. Harmony Day is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone. It was great to see students dressed in their cultural outfits or dressed in orange. Student enjoyed many fun activities that day.



Quote of the Fortnight

"A vacation is having nothing to do and all day to do it in."—Robert Orben.



From the Office....

Please advise the office if you have moved address, changed phone numbers or emergency contacts.

We have available library bags for sale at \$15 each.

We also sell high bounce balls for \$5.



Uniform Shop

Uniforms are available from the school hall on
Monday afternoons from 2:15pm until 3:15pm
& **Wednesday mornings** from 8:15am until 9:00am
Orders can also be made by emailing:

S&KClothing@bigpond.com

Or by Phoning Sue on: 0416 058 348 (Between 9am – 5pm)

Monday 29th April 2024
Uniform Shop will be open in the School Hall
between 2pm - 3pm.
Thank you



School Bytes

The school is now live with our new online payment system School Bytes. To make a payment online, please visit the Greenway Park Public School website and select "make a payment". You must initially register on the site then you will be able to make payments at any time.

Please note, receipts are emailed once payment is processed. Please ensure the school has your correct email details.

All payments for eg excursions, must be made online and permission note is to be filled in online as well. We only accept payments directly at the school if purchasing an item (eg Library bag).

If you have any problems, please feel free to contact the office for assistance.

Important Dates

Term 1



Week 11

Monday 8th April - Harmony Day
 Wednesday 10th April - Year 6 Life Changers Program
 Thursday 11th April - Athletics Carnival -Yrs 3-6
No Toasty Thursday today
 Friday 12th April - Last day of Term 1



Term 2

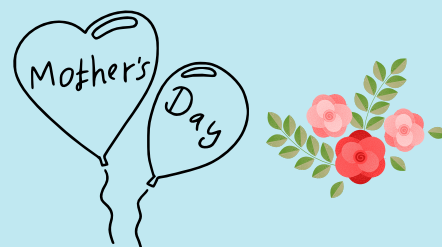
Week 1

Monday 29th April - School Development Day
 Tuesday 30th April - Students return to school
 ANZAC DAY Service
 Friday 3rd May - PSSA Gala Day 3 (Season 1)



Week 2

Monday 6th May - Year 6 - STEAM (selected students only)
 Wednesday 8th May - Year 6 Life Changers Program
 Thursday 9th May - Mother's Day Stall - info to follow
 Friday 10th May - PSSA Gala Day (Season 2) Trials



Week 3

Monday 13th May - Year 6 STEAM (selected students only)
 Wednesday 15th May - Year 6 Life Changers Program
 Thursday 17th May - Stage 2 (Yrs 3 & 4) - Cyber Police Talk
 Cross Country Carnival -Yrs 3-6



Week 4

Monday 20th May - Year 6 STEAM (selected students only)
 Wednesday 22nd May - GVPSSA Cross Country Carnival
 Thursday 23rd May - Stage 3 (Yrs 5 & 6) - Cyber Police Talk
 Friday 24th May - PSSA Gala Day 1 (Season 2)



Week 5

Wednesday 29th May - Year 6 Donut Day - information to follow



Week 6

Thursday 6th June - Bulls in School Soccer Program Yrs 3-6

