Weekly Awards

K
Sienna Macdonald – ‘displaying some wonderful reading strategies’

1/2
Bryn Hoggett – ‘an excellent improvement in reading’
Jackson Bandy – ‘his excellent mental computation in math’

3/4
Ella Howe – ‘always being quietly on task’
Nathan Radford – ‘developing great work habits’

5/6
Georgia Schultz – ‘excellent spelling results’
Chloe Reid – ‘fantastic rhythm in Dance’

Silver Commendation Certificates

Congratulations to the following students who have demonstrated the school’s values this week:
Ryan Marzato, Bradley Rayner, Lane Edwards, Bradley Conomos and Ben Haynes.

BPS Values Award
Will Bandy for the value of CCRR.

COMING EVENTS

TERM 3 2015
Tuesday 15 September
Pyjama/Crazy Hair Day - $2.00 per child.
Popcorn & popper, plus movie. Pancakes at lunch.

Friday 18 September
Last day of term 3.

TERM 4 2015
Tuesday 6 October
Staff and students return to school.

Thursday 22 October
School Photos.

Wednesday 18 November
Kindergarten Orientation.

Canteen Roster
Monday 14 September
Amanda Ellis and Karen Webeck.

Birthdays
Dean Germon 8.9.15 (9)
Toreen Denyer 9.9.15 (10)
Canberra Excursion

We will see everyone who is coming to the excursion tomorrow morning at 5.20am (Don’t come earlier – there will be no-one here!) ready for a 5.45am departure. Don’t forget students need their hat on and they will need recess, lunch and a bottle of water for the first day.

The bus is due back at 7.30pm on Friday evening. We will update the school’s facebook page as we travel home if we are going to be arriving at a vastly different time than that.

Sand Pit

The children from BPS who spend many hours playing in the sand pit would like to say a big thank you to Trevor Ellis from Trellis Landscape Supplies for delivering a load of sand to their sand pit. Many thanks.

Pyjama/Crazy Hair Day

A pyjama/crazy hair day will be held on Tuesday 15 September for all students.

Cost will be $2.00 per child which will include, popcorn and a popper, plus movie.

There will be pancakes at lunch time with various toppings.

Alison Wise
Principal.

UNSW ICAS 2015 Writing Assessment

Congratulations to the following students who have gained excellent results in this recent assessment:

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charli Macdonald</td>
<td>Year 3</td>
<td>Participation</td>
</tr>
<tr>
<td>Sienna Marzato</td>
<td>Year 3</td>
<td>Distinction</td>
</tr>
<tr>
<td>Eavaena Radford</td>
<td>Year 3</td>
<td>Distinction</td>
</tr>
<tr>
<td>Toreen Denyer</td>
<td>Year 4</td>
<td>Participation</td>
</tr>
<tr>
<td>Lauren O’Neill</td>
<td>Year 4</td>
<td>High Distinction</td>
</tr>
<tr>
<td>Ryan Marzato</td>
<td>Year 5</td>
<td>Credit</td>
</tr>
<tr>
<td>Sarah Redman</td>
<td>Year 5</td>
<td>Participation</td>
</tr>
<tr>
<td>Makayla Battams</td>
<td>Year 6</td>
<td>Participation</td>
</tr>
<tr>
<td>Keira Macdonald</td>
<td>Year 6</td>
<td>Merit</td>
</tr>
</tbody>
</table>

# Glennocster Junior Cattle Show

Friday, 23rd October 2015 at the Gloucester Show Ground, commencing 9.00 am to 2.30 pm for children up to 20 years of age

The Junior Cattle Show is a day to introduce and educate children of primary and high school ages to beef and dairy cattle handling, preparation for parading and judging. There are a number of events on the program that the children can take part in even if they don’t have their own animals to exhibit. Facebook: Gloucester Junior Cattle Show or David Bignell 65585512 for more information.
Young Carers Fun Day Tuesday 29th September 2015

Wellbeing Day
- Pampering
- Music
- Movement
- Yummy food
- Massage
- Craft
- Laughter
- Fun
- Friendship

Everything supplied
9.30am—3.00pm
Rivercity Outreach Centre

Please phone Mydie at Carer Assist for more info and book your spot
6551 4333

INVITATION TO STUDENTS
Come and meet the musicians and watch a rehearsal for the
Craven Creek Concerts

including a string quartet, clarinet player and classical guitarist

Sunday 27 sept
Gloucester High School
129 Ravenshaw Street

11.00am
FREE

www.cravencreekmusic.com

For more information, call 0412 498855
Build up Frequent Father points

Michael Grose looks at the importance of topping up Frequent Father points, and the benefits for both dads and for kids.

A good friend enthusiastically told me how he was looking forward to spending a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He was having some 'dad time' with his kids.

Good on him!

He was doing some memory building & relationship building, as well as having some fun.

He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing.

Gone are the days when the only relationship many men had with their kids was through their wife. She would explain him to the kids ("Your dad's very busy but he would love to see you play sport but he can't make it.") As well, she'd keep him up-to-date with the children's lives.

Blokes, it seems, are valuing the time they spend with their kids on their own. Or at least the dads I mix with are. Spending time alone with kids is a great way to build confidence in dads.

And the kids usually just love it.

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (Most mums I meet welcome this!)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things they like to do together with their dads. Playing, walking, fishing, wrestling,...the list goes on.

It's through shared activity and involvement in kids' lives that dads build up frequent father points. It's hard to build good connections with kids when you are not there!

Don't wait until adolescence

These relationships are best built in childhood, when kids just love their dads to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes-turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men. I'm not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child's space. There is a big kid inside most men just bustling to get out.

These days we take parenting pretty seriously and it's easy to forget that one of the fundamentals of raising kids well is to spend some time in your child's space, doing stuff, or not doing stuff, whatever the case maybe.

So how are your (or your partner's) Frequent Father points going? If they need some topping up then you can start by doing something together that the kids enjoy. Having a bit of fun together is the best place to start.

Author's note: Soles mums can take these ideas on-board to have a NO RULES weekend with your kids, where you have a change of routine and activity that can give kids the chance to see you in a different way.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au You'll be so glad you did.

parentingideas.com.au