



MESSAGE FROM THE PRINCIPAL

ARE WE THERE YET?

As I sit down to pen this newsletter, I cannot believe that we are already half way through the term and planning for end of year events are well underway. Staff have been busy writing reports, whilst at the same time finalising grades and continuing to provide opportunities for extra-curricular activities beyond the scope of the average school.

This morning I had the privilege to address and meet some of our new parents at the Kindy / Pre-Primary orientation and will tomorrow share the morning with our Grandparents at a morning tea for them. The key message that I continue to say is how in awe I am and the pride I have for this school community and its commitment to providing outstanding educational opportunities for our students.

Staff and parents continue to work together to make this school out of the ordinary and the students commitment to these opportunities ensures that we all feel it is effort well spent.

As we fly toward the end of the year I look forward to celebrating what has been a fantastic year and hopefully having a little time to stop and reflect on just how lucky we are.

CIRQUE MUSICALA

What a treat it was to attend the school performance last weekend and witness the amazing talent on display. As I said to the students after the performance, I was left speechless by the quality of the show, but also from the pride that I felt being a part of this amazing school.

Once again a huge congratulations to all of those that were involved and a big thank you to every one of the adults who contributed to bring the show together.

We are very fortunate to have such committed staff to lead the students in such opportunities and I'm sure Mrs O'Reilly, Mr Orrell and Mrs Kirkham felt that their effort was justified by the performance.

WELL DONE GHPS TRIATHLON TEAM!!!

Congratulations to the Triathlon team who competed in the State School's Triathlon Competition. All teams did very well against very competitive completion with Callum, Deekon and Lachlan winning the Boys A Division. Callum then doubled up to take out the C Division also this time with Zack and Matthew.

As a Team, GHPS finished in 7th place in what was an outstanding effort. It was great to see so many students trying Triathlon for the first time and having a lot of fun. Thanks to Mrs Bebbington and Mrs Elsegood for organising the event and to all of the parents who took bikes and also came down to support.

DATES TO REMEMBER

Thursday 15 November
Grandparents Morning tea 10am

Tuesday 27 November
2nd Hand Uniform Store
Assembly at 2pm. Hosted by Cirque Musicala

Wednesday 28 November
Triple P – Steps to Positive Parenting

UPCOMING EVENTS

Tuesday 4 December
ECE Xmas Concert

Wednesday 5 December
Nativity Play, 9:30am and 6:00pm

Thursday 6 December
Talent Quest
Crazy Hair Day

Friday 7 December
PP-Yr3 Swimming Carnival

HEALTH NINJA'S

Some classes have started on the Blue Belt focussing a food mood diary to try and understand how different foods make you feel. Following from this is the Green Belt, which is all about giving. This is a fantastic time of the year to have this with the Sharing a Hills Christmas happening in the school at the moment. Students can gain Ninja points by bringing in a gift to give to those less fortunate than us.

I have been enjoying handing out lots of stickers and talking to the students about how they have been earning their points.

Don't forget to join the Health Ninja's Facebook Community so you can support you program.

[Health Ninjas facebook page](#)

**Principal
Matthew Snell**

SIMS ASSEMBLY ITEM



School Announcements

2019 Student Requirement List

All students have been given a list of requirements for 2019 together with a letter outlining details of contributions and charges for next year. After a quotation process the School Board selected Campion as the preferred supplier. However, parents are not obliged to use this supplier.

FROM THE LIBRARY

There is only one more week for borrowing from the library this year. Could parents/carers please ensure that books come back consistently each week so I am not generating reminders for short term overdue books.

Could all longer term overdue books be returned as soon as possible? A print out of overdue items will be mailed and I urge you to contact me via the library should there be any problems.

Mary Nardone – Library Officer

SHARING A HILLS CHRISTMAS

Each year our school is proud to be involved in this initiative organised by the combined churches of Kalamunda. This group organises food and gift parcels for local families in need and nursing home residents.

For those of us fortunate enough to enjoy Christmas with family and friends it is a good time to reflect on what this time of the year means to us and take a moment to reach out and help others.

The following is a list of some items that are suitable for food parcels. If you are able to help please leave your donation at the office.

Christmas puddings	Potato chips/pretzels/nuts	Cordial
Bon Bons	Custard	Shortbreads/biscuits
Christmas cakes	Long life milk	Tinned biscuits
Tinned meat/hams/fish	Fruit mince pies	Ribbon
Tinned vegetables	Stuffing	Money for bulk items
Cool drinks	Tinned foods	
Lollies	Tinned fruits	

Gifts

Gifts are required for

Adults (talcum powder, biscuits, chocolates, soaps, notepaper, etc)

Teenagers (toiletries, makeup, books, games, CDs etc.)

Children (toys for various age groups, books games etc.)

CONGRATULATIONS

The following students received honour certificates at our assembly on Tuesday: *Gabrielle, Haylee, Jarvis, Sophia, Kai, Zack and Blair.*

YEARBOOK

Following discussions with the P&C and School Board we are creating our first Yearbook with contributions from Kindy to Year 6. An order form is attached to these reminders and can also be collected from Administration. A sample of what it will look like is available in the office for you to preview. This will be a beautiful memento of our school year.

YEAR 6 PARENTS

Please collect your Parent Letter Pack from the office. These will need to be completed and returned to the office by Wednesday 21 November.

CRAZY HAIR DAY/TALENT QUEST

Please note that Crazy Hair Day has been postponed to Thursday 6 December (previously scheduled for Friday 16 November). We will also be holding the Talent Quest.

WHAT HAS BEEN HAPPENING IN OUR CLASSROOMS?

Luke in Year 6, played the Last Post for Remembrance Day on Sunday as part of the '100 Buglers for 100 Years'.

Well done Luke!



SUNSMART TIP

Cancer Council Western Australia says: **Be SunSmart!**

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Seek Shade
- Slide on some sunglasses

Use a combination of these sun protection measures outside when the UV Index is 3 or above.

ACT-BELONG-COMMIT

Limit Screen Time

For some people this can be a challenge, but limiting screen time to 1-2 hours per day has many health benefits. You can replace the time you spend in front of the screen with something more mentally stimulating like reading or doing a crossword, trying a new recipe or walking your dog.

You'll have extra time to nurture the relationships with your family and friends too. Swap the TV screen for a board game or sit down together over dinner.

A promotional banner for Lowes. It features a red ribbon banner with the text "LOWES Shop & Save for Christmas". Below the banner is a small holly leaf decoration. Underneath the decoration, it says "Exclusive offer to ZERO & REWARDS CARD HOLDERS". Below this are images of a "zero" card and a "LOWES REWARDS CARD". The main text of the promotion is "20%* OFF SCHOOLWEAR AND EVERYTHING ELSE".

LOWES
*Shop & Save
for Christmas*

Exclusive offer to
ZERO & REWARDS CARD HOLDERS

**20%*
OFF
SCHOOLWEAR
AND EVERYTHING ELSE**

INSTORE & ONLINE - THURSDAY 15TH NOVEMBER

* Excludes gift cards & all suit packages. Cannot be combined with other offers or discounts. Floor stock only.
Styles and colours may vary from store to store.
No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount.
Offer ends midnight (AEDT) 15/11/18. Must use Zero or Rewards card to receive discount.



<https://creativecommons.org/licenses/by/4.0/>

GHPS ChildFund Sponsored Children

For many years the children at Gooseberry Hill Primary School have been sponsoring Abigael and Irene through various fundraising activities. We have recently received the following letters.



Abigael

Abigael is now 21 and is studying catering and hopes to receive her certificate in 18 months. She lives with her mother and siblings. She would like to become a hotelier one day.

My message to you

Hi, I would like to thank you from the bottom of my heart. God bless you for being always there for me.



Irene

Irene is now 15 years old. She lives with her father, mother and three brothers. She is interested in studying history and would like to learn different languages. Irene hopes to one day join the police force.

My message to you

How are you, I hope you are fine and in good health, wishing you God blessing for choosing me and my family, I'm continuing with my studies thank you very much.

Letter from Irene's Mother

Receive much greetings from all family members. We hope you are all doing well and in good health. Irene is well, she was able to join form one this year. She's in a boarding school in Nanyuki. Her new school is called Loise Nanyuki Girls secondary.

The school is very far because it's about 150km away from Nakuru. She had come for April holiday. She was enjoying her new school but she said that the place was cold. Her academic performance was good.

Nanyuki is very cold because of Mt Kenya. I'm still looking for warm pullover to protect her from cold. During August holiday, she will be at home.

Now I'm still working hard on my small business to cater for the family. My first born has completed University but he's jobless. The second born is doing Diploma in teaching. The last born is in class four.

The weather in Nakuru is cold and rainy. Farmers have planted their crops and they are doing well.

The project is still helping. Last month Irene was given bursary for fees. I was very happy because boarding school is very expensive. Lastly, thank you so much for your support. May our Mighty God bless you. Pass my warm greetings to everybody.

Irene's Mother, Tabitha Mathenge

ChildFund Kenya sincerely thanks you for supporting your sponsored child and community. Because of you, children in Kenya are getting what every child deserves – a bright future and the right to receive the care, support and protection to grow up healthy, educated and safe.



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Cool drinks	Tinned foods	
Lollies	Tinned fruits	

Suggested Gift Items

Adults:	talcum powder, biscuits, chocolates, soaps, notepaper, etc.
Teenagers:	toiletries, makeup, books, games, CDs etc.
Children:	toys for various age groups, books games etc.

Please consider donating to this worthy cause. Some people have purchased one extra item when they're doing the weekly shopping and donating that, which seems a great thing to do.

**Donations can be handed in at the office from
Monday 5 November until Tuesday 27 November**



Gooseberry Hill Primary School gets (sun) smarter

Gooseberry Hill Primary School is smarter than it used to be – it has become a SunSmart School!

As part of the National SunSmart Schools Program operated by the Cancer Council Australia in conjunction with Cancer Council WA, Gooseberry Hill PS has developed and implemented a comprehensive sun protection policy which actively protects students and staff from dangerous over exposure to the sun.

Regional Education Officer Mikala Atkinson, of Cancer Council WA said Gooseberry Hill PS was helping to make today's school students a SunSmart generation with a lower risk of skin cancer than past generations.

Mrs Atkinson explained that the program encourages hat wearing, the use of minimum SPF 30 broad spectrum sunscreen, changes to school timetables and parents and teachers acting as positive role models.

To achieve SunSmart School membership, schools must complete a simple application questionnaire and forward a copy of their sun protection policy to the Cancer Council WA for assessment.

Principal Matthew Snell said that many SunSmart strategies had been successfully introduced within the school. These strategies include:

- The compulsory wearing of broad-brimmed, bucket or legionnaire style hats all year round.
- Building of pergolas and other shade structures in the school grounds.
- Tree planting activities to provide shelter from the sun.
- SunSmart education included in the curriculum from Years 1-6.
- Sunscreen available for student and staff use.
- SunSmart information in school newsletters.

Mr Snell said the students, staff and parents were working together to ensure their school is SunSmart. "Our SunSmart School will contribute to the fight against skin cancer by teaching students how to protect themselves from the sun and thus reducing their risk of skin cancer".

Young Australian's exposure to UV radiation contributes to their risk of developing melanoma and other skin cancers later in life. Australia has the highest rate of skin cancer in the world.

Media statement ends

For further information contact:

Mikala Atkinson
Regional Education Officer
Cancer Council WA
Phone: (08) 9382 9360
Email: matkinson@cancerwa.asn.au

Gooseberry Hill Primary School
Phone: (08) 9293 2777
Email: gooseberryhill.ps@education.wa.edu.au

SECOND HAND SCHOOL UNIFORMS

If you are planning on having a spring clean out, please consider donating any uniforms that are still in good condition and no longer required to the school. All proceeds from the sale of second hand uniforms are turned into vouchers for our lovely Chaplin, to help her assist families as required.

A second hand uniform store will be held at the next assembly on Tuesday 27 November.

All donations can be left at the school office.
Thank you.

Community

Upcoming Community Events

Gooseberry Hill Running Club	Every Wednesday 24 October to 28 November	
After School Arts	Term 4 (Thursdays)	Jorgenson Park
Summer Social Soccer	Term 4 (Fridays)	Hartfield Park
Learn to Dive	Term 4	Bilgoman Aquatic Centre

Link to GHPS website for all above flyers:

[Upcoming Events in the community and surrounds](#)

Academic Programs

WAAPA Summer Program School Holidays 2018/2019

Link to GHPS Website for information:

[Academic Programs](#)

Parenting Workshops and Articles

Triple P – Steps to Positive Parenting

28 November – GHPS (Flyer below)

Link to GHPS website for information:

[Parenting Workshops and Articles](#)

28 November at GHPS



Five steps to positive parenting

The Triple P – Positive Parenting Program has more than 35 years' research to back it up. These are Triple P's five steps to a happier family life.

1

Create a safe, interesting environment

Children need to play and explore their world so remove potential dangers from your home and teach basic safety. Provide plenty of interesting things for kids to do.

2

Have a positive learning environment

When your child comes to you for help or to talk, they're ready to learn. Give them positive attention, even if only for a minute or so.

3

Use assertive discipline

Children do best in a predictable, stable environment so set clear rules and boundaries and follow through with appropriate consequences. Encourage behaviour you like with praise.

4

Have realistic expectations

Nobody's perfect – children or adults – so don't expect your child to do more than they're capable of. And remember, all parents make mistakes sometimes.

5

Take care of yourself as a parent

It's all about balance. You've got to look after your own needs too so make sure you're getting some support, time with friends, fun – and maybe even a little time to yourself!

To find out more:
www.triplep-parenting.net.au/wa

Triple P provides simple ideas to help you raise confident, healthy children and build stronger family relationships.