



Jeffries Street  
GOWRIE ACT 2904  
Telephone (02) 6142 1960

Principal: Simon Smith

## GAZETTE Week 6, Term 3



Call Us



Visit Our Website



Contact Us



Newsletter Archive



Facebook Page

Calendar .....	2
Merit Awards.....	3
Library News.....	4
Celebrating Book Week.....	6
Artists at work .....	14
Year 3 excursion to Questacon .....	18
UR FaB News .....	23
Swimming Reminder .....	25
School Satisfaction and Climate Survey .....	26
Important News .....	27
P & C News .....	28

# Calendar

## August/September

2022

Monday	Tuesday	Wednesday	Thursday	Friday
29 Literacy and Numeracy Week	30 ICAS Mathematics	31 Father's Day Stall Preschool URFaB Program Yr 1 and 2 – 9am Science Excursion to CIL Scholastic Book club orders due back	1 Meerkat Production Picture Book K – Yr 3	2 Father's Day Stall K – Yr 6 9.30am – 1.30pm
5	6	7 Science Excursion to CIL Years 5 and 6	8 ACT Track and Field Carnival	9 PUPIL FREE DAY School Satisfaction surveys close
12 K – Yr 1 Swimming	13 K – Yr 2 Swimming	14 K – Yr 2 Swimming	15 K – Yr 2 Swimming	16 K – Yr 2 Swimming Yr 5 Combined band at Fadden Primary
19	20	21 Learning Journeys K – Yr 6 3pm – 4.30pm URFaB Parent Feedback	22	23 Assembly

# Merit Awards

Congratulations to all of this fortnight's  
Merit award recipients.



ATHLLON		
KG	Theo A	Sam W
KH	Lilli D	Emilia J
BRINDABELLA		
K-2L	Carleton S	
2-4B	Aiden H	
GULLA GULLA		
1HB	Harry E	Thomas M
2B	Haylie G	Lincoln T
2M	Amelia R	Reuben S
LAMBRIGG		
3H	Avariel G	Blake N
3W	Brooklyn C	Darcy M
4D	George G	Shyliyah O
4W	Ethan B	Blake H
LANYON		
5/6H	Oliver B	Ruby H
5/6M	George B	
5/6T	Marley H	Shyla K
OTHER		
ARTS	Felix N	Hamish P
BAND	Yr 5 – Ben D	Year 6 – Jordan D
LANGUAGE	Emilia J (KH)	Oscar N (3H)

# Library News

## HAPPY BOOK WEEK!!

This week staff and students have celebrated the importance of books in our lives with a range of Book Week activities.

Class library visits have focused on the short-listed Books from this Year's Children's Book Council of Australia Awards with Teacher reading and discussion.

On Wednesday, students shared their imaginative book character costumes, revelling in the opportunity to meet as a whole school once more. A day of activities followed, with students making a range of Book Week themed craft projects. A big thank you to Mrs Reid, Mrs Williams and Ms Toivonen for organising the day which was enjoyed by all.

Congratulations to the winners of our Costume Parade, (book prizes to be given out at Monday's Gowrie Gathering.)

PRESCHOOL	Darcy U	PIRANHAS DON'T EAT BANANAS
KINDER	Sam W	STICK MAN
YEAR 1	Hayley H	LADYBUG GIRL
YEAR 2	Amelia R	DRAGON GIRLS
YEAR 3	Blair M	THE GRINCH
YEAR 4 HATTER	Izzy G	ALICE'S ADVENTURES IN WONDERLAND/ THE MAD
YEAR 5	Madi M	THE HUNDRED AND ONE DALMATIANS/ CRUELLA de VILL
YEAR 6	Lukah S	THE BFG

Our K-3 students are eagerly anticipating Meerkat Productions' live performance of "Stellarphant". Next Thursday, James Foley's short-listed book from the CBCA Picture Book Awards will come alive in our New Hall through this experienced group of actors. In readiness for our show, students have enjoyed a series of art/craft activities, some of which will be used in next week's performance.

Happy Reading,

Wendy Wheeler

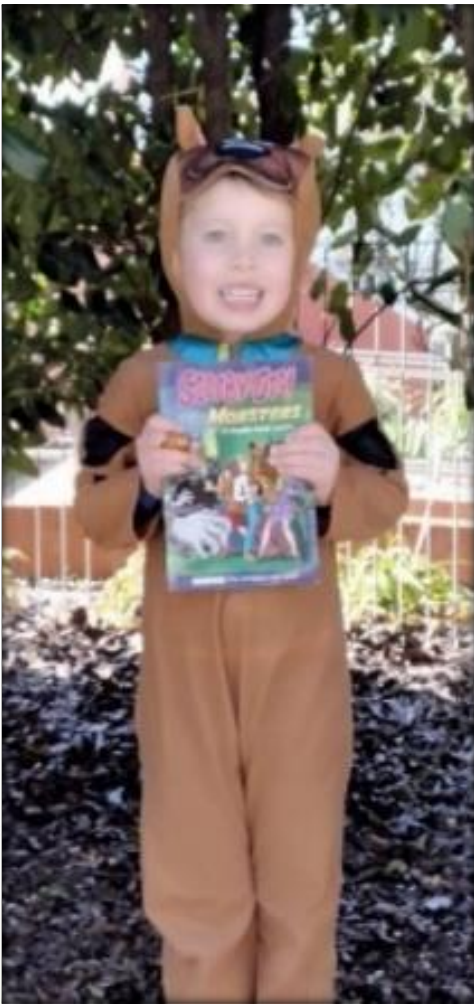
Library Resources Manager



# Celebrating Book Week

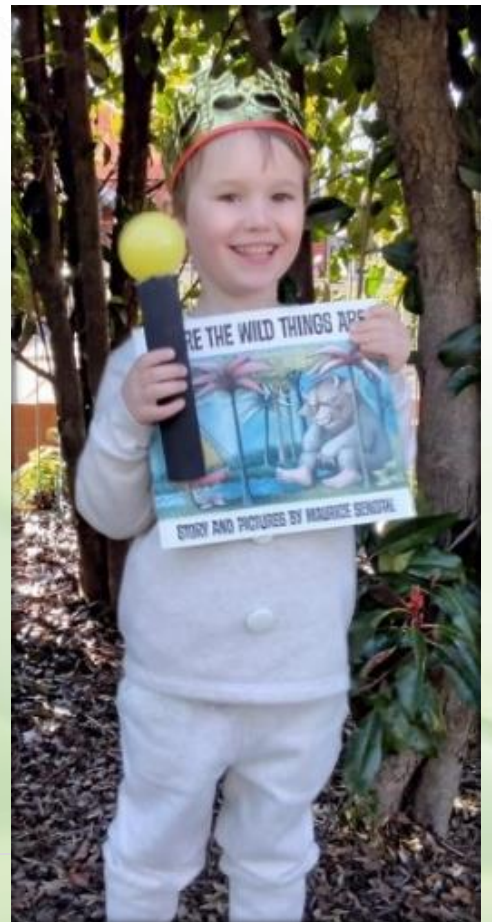
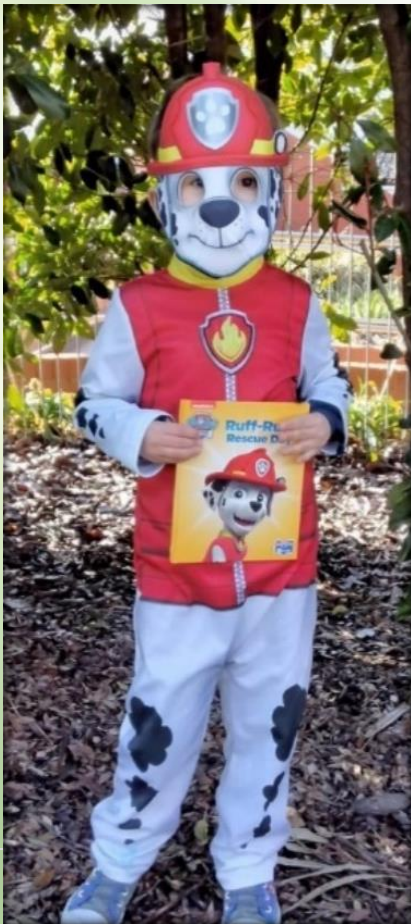












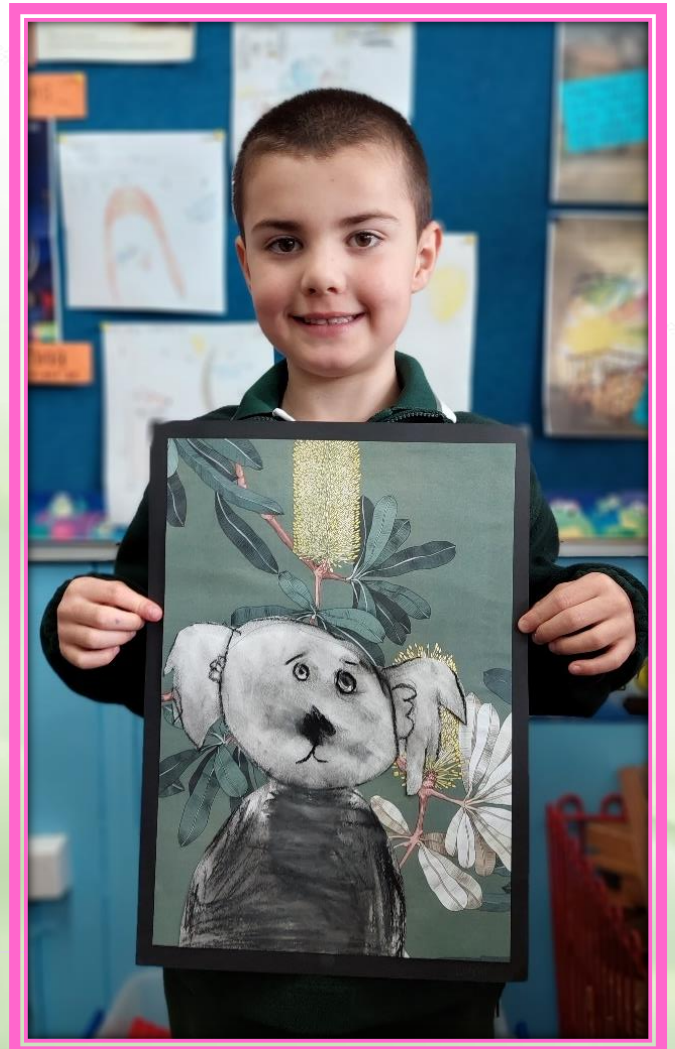
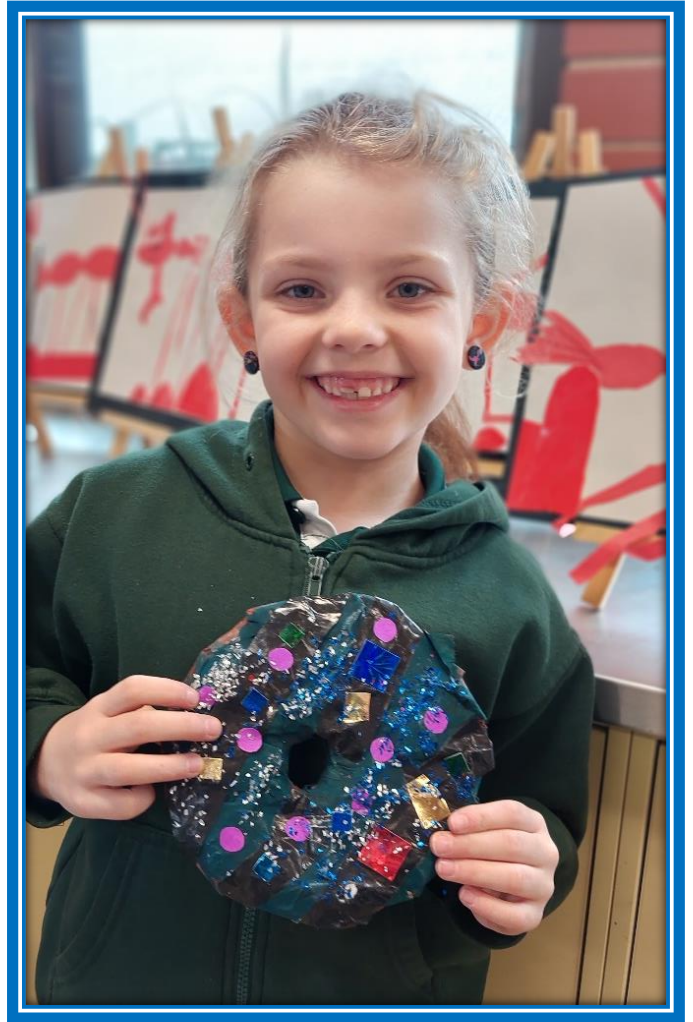






# Artists at Work











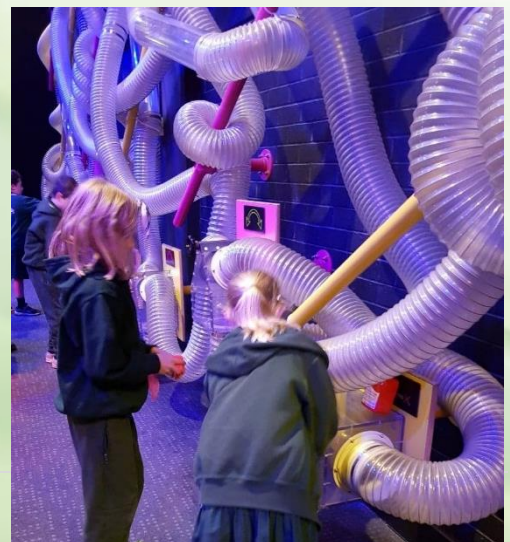
# Yr 3 excursion to Questacon

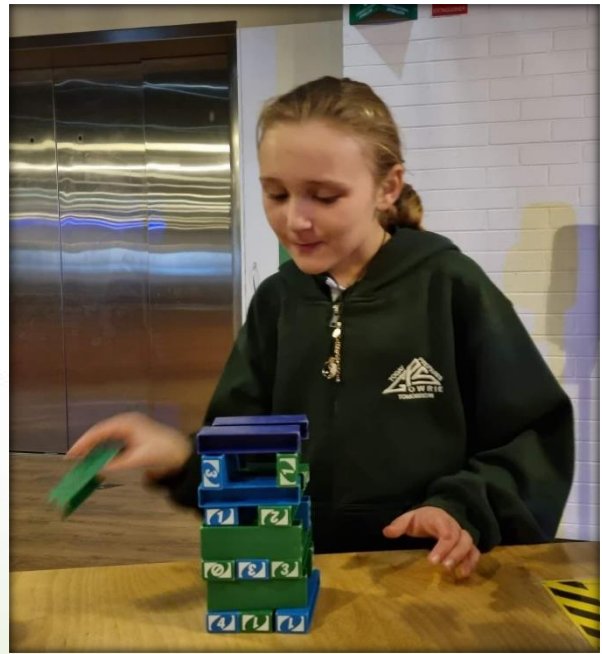
As part of the inquiry unit 'Heat Energy', year 3 went to Questacon during Science Week.

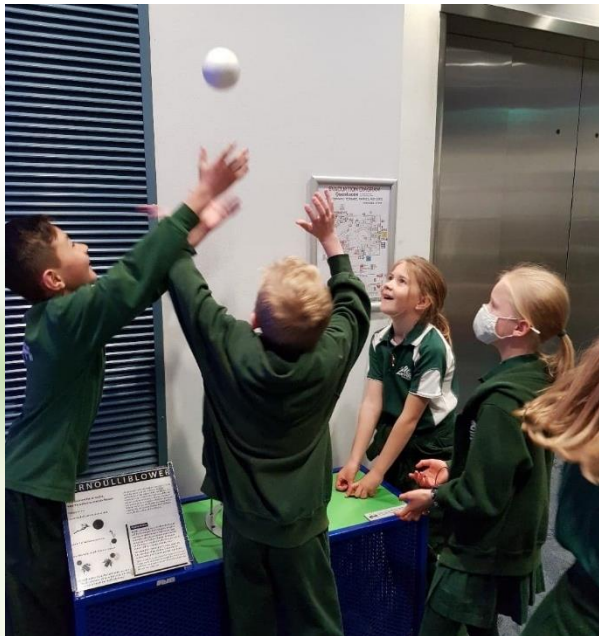
The students had a ball!













## UR FaB Understanding and Responding to Feelings and Behaviours

### Program in Schools

Child and Adolescent Mental Health Services (CAMHS)

#### Hello from the UR FaB Team,

In our last article we introduced the concept of emotion coaching. This article is about using emotion coaching with worry, and specifically with separation anxiety.

Worry is a particular emotion that can be difficult for parents to deal with, however, this is a normal part of child development. Sometimes this worry can come out as anxiety about separating from a parent, such as when going to school or going into a new situation (Antal, 2021).

But how can we use emotion coaching to support children with this separation anxiety? The emotion coaching works firstly by noticing the emotion, before it becomes too intense, and seeing it as an opportunity to connect with your child. Validate the worry and help them to label the feeling (Lisitsa, 2012)- *“I wonder if you’re worried about going to school. I can understand why you might feel worried about leaving mum/dad”*.

Once you have communicated to your child that you understand and accept the feeling, then you can set limits or problem solve. The limit is that they need to go to school. This may sound like: *“I know you’re nervous about going to school, and we need to go to school. What do you think would make it easier? Would it help to...?”* You may be able to suggest some options for managing the worry, such as some calm down strategies. It may be necessary to do this when your child is calm and able to help you think of options (Lisita, 2012).

We don't want to prolong the goodbye, so once you have been through the emotion coaching steps, it's time to separate. Bronwyn (2022) suggests it may be helpful to have a teacher or support person there to welcome the child. Children will usually calm after the separation.

An important step is to ensure that you try to remain calm. Sometimes we may give the message that a situation is not safe because of how we react. Whether through our verbal or non-verbal communication, facial expression or tone of voice, children can pick up on what is going on for their parents. We want to express that we believe they will be safe and can handle this.

At the end of the day you could use descriptive praise to highlight "brave behaviours", even if they are just small steps in the right direction. Try to remain neutral when your child is unable to try a brave behaviour. For example, when you pick your child up from school you could say: "*I know you were worried about going to school and you went - that was so brave*" (Puliafico, Comer and Albano, 2013).

The UR FaB Team

## References

Antal, H. 2021. Helping Kids When They Worry. Nemours Children's Health.  
<https://kidshealth.org/en/parents/worrying.html>

Bronwyn. 2022. Separation Anxiety tips for teachers: How to make drop-off go smoothly.  
<https://www.teachstarter.com/au/blog/separation-anxiety-tips-teachers-us/>

Lisitsa, E. 2012. Emotion coaching Step 1. The Gottman Institute. From  
<https://www.gottman.com/?s=emotion+coaching>

Puliafico, A. Comer, J. Albano, A. 2013. Coaching approach behaviour and lading by modelling: rationale, principles, ad a session-by-session description of the CALM program for early childhood anxiety. *Cognitive and behavioural practice*. 20(4):517–528.  
<https://doi.org/10.1016/j.cbpra.2012.05.002>





# Swimming Reminder K-Yr 2

Royal Life Saving Swim School: Term 3

Parents of students in Kindergarten to Year 2 will need to ensure they have registered for the swim program in Week 9.

The portal is still open for you to register your child/ren in the program at Tuggeranong Leisure Centre.

If for any reason you haven't received an email, note or you need support registering online, please see the Front Office.

Please remember that the portal will be closed by the Royal Life Saving Team on Wednesday the 7<sup>th</sup> of September and no registrations can take place after this date.

It is important that you return the permission slip to the front office.

Thank you to all our families who have already registered online using the portal and have returned the permission slips to the front office.

Swim Program Coordinators

Amanda Horne and Sally Burling



# School Satisfaction & Climate Survey

## 2022 School Satisfaction & Climate Survey 19 August to 9 September

All parents/ carers should have received an email inviting you to give feedback in an online survey about your experience of Gowrie Primary School. Your responses will help our school to identify what we do well and how we can improve. The data will also be used to underpin school improvement practices and inform government priorities, as well as in research projects and longitudinal studies aimed at improving the quality of education services in the ACT.

The survey will be open from **Friday 19 August to Friday 9 September 2022**.

All personal information will be handled in accordance with the Territory Privacy Principles set out in the *Information Privacy Act 2014*. Details about how personal information is stored and used are available in our *Privacy Policy* (available at [education.act.gov.au](https://education.act.gov.au)). Your responses will be only reported and used in aggregate with responses from other students. **No personal identifying information will be provided to any school or college.**

Please complete the survey **ONLINE** at

[https://acteducation.au1.qualtrics.com/jfe/form/SV\\_0SM21r8U6W56JW6](https://acteducation.au1.qualtrics.com/jfe/form/SV_0SM21r8U6W56JW6)

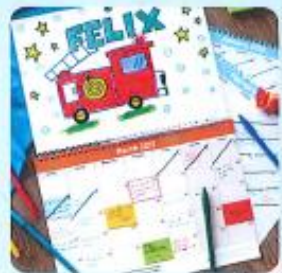
### Your login details:

Your login for the survey is the email by which you received the notification, and the school code for our school **GOWP**.

The survey should take 5-10 minutes to complete, and you can access it from any computer or mobile device until midnight, **Friday 9 September 2022**. Your participation is voluntary, but we do hope you will help.

The Education Directorate is committed to ensuring this survey is accessible for all. If you have not received an invitation email or have difficulty accessing or interpreting the survey, please contact [fiona.barron@ed.act.edu.au](mailto:fiona.barron@ed.act.edu.au) for assistance.

# Important News



## What will you create?

Please collect templates from preschool/front office to take home  
Once decorated please return with order form by  
Friday 2<sup>nd</sup> September

Contact: Jessica Van Bridoes ~~0443387~~ (0435352330)

Write the organiser's name, order closing dates and other key information in this space



# Father's Day Stall

**Friday 2nd September**

It's time once again to show our appreciation for Dad or other special figures in our kids' lives, for all that they do.

The Gowrie P&C will be holding a Father's Day stall on  
**Friday 2nd September**

For preschool students, the stall will be held on  
**Wednesday 31st August**

No pre-ordering or pre-payments. One gift can be chosen per student, to ensure everybody has an opportunity. While payment is not required, cash donations (up to \$5) to cover the P&C's costs will be gratefully accepted on the day.

- ◆ One gift per student
- ◆ No need to pre-order
- ◆ Cash donation on the day  
(up to \$5)

We look forward to helping the students select a fun gift to help make Dad's day special!