



Dear Gosnells Primary School Community,

Amazing to think that we are already approaching the end of week 3.

School Uniform:

This week we have been reinvigorating the importance of wearing school uniform each day. This is really important as uniforms create a sense of pride (our school motto) and assist in the safety and identification of children whilst at school. Students without school branded jumpers or jackets or not

in school colours will now be able to access a range of pre loved and clean jumpers and jackets for them to wear at school during the day.

We strongly recommend that you label any school jumpers or jackets as these are the most misplaced item found in our lost property. Without a name, it is difficult to connect the item with their owner.

New jumpers and jackets can also be purchased via the uniform shop all year round.

Have any pre loved uniforms?

If you have any pre loved uniforms that you would like to donate, simply drop these into the front office. Every uniform donated is re gifted to support another student.

The importance of self-care:

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some self-care tips:

Get regular exercise. Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day.



Coming Events

2 August

Primary Principal's Day

14 August

Science Fair Junior 12-1pm Senior
1:50-2:40pm

15 August

8:50am Assembly Rooms 19 and 6

19 August

School Development Day
Students do not attend

20 August

Book Week Author Visit

22 August

8:50am Assembly Rooms 2 and 8
Book Week Assembly and Parade

26 August

EA Appreciation Day

27 August

Year 4-6 Cyber Safety Incursion

28 August

Kindy Blue Fathers Day Stall
P&C Meeting 5:30pm

29 August

Fathering Project—Donuts with
Dad

30 August

Kindy to Year 6 Father's Day Stall

2 September

Aboriginal Parent Meeting
TBC: Year 4-6 Girls High Tea

FROM THE PRINCIPAL (continued)

Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone, television or computer before bedtime.

Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.

Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.

Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.

Focus on positivity. Identify and challenge your negative and unhelpful thoughts.

Stay connected. Reach out to friends or family members who can provide emotional support and practical help.

Angkor Project Raffle:

This term we are raising much needed funds for our sister school, Prey Podav Primary School in Kampong Speu, Cambodia through the Angkor Project. The Angkor Project is a non-profit organisation that was established in 2006 and has been instrumental in transforming the lives of countless children, educators, and families by providing essential educational resources and support. Its aim was to help raise funds to support children in Cambodia just like our students, to have clean drinking water, water tanks, toilets, electricity, playgrounds, sporting equipment, classroom furniture and improved learning and teaching materials. Your support in the project can be achieved by purchasing raffle tickets for our upcoming raffle.



These tickets are being sent home throughout this week, with additional copies available from the front office. There is a huge array of awesome prizes to be won! Wishing you a great fortnight ahead,

Scott Tapper | Principal

Voluntary Contributions 2024 - Kindergarten to Year 6 - \$60 per year per child

Payments can be made in cash at the School Administration office or online via Qkr!



Download the app for free from Apple's app store for iPhones (for iPads download the iPhone app) or from Google Play for Android phones and tablets.

After downloading the app and registering, select **Gosnells Primary School** from 'Nearby Location' on Qkr or type **Gosnells** after tapping the magnifying glass in the top right of the home screen on Qkr.

HONOUR CERTIFICATES

Congratulations to the following students who received an
Honour Certificate at our Assembly on **25 July 2024**

Kipp, Ashlynn, Heath, Tyler, Rishik, Akeisha, Aryn, Hanaan, Layla, John, Emily, Hajra, Scarlett, Tyler, Ayman, Vaega, Ocean, Tyler, Shanika, Aaron, Harley, Michaela, Willow, Zoe, Christina, Charles, Angela, Isabel, Violet, Gracie, Tyrone, Jordi, Eram, Amirah, Maua, Blake



PRIDE CERTIFICATES

BRONZE PRIDE CERTIFICATE - 75 POINTS

Congratulations to the following students who achieved their
Bronze Pride Award Certificate on **25 June 2024**:

Mayson, Faizah, Janrhys, Violet, Dylan, Rebecca, Nixan, Subi, Akala, Alice, Edward, Karl, Leo, Scarlett, Tyrone, Inika

SILVER PRIDE CERTIFICATE - 150 POINTS

Congratulations to the following students who achieved their
Silver Pride Award Certificate on **25 June 2024**:

Heath, Jayda, Malamba, Sarvesh, Kaysler, Kazi, Ashlynn, Casey, Hunts, Kipp, Lance, Taavi, Theodore, Viraaj, Malika, Skylah, Jhaden, Ryan, Malachi, Tyler, Braxton, Sophie, Zoe, Hadis, Bailey, Bhavya, Damindu, Sriya, Mahammadyamin, Elena, Chevy, Macey, Myla, Michael, Ekam

GOLD PRIDE CERTIFICATE - 250 POINTS

Congratulations to the following students who achieved their
Gold Pride Award Certificate on **25 June 2024**:

Charlotte, Julia, Noah, Justin, Mia, Tyler, Gurseerat, Noah, Ekam, Brooklyn, Tamular, Violet, Krysten, Tyler, Kevin, Etrat, Dev, Erin, Zoe, Rhianna, Annabel, Arlo, Amirah

PLATINUM PRIDE CERTIFICATE - 350 POINTS

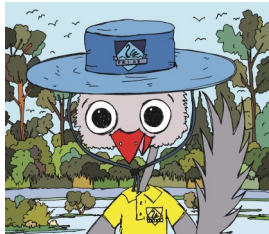
Congratulations to the following students who achieved their
Platinum Pride Award Certificate on **25 June 2024**:

Keiran, Mason, Bella

PRIDE POINT RAFFLE

Congratulations to the following students
whose names were drawn in the
Pride Point Raffle
at the Assembly on **25 July 2024**

Kajali, Amber, Samirah, Mason



Congratulations!



THE FATHERING PROJECT

Communication: Side by side
to get the chat going

Top Tips

- Communicate with your children doing everyday things together.
- Create opportunities to talk when you are side by side.
- Keep up-to-date with what is happening in their lives.
- Talk regularly with your children about a range of topics.
- Make it clear that your children can talk with you no matter what the topic.
- Go for a walk side by side with your child if they have something troubling them.



www.thefatheringproject.org