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[www.gladstone-p.school.det.nsw.edu.au](http://www.gladstone-p.school.det.nsw.edu.au)

[@GladstonePS](https://www.facebook.com/GladstonePS)

# GLADSTONE GAZETTE



Term 1 Week 7

## Term 1

## Calendar

Thursday 20th  
March

Library Van

Thursday 20th  
March

BUPA Nan and  
Pops  
Intergenerational  
reading program  
starts for 2025

Friday 21st  
March

Small Schools  
Harmony Day  
at Willawarrin

Wednesday  
12th - 24th  
March

NAPLAN online-  
year 3 & 5

Welcome to our week 7 newsletter, we have had an adventurous few weeks where our school community has shown off our productivity and our resilience! This week our Lower Macleay community faced an unexpected challenge when adverse weather led to flooding in our area, this resulted in our school being closed for four days. Thank you to our families for staying in contact and heeding the safety messages from our local Macleay SES. We are pleased to report that we returned to school ready to resume our regular programs and were greeted with enthusiasm and smiles from all of our students! Well done to our students for picking up where we left off last week and continuing to enjoy our learning programs including our Dhanggati Language and ACMF music programs this week and returning to a Fair, Safe and Respectful learning environment.

We will be completing NAPLAN for our year 3 and year 5 students starting from Monday next week.

Last week we joined schools and communities across the country who completed the annual Schools Clean-up day in conjunction with Clean Up Australia's clean-up day. This year our students not only took part in beautifying our grounds but also created a podcast to share their commitments to caring for both our school and the wider world. This can be found by following the link in our newsletter or visiting our school website or Facebook page.

Our local Macleay Argus have a special Kindergarten feature in their next publication, we are excited to see some of our Kindergarten students featuring! We hope many of you will be able to grab a copy of the local paper to see the students featured, showing off our Gladstone Public School space!

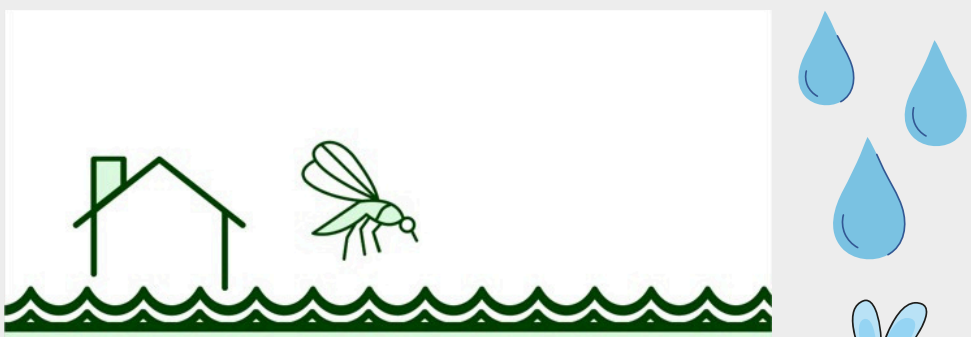
Looking ahead, we are excited to announce a small schools Harmony Day excursion to Willawarrin. This event will be a wonderful opportunity for our students to celebrate diversity and foster community connections with all of our small school friends from our Macleay Small schools. We are excited to spend the day learning and working with our friends from Bellbrook, Green Hill, Kinchela and Willawarrin Public Schools on Friday 21st March 2025. Permission and further information regarding this will be sent home via our School Bytes Portal and App early next week.

Thank you for your continued support and engagement in our school activities!

Kind regards,


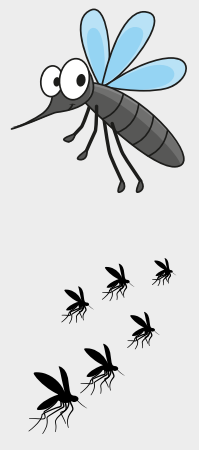
Rebecca Smith, Teaching Principal





## Mosquitoes increase with floods.

Find out how you can protect yourself against bites.

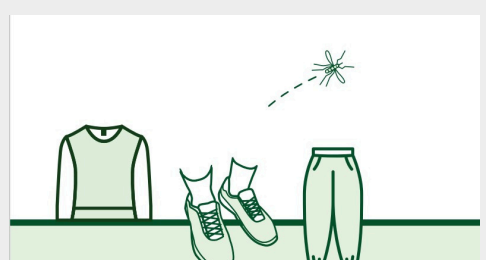





## Keep mosquitoes out.

Thank you for keeping the doors and windows closed.


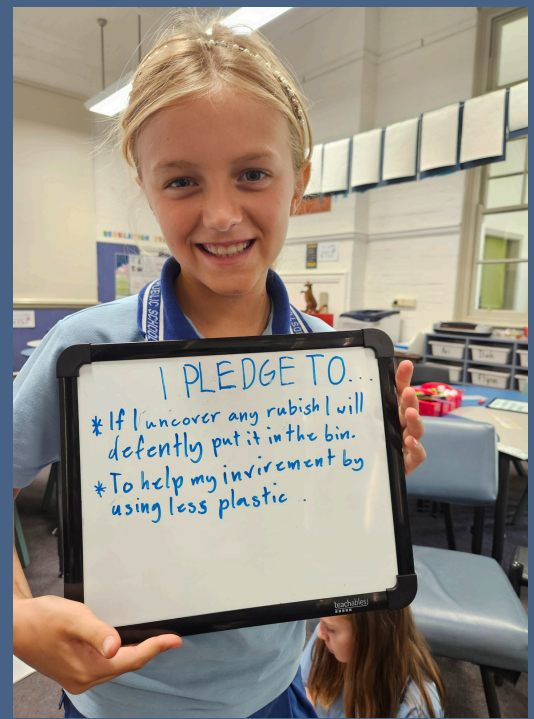
Find out more about protecting yourself against mosquito-borne diseases at [health.nsw.gov.au](http://health.nsw.gov.au)

## Protect yourself. Cover up.

- Long-sleeve shirt
- Long pants
- Shoes and socks

Protect yourself against mosquito-borne diseases. Find out more at [health.nsw.gov.au](http://health.nsw.gov.au)

## Apply for Personal Hardship Assistance, Tropical Cyclone Alfred, March 2025



Scan the QR Code to see if you are eligible to apply for Personal Hardship Assistance, Tropical Cyclone Alfred, March 2025

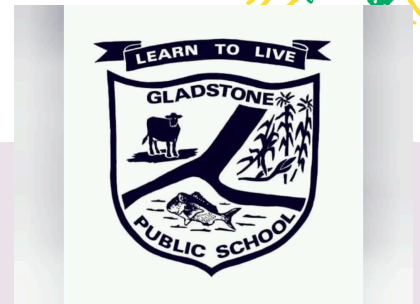
Financial support for individuals living in a disaster declared area that were impacted by Tropical Cyclone Alfred on 3 March 2025 (AGRN 1198).







We have pledged to help Clean up Australia, check out our podcast with some of our pledges by following the link...



**HELP CLEAN UP AUSTRALIA EVERYDAY**

REGISTER NOW



School Bytes

# Parent App

Available now!

Download on the App Store or Google Play by clicking the image below.



## Key Features

- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news

Download on the App Store

GET IT ON Google Play



# Community News



scometsnetsball@gmail.com



crescentheadnetsball@gmail.com



gayebrenton@hotmail.com



swrnetballclub@outlook.com



fredosports@hotmail.com



naturelandnetballclub@outlook.com

## MACLEAY NETBALL

### PLAY, GROW, BELONG!

Join Netball in the Macleay and be part of a fast-paced, exciting sport that builds skills, friendships, and team spirit! Whether you're a beginner or a seasoned player, there's a place for you on the court. Stay active, have fun, and experience the thrill of netball in the heart of the Macleay.

Sign up today and be part of something great!

## Register NOW



**Early Bird Discount Applies \***

**\*Must Register by March 22**

Contact us via email [macleaynetball@hotmail.com](mailto:macleaynetball@hotmail.com) or find us on Facebook for Club Registration information

Macleay Netball Association

Register Online via [playhq.com](https://playhq.com) • Find your club above



## Help us better understand your community



**Have your say to help shape how TAFE NSW responds to your community's needs.**

TAFE NSW is the most geographically and demographically diverse training provider in the country. While this is cause for celebration, it also presents challenges in supporting the needs and aspirations of communities, rather than a 'one size fits all' approach.

We understand that every community is different, but we need your help to better understand your local needs. Because once we understand your community's needs, we can better deliver effective, meaningful services that meet those needs.

[www.haveyoursay.nsw.gov.au/tafensw2025](https://www.haveyoursay.nsw.gov.au/tafensw2025)


**Take the survey**


We welcome everyone over 16 years of age to complete this anonymous 10-minute survey (or, alternatively, to share your ideas). You can answer from your individual perspective, or you can answer on behalf of a business or community group that you represent. Your input will help TAFE NSW deliver local solutions, training, services and spaces needed to help your community thrive.



RTO 90003 | CRICOS 00086 | HELP PROVIDED

Small changes,  
big differences.





## Group Triple P

### Takes the guesswork out of parenting

**New positive parenting course starts soon...**

- Become confident as a parent
- Encourage behaviour you like
- Deal with problem behaviour

**DATES:** 6, 13, 20 & 27 March 2025

**TIME:** 10am – 12:30pm


**VENUE:** Youth Centre, 25 Marsh St, West Kempsey

**PRESENTERS:** Regan & Wendy


**BOOKINGS AND INFORMATION**

FREE program with resources & light refreshments provided.

Bookings are essential due to limited numbers. Contact Regan on 0476 806 721



[www.triplep-parenting.net](https://www.triplep-parenting.net)



## Creative Heart Healing

### Upcoming FREE Workshops

#### Heal Your Trauma

For adult survivors of childhood trauma, their carers, support workers and mental health professionals

Have you experienced childhood trauma, or know someone who has? Survivors often suffer from a range of mental health and relationship issues, and they can carry this throughout their life.

But it doesn't have to be that way – it is possible to heal. Trauma memories and emotions can remain "stuck" in the right side of the brain, and by using creative therapies you can work through these to rewire your brain and heal, so the trauma doesn't impact your daily life anymore.

Don't miss this **FREE 2-hour introductory workshop** where you'll learn:

- What is trauma?
- Effects of trauma on the brain
- Creative strategies to heal

**Workshop dates:**


Kempsey - 11 March

Port Macquarie - 12 March

Coffs Harbour - 7 April

Taree - 9 April

**More info**



### Upcoming Trauma Healing Retreats

For adult survivors of childhood trauma

Recovering from childhood trauma requires a targeted approach to rewire the right hemisphere of the brain where trauma emotions and memories are stored.

Heart Healing retreats run for 4 days allowing you the time and space to work on issues that may otherwise take years to resolve.

The retreat process is gentle and uses evidence-based therapies such as Narrative Therapy, Internal Family Systems Therapy, EMDR, Somatic Therapy and Creative Arts and Writing Therapies. All strategies used are based on brain science and utilise right brain therapies (such as creative arts) to rewire the brain and ultimately heal. Participants can learn healing processes during the retreat that can be applied to their own lives and can continue to be used at home after the retreat.

**Contact**

[www.creativehearthealing.com.au](https://www.creativehearthealing.com.au)

[difrost@creativehearthealing.com.au](mailto:difrost@creativehearthealing.com.au)

0419211082

**Kempsey Retreat dates:**

24-27 March

26-29 May

20-23 October

**More info**

