

13 KINCHELA STREET
GLADSTONE, NSW, 2440
(02) 6567 4253



http://



gladstone-p.school@det.nsw.edu.au

www.gladstone-p.school.det.nsw.edu.au

@GladstonePS

GLADSTONE GAZETTE



Term 2 Week 6

Term 2

Calendar

MONDAY
9TH JUNE

KING'S BIRTHDAY
LONG WEEKEND

WEDNESDAY
11th JUNE

P&C MEETING

WEDNESDAY
25th JUNE

RESPONSIBLE PET
INCURSION K-2

WEDNESDAY
3rd JULY

COMMUNITY BBQ
AND END OF
TERM ASSEMBLY

FRIDAY
JULY 4TH

LAST DAY TERM 2

We have had an extraordinary fortnight as we return to our usual routines I want to take a moment to reflect on the remarkable spirit our community has shown during this time. Our students have taken inspiration from this as they have not only first hand witnessed but also watched as the community around them have banded together to support one another and have created a tribute podcast acknowledging the supports and thanking those who have been able to reach out and support others. This is available to listen to on our [website](#) for anyone who would like to listen.

Our past week has been full of exciting and delicious school projects and tasks including preparing lunches and snacks! We were delighted when our Macleay Valley Director Educational Leadership, Mrs Emma Jeffery popped in for a visit on Friday and shared some of our delicious cooking! We were excited to share our banana muffin recipe with her and to get a thumbs up for our cooking! Our student's enjoyed spending time with Mrs Jeffery as they shared their stories and acknowledged the community around them.

Thank you all for your patience and understanding as some of our regular programs and scheduled dates have been changed and shifted, we are excited to share the new date for the Kempsey Eisteddfod, this will now be held in Term 3. We will also hold another community breakfast in week 10 as well as host an awards assembly. we hope many of you will be able to join us. This will be scheduled for Wednesday 3rd July from 8:15 am.

As a gentle reminder to our families regarding school uniform now that the weather has cooled, we have had a number of students borrowing warm jumpers, especially when they arrive at school. If you are in need of these please come and see us in the office, we have items in our clothing pool as well as new uniforms available to purchase from the P&C. It is also important to ensure all uniform items are clearly labelled to ensure that they can be returned to their owners if lost!

Regards, Rebecca Smith, Teaching Principal



Days missed equals years lost. When your child misses one day a week, that's 40 days of school and 8 weeks of learning in one year. Over an entire school journey this adds up to 2.5 years of lost learning. We are here to support you in making sure students are attending school every day and get the most out of their learning.

If your child cannot attend school due to an unavoidable appointment or illness, please notify us of their absence using the School Bytes App or calling the office.



To ensure you receive important information from the school efficiently, please keep your app updated and enable push notifications.



Check out the full Program by visiting the Kempsey Eisteddfod Website...

<https://www.kempseyeisteddfod.org/visd>



Tickets are \$5 per session (under 5 free) and can be purchased at the door.



Head to our website to hear
our latest Podcast



From Gladstone we say Thank you everyone
who has helped out our community



R&C News

ASSOCIATION

Our Canteen is looking for
volunteers are you able to help us
out?

We will be hosting a volunteers
training day if you are interested in
helping out or in coming along to
the training day. Please scan the QR
Code and fill in the details form or
contact us in the office.

Next General Meeting date :
11th June 3:15pm in the Library. All
welcome!

CANTEEN VOLUNTEER
INFORMATION





Support for Mental Health

What mental health support is available to the flooded regions?

People impacted by the floods are able to access a range of national, regional and localised mental health supports funded by the Australian Government and State Governments.

If immediate 24/7 mental help is required, people impacted by the floods should contact:

Health support	Contact numbers	Services
Lifeline	Lifeline Call 13 11 14	National Counselling service
Beyond Blue	Beyond Blue Call 1300 22 4636	National Mental Health and well-being support service
MensLine	MensLine Call 1300 22 4636	National 24/7 online counselling support for men
Lifeline Text	Lifeline Text Call 0477 13 11 14	24/7 Crisis Support Text service
Kids Helpline	Kids Helpline Call 1800 551 800	Counselling service for young people aged 5 to 25 years
headspace	Contact details: www.headspace.org.au	A program for youth aged 12-25 experiencing, or at risk of mild to moderate mental illness
Older Persons Advocacy Network	OPAN Call 1800 700 600	Free, confidential and independent support for older people



Preventing mould in your home

Here's what the experts suggest to clean and prevent mould in your home.

What you need to know about mould



Mould grows in wet and humid conditions on most surfaces



Mould can make some people feel unwell such as experiencing allergies and asthma



Mould wears out furniture and building materials faster

Ways to prevent mould

Increase airflow

- Open windows on dry and sunny days
- Use a pedestal fan to dry out rooms that are damp or have poor ventilation
- Use exhaust fan in the bathroom (if you have one)
- Limit the use of clothes dryers

Reduce moisture

- Close the bathroom door when bathing or showering
- Vacuum carpet and remove dust
- Open wardrobes to air clothes
- Dry wet clothes on a line or rack, outside if possible

Simple ways to remove mould

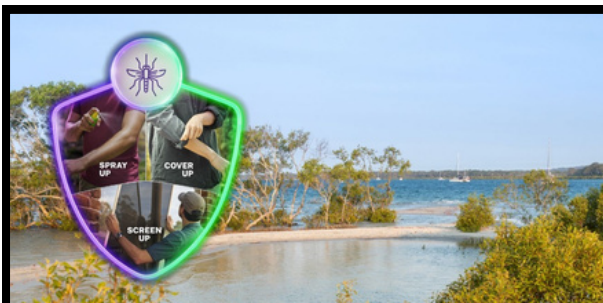
Household surfaces: mix 1 part white vinegar with 4 parts water and wipe surfaces clean with a cloth or paper towel

Leather: clean with a leather cleaner

Wood: clean with a wood oil

Delicate materials: if vinegar is not appropriate, clean with warm soapy water

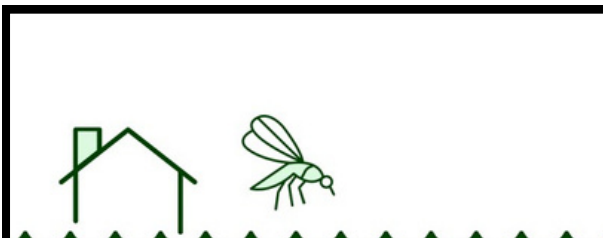
Avoid bleach: it can create toxic fumes, damage surfaces and won't kill the mould



KEEP MOZZIES AWAY

Protect yourself and your family from mozzies in three easy steps: SPRAY UP • COVER UP • SCREEN UP

Some mozzies in NSW carry diseases that can make you very sick. Learn more at www.health.nsw.gov.au



Mosquitoes increase with floods.

Find out how you can protect yourself against bites.

