



Term 2 Week 3

NEWSLETTER

Participate, Learn, Succeed

Principal's Report

Well, here we are, breezing into Week 3 of Term 2, and I must say, our students have hit the ground running! It's been an outstanding start to the term, and I couldn't be prouder of how everyone is settling back into the swing of things. We've already had some wonderful events to kick off this term. Our Mother's Day afternoon tea was a delightful occasion – thank you to all the wonderful mothers and grandmothers who joined us! I think we can all agree that tea tastes better when shared with loved ones. Plus, there were some pretty impressive cakes involved! I would like to thank the amazing Miss Smith, Mrs Hawkins, Mrs Snowdon and Mrs Dennis for their organisation.

A huge shoutout goes to Hugo for his gutsy participation in the zone cross country. Well done on representing us with pride.

I'd also like to give a warm welcome to our new school counsellor, Racquel Mason. We're thrilled to have her on board, and I'm sure she'll be a fantastic addition to our school family.

On top of all that excitement, we've kicked off our four-week gymnastics program on Monday afternoons. Get ready for some flips, tumblers, and maybe a few giggles as our students learn to master their inner gymnasts. Just remember, hands down, feet up – or is it the other way around?

Looking ahead, we have some exciting events coming up! On Monday, we're off for an author visit at Stroud Public School. This is a brilliant opportunity for our students to dive into the world of literature and maybe even get some tips on how to write their own bestsellers. And don't forget, in a few weeks, we'll also be gearing up for the Wheelie Safe Kids excursion focusing on bike safety.

Wishing all families a relaxing and enjoyable weekend ahead!

Mr Irwin

What's on this month?

Week 4

Monday 19/5

- Author Visit @ Stroud Public School
- Gymnastics Sporting Schools

Wednesday 21/5

- Year 6 Puberty Talk @ Stroud Public School

Thursday 22/5

- Library

Week 5

Monday 26/5

- Gymnastics Sporting Schools
- P & C Meeting @ 3:15pm

Thursday 26/5

- Library

Week 6

Monday 2/6

- Gymnastics Sporting Schools

Wednesday 4/6

- Wheelie Safe Kids Bike Safety Incursion

Thursday 5/6

- Library

Gymnastics Sporting Schools



Student of the Month

Winnie Daley

***Winnie tries her best
in all school
activities. She is a
responsible,
resilient and
respectful Stroud
Road student. Well
done Winnie!***



Stroud Road Attendance

Attendance Term 2 - 83.3%
Attendance Target - 95%

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

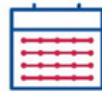
they miss weeks per year

and years over their school life

1 day per fortnight



= **4** weeks

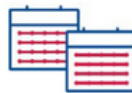


= Over **1** year missed

1 day per week



= **8** weeks



= Over **2.5** years missed

Quote of the Week

“The best preparation for tomorrow is doing your best today.” –
H. Jackson Brown

RIDDLE ME THIS

What word has kst in the middle, in the beginning, and at the end?

GEM Chats

Empathy

CREATING WELLBEING HABITS & CONNECTION

GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations**.

HOW TO USE GEM CHATS

Make GEM Chats a part of your dinner routine to reflect, check in, and practice empathy.

Try these prompts:



Thank each family member for something they've **done or said** today.



Give each family member a **compliment**.



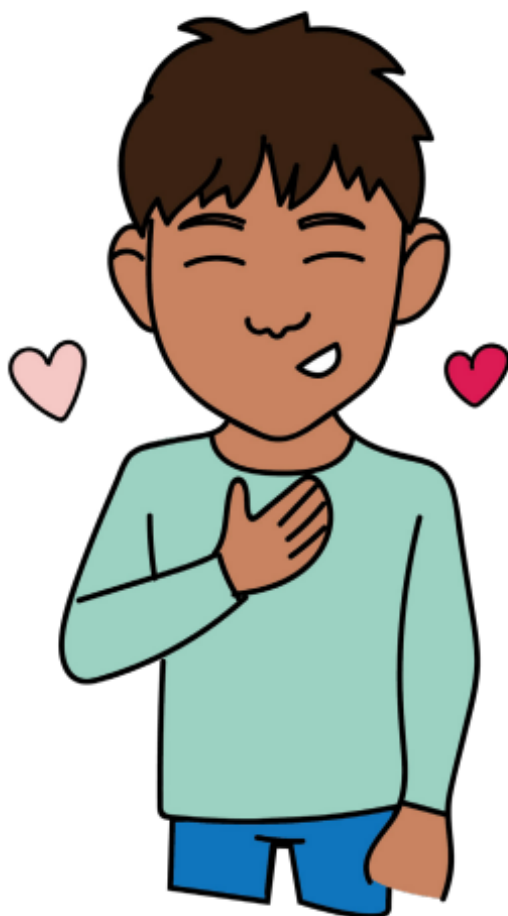
Share a time when someone has done **something kind for you** this week. Describe how it made you feel.



Think about someone special in your life. **What makes them special**, and how will you let them know this week?



Who made you **feel cared** for this week? What actions did they take?



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:



@theresilienceproject__



The Resilience Project



The Resilience Project



theresilienceproject.com.au



Play Junior Hockey in 2025

Gloucester Panthers Hockey Club is your local hockey club providing hockey options for juniors.

Options for junior players:

- Cook Park Junior Hockey – Played on Monday afternoons from 3:30pm to 5pm, starting Monday 5th May, running during terms 2 and 3 of school.
- York Cup Representation – travelling junior 12 and under Gloucester team competing in Tamworth on 4th – 7th July.

Please register now for Gloucester Hockey Club:

<https://www.revolutionise.com.au/ghc/registration>

For more information check out our Facebook page or email:

Ghclub17@gmail.com



A supportive and engaging environment for children and young people with special needs.

Starts Friday 16th May

4:30pm - 5:30pm



Gloucester Soccer Complex



REGISTER NOW



SCHOOL READINESS ASSESSMENTS 2025

STROUD

WILL YOUR CHILD BE STARTING SCHOOL IN 2026?

Gloucester Community Health is offering a free School Readiness Assessment of your child's general health & development. This will be held at the Stroud Public School on the 12th and 26th of June.

This is for all children who will attend kindergarten at Stroud, Stroud Road or Booral schools.

**IF YOUR CHILD IS CURRENTLY ENROLLED IN A PRE-SCHOOL, YOU
WILL AUTOMATICALLY RECEIVE AN EMAIL WITH AN APPOINTMENT**

**For more information please contact the Centre on:
65385058**



Health
Hunter New England
Local Health District



Veggie & Cheese Muffins

Serves: Approx. 12 muffins

Ingredients:

- 1 cup wholemeal self-raising flour
- 1 cup white self-raising flour
- 1 cup grated zucchini (squeeze out excess water)
- ½ cup grated carrot
- ½ cup corn kernels (fresh or frozen)
- ¾ cup reduced-fat grated cheese
- 2 eggs
- ¾ cup milk (or plant-based milk)
- ¼ cup olive oil
- Optional: finely chopped spinach, capsicum, or ham



Method:

1. Preheat oven to 180°C (350°F) and line or grease a muffin tray.
2. In a large bowl, mix the flours and grated veggies.
3. Add cheese and any extras you like (ham, spinach, etc.).
4. In a separate bowl, whisk together eggs, milk, and oil.
5. Pour the wet mix into the dry and stir until just combined.
6. Spoon into muffin tray and bake for 20–25 minutes or until golden and firm.
7. Cool before packing into a lunchbox.