



GOOD COUNSEL PLAYGROUP
GOOD SAMARITAN HALL
 (Access VIA OWEN STREET)

FRIDAY MORNINGS 9.00AM - 11AM

Cost - \$2.00 per family

BYO - Morning Tea & waterbottle

Co-ordinators: Mrs Amy McElhinney &

Mrs Rosanne Mifsud

Join our "Good Counsel Playgroup" Facebook page

TUCKSHOP



WED 15 AUG LINDA / HELP NEEDED

FRI 17 AUG LINDA / HELP NEEDED

MON 20 AUG LINDA / HELP NEEDED

**PLEASE MAKE SURE ALL TUCKSHOP ORDERS ARE WRITTEN OUT
 ON A PAPER BAG WITH AMOUNT OF MONEY ENCLOSED**

Regular times for sale of uniforms are:
 MONDAY, WEDNESDAY and FRIDAY
 8:00—8:30am and 11:00am—12:30pm

PRE-PREP PARENT INFORMATION EVENING

WED 22 AUG 2018
6.30PM GCPS THEATRETTE

2018 PRE-PREP SESSIONS
Prep Rooms 8.45am - 11.00am

Friday - 24 Aug
Friday - 31 Aug
Friday - 7 Sep
Friday - 14 Sep

TERM FEES



Term 3 fees are now overdue. Please
 make payment as soon as possible.
 Please be mindful and check your
 emails to ensure delivery of your fee statement.

WANT SOMETHING EXTRA?

Personal Training Is Now Available
Located at the Innisfail Pony Club Grounds
Children of all ages are welcome
Offer for GCPS mother's - first class free

TUESDAY

4.30 - 5.30AM - Train with the Trainer (bookings essential)

5.45 - 6.45AM - Boxing

5.30 - 6.00PM - High Intensity Interval Training

THURSDAY

4.30 - 5.30AM - Train with the Trainer (bookings essential)

5.45 - 6.45AM - Circuit

5.30 - 6.00PM - High Intensity Interval Training

**Contact Amanda Romano 0424 793 379 or
 email amanda.pye@bigpond.com**

3.14 FITNESS

Book Week

Book Character Parade
Tuesday 21st August, 8.30am



**Come dressed as
 your favourite
 book character.
 Reuse and
 recycle materials
 from around your
 home.**

FIND YOUR TREASURE IN THE LIBRARY!



GOOD COUNSEL PRIMARY SCHOOL NEWSLETTER

SEEK, LEARN AND SERVE

14th August, 2018

TERM 3 Week 5

Dear Parents/Carers,

"Screen overload puts brain development at risk".

This is a confronting introductory statement for my newsletter but is a reality I see playing out with many of our students today. Screen overload is making kids moody and lazy. "Children are becoming more irritable and for some they are in a state of abnormally high arousal, and may seem "wired and tired". "That is, they are agitated but exhausted" (*Dr Victoria Dunckley MD*). I have spent some time researching the impacts of screen time which effects children in many ways.

Electronic screen use (such as watching television/DVD's, and using computers, video games and portable devices) is the most common leisure activity of youth in Australia. A large majority of children and adolescents in Australia exceed the recommended maximum of two hours a day of screen use for leisure and that time spent in screen activities is increasing. Corresponding with the expanding screen-use culture of youth, there has been a decline in the time children and adolescents spend playing outside and in contact with nature. These trends are concerning, as research indicates that excessive time using screens is associated with health and wellbeing adversity for children and time outside and in contact with nature is associated with increased physical activity and enhanced mental and physical health (*Dr Karen Martin University of WA*).

The current epidemic of our Year 5 and 6 students playing games such as "Fortnite" is impacting their learning. These highly addictive games dominate student conversation, thinking and a craving to attain the highest level.

A healthy balance between use of screens and time outside appears to be missing in the lives of students today. Digital parenting means providing guidelines for safety without limiting children's opportunity to learn.

Parents, it is time to take charge and set down some rules. For more information just google "screentime overload" and read the current research.

Congratulations to all our School and District sporting kids. Last Friday, students participated in the Ty Williams U/10 Rugby League, U/10 Fowler's Cup, Netball and many competed at the Peninsula Regional Athletics Championships in Cairns on Sunday/Monday.



U/10 NETBALL TEAM - UNDEFEATED IN 7 GAMES



Congratulations to Logan Walker who placed 2nd in long jump and Jordan Ozzi placed 1st in the 200m final at Peninsula Athletics.

State Representative - An amazing achievement for Juliet Santitto who last week was selected in the Qld U/12 Tennis team. Juliet could be our next future great on the court - see page 2.

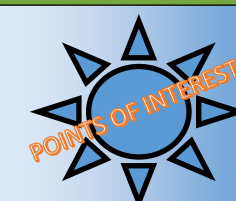
Prep 2019 - Our Prep classes for 2019 are filling up quickly, so if you have not enrolled or know of families thinking of enrolling please encourage them to contact the School Office. A Prep feature will be in the Advocate this week advertising Pre-Prep visits and meetings.

Regards *Liam*

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 www.gcps.qld.edu.au

Ph: 07 4061 2994
 Fax: 07 4061 2271

OFFICE HOURS
8:00 AM—3:20PM



Page 2—The Life of the
 School

DIARY DATES

TERM 3 Mon 16 Jul -
 Fri 21 Sep

THU 16 AUG
MATH OLYMPIAD #4

TUE 21 AUG
BOOK WEEK
CHARACTER PARADE

WED 22 AUG
PRE PREP
INFORMATION
EVENING 6.30PM

FRI 24 AUG
PREP-PREP DAY #1

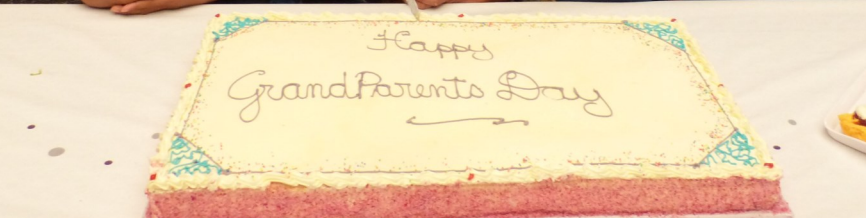
P&F MEETING
TUES 14 AUG
7.00PM -
THEATRETTE

What a fabulous Week 4...

A big thanks to all the hands on deck for Under 8's Day last Wednesday with children joining our Preps, Year 1 and Year 2 from various Kindies and Playgroups. Thank you to Marcelle Foster, Kristen O'Brien and the Good Counsel College students who face-painted to delight the little faces.



Friday's Grandparents Day was a success with all grandparents sharing their experiences in all classrooms, followed by cake and scones for morning tea. Thank you to all Staff for the excellent coordination of some 180 visitors enjoying the traditional morning at GCPS. Thank you to the students of 6W for their Grandparents Prayer Assembly, and Miss Adrienne Worth for her preparation. Congratulations to the three generations of Ungil family for the cutting of the Grandparents' cake.



Villanova visits...

A lovely visit by the children of 1S with Mrs Grace Slater and 1G with Mrs Lynne Guli to the Seniors at Villanova. Such a good experience for both generations.

Class Reconciliations...

Thank you Father Kerry for taking the time for Class Reconciliations of students in 4PD with Mrs Rosemarie Pensini and 4B with Miss Renee Butler.

A reminder for First Eucharist candidates that their Sacramental Day is on Sunday 19 August in Room 9 with Mrs Pensini & Mrs Cristaudo.

Feast of the Assumption...

Please join with us in celebrating Mary's Feast of the Assumption with Fr Nathan Mackay in Mother of Good Counsel Church on Wednesday 15 August at noon.

Friday's Prayer Assembly...

Please join with Year One for their Choices Prayer Assembly on Friday.

Yours in Catholic Education Maria Caltabiano—Mrs C.

2018 TERM 3

- Tue 14.08 P&F Meeting Theatre 7:00pm
- Wed 15.08 Feast of the Assumption 12:00pm
- Fri 17.08 1G & 1S Prayer Assembly
Interschool Sport
- Tue 21.08 Book Week—Book Character Parade
- Thu 23.08 Visiting Author & Poet—Ian McIntosh
- Fri 24.08 4PD Sacrament of First Eucharist
Prayer Assembly
Pre-Prep Day #1
Interschool Sport
- Mon 27.08 Bike Safety Day P-Yr 2
- Fri 31.08 Father's Day Prayer Assembly
U12 Fowler's Cup
Pre-Prep Day #2
Interschool Sport
- Tue 4.09 Christine Anu Concert—NAIDOC
- Fri 7.09 NAIDOC Prayer Assembly
Pre-Prep Day #3
Interschool Sport
- Wed 12.09 Yr 5 Barrabadeen Camp
- Fri 14.09 Year 6 Prayer Assembly
Pre-Prep Day #4

MINI VINNIES GRANDPARENTS DAY
RAFFLE WINNERS

- 1st Prize—Brian Kelly; 2nd Prize—Mia Terry
- 3rd Prize—Brian Kelly; 4th Prize—Beth Stoter



Sincere condolences to Logan Walker 5GS and family for the loss of their grandson and nephew.



Congratulations Juliet and the Ty William's Cup team boys.



SOCIAL & EMOTIONAL
LEARNING AWARDS
WEEK 4

- ALL KEYS
Tara Borg
Sarah Anderson
Miriam Ungil
Joshua Lowrey

- CONFIDENCE
Ashton Vecchio
Jordan Ozzi
Navreet Basra
Sienna Squillari
Amira Braun
Aaliya Briggs
Jemimah Conroy
Ned Negri

- GETTING ALONG
Claire Daley
Ava Jones
Connor Onaindia
Bobby Kennealy-Flegler
Sheri Evans

- ORGANISATION
Ruby Kukulies
Mace Jones
Gurmaan Singh
Mia McLeish
Anthony Giandomenico
Charlie Ferguson
Lachlan Maccarone

- PERSISTENCE
Kaiya Green
Marjorie Tagget
Rylie Abberdan

- EMOTIONAL RESILIENCE
Nash Juhas

