



# Newsletter

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## Principal's Message

The end of every year can become difficult for children and parents. I came across this article on the end of year burn out from "Parenting Ideas" that I thought was worth sharing with the community.

"Everything's going wrong," my daughter sobbed on my shoulder.

Eventually we came to the conclusion that just two things were actually off track in her life, but in that moment it felt like everything to her.

I can relate – and I know a lot of other parents can too.

Call it what you will – burnout or simply Term Four – lots of us are feeling the fog in our brains and the weight on our shoulders at this end of the year. We can see that our kids are exhausted near the end of a big year of school, but us parents are just as fatigued.

Parenting expert and psychotherapist [Dr Karen Phillip](#) says this is pretty common.

"Towards the end of the year parents can experience a type of burnout," she explains. "No doubt the year has been busy, so much running around with the kids, running the home, looking after others, working, and the list continues."

We certainly underestimate the energy and emotional and mental space that all these activities take during the year. And the problem is that, just as we're ready to wind down, we're expected to ramp our efforts up again.

"By year's end we want to stop and have a break, yet Christmas is upon us, so more work is needed this time of year," says Phillip.

"Gift buying, planning, parties, organising Christmas breakfast, lunch and dinner, wrapping, planning – and fatigue is upon you again."

## How to ease the burnout

While many of us would like to just run away, there are more realistic ways to ease the feeling of burnout at this time of year.

- Get out! The best way to deal with burnout is to escape parenting responsibilities for a short time. "To manage burn-out we need to have a night out or better still a weekend away, just you and your partner, no kids," suggests Phillip.
- Get as much sleep as you can.
- Spend some time alone. "Safeguard your 'me time'," advises Phillip. "When you can get even 10 to 15 minutes a day to yourself to walk or sit quietly and relax, things start to rebalance."
- Ease the pressure and put things back into perspective. "If you are a perfectionist this adds additional pressure, so adjusting your own self expectation may remove some of your self-imposed pressure," says Phillip.

Listen to your own advice. When my daughter was feeling like her life was out of control recently I suggested, "Take a bit of time to cry and feel frustrated, and then we'll do some problem solving." "There is no solution," she replied. "There's always a solution."

## School Captains

One Vote! This was all the difference in the Captain's race. With such quality nominees for the 2017 election it was a very tight election. Congratulations to Sean and Bailey M for being elected Captain and Vice-Captain for 2017. I'm sure they will do a great job. To the unsuccessful candidates... you are still leaders within our community. The support that you give to both Sean and Bailey will go a long way to ensuring that the 2017 year is a great one for students.

### **Fundraiser**

Friday night is the night. Great auction items are up for grabs and so many other items are for sale on the night, oh, and don't forget the chance to win \$1000. Sports memorabilia, jewellery, a signed West Coast Eagles jumper, Anzac memorabilia and much more. Please ensure that you bring cash on the night to purchase drinks and auction items. Eftpos will be available for auction purchases, but no cash out. I look forward to seeing everyone there on the night.

### **Presentation Night**

Presentation Night is on Tuesday 13<sup>th</sup> December at Wendouree Performing Arts Centre. Our music groups and classrooms will be performing on the night. It is a night to recognise the achievements of our exiting grade 6 students. Presentation of the Dicker, Catherine King, CWA and Rotary awards will also be a highlight of the night. Tickets are to be purchased at the door (\$10 family and \$5.00 individual). Extended families are encouraged to attend as the new venue has plenty of room.

### **Uniform**

In 2017 we are encouraging all families who are purchasing new school shoes for 2017 to purchase **black ones**. They may be sneakers or school shoes, but must be fully enclosed and appropriate for school activities (sports, yard etc).

### **Transition Day**

Tuesday 6<sup>th</sup> December is the statewide transition day. All students at Gordon PS will spend a day with their new teacher in the new classroom. After this they will return to their normal classrooms. Good luck to our grade 6 student who will be spending the day at their new secondary school.

### **Second Hand Uniform**

The JSC have been selling second hand uniform items for bargain prices. If you would like some, please see the office or Mr Micallef.

### **Art Supplies**

Mrs Messy is after any washed screw/top plastic fruit containers. If you happen to have some to donate please contact the office.

### **JSC Disco**

Our Junior School Council Disco is quickly approaching. It is being held at the Gordon Hall next Thursday 8th December from 6pm—8pm.

Come along dressed as your favourite pop star. There will be great prizes for the best dressed. Entry is \$2 each or \$5 for a family.

### **SAKG Garden**

If you are able to assist with watering our Stephanie Alexander Kitchen Garden over the summer holidays please contact the office. Even if you can offer one or two days over the break this will assist us greatly.

### **A Big Thankyou**

I would like to say a massive thank you to the ICT Fundraiser committee—Ally, Sam and Lisa— who have been working tirelessly over the past few months to put together the Christmas Fundraiser taking place tomorrow night. I would also like to thank all of the parents who have been helping set up the event this week. We appreciate all of your efforts.

### **Happy Birthday**

We would like to wish Happy Birthday to Tom Frawley and to any members of our community who are celebrating their special day.

***Have a great weekend,***

***Russel Cowan***

***Principal***

# December 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 \$1000 Draw @ Donaghan's	3	4
5 Assembly	6 Statewide Transition Day	7 P&C Dinner	8 JSC Disco School Council Meeting	9 Grade 6 Speech Night	10	11
12	13 Presentation Night	14	15 Adventure Park—Gr 6	16	17	18
19 Final Assembly	20 Last Day Term 4 1.30pm Finish	21	22	23	24	25

# January 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30 Office Opens Student Free Day School Fees Due	31 Student Free Day					

*All dates were correct at the time of going to print however they may be subject to change.*

# ***Put your dancing shoes on Its Disco Time!!***

Get ready to do the boogie, because Gordon Primary School is having a disco night on Thursday the 8<sup>th</sup> of December at the Gordon Hall from 6-8:00 pm.

This year's theme is popstars!!!!

Dress up as your favourite popstar, whether Michael Jackson, Taylor Swift, Katy Perry or Justin Bieber (Mr Cowans favourite). There will be great music and prizes for best dressed and dancers. Some snacks will be provided, however glow sticks and lollies can be purchased on the night

Entry will be \$2 each or \$5 for families.

All welcome, come and get your groove on!

*This is a Junior School Council run event.*

*Hope to see you there*



 Gordon Primary School   
2016 Xmas Fundraiser

# \$1000 DRAW

Special guest Bobby Macumber - MC/Comedian

FRIDAY  
DECEMBER  
**2nd**

**EAT,  
DRINK,  
DANCE  
& BE  
MERRY**



**Donegans Farm  
Butterfactory rd, Gordon**

**\$30 per person  
Adults only event**

**DRINKS AT  
BAR PRICES**



**Includes 3 course meal & your chance to win the MONEY!  
Plus many other prizes on the night.**

Child minding  
facilities offered  
through the  
school.

**LIMITED SEATING  
AVAILABLE, SO  
BOOK YOUR SEAT  
TODAY!**

All money raised  
will go towards  
new computers for  
the school.



Contact Ally or Sam to purchase  
your tickets – 0411 568 014

# COME AND EXPERIENCE THE THRILL OF BMX RACING FOR FREE



## YOUR LOCAL CLUB IS



## TRACK LOCATION

Marty Busch Reserve  
Enter via Burnett St  
Sebastopol

## DATE TO COME & TRY

SUNDAY 4th December 2016  
11:00AM - 12:00PM

## CONTACT

email: [bmxballarat@gmail.com](mailto:bmxballarat@gmail.com)  
facebook: Ballarat Sebastopol BMX Club

What to bring? Full finger gloves, full face helmet, long pants, long sleeves and a bike. Limited loan bikes available.



## PRINCIPAL PARTNER



Australian Government  
Australian Sports Commission

[BMXAUSTRALIA.COM.AU](http://BMXAUSTRALIA.COM.AU)