



Gunnedah Public School

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Principal: Mr Stephen de Roos

Newsletter - Term 1 Week 4, 19 February, 2013

Principal's Message

Dear Parents

Congratulations to everyone for a great day at our swimming carnival. The sportsmanship and effort from all of our students made the day a success. Thanks to Ms Baker for all of her organisation and thanks to all staff and students for making sure the day was enjoyable for all. A special thank you goes to all the parents and carers who assisted on the day. The carnival would not have been as successful without you.

A big thank you to Mitre 10 for supplying new pots and potting mix.



Ben, Lydia and Lochlan with the delivery men from Mitre 10.

The Stage 1 students have planted some strawberry runners in the two cement planters near the 'Thunderdome'. If you can supply more runners we have some empty planters that need filling up. (Please contact the school on 67422266 if you can help.) This will be the beginning of our vegetable gardens and orchards.

Our 'You Can Do It' positive behaviour initiative is currently being reorganised. All of the school community is focusing on the ways we can all be Organised, be Resilient, Persistent, have Confidence, and how we Get Along with others in everything we do and how we interact with others. This is a very worthwhile initiative

and one that has proven results in developing students' ability to be successful at school, home and in their community.

Today was the start of our new class structures. Everything went smoothly. It just shows that our students are great kids who are already Confident, Resilient and know how to Get Along with others.

At the P&C meeting last night the future directions of the school were discussed. We have decided to focus on developing the strengths that our school has. These include the strong relationships that teachers and staff, students and community members have and the sense of pride our students have in their school. In 2013 we will be developing these strengths. Please come along to the next P&C meeting. You all have great ideas and you can help make your school a better place for your kids.

This week our Boys Cricket team takes on Gunnedah South. Thanks to Trent for his coaching, Ms Baker for organising the game and the students for their dedication in the practice sessions.

Have a great week

Regards

Stephen de Roos



Our cricketers developing their skills with Trent.

UNIFORM

Sports uniform must be worn on Wednesday for Stage 1 and Friday for Stage 2 and 3. If you do not have the uniform for the other days please let us know and we may be able to help.

Attendance.

Please make sure your child attends school every day. If for some reason they can't make it in, please send a note with a reason, signed by a parent or caregiver.

Assembly

Assembly was held in the hall last Friday. The proceedings were led by Cody Abrahams and Helena Pease, who both did a great job.

Mr de Roos addressed the assembly and discussed the 5 Keys to Success within the 'You Can Do It' program.

Miss Baker provided information about the swimming carnival and how participation can gain points for the houses.

Awards were presented to these hard-working students: Principal's Awards- Lochlan Carter and Helena Pease, KH- Clinton Johnson and Noah Shaw, 1/2- Ben Clark and Serenity Taylor, 2/3- Sharon Shoobert and Dallas Foley, 3-6- Dominic Small and Monica Foley, 4/5- Madi Milgate and Christian Morton, 5/6- Lynden Keating and Jordan Doolan, Library- Millie Rumbel and Rheyce Adams, Reading Recovery- Kerri-Ann Murray. Congratulations to all recipients.

Assembly is held every Friday at 2.30 in the hall. All welcome.

Stage One award recipients



Stage 2 and 3 award recipients.



Thank You

A big 'thank you' goes to the wonderful volunteer helpers we have at the school. Their dedication and enthusiasm is much appreciated. Volunteering at school is a rewarding way to spend your time. If you would like to assist in any way in and around the school, please contact the office for information.

French Friday

Year 6 student, Oscar King is a member of the Gunnedah Shire, national award winning, Junior Brass Band. The band is currently fundraising for a trip to France. In support of Oscar and the Gunnedah Shire band, we will host "French Friday". This will be held on **Friday March 8**. Children are asked to make a gold coin donation and come to school wearing red, white and blue, the colours of the French Flag. Quiche and salad lunch tubs will be pre-ordered and available for lunch on this day. All proceeds will be donated to the Gunnedah Shire Band. Please give some thought to preparing red, white and blue clothes for this day.

Icy Poles

Icy poles will be available in the canteen each Tuesday, Wednesday, Thursday and Friday during lunch time only. An icy pole is a cool, refreshing treat during this hot weather. They will be on sale for \$1:00 each until the end of term.

Henny and Penny

Henny and Penny are two young chickens that have been kindly donated to the school by students Chelsea and Blake Whitfield. The chickens are being well kept in a great cage

provided by the P&C. Children are collecting their food scraps during lunch time, so the chickens are well-fed and will hopefully be laying eggs in the near future. Thank you again to the Whitfield family and the P&C for providing the chickens and the cage.

Henny and Penny



Swimming Carnival

The swimming carnival was held yesterday. Everyone did their best and it was a most enjoyable day. Congratulations to all students for their enthusiastic participation and commendable behaviour. A full report, including photos will appear in next week's newsletter.

Healthy eating tip.

This is a fun way to encourage kids to eat veges. If you make it with them it is even more fun. Lots of information can be found on the following web site-<http://kidshealth.org>

Prep time: about 10 minutes

Ingredients:

- 1 green, yellow, or red pepper, washed
- 1 celery stalk, washed
- 1 carrot, washed and peeled
- your favorite salad dressing

Directions:

1. Cut the pepper in half from side to side, and remove seeds.
2. Keep one half to use as bowl; cut the other half into thin slices.
3. Cut the carrot and celery into thin sticks

about 4" long.

4. Put a little salad dressing in the bottom of the pepper bowl, then add celery, carrot, and pepper slices.
5. Enjoy these portable veggie treats by dipping the veggie slices into the dressing, then eating the bowl when you're done!

Serves: 1

Serving size: 1 veggie bowl

Nutritional analysis (per serving): 93
calories
carbohydrate
cholesterol
calcium 0.7 m g iron

3 g
4
93

The general use adrenaline autoinjectors:

The Department of Education and Communities has recently announced that all government schools will receive a general use adrenaline autoinjector (an EpiPen) for their first aid kit.

This does not replace the need for parents to continue to provide the school with an adrenaline autoinjector and ASCIA Action Plan for Anaphylaxis signed and dated by their doctor when their child has been diagnosed with anaphylaxis. Instead, the general use adrenaline autoinjector is intended to be used if:

- *An undiagnosed student has an anaphylactic reaction at school*
- *There is a misfire of the adrenaline autoinjector that has been prescribed for a student*
- *A student requires further adrenaline autoinjector to be administered after his or her own adrenaline autoinjector has been administered. Please contact the school if you would like further information in relation to this matter.*

There are also forms parents need to fill in if they have a child who has anaphylaxis. These can be collected from the office

Student Leaders will be inducted next
 Thursday, February 28th in the hall at 10.30
 ALL WELCOME

School Calendar Term 1

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Week 4</i>	18/2 Swimming Carnival P&C Meeting 6.30 staffroom	19/2 <i>Breaky Club</i>	20/2	21/2 <i>Breaky Club</i>	22/2 <i>Assembly 2.30</i>
<i>Week 5</i>	25/2 <i>Canteen</i> Chicken burger & popper	26/2 <i>Breaky Club</i>	27/2 Zone swimming Staff/Families BBQ Get Together 6pm	28/2 <i>Breaky Club</i> Student Leaders Induction 10.30	1/3 Clean Up Australia <i>Assembly 2.30</i>
<i>Week 6</i>	4/3 <i>Canteen</i> Nuggets, garlic bread & jelly cup	5/3 <i>Breaky Club</i>	6/3	7/3 <i>Breaky Club</i>	8/3 FRENCH FRIDAY <i>Assembly 2.30</i>



*Gunnedah Public School
 celebrating 150 years*



Gunnedah Shire Council

Homework Centre

Tuesdays only

during school term

3.00-4.30pm

Free pick up from school

Red Chief Local Aboriginal

Land Council

26 Chandos Street

GUNNEDAH

All ages, indigenous and
 non-indigenous welcome

Afternoon tea provided

Lisa Warren

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