



Gunnedah Public School

Quality Education in a Caring Environment

Newsletter
Term 4 - Week 10
Tuesday, 15 December 2020

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Principal: Mrs Cathie McMaster

Annual Presentation

What a wonderful presentation we had last week, celebrating the achievements of our hard working students for 2020.

We are glad that families and friends have been enjoying the online snippets.

Congratulations to our schools leaders for 2021.

We are sure you will take the opportunity to further develop your leadership skills.



Congratulations to our Dux
Ava Mackley-Handsaker



Congratulations to our
Sportsperson of the year, Maddelin Mulherin

Presentation continued



Congratulations
to our Dunn Family Shield
recipient for his contribution to
GPS - Ray Williams



Congratulations
to our Hennessy Real Estate Year 5
Encouragement award recipient
- Zeke Baxter-Sing



MAJOR AWARDS

Improvement

Amber Goldfinch
Huntah McLachlan-Chrystal
Parker Seach
Freya Appleyard
Haakon Williams
Ruby Ruttley
Beau Miller
Torsten Williams
Jacob Bennett

Encouragement

Phebee Beasley
Ella Jones
Bryden Talbott
Nathaniel Yager
Liam Meredith
Jayden Hicks
Jedd Wilmen
Se-Annah Meredith
Alex Prider

Dux of school

Ava Mackley-Handsaker

Hennessy Real Estate Year 5 Encouragement

Zeke Baxter-Sing

Sportsperson of the year

Maddelin Mulherin

Dunn Family Shield Contribution to GPS

Ray Williams

Citizenship Medallion

Riley Lancaster
Jacob Bennett
Haylee Bell

Lions quiet achiever

Sarah McNerney
Aliza Hubbard
Ruby Gordon
Dusty Griffiths

ACADEMIC CLASS AWARDS

Stage 1

KH

William Whitehead
Lincoln Clarke
Harry Maughan
*Consistent application within Mathematics.
Isabella Kelly
Dedication and enthusiasm
in all learning areas.*

KL

Dolcy Knight
William Ryan
Maxwell Brooks-Beasley
*For being a consistently enthusiastic
and hard-working learner.
Kinley Higgins
For being an enthusiastic
and persistent member of class.*

1N

Nicola Sawyer
Kaydan Watton
Brody Lancaster
*Consistent application to all academic areas.
Harper Wilmen
Dedication and enthusiasm across all learning areas.*

1/2L

Patience Melhuish
James Reeves-Creighton
Rube Price
*Consistent application across all learning areas.
Haylee Bell
Enthusiastically applying herself to all learning tasks.*

2A

Alexander Gold O'Donnell
Kobe Kelly
Scott Mills
*Persistence in all learning areas.
Rhyliee Matthews
Increased attentiveness and enthusiasm across
learning areas.*

ACADEMIC CLASS AWARDS

Stage 2/3

3L

Ruby Ruttley
Jayden Hicks
Jackson Sawyer
Flynn Royall
Lilly Redfern

Consistent application to improve learning outcomes.

Caleb Brown

Demonstrating a positive and persistent approach to learning.

4/5R

Beau Miller
Jedd Wilmen
Shanelle Ryan
Edie Mackley-Handsaker
Ashlee Kemp

Enthusiastic approach to all subjects.

Bryce Shaw

Enthusiastic approach to all subjects.

5/6A

Torsten Williams
Se-annah Meredith
Ava Mackley-Handsaker
Braidyn Campbell
Cohen Edwards

Striving to improve and achieve personal goals.

Beau Zappa

Continuous effort to improve in all areas.

K-6

Jacob Bennett
Alex Prider
Rhyen Walker
Tyler Herbert
Austin Hyde-Joslin

For improving his dedication to literacy tasks.

Year 6 Farewell



FREE KEYBOARDS!!

First in, best dressed!

Please ring the school to get your free keyboard to be sent home this Wednesday.

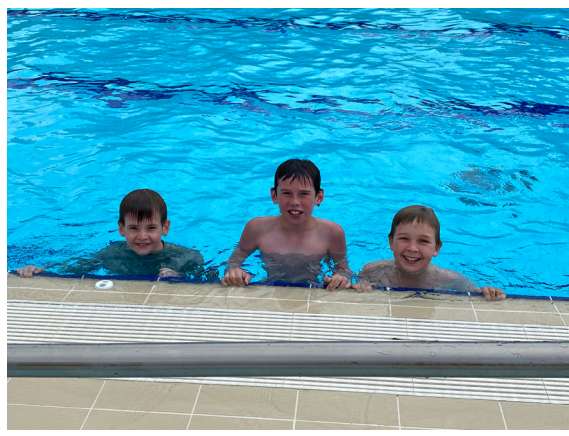


PBL - rewards

Last Friday, over 100 students who have showed Safe, Respectful and Responsible behaviour over Term 4 attended the 10 for 10 rewards day at the pool. Everyone had a great time outside of the school, the first PBL rewards this year due to COVID.

Today, 55 students attended the Deadly Deni rewards day also held at the pool. These students reached the highest reward for the year and were rewarded with pool time, hot chips and an icy pole.

On behalf of the GPS PBL team, we would like to thank all families for encouraging PBL at home and we look forward to great reward opportunities for the students in 2021.



Milkshake rewards

Congratulations to Huntah, Max, Izzy, Lincoln, Edie & Zeke who qualified for a milkshake reward with Mrs Mac last week. Thanks to Kez's Cafe for making yummy milkshakes!



Dear Parents and Carers,

With the year coming to a close, I would like to take this opportunity to sincerely thank you for your continued support and dedication to Gunnedah Public School. The school is just going from strength to strength, which we could not do without the expertise and dedication of our staff, our students' drive to improve and the ongoing support of the community. We are a fantastic school and each and every person involved in the learning of our students should be incredibly proud.

The year 2021 is going to bring about a number of changes within our staff. We are saying farewell to Sarah Norris as she has secured work at Mullaley Public School. We wish her all the best. Hannah Ward is tripping around Australia for 12 months and Ash Sheedy, Emma Leys and Lauren Lown will all be leaving us throughout Term 1 to add to or start their little families.

We do have four new teachers next year. Callam Hutley, Lizz Scott, Sarah Smith and Lisa McSwan will be a positive addition to our staff and we look forward to working with them all. In addition to our classroom teachers, we have been fortunate enough to receive COVID intervention money, so we will be employing Belinda Foran four days per week to work with specific targeted groups within the classrooms. So that we all get to know our new staff members, we will be placing short bios in the first newsletter next year.

May 2021 be calmer and COVID-19 free.

Please have a happy and safe Christmas and I look forward to seeing everyone's smiling faces on Friday, 29th January.

Cathie McMaster, Principal

GUNNEDAH VACATION CARE PROGRAM

25 JAN

AUSTRALIA DAY FUN!!

A day filled with Australian themed fun. Sausage sandwiches, waterplay and lamington making are a given.

\$60

26 JAN

AUSTRALIA DAY PUBLIC HOLIDAY!

PCYC ARE CLOSED! Have a safe and fun day with your families!

27 JAN

TEACHER VS CHILDREN SPORTS DAY

Battle it out in a Teacher vs kids style day! Bound to be filled with fun and laughter!

\$55

28 JAN

SLIME MAKING!

Goey, Crunchy, Oozy, Clear and Smooth! We will be creating a variety of different slimes to delight the senses!

\$60

29 JAN

BACK TO SCHOOL!

Have a safe and happy term 1 we look forward to seeing you all again in the next set of holidays

**** All prices are before CCS Entitlements**

****For any enquiries please call the club on 67421586**

Please go to pcycnswkidzcare-gunnedah.hubworks.com.au to book your places

PBL

Our last PBL focus for 2020 is "Staying safe in the holidays." All students have completed lessons on safety such as:

- Water safety
- Travel safety
- Sun safety
- Emergency services and Emergency numbers

**THANK YOU TO ALL OF
THE SUPPORTERS OF OUR
P&C CHRISTMAS RAFFLE!**

Christmas Hamper Raffle Prize List 2020

1. Telstra Blue tooth Speaker – **P GOLLAND**
2. Tim Duffy ladies sunglasses – **PETE ALTORA**
3. 2 x ceiling fans from Lear & Smith – **GREG COMMINS**
4. Art Work by Jade Punch – **CONNOR PUNCH**
5. Men's Retreat voucher & hair pack – **RHYLIEE MATTHEWS**
6. Voucher pack - Railway Hotel, Woolworths, Services Club – **PHEBEE BEASLEY**
7. Voucher pack - Services Club, Coles, Railway Hotel – **NATHAN MURRELL**
8. Voucher pack - Maverick Bistro, Railway Hotel, Karen Carter (Gunny Money) – – **LUC BRADFORD**
9. Vy's Nail Salon voucher – **STEVE W**
10. Streater Family Butchery - ham voucher – **GAVIN GROTH**
11. Brown Tyres Service bag full of goodies - – **EILEEN ROBINSON**
12. Washing basket hamper – **KIRSTY CLOSE**
13. Rectangle hamper 1 – **KATE REEVES**
14. Rectangle hamper 2 – **ROBYN IRWIN**
15. Christmas hamper - **ULA**
16. Addicted to Hair salon pack – **KEVIN KAY**
17. Body Shop gift box – **MOLLY CLARE**
18. Tractor – **ELIZABETH HEATH**

Over \$3000
made from the
raffle proceeds for
the P&C.
Well done
Ray Williams!
Herculean
effort!

Crisis Support - Phone and online counselling



Lifeline

24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467
National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636
Telephone (24/7), online and email counselling.



1800RESPECT 1800 737 732
24/7 phone & online counselling for people seeking help for domestic violence situations.



MensLine Australia 1300 78 99 78
Advice, therapy and support for men with family and relationship concerns.



QLife 1800 184 527
Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



GriefLine 1300 845 745
Phone and online counselling for individuals and families experiencing loss and grief.

Apps



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Snapshot

A free app for Australian adults to check and monitor their mental health and wellbeing status.



MindGauge

A free app that allows users to easily and quickly track their mental health, mood, and lifestyle.



BeyondNow

An app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.



ReachOut Breathe App

A free app (iOS only) to help reduce the physical symptoms of anxiety by slowing down breathing and heart rate.



Smiling Mind

A website and app teaching mindfulness meditation to young people and adults.

Aboriginal and Torres Strait Islanders



MindSpot - 'Indigenous Wellbeing'

A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.



iBobbly

Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.

Older Adults



MindSpot - 'Wellbeing Plus'

An online program for stress, worry, anxiety and depression in adults aged 60 and above.



Be Connected - e-Safety Commissioner

Tools and resources to increase the confidence, skills and online safety of older Australians when they use the internet.

Self-Guided Programs



MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



THIS WAY UP

A range of self-paced online CBT courses (free during COVID-19 crisis). Helping you learn practical skills to improve how you feel. Can be self-help or guided by your own clinician.



Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.



e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Moderated Forums



Beyond Blue Online Forums

Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.



Sane Australia

Moderated forums providing peer-to-peer support.

Young People



Kids Helpline

1800 55 1800
24/7 phone and online counselling for youth (5-25yrs).



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The Check-in

An app to help young people take the fear out of having a conversation with a friend who might be struggling.



The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.