



Gunnedah Public School NEWSLETTER

Term 4, Week 4

Thursday, November 3, 2022

Stage 2 Echidna Gully fun

Last Thursday and Friday, 40 Year 3 and 4 students boarded a bus and headed to Echidna Gully for their overnight excursion. The bus was buzzing with excited chatter and infectious laughter as we made our way to Armidale.

When we arrived, we were greeted with a delicious lunch of hot food and fruit before heading to our rooms to unpack our bags. We then headed back to the food hall where we participated in a range of games and activities.

After our afternoon of fun, we showered and got ready for the delicious bowls of spaghetti bolognese and garlic bread waiting for us in the food hall. Just when we thought we couldn't eat anymore, we were treated to delicious ice cream and fruit.

Once our bellies were full, we danced and danced up until bedtime.

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Quality Education in a Caring Environment

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Email: gunnedah-p.school@det.nsw.edu.au Principal: Mrs Cathie McMaster

Stage 2 excursion: Echidna Gully



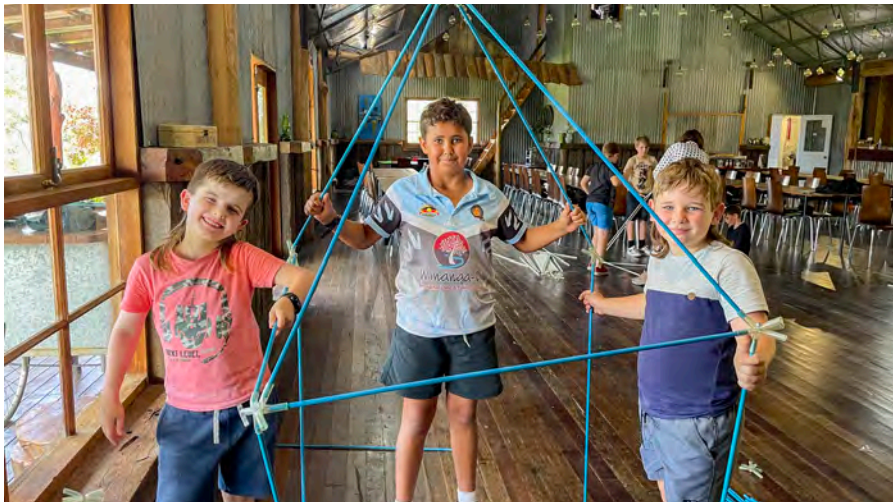
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On Friday morning, we were up early and spent time packing our bags and playing games whilst we waited for breakfast. We enjoyed tonnes of toast, cereal and fruit before heading out once again for a morning filled with games and activities.

Although we were sad to have to stop, we were excited to see the giant chicken burgers and fruit waiting for us in the food hall. After our bellies were full once again, we said thank you and goodbye to our wonderful camp hosts and boarded the bus.

Following a toilet stop in Tamworth and many naps on the bus, we arrived back in Gunnedah just in time for home lines. Although we were exhausted, we had the most amazing time away.





Platypus play progressing



5/6F have been working hard on our platypus play that is being prepared for the end of year.

The students have been writing the script and preparing the props. We had a great day of prop making yesterday with Miss Renee and Mrs Pam Silver.

Dustin was a great group leader and taught his group how to make some paper mache rocks. Noah learnt how to thread a needle and sew to make a turtle shell backpack for a costume.

Lucus, Flynn and Jackson really tried to consider how they can show different colours of the water and how it shimmers, by using glitter.



All the students worked so well and tried so hard to help their team members.

Helen, Dianne and Carol join us every Thursday for the platypus play. We really appreciate the help from our community members!





Can you lend a hand?

Mrs Mac's redo of the hall is coming together. Now that we have had our stage renovated, we need to paint the back wall of the hall. It will need sanding and a couple of coats of paint.



All we need is the hands to do the work. We would love to hear from any dads or father volunteers who can come in with their child to give us a hand on **Thursday, December 17 from 3.30pm** onwards. Please call the school or text Mr Dowe on 0472 660 730.



FREE FAMILY FUN DAY FOR THE WHOLE COMMUNITY

4th November 2022

4pm to 7.30pm at Wolseley Oval

Flag Raising Ceremony with Terry Johnson and Kenneth Conlan
Speech by the Gunnedah NAIDOC Committee Chairperson Emma Costello and Council representative guest speaker.

Welcome To Country & Smoking Ceremony: Mitchum Neave
Cutting of 2022 NAIDOC cake
Dallas Taylor entertainment
Inflatable Fun Park activities and more

Lucky door prize winners announced throughout the event

Family Fun Day concludes

Bring the family down to enjoy:

- Face painting by Puggles from
- Elders tent with light refreshments for our Local Elders
- Lollies guessing comp and lucky dips by Gunnedah Family Support
- Sausage sizzles donated by Woolworths Gunnedah
- Popcorn by Joblink Plus
- Cold treats by Winanga-Li
- Activities and games for the whole family
- Lucky door prizes by HealthWISE IAHP Team

PLUS Bingo night at the
Smithurst Theatre 12th
November, 1pm games start
and light refreshments
provided.
Please RSVP Contact Debbie or
Kerren on 026743 0999

HOW DO YOU FIND YOUR LIFE BALANCE?

Everyone's life balance is different and will alter as the needs of your children change and demands of work evolves over time.

Finding a comfortable and healthy balance for you is something you need to work on and fine-tune over your life-time stages.

When you have kids, finding a comfortable balance between work, family and your social life can sometimes feel more challenging, but it's always possible!

TOP TIPS

1. Identify your priorities. Work out what is important to you at this stage of your life. Try not to juggle too many big projects at once. Small steps done well is the best plan.
2. Deliberately manage your time. Use a weekly calendar and map out your priorities to create a typical week with time allocated to our priorities. (family, work, exercise, leisure, relationships, etc).
3. Multitask and overlap activities. Exercise with the family, eat meals together, introduce your kids to hobbies you enjoy and do them together.

DAD JOKE OF THE WEEK

My inflatable house got a puncture yesterday. Now I'm living in a flat...



High School transition

Year 6 students that are attending Gunnedah High School had their first transition of the term last week.

Students went on a tour of the school, decorated cupcakes in the kitchen, visited the metal and woodwork rooms and did some art activities.



Library corner



Library days

MONDAYS

Kindergarten and MC

TUESDAYS

Years 3, 4, 5, & 6

WEDNESDAYS

Years 1 & 2

A huge thankyou to all those parents/carers who ordered from our last book club. Some children will be getting some lovely books for Christmas!

The Library has just received episodes 1 - 14 of the *Bad Guys* by the fabulous author Aaron Blabey.

"They're Bad Guys, everybody knows that. They're scary and dangerous and welljust BAD. But these guys want to be HEROES. And they're going to prove it by doing good deeds ...whether YOU want them to or not. Buckle up for the funniest, naughtiest, and coolest series you'll ever read - its time to meet the BAD GUYS".

Over the next few weeks we will be issuing notices for overdue library books. Please check to see if you have any of these at home. They will have a Gunnedah Public School barcode sticker on the front or inside the back cover and are covered in clear contact. If these books cannot be located, a replacement fee will apply. Thank you for your support.

Please remember to bring a library bag!!



HORSE WISDOM



The Horse Wisdom Program is a simple group exercise based on spending time building relationships with horses for the purpose of helping people learn about themselves, their relationships, and the patterns they may have that no longer serve them. The horses challenge and support people to develop awareness, authenticity, self-supports and well-ness skills.





Experimenting With ice cream

The MC class made ice cream in a bag for an experiment a few weeks ago to help them consider where natural resources came from. Logan said that it definitely wouldn't work and couldn't believe it when it did. He said the ice cream was tasty and delicious. All the students helped to shake the ice cream so it started to freeze.



HOW TO MAKE ICE CREAM IN A BAG

1 medium zip lock bag

300ml cream

2 tablespoons of caster
sugar

1 tablespoon of cocoa or
1 teaspoon vanilla essence

1 large zip lock bag

2 trays of ice cubes

6 tablespoons of rock salt

Tea towel or oven mitt

1. Pour cream into a small zip lock bag.
2. Add 1 teaspoon of vanilla extract (or cocoa) and caster sugar.
3. Seal the bag firmly and get any excess air out.
4. In the larger zip lock bag, fill it about 1/2 way with ice. Add rock salt.
5. Then add your small bag and fill with extra ice on top. Seal the large bag.
6. Get gloves for shaking and shake for 6 to 10 minutes.
7. Take the small bag out of the large bag.
8. Carefully open the small bag. The ice cream will be a little icy looking to start. Use a spoon to mix it around and soften it up a bit. Scoop out and enjoy.

NSW Department of Education



Information for applicants

For entry to selective high schools in Year 7 in 2024

Ready to apply?

Apply online at:
shsoc.education.nsw.gov.au

Note: there may be changes to the dates and procedures in this document.

For the latest updates visit:
education.nsw.gov.au/shs-oc

Key Dates

Application website opens
18 October 2022

Application website closes
16 November 2022

Test centre and test authority advice released
20 April 2023

Selective High School Placement Test
4 May 2023

Illness/misadventure requests submitted
11 May 2023

Placement outcome expected to be released
Mid-August 2023

education.nsw.gov.au




WHY PUGGLES?

- Nurturing and passionate educators
- High quality care
- Light and art filled learning spaces
- Stimulating environments and resources
- Dedicated school readiness program
- Nutritious meals
- All formula and nappies supplied
- Daily updates through KinderM8
- Dedicated dining room
- Care from 6.30am - 6.30pm
- A well-equipped inviting outdoor area

WE UNDERSTAND THE VALUE OF THE COMMUNITY AND WE ARE EXTENDING OUR HOURS TO BETTER FIT THE NEEDS OF YOUR FAMILY

Now Open from 6.30am - 6.30pm





Enquire now!

15-17 Little Conadilly Street
 (02) 67421598
director@pugglesgunnedah.com.au
pugglesgunnedah.com.au



Gunnedah Disaster Recovery Information

Prepared by New England, North West and Hunter, Central Coast - Resilience NSW *Information correct as at 27 October 2022



Recovery - Contacts and Links

Council	Gunnedah Shire Council	Access flood recovery updates and read important News Items	Road closure information within the Gunnedah Local Government Area: https://www.gunnedah.nsw.gov.au/index.php/community/community-alerts/road-works-closures Free waste disposal for flood affected residents: Refer to Council's website and click on 'Flood Waste Disposal'	https://www.gunnedah.nsw.gov.au/	6740 2100 (8.30am to 5pm, Mon to Fri) Opening Hours (9am to 4pm, Mon to Fri)
Disaster Assistance	Service NSW	General information on flood and flood recovery	If you live in an area declared a natural disaster you may be eligible for financial assistance or other support from the NSW Government.	https://www.service.nsw.gov.au/floods	13 77 88 (7am to 7pm Mon to Fri - Sydney time)
		Disaster Assistance Finder	Use the assistance finder to learn about the services and resources available to people and businesses that have been impacted by COVID-19 or natural disasters. Eligibility and registration.	https://disasterassistance.service.nsw.gov.au/	
		Financial Assistance	Assistance for areas affected by severe storms and floods in NSW. Australian Government payments, additional childcare subsidy, disaster relief grant, banks, financial counselling, disaster assistance finder.	https://www.service.nsw.gov.au/floods/financial-assistance	
Financial Payments	Services Australia	Centrelink	Centrelink deliver social security payments and services to Australians.	https://www.servicesaustralia.gov.au/individuals/centrelink	Phone Self Service 13 62 40 (9am to 5pm, Mon to Fri)
Debt	National Debt Helpline	Debt Problems	National Debt Helpline is a not-for-profit service that helps people tackle their debt problems. They are not a lender and don't 'sell' anything or make money from you. Their professional financial counsellors offer a free, independent and confidential service.	www.ndh.org.au	1800 007 007 (9.30am to 4.30pm, Mon to Fri)
Insurance	Insurance Council of Australia	Disaster Catastrophe Hotline	Insurance Council of Australia are the representative body of the general insurance industry in Australia. Insurance Council of Australia do not offer direct consumer advice or services, but they want to help you find what you're looking for in their contact directory.	https://insurancecouncil.com.au/	1300 728 228
	Legal Aid NSW	Disaster Response Legal Service	Provides free legal advice to anyone affected by a disaster with questions about home and car insurance (including temporary accommodation, claims handling issues and disputes)	www.disasterhelp.legalaid.nsw.gov.au	Helpline on 1800 801 529 (9am to 5pm weekdays)
Renting / Housing	Tenants Advice and Advocacy Services in NSW	New England and Western Tenants Advice and Advocacy Service (NEWTAAAS)	New England and Western Tenants Advice and Advocacy Service (NEWTAAAS) provide information, advice, advocacy and representation in the NSW Civil and Administrative Tribunal to people.	https://www.tenants.org.au/taas/newtaas	1800 836 268 (1800 TENANT) (02) 6772 4698 (9am to 5pm, Mon to Fri)
	Fair Trading NSW	Renting	Information for tenants, landlords and agents on renting.	https://www.fairtrading.nsw.gov.au/housing-and-property/renting	13 32 20 (8.30am to 5pm, Mon - Fri)

In class with
KP



GUNNEDAH PUBLIC SCHOOL CHRISTMAS RAFFLE

Fantastic Hampers to win and lots more.

\$1.00 per ticket

Drawn 14 December 2022

Contact the school for more details



Gunnedah Public School Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 5	NOVEMBER 7	P&C MEETING 3.15pm at GPS or via Zoom – scan QR code below	KINDY EXCURSION Marsupial Park, Tamworth	CANTEEN Pork Burrito Wrap w/ popper or water	ASSEMBLY
WEEK 6	NOVEMBER 14 5 FOR 5 PBL Rewards Day	NOVEMBER 15	NOVEMBER 16	NOVEMBER 17 CANTEEN Mac & Cheese w/ popper or water	NOVEMBER 18
WEEK 7	NOVEMBER 21 ← STAGE 3 EXCURSION Cascade Environmental Education Centre →	NOVEMBER 22	NOVEMBER 23	NOVEMBER 24 CANTEEN Chicken Burger w/ popper or water	NOVEMBER 25 ASSEMBLY
WEEK 8	NOVEMBER 28	NOVEMBER 29	NOVEMBER 30 KINDY POP-UP RESTAURANT	DECEMBER 1 CAPTAINS' SPEECHES Year 5 CANTEEN Pizza Rolls w/ popper or water	DECEMBER 2 YEAR 6 FUNDRAISER Dress Up / BBQ
WEEK 9	DECEMBER 5	DECEMBER 6 P&C MEETING 3.15pm at GPS or via Zoom – scan QR code below	DECEMBER 7 PRESENTATION DAY 9.30am start	DECEMBER 8 YEAR 6 FAREWELL CANTEEN Meat Pies w/ popper or water	DECEMBER 9 ASSEMBLY
WEEK 10	DECEMBER 12	DECEMBER 13	DECEMBER 14 CLASS PARTIES 10 FOR 10 PBL Rewards Day	DECEMBER 15 Last day of Term 4 NO CANTEEN	DECEMBER 16 Staff Development Day
WEEK 11	DECEMBER 19 Staff Development Day	DECEMBER 20 Staff Development Day	 <p>P&C MEETING ZOOM LINK</p>		



SAVE THE DATE Presentation Day

Presentation Day is set for Wednesday, December 7. This assembly is a fantastic celebration of our students' successes over the year and we would love parents and families to share this with us.