



# Gunnedah Public School

## Quality Education in a Caring Environment

**Newsletter**  
Term 1 - Week 9  
Wednesday, 23 March 2022

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Principal: Mrs Cathie McMaster

### Working on Writing in 3/4D

During Term 1, the students in 3/4D have been working on their writing by following the Writing Cycle. Every Monday, the class write a 'six sentence narrative' and then spend the week editing and revising their stories to include more detail. We have seen some amazing narratives written throughout the term that have only improved with practice!



## Writing in 3/4 D continued....



### Plan

Decide why you are writing

Decide on your audiences

Write a plan



### Draft

Get your ideas down on paper.

Don't forget to follow your plan!



### Partner Check

Get feedback from a partner or from the teacher.



### Edit

Use an editing checklist to check for punctuation and spelling errors.



### Publish

Make a good copy of your writing including all changes you have made.



## You're Welcome at our P&C

Our next P&C Meeting will be held on Monday 28th March at 5.30pm. All parents and carers are welcome to attend!

The P&C is the voice of the parents.

Attending a P&C Meeting regularly allows you to:

- \* Get the inside story on what's happening at GPS (not the gossip) as the Principal or another staff member is usually available to answer any questions you may have.

- \* Take part in decision-making processes regarding our school.

- \* Provide feedback on school policies and activities.

- \* Fundraise for extra resources within our school. The P&C have supported our school in the past by providing financial assistance with the playground, bus signage, PBL reward days and ICT support during COVID.

- \* Meet other parents and families in our school. We hope to see many new faces at our next P&C Meeting. Please park in the bus bay along Bloomfield St for the meeting and enter the school via bus gate.

## THIS THURSDAY CANTEEN DAY

(Pies with popper or water)

*Remember that the canteen is run by our dedicated P&C supporting your child's education here at GPS in lots of ways!*

**Next P&C meeting**  
**Monday, 28 March @**  
**5.30pm**

**ALL WELCOME**

## Positive Behaviour in Learning (PBL)

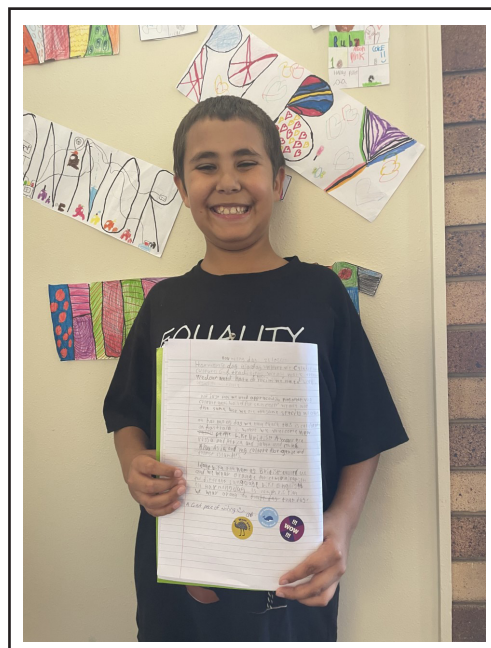
Last week, the PBL focus was bullying. We learnt what bullying is, what it looks like or sounds like, the effects of bullying and what to do if we are being bullied. This week, we are focusing on being a bystander to bullying. All bystanders have a choice about what they do when they see or hear bullying, and we are encouraging bystanders to be upstanders.

## Harmony Day

Harmony day is a day where we celebrate cultures and traditions, we all work together. We don't need hate or racism, we need love. Not just love we need appreciation not hate. My culture gets bullied for skin colour. We are not the same, but we are the same species so there should be no hate.

On Harmony Day we have peace. This is celebrated in Australia when we welcome new people such as British, American, African, Japanese, Chinese and Asian people. My culture is Aboriginal and Torres Strait Islander. I don't like the names that the British called us. We wear orange for communication of different languages like English on Harmony Day.

*By Adam Cutmore*



## Equine Therapy

The students participating in Equine Therapy are continuing to use the knowledge of horses and their behaviours to understand more about themselves.



## Works around the school

### Administration Upgrade:

Our administration upgrade is due to commence on the 11th of April and completion date is expected by the 1st of June. All of the demolition inside and the replacement windows will occur throughout the Easter holidays to ensure student safety and minimal disruption to classes. Thank you for your patience in having to enter the school via the hall gate.

### Cooler Classrooms:

All classrooms will be having a reverse cycle air-conditioning unit installed within the next few months. This work will mean that classes will need to vacate their rooms for approximately three days, but the benefits far out way the disruption. More information will follow as to exact dates and the order of classrooms.

### **COVID reminder**

Thank you to all families that continue to inform the school regarding COVID cases. Please do not hesitate to contact us if you have any questions.

### **Staff Development Day Term 2**

Thank you to all parents who filled out the online survey, the response was unanimous that we should move the School Development Day from the first day of Term 2 to the end of the year. This means that students will be expected at school on Tuesday, 26th of April and the last day of school for 2022 for students will be Friday, 16th of December.

## Intensive Swimming

This will be our last week of Intensive Swimming for those students in Years 2 and 3 that participated.

We have seen enormous growth in the students' confidence and ability in the water. Students learnt how to float, kick, execute strokes and breathe whilst moving. Although it was a little disruptive on the days it was held, it was worth it to see students learn an important life-long skill.

Thank you to families for supporting this program.

## Music Lessons

Music lessons with guitar and woodwind are well underway. All students involved are getting a taste of how to play these instruments. These groups will remain the same until the end of Term 2. In Terms 3 and 4, another group of interested primary students will get their chance to participate for all of Terms 3 and 4. A permission note will be sent home in the middle of Term 2 to gauge the number of students interested.



## MISSING GUITARS

We had six guitars donated to the school and we have only had three returned from last year.

Please look at home if you were in guitar lessons last year as other students are now missing out on their turn this year!  
Thanks!



### ***Top Tips to Connect with your stepchild***

**Get to know your stepchildren.** Try to get to know them before you live together, if you have to delay the move in date, do so. It's better to break down barriers and get to know each other first than to rush the process.

**Take your step child on a 'dad date'.** Get them to choose something they are interested in and spend some time one on one together. This shows you value their time and are really wanting to get to know them.

**Take it slow.** Take things at a pace that suits your step-children. For older kids, keep an open dialogue about the family change and give them an opportunity to express how things are going from their perspective.

**Build trust.** Be reliable, open and honest and ask about their own perspectives, thoughts and opinions on the situation. Be aware that the children may be still experiencing a sense of loss with the change break-down of their family unit as it was before.

**Spend time together.** Focused time will deepen the trust and emotional bond in your relationship. If they aren't too welcoming of your presence, join their life at a distance and take one step at a time.

*Advice from a step dad: To start with you must be willing to enter the child's life as the 'outsider' and be prepared to slowly find acceptance, when the child is ready. Until then, you must try to find ways to work within their life as it is.*



# Gunnedah Public School

## 2022 School Calendar Term 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 9</b>	21/3 Harmony Day (wear orange clothes)  Intensive Swimming	22/3 Intensive Swimming	23/3	24/3 <b>CANTEEN DAY</b> (pies with popper or water)  Equine Therapy  Intensive Swimming	25/3
<b>Week 10</b>	28/3	29/3	30/3 Pop-Up Restaurant 3S	31/3 <b>CANTEEN DAY</b> (BBQ pork burrito with popper or water)  Equine Therapy	1/4 Zone Rugby League trials
<b>Week 11</b>	4/4	5/4	6/4	7/4 <b>CANTEEN DAY</b> (meat pie & sauce with popper or water)	8/4 <b>LAST DAY OF TERM 1</b>

## TERM 2

26 April - all students return to school



**2022 SEASON**

**JUNIOR & SENIOR REGISTRATIONS OPEN**



**EARLY BIRDS  
SAVE \$20  
UNTIL 8 APRIL!**

**REGISTRATIONS CLOSE 15 APRIL 2022**

**SEASON DATES: 30 APRIL - 17 SEPTEMBER 2022**

**REGISTER AT [WWW.PLAYFOOTBALL.COM.AU](http://WWW.PLAYFOOTBALL.COM.AU)**

[www.facebook.com/Gunnedahsoccer](http://www.facebook.com/Gunnedahsoccer) | [www.gunnedahdistrictsoccer.sportingpulse.net](http://www.gunnedahdistrictsoccer.sportingpulse.net)  
email: [gfc@northerninlandfootball.net.au](mailto:gfc@northerninlandfootball.net.au)





FREE with the Creative Kids voucher

## WAX BEAD CANDLE WORKSHOP

Suitable from Kindergarten to Year 6

🕒 Friday 18th & Saturday 19th March  
📍 Shop 16, The Atrium  
☎️ 0411197921







## Grab & Go Snacks



Everyday snacks are an important part of the lunchbox.

Keep snacks bite size and easy to eat so your kids can have lots of time to play! Here's a few ideas:

- Choose snack sized vegetables like baby cucumbers, snow peas and cherry tomatoes that are ready to eat
- Choose other everyday snacks that are easy to eat like mini hot cross buns, wholegrain crackers, popcorn, yoghurt cups or cut-up fruit.
- Some kids may be put off by foods that have been squashed. Store easily squished items like cherry tomatoes or grapes in containers. Remember to make sure the lids are easy to open!

<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/swap-it-sweet>



Good for kids  
good for life

## Nutrition Snippet

### PIMP UP PLAIN YOGHURT



Here's how to make plain yoghurt interesting:

- Sweeten with stewed fruit
- [Mix with oats and sultanas](#)
- [Make a minty yoghurt dip](#)
- [Use it in a parfait](#)

When packing yoghurt in the lunch box remember to pack an ice brick.

For these recipes and more visit:  
[healthy-lunchbox.com.au](http://healthy-lunchbox.com.au)



Cancer Council  
Healthy Lunch Box



LEGACY PROGRAM

I AM A  
GIRL  
I CAN DO  
ANYTHING  
COME  
N  
TRY



# GIRLS SKILL SESSION

IT'S FUN & FREE

SATURDAY - 26TH MARCH 2022  
4.5YRS - 18 YRS 5.00PM - 7.00PM

## SOUTH ST, GUNNEDAH



SIGN UP NOW

[www.bnsw.com.au/i-am-a-girl](http://www.bnsw.com.au/i-am-a-girl)

