



# Gunnedah Public School

## Quality Education in a Caring Environment

**Newsletter**  
Term 3 - Week 5  
Tuesday, 16 August 2022

Bloomfield Street, GUNNEDAH. 2380  
Phone: (02) 6742 2266 Fax: (02) 6742 4309  
Email: [gunnedah-p.school@det.nsw.edu.au](mailto:gunnedah-p.school@det.nsw.edu.au)  
Principal: Mrs Cathie McMaster

### Todd Woodbridge Cup

On Tuesday, Mrs Leys, Mr Bridge and 19 Year 3 and 4 students headed down to Wolseley Courts to participate in the Todd Woodbridge Cup playing Tennis.

There were around 140 students in attendance from several schools in the area. It was an amazing opportunity for our students to improve their tennis skills and mingle with new faces.

Our students had a fabulous day in the sun, all displayed good sportsmanship and learnt some news skills.

A big thank you also to Mr Craig Louis, our fantastic local tennis coach!

If your child enjoyed the day and want to improve their tennis skills, we suggest looking into tennis coaching after school.



## Coal Miners Cup

The annual Coal Miners Cup tackle and league-tag gala day is a hit with the GPS students.

We took four teams this year; a Boys Yr3/4 tackle team, a Boys Yr5/6 tackle team and two Girls league-tag teams. We were lucky enough to have some girl players from Boggabri PS join us.

Each team played around five, 9-minute games over the day.

Our most successful team was the Opens Girls league-tag team that won all their games except for one.

All players displayed fantastic sportsmanship, and our trademark “never-give-up” attitude!

A big thanks to Miss Robinson, Mr Richard, Rach Morton, Darren McInerney and Troy Silver for their help on the day.



## 2022 GUNNEDAH PUBLIC SCHOOL P&C FATHER'S DAY STALL

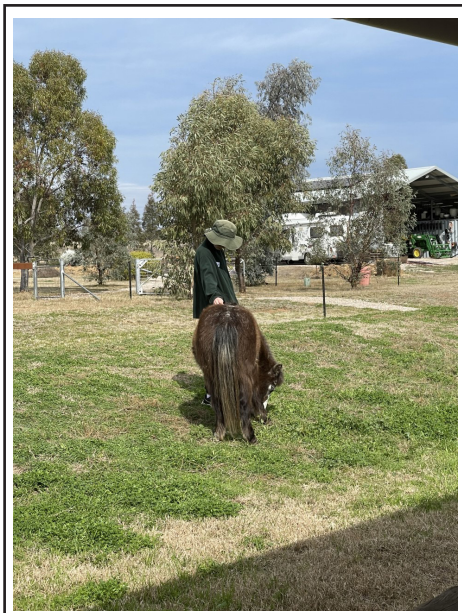
Thursday,  
1 September 2022

Items between \$2 and \$5

All classes will be sent to the stall during the day so please remember to bring your money that day to buy your present for Father's Day!

## Horse Wisdom

Another group of Year 5 and 6 students started our Horse Wisdom program last week. The focus of the first session was learning how to use their breathing to ground themselves and learning about their inner, middle and outer awareness.



### *Dear Parents/Carers,* **Staff Development Day**

A reminder to all parents that there is a staff development day this Wednesday, 16th August so it is a student free day. This was changed in consultation with the school community, P&C and staff at the beginning of this year. If you are intending on taking your children to AgQuip we ask that you try and take them on Wednesday 16th.

### **PBL reminder**

We have a large number of students who have reached their silver PBL award, which is absolutely wonderful to see.

Please chat to your children about the expectations at Gunnedah Public School.

We all behave in a Safe, Responsible, Respectful way at all times

### **Excursion Reminder**

Please remember that Year 3-6 excursions need to be paid in full by the end of this term. If you find it helpful please speak to the office if you have any issues or questions regarding payment.

### **Zone Carnival**

The postponed zone carnival will be held this Thursday 17th August at Donnelly Park. Although we are driving the bus to the field, it is always amazing to have parents at the ground to support their children. If you can attend now the date has changed, and will be taking your child/children to and from the carnival please let the office know. Parent helpers are always needed on the day so if you are able to help out for a few hours please let Mr Dowe know.

*Cathie McMaster, Principal*

## **BASKETBALL GALA DAY** **SKILLS & GAMES**



### **EVERYONE'S GAME** **IT'S FUN & FREE**

**SUNDAY 11TH SEPTEMBER 2022**  
**9:00am-9:45am: 8 yrs & under**  
**10:00am-11.30am: 9-12 yrs**  
**12:00pm-1:30pm: 13-16 yrs**

**SOUTH STREET, GUNNEDAH**



THE FUTURE IS BRIGHT!  
MORE INFO TO COME

Northern Inland Basketball League (NIBL)



# Library Corner...

In Week 6, Gunnedah Public School will be celebrating Book Week.

Books can be purchased from the book fair in the library from **Monday 22<sup>nd</sup> August-Wednesday 24<sup>th</sup> August** at the following times:

- From 8:30-8:50am
- 1<sup>st</sup> break play time
- After the book parade (morning tea supplied)

After the book parade, there will be a light morning tea provided for those parents and guardians wanting to purchase books. We will also have some artworks in the library that were produced by each class and were based on this year's theme 'Dreaming with Eyes Open'. The book fair will be taking **CASH ONLY (no cards accepted)**.

Students will be completing activities about Book Week and making a wish list during Weeks 5 and 6.

Our book parade will be at 10:30am on Wednesday the 24<sup>th</sup> of August. We encourage students to dress us as **book characters** and bring the book as well. There will be some book vouchers for winners.

There will be no book borrowing in Week 6 due to the book fair.

The theme for Book Week this year is "**Dreaming with eyes open...**"

We hope to see you in Week 6!



Our Library is busy preparing for the upcoming Book Fair on Wednesday, 24th August. Wish lists will be completed during next week in library times and taken home. A reminder that we can only accept cash for sales.





# Gunnedah Public School



## Life Education Van

15<sup>th</sup> August 2022

Dear Parents/Carers,

The Life Education Van (Healthy Harold) supports the physical, social, and emotional wellbeing of children across Australia. We are very excited to say that the Life Education Van will be visiting our school in Week 5, and all students from Kindergarten – Year 6 will have the opportunity to visit the van during this time.

The Life Education Program aligns with the NSW PDHPE Syllabus and a brief outline of the lessons for each year group is provided below:

Kindergarten	<b>Harold's Friend Ship</b> In this module, students learn to recognise the importance of relationships and gain skills to seek help in a variety of situations. They have opportunities to practice strategies to manage their feelings and emotions.
Years 1&2	<b>Safety Rules</b> In this module, students investigate how to protect themselves in unsafe environments and seek help. They also learn about the people and services that keep us safe and how to identify and respond in emergency situations.
3S	<b>bCyberwise</b> In this new and updated module, students investigate their use of technology and the positives and negatives of being online, including unwanted contact and unsafe situations. They learn the "Recognise, React, Report" strategy, which enables them to recognise the clues the body gives when they may be unsafe, react in appropriate ways and report and seek help.
3/4D & 4/5R	<b>Mind Your Medicine</b> In this module, students investigate medicines: how they work in the body, how to stay safe and who to go to for help and advice. Peer pressure and influences to make unsafe choices are explored and assertive behaviour and communication skills are practiced.
5/6F	<b>Relate Respect Connect</b> In this updated module, students investigate the importance of respectful relationships for wellbeing, including face-to-face and online connections. Students explore how the physical and personal changes at this stage of life impact their behaviour, emotions and relationships. They also learn to recognise, react and report disrespectful, unsafe and potentially predatory behaviour online.

The cost of this program will be covered by the school and therefore all students should attend. If you do not wish for your child to attend, or have any questions regarding this, please contact the school.

Kind regards,  
Mr William Dowe  
Deputy Principal

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### **Top tips for strengthening your father/daughter relationship**

- 1. Be there.** No matter the situation, let your daughter know you are always there for her, through the good and bad. Be a safe space and listen, you don't always need to provide solutions.
- 2. Speak words of positivity.** A girl's self-esteem is built on healthy, supportive relationships, especially with her dad.
- 3. Make quality time a priority.** Give her your undivided attention and spend time doing something together. Whether it's simple, like reading together, or taking her on a dad date.

***If you or someone you know is struggling, there is support available. Call Lifeline 13 11 14, Beyond blue 1300 22 4636 or kids helpline 1800 55 180***



# Gunnedah Public School

## 2022 School Calendar Term 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 5</b> AG QUIP WEEK	15/8	16/8	17/8 STAFF DEVELOPMENT DAY (no school for students)	18/8 CANTEEN DAY <i>(spaghetti bolognese with popper or water)</i>	19/8 2.15pm Assembly
<b>Week 6</b> BOOK WEEK	22/8	23/8 Multi Sport Day in Tamworth  Touch Football Gala Day	24/8 Book Fair  10.30am Book Parade	25/8 CANTEEN DAY <i>(pizza rolls with popper or water)</i>	26/8
<b>Week 7</b>	29/8 5.30pm P&C meeting	30/8	31/8 GHS Transition Day	1/9 CANTEEN DAY <i>(chicken &amp; bacon pasta with popper or water)</i>	2/9 2.15pm Assembly
<b>Week 8</b>	5/9	6/9	7/9	8/9 CANTEEN DAY <i>(beef &amp; gravy rolls with popper or water)</i>	9/9
<b>Week 9</b>	12/9	13/9	14/9	15/9 CANTEEN DAY <i>(meat pies with popper or water)</i>	16/9 2.15pm Assembly
<b>Week 10</b>	19/9	20/9	21/9	22/9 NO CANTEEN DAY	23/9 LAST DAY OF TERM 3

## We're hiring School Crossing Supervisors



Help protect our vibrant school communities.



Be a road safety hero for school kids, caregivers, and school staff.



Be a second set of eyes for local motorists at busy times.



Earn an income and still have time to live your life to the fullest.



**Casual roles available**  
Gunnedah Local Government Area - 66647

**Does this sound like you?**

- Willing to work outdoors in all weather conditions.
- Able to communicate with different groups and give clear instructions.
- Community-minded.
- Friendly and positive manner.

**Days and hours**

- Shifts will fall between 8:00 am - 9:30 am and 2:30 pm - 4:00 pm, Monday to Friday during school terms with a minimum of one hour shift as required

**Apply today**

Applications close Wednesday 17<sup>th</sup> August 2022

Visit [jobs.transport.nsw.gov.au](https://jobs.transport.nsw.gov.au) and search for **Reference Number: 66647** or search 'School Crossing Supervisors' for a full list or vacancies or scan the QR code to apply.

For further information, contact Sandhini Chaudhary  
E: [Sandhini.chaudhary@transport.nsw.gov.au](mailto:Sandhini.chaudhary@transport.nsw.gov.au)  
P: 0466 343 704



[jobs.transport.nsw.gov.au](https://jobs.transport.nsw.gov.au)



## Tuesday, August 23

Gunnedah High School Gym 9.30am - 3pm

- Magenta Community Services
- Agile Support Services
- One Connection Disability Services
- Gunnedah Workshop Enterprises
- Jobs Australia
- Sunnyfield
- Headspace
- Carer Gateway
- Life Without Barriers
- Kirinari
- Challenge
- Aruma
- Joblink Plus

For more info call **Katie Scotford** on 6742 0155 or email [kathryn.scotford@def.nsw.edu.au](mailto:kathryn.scotford@def.nsw.edu.au)

#farrerfriends #farrerfamily #farrerforever

# Experience a fun day in the life of a Farrer Student.

### Join us

Do you have a son in Year 5 starting high school in 2024?

Why not join us for our Farrer's **Experience Day**  
**Friday 23rd September**  
**from 9:30am - 2:30pm**

Your son will experience a fun day in the life of a Farrer Student at Australia's only selective agricultural high school for boys. It's a chance for him to explore our school, take a class or two, make new friends and see what's possible.

He'll be impressed by our facilities and broad curriculum which encompasses many career-focused opportunities in addition to Agriculture.

**Register your son today on our website.** Places are limited! Morning tea and lunch is also provided for your son.

For all enquiries please contact our enrolments officer Mrs Kerry Hussey on 02 6764 8607.  
585 Calala Lane Tamworth 2340.

[www.farreragri-h.schools.nsw.gov.au](https://www.farreragri-h.schools.nsw.gov.au)



**⚠️ DON'T FORGET**

You MUST register for the **Selective Schools Test** between **October-mid November 2022**. Your son will sit the test in March 2023. Simply log onto the Farrer website and follow the **Selective Schools** link.

**Good for kids**  
good for life



### Screen time and physical play

Movement and play are important for kids development



Choose small screen games and Apps that reduce kids sitting time and encourage physical activity.

- 🔗 Choose videos, games or Apps that get your kids moving e.g. dancing, sports, yoga. Join in using the App or game with your kids
- 🔗 Plan a walk using a digital map. Take photos of interesting things along the way
- 🔗 Video your kids learning a new skill e.g. hopping, a new skateboard trick. Replay the video to track their progress over time
- 🔗 Be a role model! Show your kids how to track their physical activity. Talk about how being active is fun & feels great! Show them how far you walked or swam last week!

Source: Screen time & physical activity: [kids|Raising Children Network: <https://raisingchildren.net.au/school-age/dmc/medic/technology/screen-time/health/screen-use/screen-time-physical-activity>](https://www.health.gov.au/resources/infographics/screen-time-physical-activity)



HNELHD-GoodForKids@health.nsw.gov.au  
<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD





# Year 7, 2023

## TRANSITION EVENTS

### HALF DAY TRANSITIONS

**Wednesday, August 31**  
10.15am to 1.50pm

**Tuesday, October 25**  
10.15am to 1.50pm

- Students will participate in lessons, fun hands-on activities and a school tour
- Question and answer session
- Lunch will be provided, or students can bring their own

### ORIENTATION DAY

**November 29, 2022**



LEA THOMAS



BECK HENDERSON

Contact Year Adviser Miss Lea Thomas or Deputy Principal Mrs Beck Henderson on 6742 0155 for further information



## GUNNEDAH HIGH SCHOOL

RESPECT • RESPONSIBILITY • DOING YOUR BEST

**Phone: 02 6742 0155**

**Web: <https://gunnedah-h.schools.nsw.gov.au> Email: [gunnedah-h.school@det.nsw.edu.au](mailto:gunnedah-h.school@det.nsw.edu.au)**