



Gunnedah Public School NEWSLETTER



Term 3, Week 4

Thursday, August 10 2023

Education Week Awards

On Monday, we celebrated Education Week with an Assembly. Congratulations to all students, staff and our school community members who received awards. We are so proud of GPS and love showcasing our achievements.



Quality Education in a Caring Environment

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Todd Woodbridge Cup tennis

On Tuesday, 16 students from Stage 2 played in the Todd Woodbridge Cup against local primary schools. Although we didn't win overall, each of our teams came away with several wins throughout the day. Congratulations to Eliza, Lucy, Jack, Phebee, Sharlett, Ryan, Greg, Elliott, Dusty, Izzy, Zavannah, Mia, Larah, Bloom, Nicola and Bryden who played extremely well and displayed great sportsmanship throughout the entire day. Thanks to Craig Louis and Ellie from Tennis Australia for organising such a great event.



Library corner



Thank you to everyone who ordered through our last Book Club. Orders are being sent home this week.

Book Week Parade & Book Fair

Only one week left to think about your child's book character/or decorated hat for the parade next Thursday 17th. So we can recognise who they are, if possible please have the book with them. We can always help them by borrowing one from the library.

On Tuesday and Wednesday, students will be able to complete wish lists during their library lessons. The fair will also be open after the parade for all to attend. Scholastic have introduced a QR code to make purchasing easier online.

EFTPOS is not available through the school, but we accept cash.

**PLEASE NOTE
CHANGE OF
DATE**



MERIT AWARDS WINNERS



Stage 1W River Walk

Last Thursday 3rd August, Miss Renee walked with Mr Wood and Stage 1W along the Namoi River as part of their Gamilaraay Language learning classes. Students built on the learning that happened during Geography lessons in Term 2 about places and their importance to different people as they discussed Woolshed Reserve and the ways that Gunnedah sprung up around this important area of the town.

Stage 1W students discussed the traditional Gamilaraay names of birds and animals that they saw and Skylar pointed out a pair of kookaburras sitting in a tree by the river. Miss Renee taught students how to say “kookaburra in the tree” and showed how to speak to the birds by making noises to attract their attention without disturbing them.

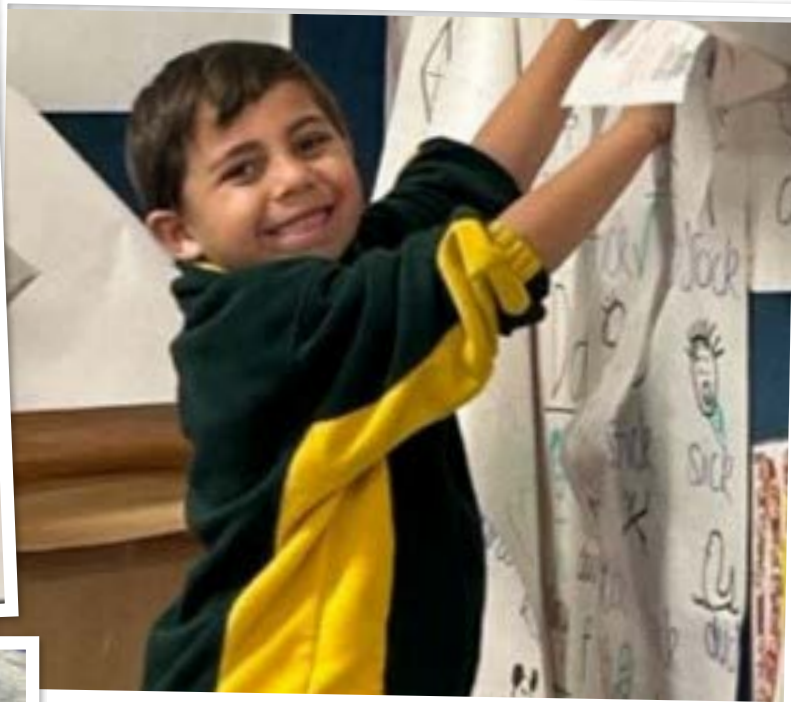
Stage 1 will continue to learn more about Gamilaraay language with Miss Renee throughout the year and build on their skills to string phrases together to use in conversations and to label the world around them.



KA & KP - SCIENCE

During the past few weeks, KA and KP have been exploring Materials in Science. We looked all around the room and had to find some plastic, glass, metal and paper. KA and KP were very keen and easily found all of the requested 'materials'.

The students have also looked at natural and man-made materials. The students had lots of fun trying to identify and feel the difference in these items. Some materials were hard and smooth, other materials were soft and squishy. They were asked to go home and look at the man-made materials in their homes.



S1R & S1W - SCIENCE

Over the last three weeks, students in S1R & S1W have been learning about measurement. We measured if we could jump a metre. We tried: both feet together, hopping on one foot and having a run up. We all could easily jump 1 metre and we also found out that it is also 100 centimetres.

We have also been exploring mixtures.

Aiden Donovan came up with the best definition:

"Mixtures are where you mix ingredients together to give you something different". What a definition Aiden.

We used a number of ingredients to make playdough too.



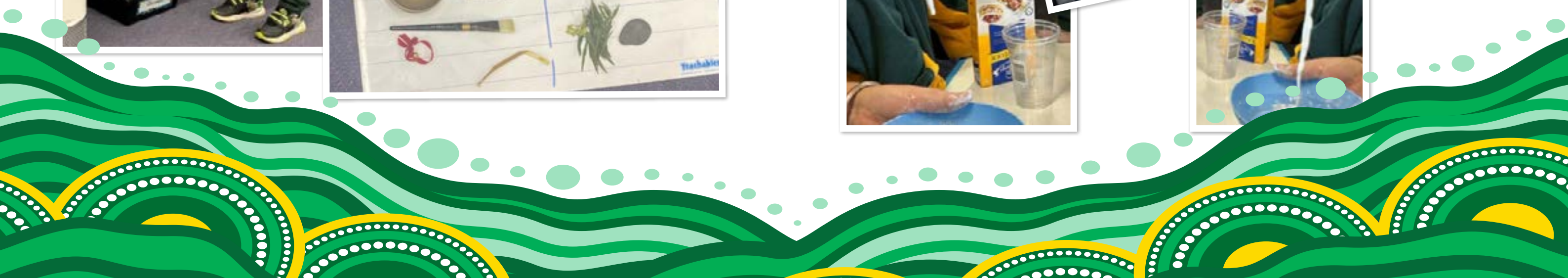
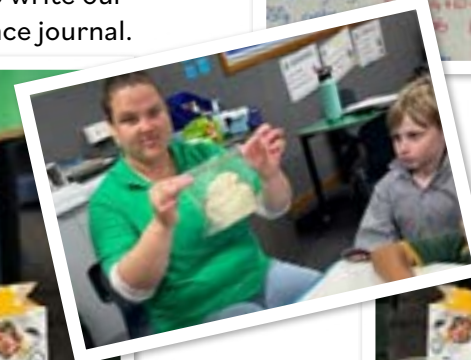
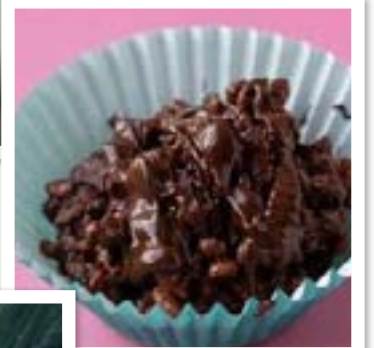
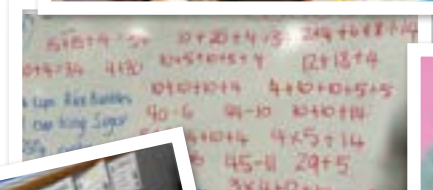
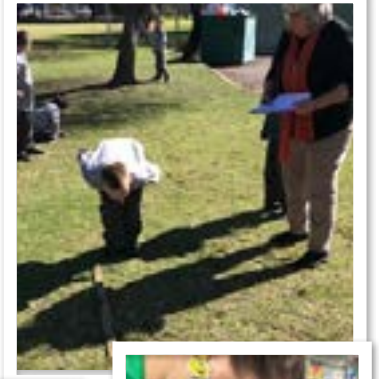
Miss Riley's and Mr Wood's class combined to look at our Science subject - Mixtures. We had to come up with 34 chocolate crackles. Our recipe was: 4 cups of Rice Bubbles, 1 cup of icing sugar, 250g of copha and 3 tablespoons of cocoa.

The students were asked to find ways to make 34 - The teachers were amazed at some of the answers - in red: Well Done Stage IR and Stage 1W.

We also talked about the importance of and what would happen if we forgot one of the ingredients!

After a deep conversation with the students they decided that the chocolate crackles were perfect, because we followed the recipe! Stage IR studied more Mixtures in Science. We slowly added water to cornflour - What did we make? We made slime.

We are also learning how to write our experiments up into a science journal.



Gunnedah Public School Book Week Parade and Book Fair



Thursday 17th August
Week 5
10.30am

Students dress with the theme below or as their favourite book character.

Please join us after the parade in the Library to browse and purchase books from our Book Fair.

Everyone Welcome



THE

RESILIENCE PROJECT™

‘DISCOVERING RESILIENCE’
COMMUNITY PRESENTATION

WITH MARTIN HEPPELL

Proudly brought to you by

phn
HUNTER NEW ENGLAND
AND CENTRAL COAST
PRIMARY HEALTH NETWORK

PRIMARY
HEALTH
NETWORK

Discover how to build positive mental health at our free Community Presentation.

At The Resilience Project, we're all about helping people feel happier and build resilience, and we do this through sharing simple, positive wellbeing tools with anyone and everyone.

When building positive mental health in communities, we know the biggest impact happens when we **work together** – which is where this Community Presentation comes in.



Join The Resilience Project Partner and former AFL Player, **Martin Heppell**, for his flagship ‘**Discovering Resilience**’ presentation. Through his high-energy humour and captivating storytelling, Martin will share the evidence-based tips we can use everyday to improve our wellbeing.



Equip yourself with **simple, practical tools** to look after your wellbeing.



Learn about the confronting mental health statistics in our country, and understand why **prevention is the key to changing this narrative**.



Discover **Gratitude, Empathy & Mindfulness**; the evidence-based principles proven to help us feel happier.



Presentation Information

Tuesday 12 September 2023
6:30pm – 8:00pm
Online webinar via Zoom

To attend this presentation, you must register via the QR code above.

Good for kids

good for life



Unlock the benefits: Kids & daily activity

Regular physical activity is important for your child to stay fit and healthy.

Encouraging children to be active from a young age sets good habits and helps them to develop the skills they need to stay active throughout life.

Children should aim to be active for **at least 60 minutes** everyday! Physical activity can include any movement that makes them 'huff and puff'.

Engaging in regular physical activity enables children to:

- Stay active on a daily basis
- Foster healthy development and growth
- Build and enhance skills, balance and flexibility
- Strengthen bones, muscles and posture
- Reduce stress and boost confidence
- Have fun with friends



Source: Get active each day (www.healthykids.nsw.gov.au)
Developed by Hunter New England LHD



HNELHD-GoodForKids@health.nsw.gov.au

<https://goodforkids.nsw.gov.au>



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

One of our most common and powerful tips we ever give at the fathering project would have to be dad dates. It has two very important components – it is only dad and one of your children.

This week we discuss the importance of taking your son on a dad date.

These one-on-one dad dates helps them feel special, loved and listened to. The date doesn't have to be an extravagant or expensive event, it is about the time together one-on-one to play, talk, listen, laugh and have some fun.

TOP TIPS

1. MAKE IT SIMPLE: The trip doesn't have to cost an arm and a leg. Camping, fishing, a trip to the cafe, or a weekend away visiting the local attractions or doing something you know they'll enjoy.

2. KEEP A RECORD: Write in a journal, take photos and videos.

3. REMEMBER, THEY'RE YOUR COMPANION: Ask for his input on activities and places to visit.

DAD JOKE OF THE WEEK

My dog is a genius. I asked: "What's two minus two?" He said nothing...

Gunnedah Public School
Calendar

TERM 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	AUGUST 7	AUGUST 8	AUGUST 9	AUGUST 10	AUGUST 11
WEEK 4		Yrs 3/4 Todd Woodbridge Cup tennis	10am Soccer in Tamworth	HOMEWORK CLUB CANTEEN: Chicken Stew & Rice	
	STAGE 3 EXCURSION				
	AUGUST 14	AUGUST 15	AUGUST 16	AUGUST 17	AUGUST 18
WEEK 5		Yrs 5/6 Todd Woodbridge Cup tennis 2.15pm Soccer game		BOOK PARADE & BOOK FAIR HOMEWORK CLUB CANTEEN: Spagetti Bolognese	ASSEMBLY featuring Stage 2S
	AUGUST 21	AUGUST 22	AUGUST 23	AUGUST 24	AUGUST 25
WEEK 6	EARLY BIRDS COMMENCE (MONDAY MORNING STUDENTS)	EARLY BIRDS COMMENCE (TUESDAY MORNING STUDENTS) Stage 1R Pop-Up		HOMEWORK CLUB CANTEEN: Chicken Burger	
	AUGUST 28	AUGUST 29	AUGUST 30	AUGUST 31	SEPTEMBER 1
WEEK 7		Touch Football Gala Day	AGQUIP STAFF DEVELOPMENT DAY	HOMEWORK CLUB CANTEEN: Bacon & Cheese Pasta	ASSEMBLY featuring Stage 3L
	SEPTEMBER 4	SEPTEMBER 5	SEPTEMBER 6	SEPTEMBER 7	SEPTEMBER 8
WEEK 8				HOMEWORK CLUB CANTEEN: Roast Chicken & Gravy roll	
	STAGE 2 EXCURSION				
	SEPTEMBER 11	SEPTEMBER 12	SEPTEMBER 13	SEPTEMBER 14	SEPTEMBER 15
WEEK 9		Resilience Project Parents Online Session 6.30pm-8.00pm		RU OK? Day HOMEWORK CLUB CANTEEN: Meat Pie & sauce	
	SEPTEMBER 18	SEPTEMBER 19	SEPTEMBER 20	SEPTEMBER 21	SEPTEMBER 22
WEEK 10				HOMEWORK CLUB NO CANTEEN	LAST DAY OF TERM 3
	HEALTHY HAROLD VAN				



Walhallow Aboriginal Corporation

Health Assessment

The assessments will be conducted at the school during school hours commencing Term 4. Please fill out the questionnaire about your child and the assessment will be completed at school.

A health assessment is an easy and simple way to make sure your child is developing appropriately. If there are any issues, we can easily create referrals to specialists and allied health professionals.

What is included in a comprehensive health assessment:

- Eye check
- Ear check
- Height and weight check
- Blood pressure, pulse, temperature, and oxygen level
- Basic teeth check (with referral to a dentist if needed)
- Simple skin check
- Education around healthy eating and healthy behaviours.