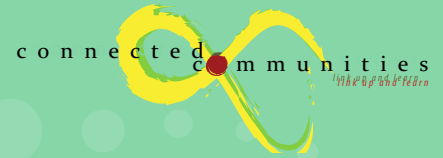




Gunnedah Public School NEWSLETTER



Term 3, Week 5

Thursday, August 17 2023

Principal's Message

with Mrs Mac



STAGE 2 EXCURSION

Not long now until Stage 2 head off to Gulgong for their excursion. The itinerary looks amazing and the students are very excited. This excursion is a wonderful experience for your children and we strongly encourage everyone to attend. Please if you are unsure about any part of the excursion or are anxious about your child attending ring the school for a chat and clarification around any issues. It is not too late.

STAFF DEVELOPMENT DAY

A reminder that next Wednesday is the pupil free day replacing the beginning of term staff development day. Although staff are at school they will be participating in lots of professional learning so the school is not open for students.

If you are intending to take your children out to Ag Quip we encourage you to take them on this day as opposed to the Tuesday or Thursday so they do not miss any learning.

STUDENT SUPPORT OFFICER

We are fortunate enough to have Mr Matt working with a number of students within our school, as the student support officer. If your child is feeling anxious, upset or would just like to chat with Mr Matt please encourage them to let us know or contact the school and we can arrange an informal Mr Matt chat.

COMPASS TEXT MESSAGING

As some would be aware we have now set up a text messaging system through the school for unexplained absences. If your child is not present at school and we have not heard from you, you will receive a text message stating they are absent and asking why. This system is very easy, all that is needed is a return message with the reason they are away. We realise that everyone's lives are busy and at times things slip our minds and the idea is just a quick and easy way for parents to explain absences.



FREE MEDICAL HEALTH CHECKS

Just a reminder to return the free health check forms to the office within the next couple of weeks. If you did not receive a form please contact the office and we will send one home with your child.

INCUBATING EGGS

Our Kindergarten students have been busy incubating some chicken eggs donated by Mr Dowe and Ollie & Julie Finlay. We had one hatch out today, some due out tomorrow and the last ones due out on the 24th of August. The students have been counting down the days and keeping the incubator topped up with water. We will keep you all updated in our next newsletter....

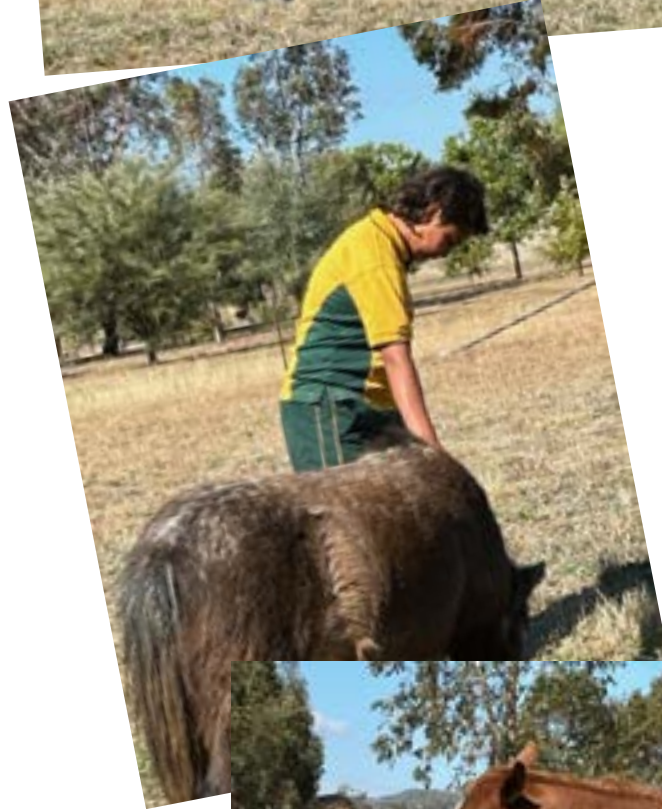
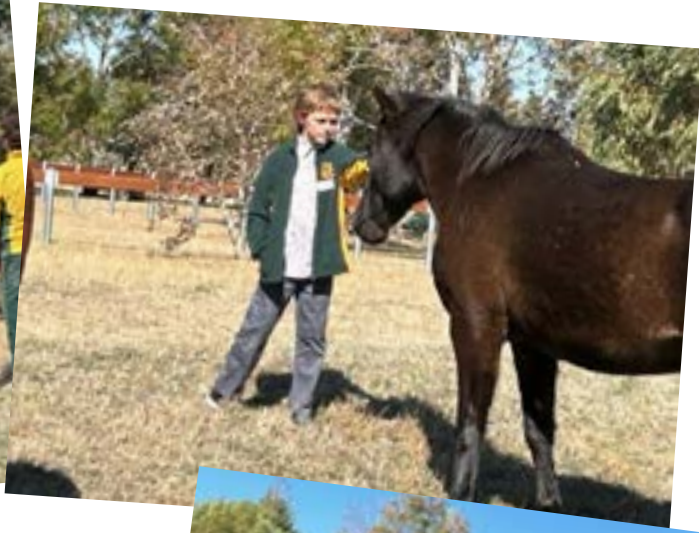


Quality Education in a Caring Environment

Bloomfield Street, Gunnedah, 2380 Phone: (02) 6742 2266 Fax: (02) 6742 4309

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

HORSE WISDOM



Library corner

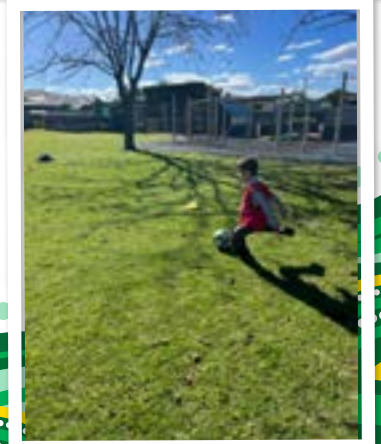


BOOK WEEK PARADE & BOOK FAIR



SOCCER

On Tuesday afternoon, a group of 15 Stage 2 students were selected to play a soccer match. The students split into 2 teams showing great determination to win. They displayed great sportsmanship, enthusiasm and passion for the 40 minute game. Congratulations to all selected, it was a great afternoon.



Maths & Science in Stage 1R

On Wednesday 10th August students from 1R explored 'Arrays'. We played with counters and farm animals and made different arrays, which are rows and columns with an equal amount in each.

We also looked at 'area' in maths this week. This is the amount of space taken up by something. We used wrapping paper and tried to wrap different parcels that had different shapes and found out that rectangular shapes of paper are the most efficient.

In Science we have been looking at 'mixtures'. Today we explored why water and oil don't mix, and why it is important to use detergent when we wash up our greasy dishes after dinner!



GUNNEDAH HIGH SCHOOL

Year 7 2024 Transition Afternoon

**Monday 28th August
12-2:30pm**

**Do you have a child in Year 6 at
Gunnedah Public School or
Gunnedah South Public School?**

**Send them along to our
transition afternoon!**



This afternoon is designed to allow students to form friendships, meet teachers and build confidence in the high-school setting prior to commencing Year Seven.

This will be a small taste of high-school before the full-day orientations in Term 4.

Students are required to bring recess and wear their sports uniform.

Any questions? Contact Us!

Hanna Ewans
Year 7 2024 Year Advisor
hanna.ewans1@det.nsw.edu.au



THE RESILIENCE PROJECT™

‘DISCOVERING RESILIENCE’ COMMUNITY PRESENTATION

WITH MARTIN HEPPELL

Proudly brought to you by

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.

What is a serve of fruit and veg?

Fruits and vegetables are a great source of vital nutrients that support the health of your child's growing body.

It is important to eat a variety of different coloured vegetables and fruit everyday, but do you know how much your child should be eating?

How many vegetables?	How much fruit?
4-8 years = 4 ½ serves	4-8 years = 1 ½ serves
9-18 years = 5 serves	9-18 years = 2 serves

1 serve of vegetables is:

- ½ cup cooked vegetables
- 1 cup leafy or raw salad vegetables
- ½ medium potato

1 serve of fruit is:

- 1 medium piece e.g. apple, orange, banana or pear
- 1 cup diced or canned fruit (in natural juice)
- 2 small pieces e.g. apricots, plums or kiwi fruits

Source: The five food groups leafletforhealth.gov.au

Developed by Hunter New England LHD

NSW Health | HNELHD: GoodforKids@health.nsw.gov.au | https://www.health.nsw.gov.au

Good for Kids acknowledges 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.



You play a big role in your child's learning journey. From the toddler years through to primary and high school, you will impact your child's attitude to learning and how they develop.

Not only this, when you spend time with your child supporting their learning, whether it's school work, play time or helping with an assignment, it shows you care and positively impacts the father-child bond.

So, if you show and encourage a love of learning, you will be setting your child up for success throughout their lives.

Top Tips

1. Be actively interested in what your child is doing at school. Ask them about their day at school “What was the best thing about school today?” or “What was your favourite part of school today?”
2. Be positive about school, even if you have some not so positive memories of school or learning yourself, allow your child to create their own experiences of school. Speak positively about going to school and learning.
3. Praise their efforts: encouragement from dad goes a long way. Tell them how proud you are when they try hard and have a positive attitude to learning. You could reward by doing something together they enjoy.

DAD JOKE OF THE WEEK

My boss asked me why I only get sick on work days. I said it must be my weekend immune system...



COULD YOU BE A FOSTER CARER?

Winanga-Li Out of Home Care are in urgent need of Foster Carers in our area!

Do you believe in a better future for children and young people?
Do you have love to give and knowledge to share?

To find out more, call our office on 6743 0944 or email carers@winanga-li.org.au

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.



Gunnedah Public School

Calendar



GREATER BANK COMMUNITY FUNDING PROGRAM

Gunnedah Public School P & C

Help this small public school of about 180 students by providing sporting, library and art equipment. As well as helping to build shelters, gardens and other student amenities needed in the school. Funds raised also go toward subsidizing excursions to all students at the school.

Cast your vote



**VOTE EVERY DAY TO GET OUR
SCHOOL IN THE RUNNING FOR \$3000!**

TERM 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	AG-OUIP AUGUST 30	AUGUST 31	SEPTEMBER 1
WEEK 7	12pm-2.30pm Gunnedah High School Year 7 2024 Transition Day	Touch Football Gala Day		HOMEWORK CLUB CANTEEN: Bacon & Cheese Pasta	ASSEMBLY featuring Stage 3L
	SEPTEMBER 4	SEPTEMBER 5	SEPTEMBER 6	STAGE 2 EXCURSION SEPTEMBER 7	SEPTEMBER 8
WEEK 8			STAFF DEVELOPMENT DAY	HOMEWORK CLUB CANTEEN: Roast Chicken & Gravy roll	
	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				

SCHOOL HOLIDAYS SEPTEMBER 23 - OCTOBER 8





GUNNEDAH PUBLIC SCHOOL

Early Birds Transition Program

STARTING AUGUST 21ST!



Enrolments for Kindergarten 2024 are still open!

Families who have already enrolled their child at GPS should have received an information letter via mail about our transition program. Please contact the school if you have not received this.

Call our friendly office staff on 6742 2266 to collect your enrolment pack.