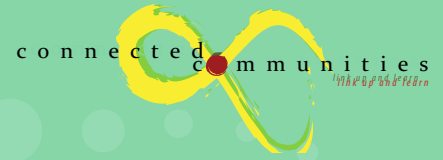




Gunnedah Public School NEWSLETTER



Term 3, Week 6

Thursday, August 24 2023

ZONE ATHLETICS

Gunnedah Public sent around 40 students to compete at the Gunnedah Zone Athletics Carnival held at Donnelly Fields.

Prize winning results were as follows:

Flynn Royall: 1st 100m, 1st 200m, 1st 800m, 1st discus, 1st high jump, 1st shot put

Kirby Wells: 2nd 100m, 2nd 200m, 1st shot put, 2nd long jump

Zavannah Lodge: 3rd long jump

Xavier Hunt: 2nd 100m

Charli Mills: 3rd 200m

Liam Talbott: 3rd 800m

Elliott Gold-O'Donnell: 3rd discus

Senior Girls Relay – 2nd

Senior Boys Relay – 2nd

Not all event winners get to go to North West as there are distance and time limits for qualification.

It was a fantastic day and all GPS athletes represented their school with pride.

Big thanks to Mrs Hempstead and Miss Karla for your help on the day.

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.

GREATER BANK COMMUNITY FUNDING PROGRAM

Just a reminder to vote for Gunnedah Public School P&C for our chance to win \$3,000.

Voting information can be found on our school website, our facebook page or with the Greater Bank direct.

STAGE 2 EXCURSION

Not long now until Years 3 and 4 head off to Gulgong for three days. Excursion notes and monies (\$100) are to be finalised this coming Monday, 28th August. If you have any questions, please contact the school.



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

BOOK WEEK PARADE



EARLY BIRDS

Miss Flannery, Miss Hoban and Miss Karen were all very excited to welcome our Early Bird Transition Students to GPS this week. There were plenty of happy faces and lots of new friends for everyone to meet. We played games inside and outside, read stories and did some art and craft. At the end of the day we had circle time, where we shared our favourite part of the day with our new friends.

We can't wait to see everyone at Early Birds again next week!

If you are interested in enrolling your child at GPS for Kindergarten 2024, please contact the office for an enrolment pack. It is not too late for your child to join our wonderful transition program.



MERIT AWARD WINNERS



SPORTS AWARD WINNERS



PBL

Each term, our students who have consistently displayed our PBL values of being Safe, Respectful and Responsible and have earned 5 value stickers are treated to a fun afternoon of activities. Last week, our students were able to choose between an afternoon of art, science, robotics, board games or handball. This is our way of saying thank you to our students for always being amazing! We have the best students at GPS!



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.

Good for kids

good for life

Try a new game at home

Children learn from watching, listening and copying what happens around them.

Role-modelling is important to teach children how to live a healthy, active lifestyle. Why not try a new game at home this week?

You could try:

- **Wall tennis**- 2 players face a wall. Each player is restricted to half the playing area. The server throws the ball to the wall to start play- the receiver tries to catch the ball after one bounce or on the full.
- **Bullseye**- Use household items such as buckets. Place the bucket on the ground and from 2 meters away, take turns at throwing a ball into the bucket. You can make this harder by moving further away or using smaller items (such as cup and ping pong ball).
- **Skipping competition**- Using a jump rope, take turns to see how long you can jump for without stopping. Whoever jumps the longest wins!

Source: The role of parents in children's active play (www.health.gov.au)
Playing for life (www.sport.gov.au)

Developed by Hunter New England LHD
www.hneldhd.com.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 may, or may not know that it's Book Week!

Dads play a unique role by reading to their child and encouraging them to read.

Research shows that when dads get involved in reading, it sparks creativity, boosts vocabulary, and creates lasting memories. Whether it's a bedtime story, making up stories together or reading a magazine or newspaper together, it all contributes to their development.

Reading together also creates an opportunity to bond and helps strengthens the relationship!

This is your reminder to pick up a book and read together with your child!

TOP TIPS

1. **MAKE BEDTIME STORY A NIGHTLY ROUTINE:** This gives your child something to look forward to and allows you to spend quality time together. If you don't live with your child you can still make this happen via Facetime or a phone call.
2. **ASK QUESTIONS:** "What do you think might happen next?", "How do you think that made them feel?" This encourages your child to think critically.
3. **HAVE FUN WITH VOICES:** Use expression and sound effects that your child can join in on as well.

DAD JOKE OF THE WEEK

GUESS WHO I BUMPED INTO ON THE WAY TO GETTING MY GLASSES FIXED?

EVERYBODY.....

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.

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



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!**

Stage 1R Pop Up Restaurant

What a busy week S1R has had! On Tuesday the students transformed the hall into a French cafe filled with French music, decorations and artworks inspired by Vincent Van Gogh. When our wonderful families arrived, the students welcomed them into their cafe called 'La Petite France'. This means 'The Little France'. After our families were seated, the students took their beverage order. Families could choose between iced water or fresh French Lemonade. The lemonade was incredibly popular and halfway through service, this drink was officially sold out! For the main course, families were served a roasted cauliflower soup with French baguettes and a garlic butter.

Leading up to this event, the students whipped up a storm in the kitchen as they chopped and roasted cauliflower, mixed and rolled dough, and juiced lemons. Our students were incredibly proud to show off their hard work and to share a meal with their families.

It was fabulous to see all the families attend and we hope you enjoyed yourselves.



Stage 1R Pop Up Restaurant



Gunnedah Public School Calendar

TERM 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	STAFF DEVELOPMENT DAY AG-QUIP AUGUST 30	HOMEWORK CLUB CANTEEN: Chicken Burger	
	AUGUST 28	AUGUST 29	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	SEPTEMBER 7	SEPTEMBER 8
WEEK 8				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



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 on 6742 2266 if you have not received this information.