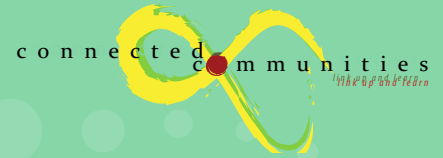




Gunnedah Public School NEWSLETTER



Term 3, Week 8

Thursday, September 7 2023

FATHER'S DAY BBQ

Thank you to all the fathers, grandfathers, uncles and other special people in our lives who came along to the Father's Day breakfast on Monday morning. Mrs Mac and Mr Joe cooked up a storm on the BBQ for everyone to enjoy. It was lovely to see so many of you join us for this special event. Thank you for the support, love and guidance you show our students today and every other day of the year.



GREATER BANK COMMUNITY FUND

Thank you to our wonderful community who voted for Gunnedah Public School P & C! Mr Ray Williams, our P & C President, and some of our very pleased students were presented with the cheque today from The Greater Bank.



Quality Education in a Caring Environment

Bloomfield Street, Gunnedah, 2380

Phone: (02) 6742 2266

Email: gunnedah-p.school@det.nsw.edu.au

Principal: Mrs Cathie McMaster



FATHER'S DAY BBQ



GPS INFORMATION DAY

Join us this Saturday, 9th September for our Information Day showcasing the following Service providers and organisations.

Information Day.

Services available on the day:

- Dr Sue Amarasena
- Sue Elms OT
- Rachel Peake Stroke Coordinator plus Heart
- Youth Insearch
- Healthwise
- Police
- Centrecare
- Salvation Army
- Headspace
- NDIS

Come to our ONE STOP Shop on Saturday 9/9 2023 11AM - 2PM in the playground at GPS. Food and drinks will be provided and games for the kids to play. Come and speak with one or many of the services on offer.



Youth Insearch - provides assistance for troubled youth aged 14 years and above

Headspace - provides counselling services for young people

NDIS - assistance with applying for a package

Dr Sue Amarasena - assistance with Mental health issues

Gunida Gunyah - assistance with housing and other programs

Winanga-Li - programs to assist families

MULTI-SPORTS DAY - K6MC

On Thursday last week, five students from K6MC travelled to Tamworth with Mrs Rouhan and Mrs Cupples to participate in a Multi-Sports Day.

It was a great day where the students got to participate in different sports including seated volleyball, putt putt golf, basketball, touch football, table tennis, golf and little athletics sports. All students displayed Safe, Respectful and Responsible behaviour over at the Sports Dome and were commended on their efforts. Well done boys!



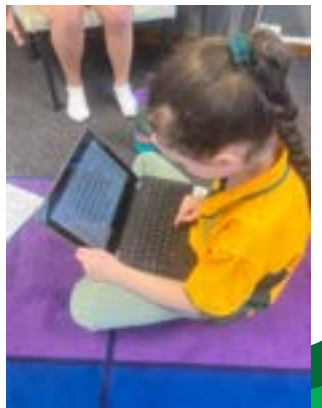
GULGONG EXCURSION - STAGE 2

Last week Stage 2 headed off on an adventure to Red Hill Education Centre in Gulgong. We managed to make the bus trip with no car sickness and no lost property - winning! On arrival we put our belongings into our swanky dorms and had some lunch. The heavens opened up and it stormed all afternoon, meaning we had to stay indoors but this didn't deter our enthusiasm to learn about the thousands of pollinators that help our planet function properly. We looked at insects under the microscope, tasted some delicious honey and dissected a flower. Day two rolled around and although it was freezing, we had a huge amount of fun meeting some teddy bear alpacas, weaving bag tags and felting pictures. Safe to say we were exhausted after all of this and fell asleep much earlier than the previous night! On our last day we took a beautiful walk in the Goulbourne River National Park, even meeting a red belly black snake sunbaking along the way. The trip home was fairly quiet as we were feeling the post excursion blues but the smiles all returned when our loved ones came to pick us up. Can't wait for our next excursion together!



STAGE 2S - WRITING RECOUNTS

Stage 2S along with everyone else from Stage 2 that attended the Gulgong excursion in Week 7 were absolutely buzzing with excitement when they got back to school on Monday! Mrs Dowdell was not lucky enough to attend so the students put some serious effort into recounting their experiences for her. They have completed their draft editions and are working on their final edit on the computers.



EARLY BIRDS

We have had another fun-filled week at Early Birds. This week we read Mr McGee and had lots of fun making our own apple trees. It's not too late to enrol and take advantage of our wonderful transition program. Please call or come into the school and ask for an enrolment pack.



CARROLL COTTON GIN - YR 5 & 6

Last Thursday, Year 5 and 6 went to the Carroll Cotton Gin to explore sustainability as part of their Science Unit. Whilst there, students saw how cotton is taken from the raw materials, refined and ready to be exported. Thank you to Mrs Evans for organising this amazing excursion.





SPEECH PATHOLOGY RURAL OUTREACH

25th - 28th Sept 2023

Gunnedah

Our Therapists



Fiona Quinn-Dezelak
Clinical Director



Helaina Smith
Speech Pathologist

Assessments and High Quality Telehealth

Fiona and Helaina are heading your way for assessments and initial therapy sessions.

- Heavily discounted assessments for families looking to access the NDIS scheme (limited places available)
- NDIS assessments to help renew your existing plan
- Come and see us for an initial therapy session in person, and we can talk to you about the benefits of continuing sessions online with our experienced telehealth clinicians
- Current client families in Gunnedah available to give testimonials

We look forward to meeting you all soon!

Register now by phone/email
Limited Spots Available!

Call (02) 4048 0857

enquiries@harmonyspeech.com.au

www.harmonyspeech.com.au

Unit C4 26 Oakdale Road
GATESHEAD NSW 2290





This week is Child Protection Week. Keeping our children safe as they grow, and teaching them how to keep themselves, and others around them safe is a life skill that is imperative.

It's essential to recognise the crucial role we play in nurturing our children's understanding of boundaries and consent. Just like boundaries on a sports field or court, boundaries in healthy relationships are the lines we set to define how we want to be treated and how we treat others.

We've all heard the golden rule: "Treat others how you would like to be treated." This is a fundamental example of setting boundaries. In a relationship, boundaries may take the form of telling someone that a certain behaviour is not acceptable. It might sound like, "You're being too rough," or "I don't like it when you shout at me like that."

As Dads, we have the opportunity to guide our children in establishing their own boundaries and become positive role models by demonstrating how we respect their boundaries.

By helping our children firmly establish what is acceptable to them early on, we empower them to do the same in the future, especially when they get to an age where we might not be there with them.

TOP TIPS

Talk to your child. about personal space and body boundaries. What is ok and what is not.

Teach them to trust their feelings. If it doesn't feel right to them, they should say "no" or "stop" and tell you about it as soon as they can.

Respect. Teach your child to also respect the boundaries that others set.

DAD JOKE OF THE WEEK

I have a Polish friend who is a sound technician.
And a Czech one too. And a Czech one too.



THE RESILIENCE PROJECT™


'DISCOVERING RESILIENCE' COMMUNITY PRESENTATION

WITH MARTIN HEPPELL


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.



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




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



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.



GUNNEDAH HIGH SCHOOL

Year 7 2024

Orientation Days

Gunnedah High School will be hosting two full-day Orientations in Term 4 for our Year 7 2024 students on:

Wednesday November 1st: 9am-2:30pm

Wednesday November 29th: 9am-2:30pm*

**Parents and carers are invited for a BBQ lunch from 1:15pm, with a Q&A session from 2-2:30pm*

If your child is enrolled at Gunnedah High School for 2024, please send them along to our Orientation Days!

This will allow students to form friendships, meet their teachers and get a taste of the various subjects on offer here.

Students are encouraged to wear their sports uniform and to bring along a packed lunch for recess. A BBQ lunch will be provided on both days.



If you have any questions, please contact **Hanna Ewans**, our Year 7 2024 Year Adviser, at hanna.ewans1@det.nsw.edu.au



Gunnedah Public School Calendar

TERM 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SEPTEMBER 4	SEPTEMBER 5	SEPTEMBER 6	SEPTEMBER 7	SEPTEMBER 8
WEEK 8	8.15AM FATHER'S DAY BBQ			HOMEWORK CLUB CANTEEN: Roast Chicken & Gravy roll	
	SEPTEMBER 11	SEPTEMBER 12	SEPTEMBER 13	SEPTEMBER 14	SEPTEMBER 15
WEEK 9	6.30pm-8.00pm Resilience Project Parents Online Session ← HEALTHY HAROLD VAN →			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

SCHOOL HOLIDAYS SEPTEMBER 23 - OCTOBER 8

Book now for Spring School Holidays!

Join us for two weeks full of fun with activities for everyone!
Call PCYC Gunnedah on 6742 1586 or scan QR code to book!



PCYC | GUNNEDAH
BE LIFE CHANGING



Spring School Holiday Activities

COST: \$40 - \$55 depending on activity

AGES: 6-12 years

TIME: 9:00am - 3:00pm

BOOK NOW!



ADDITIONAL INFO: Please bring water bottle, morning tea, lunch if not wanting lunch order. Enclosed shoes and a positive attitude. Disrespectful behaviour towards either staff or other peers will not be tolerated.

Mon 25th Sept	Meet my squad day, Team Building activities and Challenges. Active kids voucher accepted \$5 lunch order Chicken Balls and Drink
Tues 26th Sept	Multisports - Basketball, Turbo Touch, Futsal and more. Active kids voucher accepted \$5 lunch order Hotdog and Drink
Wed 27th Sept	Laser Tag - Capture the flag, Rob the nest and last man standing. Active kids voucher accepted \$5 lunch order Mini Pizza and Drink
Thur 28th Sept	Healthy Heart Day, Fitness tests, BoxFit and Games. Active kids voucher accepted \$5 lunch order Pie and Drink
Fri 29th Sept	Pickleball - skills and drills, games and competition. Active kids voucher accepted \$5 lunch order Hamburger and Drink
Mon 2nd Oct	Closed for public holiday
Tues 3rd Oct	Multisports - Hockey, Cricket, Squash and more. Active kids voucher accepted \$5 lunch order Mini Pizza and Drink
Wed 4th Oct	Pickleball - skills and drills, games and competition. Active kids voucher accepted \$5 lunch order Pie and Drink
Thur 5th Oct	Turbo Touch - skills and drills, games and a round robin competition \$5 lunch order Chicken Burger and Drink
Fri 6th Oct	Laser Tag - Capture the flag, Rob the nest and last man standing. Active kids voucher accepted \$5 lunch order Hamburger and Drink
School holiday afternoons	Extended hours 3:30pm - 5:00pm movie in youth hub \$15

CONTACT US: Call PCYC Gunnedah on 6742 1586 or email Gunnedah@pcycnsw.org.au to book or any further enquires.
Please note payment **MUST** be made at the time of booking to secure spot!

PCYC | GUNNEDAH
BE LIFE CHANGING

