



Gunnedah Public School NEWSLETTER



Term 2, Week 8

Thursday June 19, 2025

Principal's Message

with Mrs Mac



Excursions

As the school excursions are fast approaching, we want to remind you of the convenient pre-payment options available to help manage costs. We understand that these experiences are a significant investment and we aim to make them accessible to all students by offering excursions at nearly half the usual cost. Despite our previous reminders, only a small number of families have taken advantage of the pre-payment option. We strongly encourage you to consider setting up a weekly payment plan. This approach can alleviate the financial burden of paying a larger sum all at once and ensure that your child does not miss out on these valuable opportunities.

Your cooperation in this matter is greatly appreciated and will help us continue to offer enriching experiences for all students. If you have any questions or need assistance in setting up a payment plan, please do not hesitate to contact our school office.



Play Equipment

The excitement is reaching new heights as our brand-new infants play equipment is almost ready for action! We're currently waiting for the softfall to dry and once that's complete, the fence will come down. Soon, our Kindergarten to Year 2 students will have the opportunity to enjoy the new play area.



VOLUNTEERS THANK YOU

During our assembly on Friday 13th June, we took a moment to express our heartfelt gratitude to the amazing volunteers at our recent Community Hub. Their dedication and support have made a significant difference in our community and we are incredibly thankful for the time and effort they continue to contribute.

The presentation highlighted the various activities and initiatives that our volunteers have been involved in, showcasing their commitment to fostering a supportive environment for all. We believe that the spirit of volunteerism is essential to building a strong and connected community. Thank you once again to all our volunteers for your hard work and support!



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

HORSE WISDOM

Gunnedah Public School have been very busy involving ourselves with not only the horses, but a number of related topics.

Over the last few weeks we have been looking at a number of different topics, such as 'Our Boundaries' or our yes and no, and what this feels like in our bodies using horses to help us identify what is ok for us and not ok.

Last week, we looked at the 'Four Major Emotions' and how they can be represented in our bodies. We identified how joy/happiness, sadness, fear and anger can manifest through feelings and sensations and how quickly they can change.

This week, we looked at 'Thinking' and how positive or negative thinking can manifest in our lives and how horses are very tuned in to our thoughts. We focused heavily on what we were thinking to ourselves when we were trying to lead horses around a designated obstacle course.

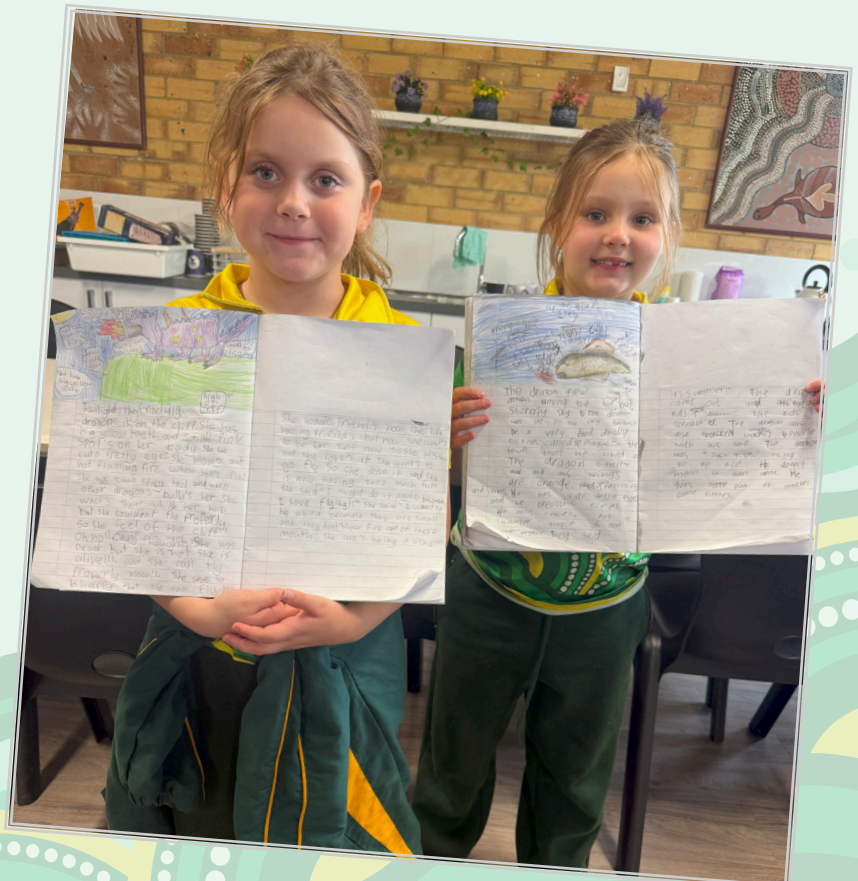
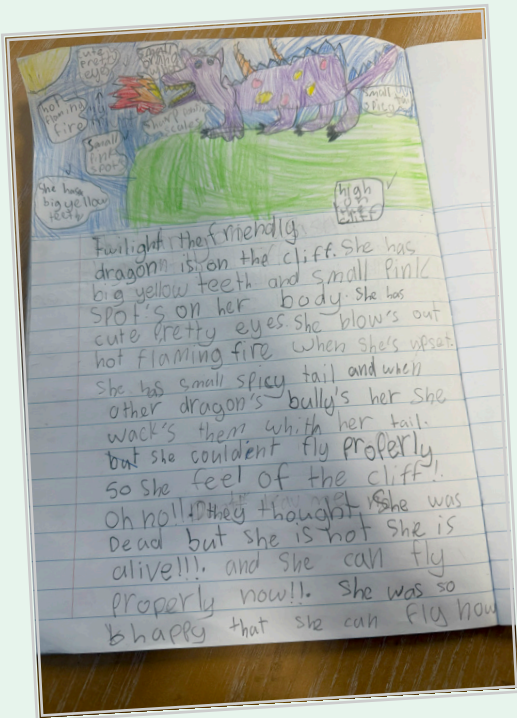
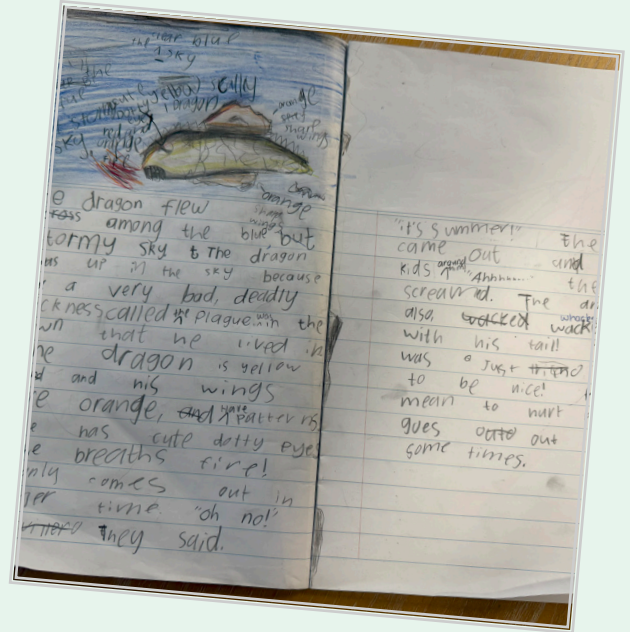
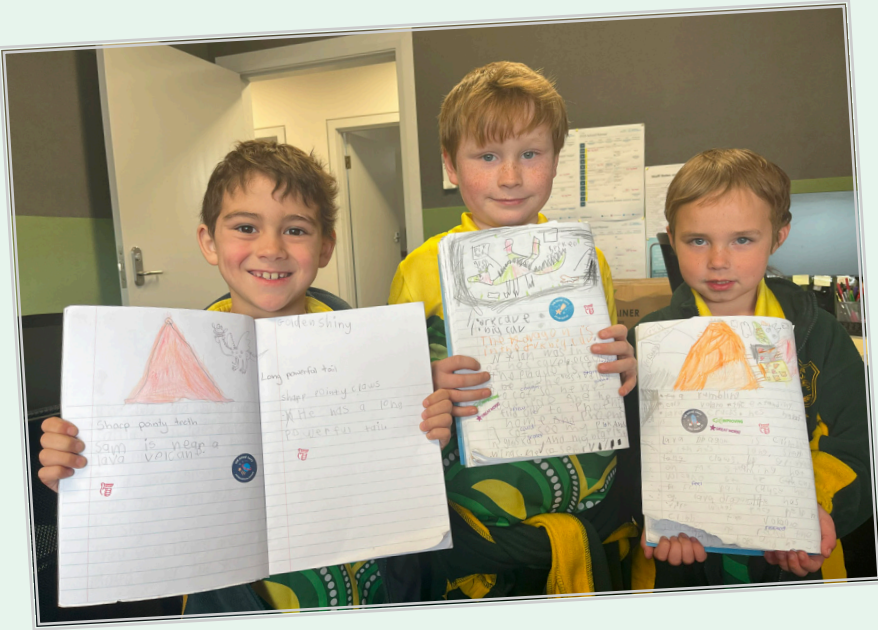


CREATIVE WRITING

We are excited to share that the students in Stage 1R have been engaging in creative writing activities in class and they have truly, been doing a fantastic job. Their imaginative stories have not only showcased their creativity but also their growing writing skills.

Mr Dowe was impressed with the quality of the stories. It's wonderful to see our students express themselves through writing and we encourage them to continue exploring their creativity.

Keep up the great work Stage 1R!



STAGE 3

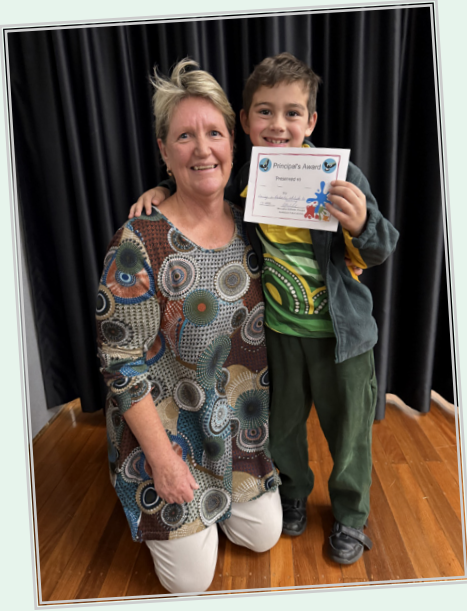
SONGLINE EXCURSION

Stage 3 have had an enriching experience during their excursions with Miss Emma. Students have enjoyed being on Country, where they engaged in creating their own songlines between various locations as part of their assessment for Unit 12 in English.

These activities have provided a wonderful opportunity for students to explore the connections between locations, deepening their understanding of narrative structures and the importance of cultural storytelling. The hands-on experiences have not only enhanced their learning but also fostered a greater appreciation for the stories that shape our landscapes and communities. We are proud of Stage 3A for their enthusiasm and creativity in this engaging learning journey!



ASSEMBLY



Online Parenting Group

Online parenting groups are for parents & carers who would like to:

- Understand their child's emotional world by learning to read their emotional needs
- Support their child's ability to successfully manage emotions
- Improve communication and strengthen the bond with their child
- Better understand their child's behaviour and learn new parenting approaches



We are offering two programs: Circle of Security and Tuning in to Kids.

What is Circle of Security® ?

The Circle of Security (CoS) Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. It is best suited for parents/carers of children aged 1-5 yrs although can be beneficial for all parents/carers.

What is Tuning in to Kids® ?

Tuning in to Kids (TIK) is an evidenced based, emotion-focused parenting course that supports Parents & carers to recognise, understand and manage their own and their children's emotions. It is best suited for parents/carers of children aged 3-12 yrs.

Who is it for?

We are delivering TIK & CoS as part of our Community Recovery Service which covers the following LGAs in NSW: **Cabonne, Cootamundra-Gundagai, Dubbo, Forbes, Gunnedah, Snowy Valleys, Glen Ines, Severn and Snowy Monaro.**

Where?

Groups will take place online via Zoom. Access to stable internet, a computer/device, and a private space will be required.

When?

Pending numbers, we usually offer a group each school term.

For School Term 3, 2025 our groups will happen at the following times – please choose one:

Circle of Security®:

Tuesday Mornings 10am-12pm
Starting 29th July 2025 & running for
8 weeks until 16th September 2025

Tuning in to Kids®:

Wednesday Evenings 7:45pm-9:15pm
Starting 30th July 2025 & running for
6 weeks until 3rd September 2025

"I am so incredibly grateful for this course!

I couldn't be more thankful for my learning and the strategies that are making an amazing difference with both my boys" - Parent

Next steps:

Our groups are free to join. If you are interested please contact our team by Wed 2nd July 2025 (or as soon as possible following).

Email community.recovery@royalfarwest.org.au or call (02) 8622 6808

Funded by the Australian and NSW Government



Funded under the Disaster Ready Fund – an Australian Government initiative. This program currently receives funding from the Australian Government and the NSW Government.

FREE Royal Far West Online Parenting Group

Royal Far West are offering our school free access to 2 online parenting programs again in Term 3 starting in Week 2. 'Tuning in to Kids' (TIK) will be offered as an evening group; and 'Circle of Security' (CoS) will be offered as a daytime group. Please see attached flyer for more details. For any parents and carers who would like to join the online parenting groups but are unable to access a Zoom meeting on their own phone or computer, we will make a room available at GPS for you to attend each week. If you would like any help to sign up to the program, would like to join the Zoom sessions at our school, or if you have any questions, please contact Allyson Hoban on 67422266.



2025 Stage 3 Excursion (Year 5 & 6)

Where: Sydney Academy of Sport and Recreation Centre, Wakehurst Parkway, Narrabeen

When: Monday 3rd November - Friday 7th November, 2025 (Term 4, Week 4)

Transport: Macphersons Coaches

Cost: \$450/student (this includes transport, 4 nights accommodation, 3 days activities, 4 days of 3 meals)

Payment due: Friday 24th October (Term 4, Week 2)

- There are only 14 school weeks until full payment is due. This equates to around \$35/week, if paying using weekly installments.
- Please remember that if your child's payment has not been received in full by the due date, unfortunately they will not be able to attend.

Sydney Academy of Sport and Recreation has dormitory-style accommodation that sleeps between 4 and 10 students. Go to

<https://www.sport.nsw.gov.au/sport-and-recreation-centres/sydney-academy> for more information.

Packing List and a more detailed itinerary will be sent out closer to the dates of the excursion.

If you have any questions or queries regarding this excursion or payment, please contact the school.

Will Dowe

Deputy Principal

Bloomfield Street, GUNNEDAH. 2380

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

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2025 Stage 2 Excursion (Year 3 & 4)

Where: Lake Keepit Sport and Recreation Centre

When: Wednesday 17th - Friday 19th September, 2025 (Term 3, Week 9)

Transport: School bus + Hopes Bus Company

Cost: \$200/student (this includes transport, 2 nights accommodation, 2 days activities, 2 days of 3 meals)

Payment due: Friday 5th September (Term 3, Week 7)

- There are only 9 school weeks until full payment is due. This equates to around \$25/week, if paying using weekly installments.
- Please remember that if your child's payment has not been received in full by the due date, unfortunately they will not be able to attend.

Packing List and a more detailed itinerary will be sent out closer to the dates of the excursion.

Go to

<https://www.sport.nsw.gov.au/sport-and-recreation-centres/lake-keepit#activities> for more information.

If you have any questions or queries regarding this excursion or payment, please contact the school.

Will Dowe

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Gunnedah Public School Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	16 JUNE	17 JUNE	18 JUNE	19 JUNE	20 JUNE
WEEK 8		Upstage Creative Arts Workshop K-6 P & C Meeting 5:30pm		Stage 2H Pop up Resturant 12pm	CANTEEN MEATBALL SUBS Aspirational learning PSSA SOCCER KNOCKOUT
	23 JUNE	24 JUNE	25 JUNE	26 JUNE	27 JUNE
WEEK 9			North West Touch Trials		GPS ATHLETICS CARNIVAL
	30 JUNE	1 JULY	2 JULY	3 JULY	4 JULY
WEEK 10	NAIDOC Week street march 9:15am		NAIDOC Week Opening ceremony 12pm		LAST DAY SCHOOL
			← NAIDOC WEEK →		

Winter Holidays
REMINDER

Students finish school on *Friday, 4 July*

Students return to school on *Tuesday, 22 July*

ENJOY YOUR BREAK FROM SCHOOL ROUTINE AND WE WILL SEE YOU AGAIN, READY TO GO ON TUESDAY, 22 JULY