



Gundagai Public School

NEWSLETTER

Monday 4th November 2013

Newsletter No. 33

Week 5 Term 4

Principal: Mrs Vicki Somerville

Learning

Responsibility

Safety

PRINCIPAL'S MESSAGE

It was a very exciting morning last Thursday when our school welcomed nineteen enthusiastic students to the first of our transition to school sessions in readiness for Kindergarten 2014. We are looking forward to seeing many of these youngsters again this Thursday and hope they particularly enjoy the assembly they will be attending which will be hosted by our current Kindergarten.

There are many reasons to call into the school foyer this week other than speaking to our ever friendly and helpful SAM, Ms Agnew. You will find samples of the calendars, diaries and cards for the P&C fundraising project, a copy of our 2013 Yearbook hot off the press, eight new pieces of art by this month's Artists in Residence and a running photographic display of our latest activities. Together these highlight what an exciting and vibrant learning community Gundagai Public has been this year.

Today we welcome Katherine Baker who is joining us for the next 4 weeks to work with Year One. Miss Baker, from Charles Sturt University, will complete her internship during this time and will be an asset to the Year One classroom.

Later in the newsletter you will find details about a new initiative we are trialling, that being to provide some healthier options at the canteen. Nikki Miller has kindly offered to lead this promotion and is being supported by Alex Walker, a nutritionist available to our school as we implement the LIVE LIFE WELL Program.



NOVEMBER ARTISTS IN RESIDENCE



Brooklyn Lloyd
Loudy Bishop

Georgia Loukissas
Bridie Ingold

Jayelle Britt
Lily Polsen

Jayden McDonald
Jamie Lee-Bowditch

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COMING EVENTS:

Thursday 7 November
School Assembly – Host
Class Kindergarten

Kindergarten Orientation

Thursday 14 November
Kindergarten Orientation

Thursday 21 November
Kindergarten Orientation

School Assembly – Host
Class Year 6

Friday 22 November
Beach to Bush Program

KINDERGARTEN ORIENTATION PROGRAM Session 2

Thursday 7th November 2013

Time: 10:30 – 1:10 pm

Kindergarten Room

- 123- Count with me!
- Having fun in the playground
- Our school Assembly

Parents are asked to leave their children in the Kindergarten Room and are invited to return for our School Assembly in the School Hall at 12:30 pm before collecting their child. If you do not want to attend the Assembly you can meet back in the Kindergarten room at 1.10 pm.

Please pack morning tea and a hat for your child.



MUSIC COUNT US IN

Gundagai Public School was one of the 2000 schools that took part in Music Count Us In last Thursday. Over 600,000 children across Australia sang the same song at the same time to celebrate music education in schools.

Music builds brain power, confidence and team work!



GUNDAGAI PUBLIC SCHOOL YEARBOOK 2013

This is a beautiful record of activities and achievements children at Gundagai Public School have been involved in throughout the year. The book is packed with glossy coloured photographs and a limited amount are available for purchase at the office. Please feel free to call in and have a look. ***The cost of the book is \$20.***

HONOUR BOARD

STUDENT OF THE WEEK

Class	Week 4	Class	Week 4
K	Jamie-Lee Bowditch	4	Braith Clark
1	Tiarna Carberry	5	Samantha Tout
2	Justin Elliott	6	Jenna Hawthorne
3	Toby Dasey		

PALS PROGRAM

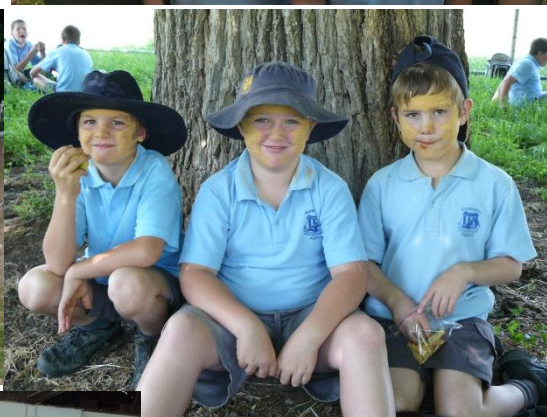
Year 5 girls have just completed The PALS Program with School Counsellor Ms Jahn. The girls have been working with Ms Jahn over a number of weeks, developing resilience, communication and social skills. The girls have gained confidence in relating with their peers and understanding choices available when confronted with friendship issues.





Spotlight On

CULTURAL EXPO TUMUT



P & C INFORMATION

P & C FUNDRAISING NEWS

Today information was handed out for our Term 4 fundraiser ~ Calendar, Greeting Cards and Diaries. Call into the front office and check out the excellent quality of these items. They would make great personalised Christmas presents for family and friends.

CANTEEN NEWS...

FRESH FRIDAY...

- Freshly cut watermelon pieces ~ 50 cents
- Frozen pineapple slices ~ 30 cents
- Fresh pineapple pieces ~ 20 cents
- Freshly popped bag of popcorn ~ \$1

Available at recess and lunchtime this Friday 8th November.



FRUIT TIP: How to pick a ripe watermelon

Pick it up: big or small it should feel heavy for its size
Look for the yellow spot: watermelons develop a splotch where they rest on the ground. When this splotch is creamy yellow, it's ripe!

Give it a thump: Tap the underbelly of the watermelon. A ripe one will have a deep hollow sound. Under-ripe or over-ripe melons sound dull.



New Menu Item:

Mini Pizza Buns, selling for 80 cents at recess.

CANTEEN ROSTER

Week 5	Monday 4 November	Wednesday 6 November
	Melinda Elliott	Fiona Tout and Ricky Bishop
Week 6	Monday 11 November	Wednesday 13 November
	Cathy Polsen and Meredith Tait	Lin Murray and Tracey Ingold

CLOTHING POOL

The clothing pool is open every Thursday from 9.00 am to 10.00 am for the purchase of new and used uniforms. If you are unable to attend the clothing shop on Thursday mornings, orders can be sent into school. Please enclose payment. Orders will be filled and sent home with your child.

ROSTER: Thursday 7th November ~ Nicole Marshall; Thursday 14th November ~ Melinda Elliott



Nutrition Snippet

The simplest way

to eat more fruit and veg.

Here are a few ideas for how to make eating the recommended 2 serves of fruit and 5 serves of veg easier:



- **Canned and frozen fruit count.** Stay healthy with canned fruit in juice not syrup, and canned veg with no added salt.
- **Legumes are vegetables too.** Try adding dried peas, beans and lentils to meals.
- **Juice only counts once.** 125ml of 100% fruit or vegetable juice is 1 serve, but doesn't contain the fibre of chopped fruit and veg. Water is the ideal drink.
- **Dried fruit only counts once.** A small box of sultanas or 4 dried apricots equals one serve – but don't go overboard on dried fruit.
- **A little and often.** Children may eat more if you offer smaller serves more times a day.

For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit



COMMUNITY NEWS

Tumut Twilight Soccer Comp for Juniors will run from Monday 11th November and Seniors from Friday 15 November. This comp will be played in Tumut at the Bull Paddock every week on those days. Initially games will start from 5pm onwards however this may become later as the weather warms up. There will be three age groups - Sub juniors 8/9/10 yrs, Juniors 11/12/13 yrs or Seniors 14 and above (including adults). Participation will be open to soccer players who played in the 2013 winter competition (at any town) plus anyone else interested in joining the fun. The games will be 6 v 6 with up to 9 players in the team. Individuals can join and be allocated a team or teams can be entered. Cost for registrations: 8 to 16 years \$5 for winter players in 2013 or \$10 for new players; 17 years and older \$15 for registered winter players in 2013 or \$30 for non registered players. Registrations can be done at Tumut Exhaust & Brake with Matt Henman or online. Enquiries to Chris Driscoll on 0408 846 818 or Rodney Anderson on 0428 503 126.