



Gunnedah South Public School

"With oar and sail"

**Thursday 7th Feb
2013**

TERM 1 WEEK 2

Special points of interest:

- 12th Feb Banking Start
- 16th Feb Working Bee @ 8.00am
- 22nd Feb 3-6 Swimming Carnival
- 27th Feb Zone Swimming Carnival

Principal: Mrs Emma Jeffery

School Captains: Georgie Orman and Hayden Baker

Administration Manager: Mrs Kerryn Pryor

Phone: 6742 1899 / 6742 1488 **Fax:** 6742 4217

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

Assistant Principals: Mrs Lynda Heath

Mr William Dowe

Mrs Judy McGowen

Mrs Nicole Walsh

Website: www.gunnedahs-p.schools.nsw.edu.au

School Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Feb	11	12 School Banking Starts Stage 3 Info night Kindy Info night	13 Stage 2 Info night	14	15 Working Bee tomorrow Sat 16th @ 8.00am Lunch supplied
4 Feb	18	19 School Banking Stage 1 Info night	20	21	22 Yr 3-6 Swimming Carnival CANTEEN CLOSED
5 Feb	25	26 School Banking	27 Zone Swimming Carnival. Stage 3 campout	28 Stage 3 Campout	1 Stage 3 Campout



*Gunnedah South Public
School*

Proud supporters of the
'You Can Do It'
Program

Supporting & caring
for your children

A few words from our Principal...



Dear Parents and Carers

Kindergarten 2013

Welcome to our newest little cherubs who started on Monday. They have been very busy settling into school routines and becoming familiar with our lovely grounds. I was fortunate to have each new kindy class visit my office while on their tour of the school, all with bright happy smiles on their faces. The beginning of school is an important time to establish positive routines for kindergarten students, from the time they wake up in the morning till when they are collected at 3.00pm. This year is particularly important to set positive attendance habits and a love of learning.

Parent Information Nights

Each class will be holding parent information nights during the next 2 weeks. These are valuable information sessions where you will get to know your child's classroom teacher and receive an outline of class timetables, homework expectations, classroom management, excursions and how you can support your child's learning. Dates and times for classes are further on in the newsletter.

P&C

The first P&C meeting will be held for the year next Tuesday, 12th February @ 7pm in our staffroom. This is a great way to become an active member of our school and hear about the school plan for the year ahead. Our friendly P&C are always looking for new members. At Gunnedah South we are very fortunate to have such a committed P&C who ensure through funding and personnel, that many of our wonderful programs can take place. I encourage all new families to come along next Tuesday.

Road Rules

Please be aware to check parking signs on all streets surrounding the school. There are a number of No Parking signs ~ especially in the Winder St car park, and the police frequently issue fines for infringements. This car park is extremely busy at 3.00pm as we have a number of parents who collect children from Mothers' Gate and a large number of buses arriving. If picking up children from Mothers' Gate please remember to walk inside the gate to collect your child and then hold their hand while crossing through the car park. Let's work together to keep your most precious possessions safe.

Classes

This year the school will operate with 23 classes. The teachers have been very busy preparing their classrooms for the students' return and will spend the first few weeks building positive relationships with the students based on mutual trust and respect. They will be assessing to determine starting points for teaching. Our classroom teachers use this information to ensure all students are engaged, challenged and extended by designing classroom activities to meet students' learning needs, levels of readiness, interests and motivations. Our highly experienced, passionate and dedicated teaching team are focused on improving learning outcomes for all students in the school.

The classes are as follows:

KM = Mrs McGowan (*Assistant Principal responsible for Kindergarten*)

KS= Miss Speedy

KL= Mrs Sommerlad

KR= Mrs Ross

KB= Mrs Bulley

IM= Miss Pankhurst

IH= Miss Holdom

IP= Mrs Passfield & Miss Wise

2W= Mrs Walsh (*Assistant Principal responsible for Year 1 & 2*)

2E= Mr McGuirk

2H= Miss Hickey

2 = Miss Siddle

3M= Mrs Merlehan

3D= Mr Dowe (*Assistant Principal responsible for Year 3 & 4*)

3/4S = Miss Stanford

4W= Mrs Woodhead



A few words from our Principal...cont.



4S= Mr Sumpter

5Z= Miss Zerner

5S= Miss Small

5F= Miss Folley

5/6H Mrs Heath (*Assistant Principal responsible for year 5 & 6*)

6F= Miss Flannery

6H= Mr Humphries

Parent Volunteers

At Gunnedah South we are fortunate to have a strong committed group of parents who donate their time to help support the school during the week. Parents volunteer their time in classrooms, canteen, kitchen, garden and when coaching sporting teams. This kind of support allows us to offer the widest possible choices to students. If you are able to donate some time during the week I cannot stress enough what a positive difference it has for the students, especially your own. Please come in!

Working Bee

Speaking of parent volunteers ~ the school will be holding a working bee on Saturday 16th February from 8.00am till lunch time. During the recent storm the school unfortunately lost a few trees and there are minor areas to repair and replant along with the usual weeding, pruning and maintenance. Many hands make light work so if you are able to spend a few hours on Saturday it would be greatly appreciated. Morning tea and BBQ lunch will be provided. Kids welcome.

Permission Notes

It's that time again that all permission notes must be renewed. The annual permission note, scooter note and medical/health care plans must all be updated. These notes will be sent home shortly~ please contact the office if you haven't received yours by the end of next week.

Parents' Contact Details

If you have moved or changed any of your details please let the front office know so that your details can be updated. It is vital that the school is able to contact you when needed.

School Hats

Please remember that it is essential for your child to bring a school hat to school each day. We live in a 'hot sunburnt country' and it is important that we protect children's skin from the sun. Hats can be purchased at the school.

Community Support

We have returned to school with one of our families losing everything in a house fire. Hollie (year 3) and Thomas (Year 1) Eveleigh , 4 days after Christmas lost everything they owned as their house burnt down. These two lovely students came into school during the holidays and still had smiles on their faces even after everything they have been through. The most important thing is that no-one was injured, but it still takes time to rebuild and some precious items can never be replaced.

One of the strengths of South School is the sense of community spirit. The school will gladly take donations of any kind to help the family rebuild. Watch this space in the coming weeks.

Kindest Regards,

Emma Jeffery

Principal





SCHOOL NEWS...



CANTEEN NEWS

<i>MON</i>	11th- Ashleigh Pennell
<i>TUES</i>	12th- Michelle Stewart
<i>WED</i>	13th- Ebony Cope
<i>THURS</i>	14th- Help Needed
<i>FRI</i>	15th- Jodie Moore Hope Rennick

If you would like to volunteer in the canteen please contact Sharon on 6742 1899.

School Banking starts back the 12th February 2013

Bring your bank books to school every Tuesday for banking.

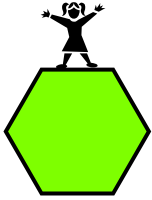


Active After School Sport

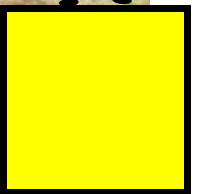
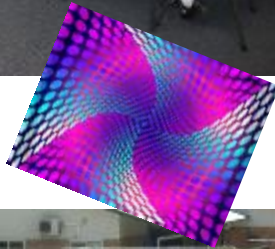
Active after school sport is a free sporting program provided by qualified teaching staff. A free afternoon tea is provided and the activities are aimed at everyone's ability level.

The program takes an hour, from 3.15pm to 4.15pm at school. Permission notes can be collected from the teacher organising the activity. The notes need to be returned to that teacher. Numbers are limited and the first 20 students to return their permission notes will be accepted into each group.

Tuesday 12.02.13 to 26.03.13 (incl.)	Dance Activities K - 2	Miss Flannery
Wednesday 13.02.13 to 27.03.13 (incl.)	Ball Games Year 1 and Year 2	Miss Pankhurst



Kindy 2013



Notice Stage 3

Major Excursion to Canberra

During Term 4, Years 5 and 6 students will be travelling to Canberra for their major excursion. Because of an increase in student numbers in stage 3 we will be making two trips as follows:

The students attending this excursion will be split into two groups.

Group 1 will be travelling to Canberra on Monday, 18th November and returning Friday, 22nd November.

Group 2 will travel to Canberra on Monday, 25th November and return Friday, 29th November.

Year 5 and 6 students will be split evenly between these two groups. If you know your child already has an engagement during one of these weeks, please advise Mrs Heath straight away in writing and we can arrange for your child to attend this excursion during the alternate week.

The itinerary for this excursion is still being finalised but we can say at this stage that this excursion will cost approximately \$500 per student.

We will be setting up a payment schedule for parents wishing to pay this amount in instalments. There will be a \$75 non refundable deposit that will need to be made to secure your child's spot. If parents wish to start paying money off this excursion they can do so at our school office.

An information and permission note will be sent home to parents over the coming weeks.

We look forward to offering this fantastic opportunity to our students.

Your sincerely,
Mrs Lynda Heath
Stage 3 Supervisor

Stage 3 Rotations

Week 3	Monday - 11/2	Tuesday - 12/2	Wednesday - 13/2	Thursday - 14/2	Friday - 15/2
MISS FOLLEY - TECHNOLOGY	5/6H	5S	5F	No Rotations on Thursdays	6F
Mrs Heath - HSJE	5Z	6H	5/6H		5S
Miss Small - PE/PD	6H	5/6H	5S		5F
Mr Humphries - Science	6F	5Z	6H		5/6H
Miss Zerner - Art	5F	6F	5Z		6H
Miss Flannery - Drama	5S	5F	6F		5Z



No smoking near the entrance to or exit from a public building

Section 6A of the *Smoke-free Environment Act 2000* makes a number of outdoor public places smoke-free.

From **7 January 2013**, smoking is banned within 4 metres of a pedestrian entrance to or exit from a public building. The ban on smoking within 4 metres of a pedestrian entrance to or exit from a public building will be delayed for licensed premises and restaurants until **6 July 2015**. The delay has been allowed to support consistent application of the ban on smoking in commercial outdoor dining areas across these settings.

What types of public buildings will be covered by the smoking ban?

Smoking is already banned in enclosed areas of public places in NSW. The law extends the smoking ban to cover the area within 4 metres of a pedestrian entrance to or exit from a public building, such as:

- ✓ professional, trade, commercial and other business premises;
- ✓ Local, NSW and Federal Government premises;
- ✓ shopping centres, malls and plazas;
- ✓ restaurants, cafes, hotels and clubs;
- ✓ schools, colleges and universities;
- ✓ community centres, halls and places of worship;
- ✓ theatres, cinemas, libraries and galleries;
- ✓ accommodation hotels and motels;
- ✓ fitness centres, bowling alleys and other sporting and recreational facilities; and
- ✓ childcare facilities.

How will the new law affect residential buildings?

Buildings used only for residential purposes such as private houses or multi-unit residential accommodation (such as boarding houses, buildings in caravan parks and residential accommodation in community or strata schemes) are not covered by the ban on smoking within 4 metres of the building entrance or exit.

Buildings that have multiple uses, such as residential and commercial purposes, will be subject to the ban on smoking within 4 metres of the building pedestrian entrance or exit only at those entrances and exits which are used for non-residential purposes.

Will a person break the law if they pass by a public building, such as a convenience store, while smoking?

No. The law creates appropriate defences to ensure that it will not be an offence to pass through a smoke-free area outside the entrance of a public building, such as a convenience store, while smoking.

Will there be signage to indicate where smoking is not permitted?

The law does not require signs to be displayed to indicate that smoking is not permitted within 4 metres of a pedestrian entrance to or exit from a public building. This is due to the diverse range of public buildings that are captured under the law.

The law allows the Ministry of Health to work with Local Councils and other Government departments to develop signage appropriate to the different public buildings.

How will this be enforced?

NSW Health is responsible for the administration and enforcement of the *Smoke-free Environment Act 2000*. NSW Health Inspectors are authorised to enforce the ban within 4 metres of a pedestrian entrance to or exit from a public building.

Penalties of up to \$550 apply for anyone who fails to comply with the law.

Why is this Act in place?

The number of people who congregate immediately outside the entrances of buildings can be significant. People entering and exiting from public buildings are exposed to second-hand tobacco smoke and smoke drift can occur from outside buildings to the indoor areas.

There is no safe level of exposure to second-hand tobacco smoke. This is the smoke which smokers exhale after inhaling from a lit cigarette.

In adults, breathing second-hand tobacco smoke can increase the risk of cardiovascular disease, lung cancer and other lung diseases. It can exacerbate the effects of other illnesses such as asthma and bronchitis. Exposing ex-smokers to other people's tobacco smoke increases the chance of relapsing to smoking.

For children, inhaling second-hand tobacco smoke is even more dangerous. This is because children's airways are smaller, and their immune systems are less developed, which makes them more likely to suffer negative health consequences of second-hand tobacco smoke such as bronchitis, pneumonia and asthma.

Creating smoke-free outdoor areas, such as outside the entrances of public buildings, can provide a supportive environment for those who have quit and make smoking less visible to children and young people.

How does this affect Local Council bans on smoking?

Many NSW councils, under the provisions of the *Local Government Act 1993*, have progressively introduced their own smoking bans. Where these bans are in place, they can continue to be enforced by Local Council rangers.

NOTE: The ban on smoking in commercial outdoor dining areas and within 4 metres of a pedestrian entrance to or exit from licenced premises, restaurants and cafes does not apply until 6 July 2015.

For more information

Please contact the Tobacco Information Line on **1800 357 412** or visit the NSW Health website: **www.health.nsw.gov.au**

The Tobacco Information Line can be accessed by non-English speaking people via the Translating and Interpreting Service (TIS) on 13 14 50.



Health

Kids Don't Fly

Prevent falls from windows and balconies



Window safety

Children can fall out of a window which is open more than 12.5cm, even if a flyscreen is fitted.

To prevent children falling from your windows, it is recommended that:

- where possible, all windows, especially bedroom windows:
 - are not opened more than 12.5cm when located above the ground floor.
 - have window latches/locks fitted to stop windows opening more than 12.5cm or guards to protect the opening (see *Kids Don't Fly Window Safety Product Guide*).
 - open from the top.
- beds and other furniture are kept away from windows, so that children cannot use them to climb up to the windows.
- you **do not rely on flyscreens** to prevent a child falling out of a window.
- children are taught to play away from windows.
- children are always supervised.



the
children's
hospital at Westmead

An increasing number of children are admitted to hospital each year as a result of falling from windows and balconies. These falls are often in their own home and can result in death or serious injury



Children aged from one to five years are most at risk as they are naturally curious but lack the ability to recognise danger. Falls occur more often in the warmer months when families leave windows and doors to balconies open both during the day and at night.

The Building Code of Australia permits a maximum opening of 12.5cm for windows and balustrades (where regulated). There are no laws that require window and balustrade openings in older buildings to meet current building standards. However, there are things you can do to improve safety.

If you live in a rented property make sure to get your landlord's written consent before adding a fixture or making an alteration to your home. By law, a landlord cannot unreasonably refuse consent for a tenant to make minor changes, such as installing window safety devices or other security features.

Balcony safety

To prevent children falling from your balcony, it is recommended that:

- where possible, balustrades (railings):
 - are at least 1 metre high.
 - have vertical bars which are no more than 12.5cm apart (use a ruler to measure the gaps between your vertical balustrade posts).
 - have no horizontal or near horizontal parts that would allow children to climb.
- all furniture, potted plants and other climbable objects are kept away from the edge of balconies.
- you are aware of furniture that is light enough for children to drag to the balcony edge.
- doors leading to balconies are locked to prevent child access to them.
- children are always supervised.



For information and translations, visit
www.health.nsw.gov.au/childsafety



the
children's
hospital at Westmead



Game Training

Game Training will be coming to our school later in Term 1 and **YOU** have been given free access to the program until they arrive at our school.

CHECK IT OUT !

Use the website link below and the password to access the amazing program.

YOU WILL LOVE IT!

Web Address: <http://www.gametraining.com.au/starter-kit>

Activation Code: **6945714**

Happy Game Training
Mrs Worley



2013 House Captains

**Congratulations to the following students
who were elected as senior and junior
house captains for 2013.**

BANKSIA

Piper Rankmore
Carter Cameron
Aimee Randall
Eli Rankmore

BORONIA

Laura Ewington
Jack Mainey
Tamika Burns
Connor Poeschl

WATTLE

Lauren Jessup-Little
Matthew McKay
Sophie McKay
Zac Clarke

WARATAH

Nautica Eather
Cain Eather
Charlotte Eather
Zac Griffin

Parent Information Nights

All parents are welcome to come and meet their child's teacher and learn more about classroom routines, requirements and expectations for 2013. Please be punctual as teacher's will begin on time. Meetings should take no longer than 30mins.

Please remember also, that this is not an opportunity to meet one on one with your child's teacher but you can phone the school at any time and request a parent/teacher meeting if you have any concerns or queries.

Meetings times include:

Tuesday 12th February

Early stage 1: Kindergarten 5.00pm in the school hall

Stage 3: Yr5- 5.30pm
5/6H- 5.30pm
Yr 6- 6.00pm

Wednesday 13th February

Stage 2: Yr 4— 5.30pm
3/4S—5.30pm
Yr 3— 6.00pm

Tuesday 19th February

Stage 1: Yr 2— 5.30pm
Yr 1— 6.00pm

Gunnedah South School Canteen 2013

Attention – Mums, Dads, Grandparents

The South School canteen is in desperate need of volunteers and we would like to ask for your help !!

It is **easy**, friendly and fun. We are sure your child would love to see your face in the canteen. If you can not do a full day (9.45am – 2.pm), you can work a half day. Find a friend to work with you.

We would appreciate it if you would take the time to complete the form below and return to your class teacher.

Thank you
Sharon Tydd (Canteen Manager)

.....Tear Here.....

Name.....

Best Daytime Contact Number.....

My child..... is in Class.....

Please circle selection

I can help - Once a fortnight / once a month / once a term / twice a year

My preferred day is Monday / Tuesday / Wednesday / Thursday / Friday

Return to school via Teacher... Attention to Sharon Tydd

Mosquitoes are out and about after the rain we have had. It would be a great idea to apply repellent to your children before school.

There has been a case of head lice. Can you please check and treat your child's hair.

SAKG News!!!

Volunteers are needed for each kitchen and garden class. Any help you could give us would be greatly appreciated.

Did you know? Olive oil makes a good deep conditioning treatment for the hair and scalp.

Don't forget to update your child/children's allergies! This is very important.

Remember to let us know if your child has grown out of allergies also

5/6H– the first to cook in 2013.

Classes have started this week. Kindy kiddies are having some time to settle in before they begin in the kitchen and garden.

Parent kitchen classes will be held on Tuesday and Wednesday evening in week 4 (19th and 20th of February). This gives you a chance to put your feet into your children's shoes and see what they get up to in their kitchen classes. You will also be able to sit down and enjoy a meal with other parents. There are limited spaces so please return your notes as soon as possible. Thank you

If you would like to know any more information about the Stephanie Alexander Kitchen Garden Program (SAKGP), go to kitchengardenfoundation.org.au



Recipe of the week!

Falafel with Minted Yoghurt Dressing

Serves: 4 full size or 24 tastings

Ingredients



Falafel Ingredients:

- 1 ½ cans of chickpeas
- 1 red onion, chopped finely
- 2 garlic cloves, chopped
- 1/4 cup parsley, chopped roughly
- 1/4 cup fresh coriander, chopped roughly
- 1/4 cup mint, chopped roughly
- pinch cayenne
- 1/2 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon baking powder
- 2 teaspoon whole coriander seeds, ground in mortar and pestle
- 3 tablespoons cumin seeds
- 5 tablespoons flour (maybe more if needed so mix is not too soft)
- vegetable oil for frying

Yoghurt Dressing Ingredients

- 3 tablespoons greek yoghurt
- 1/4 cup of mint, washed and chopped finely
- 3 leaves of silver beet or spinach, washed, dried and blanched quickly



Method

Drain the chickpeas, rinse again and drain again.

In a large bowl mix all the falafel ingredients together and then process in the food processor. The mixture should hold together and be without big lumps.

Once all the mix is done, transfer to a bowl, and roll into small balls, squeeze gently, flatten slightly and place on plate.

Heat ¼ cup vegetable oil and shallow-fry the balls until crispy and golden on both sides. When cooked place on tray lined with absorbent paper.

To make the yoghurt dressing

Blend the yoghurt with the mint, blanched silver beet/spinach with the mini processor. Season with salt and pepper.

Divide the falafel into bowls for tables. Serve with flat bread as wrap drizzled with the yoghurt dressing.



Gunnedah South Public School

Winder Place

Gunnedah NSW, 2380

Phone: 02 6742 1899

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

Principal: Mrs Emma Jeffery



Dear Parents, Caregivers and Grandparents,

You are warmly invited to the GSPS kitchen for a hands on cooking experience. Come and see how the Kitchen Classes operate, meet our kitchen specialists (if you haven't already) and cook a great meal while at it.

Please indicate which session you would like, number of adults who will be attending and send the bottom section back to Mrs Sams. Remember there are limited places so return as soon as you can.

If both of these times do not suit, we could possibly make a time in the morning through school if we get enough numbers. Please indicate this on the note.

Thank you and I look forward to seeing many of you in week 4.

Mrs Sams.

Name/s-_____

The cooking times are; (please circle your preference)

Tuesday 19th February- 5.30- 7pm

Wednesday 20th February- 5.30- 7pm

Number of adults attending-_____

I would prefer a morning session

Phone number-_____