



# Gunnedah South Public School

*"With oar and sail"*

**Thursday 21st Feb  
2013**

**TERM 1 WEEK 4**

## Special points of interest:

- 22nd Feb 3-6 Swimming Carnival
- 27th Feb Zone Swimming Carnival

**Principal:** Mrs Emma Jeffery

**Assistant Principals:** Mrs Lynda Heath

**School Captains:** Georgie Orman and Hayden Baker

Mr William Dowe

**Administration Manager:** Mrs Kerryn Pryor

Mrs Judy McGowan

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

Mrs Nicole Walsh

**Email:** [gunnedahs-p.school@det.nsw.edu.au](mailto:gunnedahs-p.school@det.nsw.edu.au)

**Website:** [www.gunnedahs-p.schools.nsw.edu.au](http://www.gunnedahs-p.schools.nsw.edu.au)

School Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5</b> Feb	25	26	27 Zone Swimming Carnival.	28 Stage 3 Campout	1 Stage 3 Campout
<b>6</b> March	4	5	6 Stage 3 Campout	7 Stage 3 Campout	8 Stage 3 Campout
<b>7</b> March	11	12	13	14 Stage 3 Campout	15 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

### Working Bee

On Saturday we held our first working bee for the year with overwhelming support. Thank you to the 20+ parents and 25 students who spent the day completing various jobs around our lovely school. We managed to:

- ☺ Plant 10 trees
- ☺ Stump grind 3 tree stumps
- ☺ Paint our new covered walkway (huge job)
- ☺ Weed the Fairy Garden
- ☺ Clean out the farm shed
- ☺ Weed the back vegetable garden and plant new vegetable seedlings
- ☺ Put up two whiteboards and move furniture.

A big thank you must go to Gunnedah Hire ~ the Wettenhall family who once again donated equipment for the day.

### Swimming Carnival

Tomorrow is our annual swimming carnival and hopefully the rain will hold off until 3.00pm!!! This fun event is for all students in years 3-6. This is always a great day for students who participate in both races and novelty events. I encourage any parents and community who have some spare time on Friday to come down and support the students. Thank you to Miss Flannery who has spent many hours making sure the day will run smoothly.

### Infants' Water Fun Day

Infants have a special day also designed just for them on Friday. Keeping the water theme running right across the school, infants will participate in a range of water fun activities. Thank you to Mrs Ross for organising a super fun day. Parent helpers are welcome. Please see Mrs ross.

### Crunch and Sip

As part of our healthy eating policy all students were given a free drink bottle yesterday to be used with *water only*. Students are active during the day and need water to help keep healthy hydration levels. We encourage students to bring in healthy lunches from home consisting of fresh fruit, vegetables and grains and less packet foods, which usually are high in sugar and preservatives. For a healthy life and optimum brain function which leads to happier students, healthy food is essential.

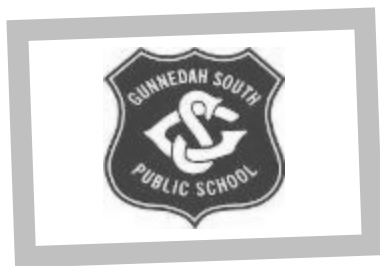
Crunch and Sip occurs right across the school from kindy to year 6, during the Literacy session every day. Please remember to send in with your child, some fruit or vegetable sticks (carrots, celery).

Kindest regards,

Emma Jeffery

Principal





## *SCHOOL NEWS...*



### **CANTEEN NEWS**

*MON* 18th-  
*TUES* 19th-  
*WED* 20th-  
*THURS* 21st-  
*FRI* 22nd-

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

### **SAVER PLUS PROGRAM.**

Any parents/carers interested in the Saver Plus program please come along to an information session in the PLP room on Thursday 28th Feb, 9.00am. For further information please talk to Judi Peters (Student Welfare Officer).



## **Swimming Carnival.**

A reminder that the Swimming Carnival is on tomorrow, 22nd Feb. All children must bring \$1.60 for entry (exact money preferred), hat, sunscreen, water bottle and lunch. Children are to come to school as normal and will be dismissed from the pool at 3.00pm.

Thanks,  
Miss Flannery.



# Merit Certificates

<b>KS</b>	Finnegan Leader, Alice Swain, Isla Wise, Rhegan Jaeger
<b>KR</b>	Charlee Steep, Logan Garratley, Jayla Woolaston, Daisy Sheedy
<b>KB</b>	Joshua Casey, Kyran Kleinschafer, Holly Sheedy, Taleigha Elphick
<b>KM</b>	Chantel Vaughan, Zoe Head, Mackenzie Keeler, Liam Reid
<b>IP/W</b>	Matthew Leech, Indiella Bryers, Chloe Sutherland, Sebastian Rowe
<b>IM</b>	Nate Harris, Amy Sams, Billy Hoppe, Sandy McArthur
<b>IH</b>	Adam Fermor, Chloe Elsley, Leni Wicks, Malakai Briggs
<b>3D</b>	Isaac Jeffery, Kaiden Blair, Callie Jeffrey
<b>3M</b>	Leisel Torrens, James Pegg, Laiken Boal
<b>3/4S</b>	Alyssa Batinic, Trent White, Stephanie Mitchell-Roberts
<b>4S</b>	Lachlan Moore, Chloe Waugh, Jake Jamieson
<b>4W</b>	Aaron Osmond, Eli Rankmore, Madi Simson, Stephanie Towns
<b>5F</b>	Tahlia Isbester, Anaya Boal, Tom Wilson
<b>5S</b>	Daniel Wang, Maia Ison, Kurt Rennick
<b>5Z</b>	Jordan Winsor, Ned Tassell, Bailey Stewart
<b>5/6H</b>	Paige Holbrook, Andy Wang, Jessica Penrose
<b>6F</b>	Duncan Muller, Angelica White, Ewan Woodward
<b>6H</b>	Jack Bruce, Lauren Jessup-Little, Aysiah Garrett, Jai Orszanski

## Silver

Malakai Briggs,  
Sandy McArthur, Lilly Street  
Chloe Waugh, Indiella Bryers  
Thomas Eveleigh,  
Cooper Williams

## Gold

Malakai Briggs

# WATER FUN DAY FOR INFANTS CHILDREN

Gunnedah South's annual swimming carnival is being held on Friday 22nd February 2013. The students in years 3 to 6 participate in this carnival which is held at Gunnedah pool. The students in K to 2 remain at school. This year, for the K-2 children, we have planned some fun water games and activities to coincide with the senior carnival. The activities will be between morning tea and lunch.

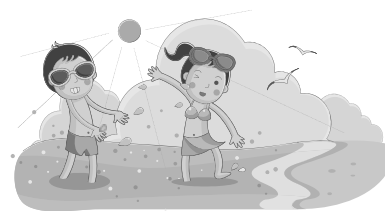
This will be a free dress day.

The children will need to wear swimmers under their clothes. Make sure they are still able to go to the toilet. They must have a shirt and a hat that can get wet. Please bring a towel with your name on it.

Please wear sports shoes, no thongs or sandals.

Thank you

Mrs Walsh



## Stage 3 Rotations

Week 4	Monday - 25/2	Tuesday - 26/2	Wednesday - 27/2	Thursday - 28/2	Friday - 1/3
MISS FOLLEY - TECHNOLOGY	5F	6F	5Z	No Rotations on Thursdays	6H
Mrs Heath - HSJE	5/6H	5S	5F		6F
Miss Small - PE/PD	5S	5F	6F		5Z
Mr Humphries - Science	6H	5/6H	5S		5F
Miss Zerner - Art	5Z	6H	5/6H		5S
Miss Flannery - Drama	6F	5Z	6H		5/6H



# 2013 Student Representatives Council (SRC)

Congratulations to the following students who were voted in by their class as SRC Reps.

6H: Desmond Tuckerman and Morgan Wettenhall

6F: Riley Bunce and Samantha Randall

5/6H: Joshua Green and Maddie Trigg

5S: Lucy Merlehan and Kurt Rennick

5Z: Kaytlyn Murrell and Ned Tassell

5F: Anaya Boal and Max Campbell

4W: Aaron Osmond and Madison Simson

4S: Cooper Bedggood and Chelsea Storey

3/4S: Bella Barr and Sam Luzuriaga

3M: Dakota Milne and James Pegg

3D: Bastian Short and Mackenzie Leader

2E: Lucy Robertson and Tom Sheedy

2H: Chloe Dorrington and Toby Bartlett

2W: Charlotte Jeffery and Josh Coker

These students joined Mrs Heath for our first SRC meeting on Tuesday at second half lunch. Meetings will be held at this time each week.

The students have already shown a keen interest to make some positive changes and introduce some innovative ideas into our school. Students will each have a turn at reporting back to the rest of our students at whole school assemblies, informing everyone of the latest efforts of the SRC.

Our first fundraising task is in the planning process so watch this space.

Regards,

Mrs Lynda Heath

SRC Coordinator



# The Golden Award Winners!

The Golden Whisk Award goes to.....5S!

5S showed outstanding maturity in the kitchen. They completed their recipes with enthusiasm and pride.

**Congratulations 5S!**



The Golden Trowel Award goes to... 3/4S!



3/4S showed enthusiasm and great listening skills in the garden. When they were told about a job that needed to be done, they did it without question.

**Congratulations 3/4S!**



# Recipe of the week!

## POTATO AND ZUCCHINI FRITTERS

Fresh from the garden: potato, zucchini, spring onion, eggs.

Equipment: grater, chopping board, medium bowl, large bowl, whisk, frying pan, wooden spoon, cup measures, spoon measures, egg flip.

### **Ingredients**

4 large potatoes, peeled, washed and grated  
2 zucchini or pieces, grated  
2 spring onions, diced  
2 cloves garlic, chopped  
2 tablespoons of olive oil  
2 eggs  
1/2 teaspoon baking powder  
1/3 cup flour  
1/2 teaspoon of salt  
Oil for the pan



### **Method**

Mix zucchini, and potatoes in a bowl. Place ingredients in a new clean and rinsed blue chux cloth or clean tea towel. Squeeze it tightly and throw away the water that comes out of it.

In the meantime cook spring onions with olive oil in a pan until soft. Add the garlic and cook for one more minute. Remove it from pan and set aside.

Whisk the eggs in a bowl. Mix in flour, baking powder and salt. Add zucchini/potato and onion mixtures and stir until well combined.

Heat some oil in a frying pan on medium-high heat and drop the batter in portions using a 1/4 cup to measure and tip. Flatten the pancakes with a fork.

Fry until crispy on both sides, flipping when edges turn brown.

Place on tray lined with paper towel while cooking the rest. Serve immediately.

**Happy Cooking!**



# Did you know that Gunnedah Conservatorium offers the following MUSIC programs?

**PHONE 6742 3998 for more information**

**CHOIR—YEARS 2/3/4 combined:** This NEW program builds on our successful Poco a Poco groups. Children are invited to come along and experience an introductory FIRST LESSON ON MONDAY @ 5PM. Meet our conductor and find out more about this new program. No cost will be involved in attending your first session. Choir runs on Mondays from 5-6pm for the whole term (cost \$6.50/week—\$65 /10 week term). Enquiries 6742 3998

**Poco a Poco Boys—Mondays 4:15-5:00pm** This is a great group for boys from Kindergarten to Year 2. Boys in this group find their singing voice with great songs and also join in musical games to develop skills in pitch and rhythm, concentration and coordination. Percussion is also incorporated. This class is designed especially to meet the educational needs of boys.

**Poco a Poco Girls—Mondays 3:30-4:15pm or Wednesday 3:30-4:15pm** The program is for Kindergarten to Year 2. Girls in this group find their singing voice with great songs and also join in musical games to develop skills in pitch and rhythm, concentration and coordination. The Wednesday class is for Year 1 and 2 children who have completed a year of the program.

**Students involved in the CHOIR and Poco a Poco will have a chance to perform at community events during the year. Shirts and resources are provided as needed.**

We also have adult groups, uke groups, individual tuition in a range of instruments and workshops throughout the year. We teach music to EVERYONE!

Learning music makes a unique contribution to children's development. For decades, countless studies have found links between learning music and a broad range of positive impacts on children and adolescents.

Music improves students' team skills and self-esteem and helps their progress in other important learning areas such as Maths and English. Music learning is good for all students and it is particularly beneficial for students who are not achieving well in school.



