



# Gunnedah South Public School

*"With oar and sail"*

**Thursday 28th  
Feb 2013**

**TERM 1 WEEK 5**

## Special points of interest:

- 6th March Yr 6 girls campout
- 7th March Yr 5 boys campout
- 14th March Yr 5 girls campout

**Principal:** Mrs Emma Jeffery

**Assistant Principals:** Mrs Lynda Heath

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

Mr William Dowe

**Administration Manager:** Mrs Kerry Pryor

Mrs Judy McGowan

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Mrs Nicole Walsh

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

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

School Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b> March	4	5 Regional Swimming Carnival- Armidale	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
<b>8</b> March	18	19	20	21	22



*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

## Zone Swimming

Congratulations to all our Zone swimmers yesterday. I was impressed by not only how well they swam but their behaviour during the day. Thank you to all the parents who helped out with time-keeping and those cheering on from the sidelines. A big thank you to Mrs Henderson and Mrs Ross for organising.

Well done to those swimmers who are heading to Armidale next Tuesday for the Regional carnival.

## SRC

I had the pleasure of attending an SRC meeting on Tuesday during lunch-time and was thoroughly impressed with the ideas the students were putting forward. They were articulate and had a clear vision. After just one meeting it was easy to see just how excited and full of energy this leadership team is. The SRC comprises students from years 2-6. These students have been busy collecting ideas from their fellow classmates on ways to improve the school.

The first item on the agenda was a disco to support the Eveleigh family. They plan to run a disco for Infants and Primary, with a BBQ dinner available. The students will be looking for support from parents who can help cook the BBQ. I am very proud of the students who have put on hold their own fundraising to help a family in need. This illustrates the strong values of Public Education ~ well done SRC!.

## Dr Alison Knight

The school has been very fortunate to have booked Dr Alison Knight to run a parent workshop here at Gunnedah South.

Alison has been a doctor for over 20 years practising medicine in both England and Australia. In the last few years she has been working exclusively in the field of nutritional medicine, specialising in treating behavioural and emotional problems in children and adolescents. She is one of only 100 doctors throughout Australia to have been trained by the Walsh Research Institute (USA) in the assessment and treatment of biochemical imbalances which can cause these behavioural and emotional disorders. This approach uses targeted nutrient therapy to treat many conditions including; ADHD, Anxiety, Obsessive Compulsive Disorder, Depression, Oppositional Defiant Disorder, Conduct Disorder and Intermittent Explosive Disorder (anger outbursts). She has a practice in Balmain, Sydney.

Alison's presentation will focus on how the food we eat affects behaviour and health. She will also discuss pyrroluria, a condition which causes the body to be depleted in Zinc and Vitamin B6. This is a genetic condition affecting about 10 % of the population which can lead to behavioural problems.

This is a wonderful opportunity for our community to have a specialist visit us!!

Presentation date: **Saturday 16th March**

Time: **4-6pm.**

Cost: **FREE**

I have had the pleasure of hearing Dr Knight speak and can say that it is a presentation not to miss. I encourage all parents to attend.

If you are interested, please phone the school to book in.

Kindest regards,

Emma Jeffery

Principal





## SCHOOL NEWS...



### CANTEEN NEWS

MON	4th- Ashleigh Pennell
TUES	5th- Brenda Head
WED	6th- HELP NEEDED
THURS	7th- Deidre Woodhead
FRI	8th- Shannon Price
MON	11/3- HELP NEEDED
TUES	12/3- Michelle Stewart
WED	13/3- HELP NEEDED
THURS	14/3- Roxanne Milne Janelle Scott
FRI	15/3- Amber Donoghue



### Scripture

Scripture is held in our school each Thursday. Students have a half-hour, non-denominational lesson with a trained scripture teacher. Some Catholic students in Kinder, Year 1, Year 2 and Year 6 attend a group taught by a Catholic teacher. Notification of any changes to your child's attendance in a scripture class should be given to the school in writing.

## Clean Up Australia Day

On Friday 1st March 2013, students will be participating in Schools Clean Up Day by cleaning up an allocated part of the playground or nearby land.

We ask that students bring in a pair of gardening gloves for this activity.

Year 5 will be cleaning up the Ashford Watercourse and Athol Gallen Park, while Year 6 will be ensuring Stock Rd is free from litter.

If you wish to come to school to help your child's class.

Please organise this with your child's teacher.

The official Clean Up Australia Day will be held on Sunday 3rd March 2013. We encourage students and parents to participate in this day. You can register at Wolseley Park from 7.00am onwards, or online at [www.cleanupaustraliaday.org.au](http://www.cleanupaustraliaday.org.au). There will be a BBQ at Wolseley Park after the clean up, and novelty prizes to be won.

# Merit Certificates

<b>1P/W</b>	Charlie Beasley, Nate McDougal, Shakita-Lee Small, Alecia Coker
<b>1M</b>	Ellie Thomas, Maddi Simpson, Owen Robinson, Kayden Sutcliffe
<b>1H</b>	Lily Friend, Codey Torrens, Aidan Wise, Sophie Mainey
<b>2H</b>	Alannah Skuthorpe, Lyndon Eveleigh, Jack Mainey
<b>2M</b>	Lewis Donaldson, Max Guarrera, Brianna Cope, Talea Coulton
<b>2W</b>	Matilda Snow, Josh Coker, Lucy Reid
<b>3D</b>	Kurt Fisher, Bastian Short, Lilly Unicombe
<b>3M</b>	Jack Heath, Dakota Milne, Abby Withers
<b>3/4S</b>	Stephanie Mitchell-Roberts, Alyssa Batinic, Trent White
<b>4W</b>	Matilda Betts, Aidan Luzuriaga, Zac Clarke, Aimee Randall
<b>5F</b>	Josh Guest, Raphy Lees
<b>5S</b>	Lucy Merlehan, Logan Dries, Julian Morgan
<b>5Z</b>	Hudson Dries, Sophie Williams, Sara Baker
<b>5/6H</b>	Chennelle Winsor, Tyler Conlan, Thomas Lyne, Maddie Trigg
<b>6F</b>	Deon Dawson, Piper Rankmore, Jack Mainey
<b>6H</b>	Sammy Bree, Connor Phillips, Desmond Tuckerman

## Titanium

Reece Jeffery, Zac Griffin

## Silver

Cooper Bedggood, Reece Jeffery, Connor Gallagher, Isaac Jeffrey, Zac Griffin, Ben Griffin, Aimee Randall, Sara Baker, Jordan Winsor

## Gold

Reece Jeffery, Zac Griffin

# Boys Cricket

Gunnedah South School won their first round cricket match against Gunnedah Public.

Gunnedah South had batted first and made a respectable 135 in its 25 overs with the highlights being Hayden Baker 35no, Cain Eather 35n.o and Adam McGuirk 17.

The chase was always going to be close but a couple of big overs gave Gunnedah South the edge.

In reply Gunnedah Public scored a gallant 56 runs.

Hayden Baker followed up his batting effort with 2 wickets and Tom Rowarth bowled well to finish with 4 wickets.

Zac Bower, Samuel Hibbert and James Elphick fielded well for Gunnedah South, each saving about a dozen runs. Gunnedah South will now play the winner of Manilla Central School and Moonbi Public in round 2.

## Stage 3 Rotations

<b>Week 6</b>	<b>Monday - 4/3</b>	<b>Tuesday - 5/3</b>	<b>Wednesday - 6/3</b>	<b>Thursday - 7/3</b>	<b>Friday - 8/3</b>
<b>MISS FOLLEY - TECHNOLOGY</b>	<b>5/6H</b>	<b>5S</b>	<b>5F</b>	<b>No Rotations on Thursdays</b>	<b>6F</b>
<b>Mrs Heath - HSJE</b>	<b>5Z</b>	<b>6H</b>	<b>5/6H</b>		<b>6F</b>
<b>Miss Small - PE/PD</b>	<b>6H</b>	<b>5/6H</b>	<b>5S</b>		<b>5F</b>
<b>Mr Humphries - Science</b>	<b>6F</b>	<b>5Z</b>	<b>6H</b>		<b>5/6H</b>
<b>Miss Zerner - Art</b>	<b>5F</b>	<b>6F</b>	<b>5Z</b>		<b>6H</b>
<b>Miss Flannery - Drama</b>	<b>5S</b>	<b>5F</b>	<b>6F</b>		<b>5Z</b>

# Important Reminders for Parents

## **Arriving Late to School**

Parents are reminded that if students are late to school, arriving after 9.05pm, they must be signed in **by a parent or carer** through the front office with a justifiable reason.

Stating "Late" on the sign-in slip is not considered a justifiable reason and will be considered an Unexplained Partial Absence.

It is the expectation of the school, and the Department of Education, that parents and students make an effort to arrive on time to school. To arrive late can cause disruption to that student and others in their class.

## **Arriving Early to School**

Teachers are not required to be on morning duty until 8.35am. Please ensure that your child is not arriving at school before this time. Parents are encouraged to organise alternative arrangements if they need to drop children off before this time ie drop them at a friend or relative's house.

## **Non-attendance at School**

It is a departmental regulation that parents provide an explanation for a student absence within 2-3 days of the absence date. This can be done via a note to your student's teacher or a call to the front office. Extended leave can be approved prior to an absence.

Regular occurrences of arriving late to school, partial absences or unexplained absences can result in the Home School Liason Officer contacting you.

### **Is dried fruit OK for Crunch&Sip®?**

Although fresh fruit is the best choice, a small amount of dried fruit (eg sultanas or apricots) is an acceptable Crunch&Sip® option.

Dried fruit tends to cling to the teeth, so is best eaten with a meal or when a toothbrush is handy.

NOTE fruit straps, bars or rolls are NOT permitted as they contain large amounts of sugar.



### **Fruit Salad... Yummy Yummy!**

Fruit salad is a great idea for Crunch&Sip®, full of colour, flavour and nutrients.

Why not chop up your child's favourite fruit and pop it into a sealable container. Don't forget a fork!



### **Cool Kids Crunch&Sip®!**

Don't forget the bottle of water and fruit or vegetables for Crunch&Sip® everyday!





# Infants Water Sports





# The Golden Award Winners!

The Golden Whisk Award goes to.....4S!

4S showed great respect for the kitchen rules. They also worked co operatively as a team to complete their set tasks.

**Congratulations 4S!**



The Golden Trowel Award goes to... 5/6H!



5/6H have shown great pride in their garden. When tasks have been mentioned, they have been quick to get them completed.

**Congratulations  
5/6H!**



# Recipe of the week!

## ***Rice Crusted Leek Quiche***

Fresh from the garden: leeks, eggs, spring onions, garlic, parsley.

### ***Ingredients***

2 cups cooked rice  
1/4 cup grated cheese for rice crust  
1/2 cup grated cheese for filling  
1 egg for rice crust  
4 eggs for filling  
1/2 cup milk  
4 leeks, small, chopped finely  
1/4 cup parsley, chopped finely  
2 spring onions, chopped finely  
1 clove garlic, chopped finely  
salt and pepper  
2 tablespoons olive oil



### ***Method***

Mix the cooked rice, cheese and 1 egg in a bowl.

Spray the pie or cake tin with spray oil. Press the rice mixture onto bottom and up the sides about 2 cm thick.

Bake in a preheated 220 degrees celsius oven until the edges and bottom just start turning golden brown, about 10 minutes. Remove from oven.

While crust is in oven. Heat frying pan on medium until hot and add olive oil, add the leek, spring onions and garlic and sauté until soft. Remove from pan and cool.

In the bowl whisk the 4 eggs, milk, 1/2 cup cheese and parsley. Add the leek and spring onion, salt and pepper and stir until combined.

Pour the egg mixture into the pie crust. Bake in a preheated 180 Degrees oven until golden brown and set in the centre, about 30-35 minutes.

Serve and enjoy.

***Happy Cooking!***



BIG FUN PROMO THIS SATURDAY ☺

8-1pm @ Woolworths & Worseley Park (opposite Woolies )

FREE CHILDRENS FACE PAINTING from Fairy Eyes

BBQ @ Woolies Snags & Steak Sanga's Available for Cheap and are delicious

FREE Children's lucky Dip!!!! ☺

2 Fitness Displays from 10am Children's Fun Fitness Display and a Women's Empowerment Display packed with loads of fun

Registrations or expressions of interest to join

Live Music!!!! ☺

Come and check us out!!!! ☺ ☺

## SRC News

Week 5 Term 1

This week the SRC decided on their first purchase – a pool table for the planned Year 6 Hang Out area in our old Breezeway. A huge thank you to Mrs Jeffery who kept a look out for a good buy after we discussed our ideas with her.

We would like to also let students and parents know that we will be running a Fund Raiser to help raise some money to donate to the Eveleigh family. Hollie and Thomas Eveleigh are both students here at South and they endured a tragic event around Christmas time with their home being destroyed by fire.



So the SRC would like to hold a **South Social!** This will be held in our school hall on Thursday, 21st March. We will have two sessions;

Infants at 5.30p.m. to 6.30 p.m. and  
Primary at 6.30p.m. to 7.30p.m.

A stall will be selling the following:

- Sausage sandwiches \$2
- Drinks \$2
- Tea/coffee \$2
- Steak sandwiches \$4 (Adults only)

Entry to the social will be \$3

Dress theme – come dressed in something starting with T (for Thomas) or H (for Hollie). Examples: turtles, teddy bears, Tinkerbell, Tin man, Tina Turner, Hamlet, Hansel, Harry Potter, Hawaiian dress, heavy metal fan, hippy, highway patrol, etc

Hope you can make it!



# 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>

Email Address: (your school email address) @education.nsw.gov.au

Activation Code: **6945714**

Happy Game Training

Mrs Worley



## GET STARTED TODAY - FREE STARTER KIT

The following code will provide you with the Game Development software and \$250 worth of resources so you can get started prior to the event by visiting [www.gametraining.com.au](http://www.gametraining.com.au)

**STARTER KIT ACTIVATION CODE: 6913014**

## Return to the classroom teacher.

**Incursion:** Game Training Roadshow  
**Date of Incursion:** 9:15am – 10:15am on Thursday 4th April, 2013  
**Teacher:** Shanyn Worley

I give permission for \_\_\_\_\_

from class \_\_\_\_\_

to attend the above incursion and I enclose payment of \$25.

Parent/Guardian mobile: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_

Date: \_\_\_\_\_