



# Gunnedah South Public School

*"With oar and sail"*

**Thursday 21st  
March 2013**

**TERM 1 WEEK 8**

## Special points of interest:

- 28th Easter Hat Parade
- 4th March - Game Training
- 5th April Grandparents Day
- 9th April - P&C meeting  
7.00pm

**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>9</b> March	25	26	27	28 Easter Hat Parade 11.30 in hall Egg Drop 1.30	29 Good Friday
<b>10</b> April	1 Easter Monday	2	3	4 Game Training 9.15-10.15	5 Grandparent's Day 11.30 Curlewis Horse Sports
<b>11</b> April	8	9 P&C meeting 7.00pm	10	11	12 Last day of term 1



*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

### Dr Alison Knight

Nearly 40 parents and community members attended Dr Knight's presentation on how food can affect behaviour. This informative up to date information showed how to increase your physical health by simply reducing the amount of packaged foods and checking food labels for added preservatives, colours and flavour enhancers. These added nasties are doing damage to our bodies. Please think carefully about what items you are putting into your child's lunch box.

You can't put a price on good health.

Dr Knight will be returning to Gunnedah South around August for another parent workshop and to continue to see her patients. This is a fabulous opportunity for the students in our school. I don't think there are many specialist GP's who travel to schools!!!

### Excursions

The following is a list of the major excursions for each grade. Excursions provide a wonderful opportunity to bring the curriculum to life for our students, as well developing peer relationships, organisational skills, getting along and just having some fun with fellow students and teachers.

Kindergarten = Wildlife park—Term 4— approx. cost \$10.

Year 1= Tamworth—Term 3—Approx cost \$25

Year 2= Zoo Snooz—Dubbo— Approx cost

Year 3 = Red Hill Environmental Centre—Gulgong—October- approx. cost \$130

Year 4= Lake Keepit—December—approx cost \$225

Year 5= Canberra- November—approx. cost \$500

Year 6= Canberra- November—approx. cost \$500

### New Students

We have had some lovely new students join our school. I know the students at Gunnedah South are very welcoming to any new student and take on a supportive role to help our new students settle in. This lovely attitude shows again why I'm so proud to be Principal of this great, successful school.

I wish our new students a warm welcome and am sure they will enjoy their time here at South.

- |                    |                              |
|--------------------|------------------------------|
| • Jessica McIntyre | • Ryleh Callcott             |
| • Savanna Stewart  | • Holly Whitehurst           |
| • Sophie Stewart   | • Ryan Kelly-Payne           |
| • Kalila Megson    | • Ned Tassell                |
| • Lara Jones       | • Charlie Tassell            |
| • Annalise Johnson | • Harry Tassell              |
| • Kade Garrett     | • Mathew O'Hehir             |
| • Aysiah Garrett   | • Deeon Spears               |
| • Jack Castle      | • Freya Gow                  |
| • Nicole Castle    | • Ella Gow                   |
| • Denzel Wortley   | • Hunter Gow                 |
| • Nikyah Wortley   | • Stephanie Mitchell-Roberts |
| • Ashton Wortley   | • Lachlan Callcott           |



# A few words from our Principal...cont



## Woolworths Earn and Learn

You might remember last year when the woolworths earn and learn promotion was open to schools. Well our FREE goodies arrived yesterday. Gunnedah South has received paint, coloured pencils, graphite pencils, coloured paper, art paper, lego, board games, maths kits, stop watches and much more!! These resources are a fantastic bonus for our classrooms. Thank you to all the families who participated during the promotion.

Photos of our goodies are below



## Voluntary School Contributions

Each year the school requests a small contribution to assist us purchasing the resources needed to support our extensive programs.

Pencils

- Paper
- Glue
- Tissues
- Student exercise books
- Photocopying
- All stationery

And much, much more.....

The voluntary contributions are \$40 per student and \$10 per additional child. The school will again be raffling a prize—a **huge 42" LG TV**, which will be drawn in term 3. This is a fabulous prize worth \$799. All families who pay the voluntary contributions by the end of Term 2 will automatically go into the draw.

Thank you for supporting our school.

## SRC Disco

Don't forget our gorgeous SRC are holding their disco tonight for Hollie and Thomas Eveleigh. Please support our students by coming along and enjoying the night. This illustrates the strong values of public education.

Kindest regards,

Emma Jeffery

Principal





# SCHOOL NEWS...



## CANTEEN NEWS

MON	25/3 - Kim Street
TUES	26/3- Michelle Stewart
WED	27/3 - HELP NEEDED
THURS	28/3 - Jan Jeffery
FRI	29/3 - Good Friday
MON	1/4 - Easter Monday
TUES	2/4 - HELP NEEDED
WED	3/4 - HELP NEEDED
THURS	4/4 - Roxanne Milne Janelle Scott
Fri	5/4- CLOSED for Grandparents day



## EASTER RAFFLE

1<sup>st</sup> Prize: Eggstra Large Special Easter Egg Basket

2<sup>nd</sup> Prize: Large Easter Egg Basket

3<sup>rd</sup> Prize: Easter Egg Basket

### Tickets \$1

Returned to school by Tuesday 26<sup>th</sup> March.

Winners will be announced on Thursday 28<sup>th</sup> March at Easter Hat Parade.

Prize for the student who sells  
the most tickets supplied  
by Leaders Castle



# Stage 3 Rotations

Week 9	Monday-25/3	Tuesday- 26/3	Wednesday- 27/3	Thursday -28/3	Friday- 29/3
MISS FOLLEY TECHNOLOGY	5Z	6H	5/6H	No Rotations on Thursdays	<b>GOOD FRIDAY</b>
Mrs Heath HSJE	5F	6F	5Z		
Miss Small PE/PD	6F	5Z	6H		
Mr Humphries Science	5S	5F	6F		
Miss Zerner Art	5/6H	5S	5F		
Miss Flannery Drama	6H	5/6H	5S		

# *Merit Certificates*

<b>KS</b>	Abbie Passfield, Riley Price, Alice Swain, Ellie Cope
<b>KR</b>	Logan Garratley, Ashton Wortley, Bronte Show
<b>KL</b>	Halle Talbott, Layton Winsor, Max Jewiss
<b>KB</b>	Joshua Casey, Charlotte Semmler, Jarvis Cameron, Jack Borg-Hortin
<b>KM</b>	Tom Mainey, Cooper Perry, TyeeshaLee Wortley, Emily Taylor
<b>IPW</b>	Serena Jaeger, Jack Castle, Alyssa Frey, Harry Capper
<b>IM</b>	Denzel Wortley, Zoe McAlpine, Cley Durrant, Leah Demmery
<b>IH</b>	Jacey Ross, Trevor Mills, Dylan Anderson, Alannah Harrison
<b>2W</b>	Dallas Murray, Byron Jeffrey, Nicola Bemet, POW – Tyrone Winsor
<b>2H</b>	Zoe Eather, Charlotte Bedggood, POW – Angel Phillips
<b>2E</b>	Heath Stark, Charlotte Thompson, Tristan Poeschl, POW– Bailey Crowe
<b>2M</b>	Matthew Donnelly, Lilly Street, Sarah McKenzie, POW- Isabelle Moore
<b>3D</b>	Chloe Newman, Austin Bryers, Emmy Barr
<b>3M</b>	Aleah Riley, Beccy Wilson, Ashton Selfe
<b>3/4S</b>	Emily Garner, Jaycob Price, Taylor Stewart
<b>4S</b>	Connor Anderson, Jasmyn Hoppe, Chelsea Storey
<b>4W</b>	Ashton Harris, Charlotte Eather, Macy Friend, Laine Phillips
<b>5F</b>	Bailey Mackay, Ashley Murray, Adan McGuirk
<b>5S</b>	Charli Scott, Jaiden Lowe
<b>5Z</b>	Sara Baker, Hudson Dries, Holly Whitehurst, Celeste Campbell, Tneesha Milne, Bailey Stewart, Zac Bower, Kalila Megson, Blake Bridge
<b>5/6H</b>	Layla Withers, Nathan Gardner, Laura Ewington
<b>6F</b>	Ashleigh Mills, Georgie Orman, Samuel Tydd
<b>6H</b>	Chelsea McArthur, James Wilson, Cain Eather

## Merit Certificates

### Silver

Philippe Altmann, Charli Scott

### Gold

Charli Scott

### Technology

Duncan Muller

### Sport

Bayley Williams, Sam Randall, Maddi Hagan, Jack Bruce, Ashleigh Mills,  
Lucy Merlhran, Brandy Harris, Paige Holbrook, Nautica Eather,  
Chennelle Winsor, Lucy Moore, Anaya Boal, Paige Murray, Georgie Orman,  
Angela Petersen, Zoe Fleming

#### 5 reasons to pack a mandarin for Crunch&Sip®

1. They are sweet and juicy. Kids love them!
2. They are nutritious - full of vitamins and fibre
3. They come in their own biodegradable packaging
4. They don't bruise easily
5. They are a perfect size for kids to eat during Crunch&Sip®



#### No Fresh Fruit? No Worries!

Although fresh fruit or vegetables are the best choice for Crunch&Sip®, your child can snack on canned fruit in natural juice or with no added sugar or dried fruit (DO NOT send fruit straps, bars or rolls).

To save money, buy a large can of fruit and send to school in reusable containers. Good for the environment too!





# RUGBY 7'S

Gunnedah South's Rugby 7's team completed the Gunnedah carnival undefeated including a phenomenal win against St Xavier's 1st VII and now progress to the next round in Tamworth on May 29.

The boys performed brilliantly in all aspects of the game and were well led by the forwards Connor Phillips, Samuel Tydd and Jack Bruce. Our scrum half Josh Naura was busy all day and provided plenty of fast ball to the slippery backs starting with Cain Eather, Jim Jewiss and Mitchell Clarke.



Our day started with a convincing win over Coonabarabran's 1st VII, 6 tries to 1, with magic tries to Mitchell Clarke (2), Cain Eather (2), Blair Beasley & Ashley White. While it was the backs who crossed the line, it was the forwards who won the game by providing constant second and third phase ball to the lightning fast backs. Fantastic defence was provided by our forwards including some awesome tackles by Adam McGuirk & Samuel Tydd.

The 2nd game proved to be yet another win showing how good South school performed on the day with a 5-1 win over St Xavier's 2nd VII, with yet again the forwards paving the way. Tries to Mitchell Clarke, Josh Naura, Cain Eather (2) and Jacob Hortin saw the team on a high, heading into the second half of the day.

Our hefty reserves bench played a solid game against Coonabarabran's 2nd VII and did well to keep the game levelled at 2-2 and were unlucky not to put the third try over the line. Tyler Conlan and Adam McGuirk performed very well in the forwards. Try scorers were Jacob Hortin & Cain Eather.

In what was built as the biggest game of the day, our team fronted St Xavier's 1st VII in the annual battle. South's Rugby skills were top notch and simply too good for St Xavier's who were clearly shaken by the defence and controlled aggression in attack by South's slippery backs led brilliantly by Josh Naura. The support play was just outstanding with the boys showing exactly what teamwork is all about with some excellent tries by Samuel Tydd, Mitchell Clarke and Jim Jewiss. The try that broke St Xavier's spirit saw our team deliver the ball to within 10 metres of the try line. Connor Phillips then took the ball and charged forward 10 metres taking around 5 St Xavier's players with him to score a classic front rower's try and seal the victory for South. St Xavier's tried to come back and snuck in one try but South's defence was just too good and kept them out for an amazing victory.

The best thing about the day was that every player involved played as hard as they could and performed well under pressure. Teamwork delivered these boys the title of being undefeated and they should all feel very proud of themselves.



1. Connor Phillips
2. Samuel Tydd
3. Jack Bruce
4. Josh Naura
5. Cain Eather
6. Jim Jewiss
- 7 Mitchell Clarke
- 8 Adam McGuirk
- 9 Ashley White
- 10 Tyler Condon
11. Blair Beasley
12. Jacob Hortin





# Indiana Finlay

&

## The Raiders of Daisy Plain



1. Thursday, 14th March

The adventure begins...

Off we set, marching along a lonely concrete path. Indiana Finlay



2. After many minutes of hard strolling, we had our first semi-earned rest. Goats gambolled in green

pastures and with brimming optimism, the girls cried in joy..."Oh look! There's Mr HumpT!!!!



4. Soon, a raging trickle of water barred the way.

What were the girls to do?

3. At this point, spirits were still high, the girls had just eaten a snack and had no idea of the trials yet to face them...



5. Look! Is it a bird? Is it a plane? It's

Indiana Finlay saving the day!



6. He shows a gallant side and assists the damsels to cross the raging trickle.



8. Suddenly, a new path to cross became obvious! A group of enterprising young women followed Alyssa on a new

7. Instead of setting women's lib back several years, many young ladies crossed by themselves!



9. The girls took a rest to allow their adrenaline rush to wear off before setting out across the unexplored paddocks filled with waving green grass.







10. Before long, the intrepid explorers reached a wide and danger filled obstacle. What were they to do? Follow Indiana Finlay's instructions and all would be well...



11. The majority listened and the crossing went smoothly...



...but some didn't listen

13. They walked...

...and walked...

...and the singing was so off key that the snakes were nowhere to be seen.



12. After the river crossing, Indiana Finlay lead the way through the jungle of river weeds. Singing and laughing were used to scare away any possible snakes.

14. Finally, the intrepid explorers made it to base camp. The weary wanderers sat down for a well earned rest. Indiana Finlay explained the camp rules.

15. The girls picked their camp sites, gathered firewood and investigated their surroundings until it was time for DAMPER!



16. Damper is easy to burn.



17. Hunger pangs were sated by sausage sandwiches cooked to perfection by Indiana Finlay. These were followed by marshmallows roasted over the open fires. Yes girls, if the stick is smoking it will be hot!

18. Morning came as it inevitably will and the foot sore wanderers awoke with the sun.



19. Breakfast was a feast of cereal and more sausages before the girls began to pack up their camps and ready themselves for the return journey.





20. Campers did their washing up and helped pack the trailer. Many wished they could bury themselves under the swags and get driven back to town.



21. Water bottles were filled to quench the thirst that would eventuate as the day warmed.

Bravely the trekkers set off along the road, avoiding cars and farm vehicles and longing for the first stop. Some used their rest time differently to others.



22. They traipsed along the road in one line, making their own snake until they reached the Baker's farm. A quick walk across country brought the girls to their last rest stop outside Gunnedah.



23. Then with Cohens Bridge looming, the girls had Gunnedah in their sights. Like the running of the bulls in Pamplona, they set off across the bridge that separated them from home...Then they realised just how far they had to walk after that!



Well done, Year 5 girls!





Soon it will be time for the Gunnedah Show, and once again students are invited to submit entries into the *Children's Literature Section*.

All entries must be the original work of the entrant. Students can only submit one entry into each class/section

Story writing in all junior sections must be limited to one A4 sheet.

Please remember that the Show Society reserves the right to select entries to be exhibited at the Show.

To make it easier I will collect all entries and the 50c entry fee. I will take the entries to the Show Office and collect them after the Show.

**Please make sure that you write your child's name, school and the class entered (e.g. CL4) on the back.**

Please make sure that your writing and money are delivered to my classroom before Wednesday 27th March.

Regards,  
Mrs Passfield

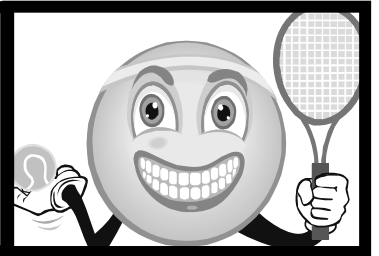
INFANTS SECTION	
CL1	Handwriting—Free Choice (max 10 lines) Prizes 1st—\$10 2nd—\$5 3rd—\$2.50
CL2	Story Writing—Free Choice (Limit 1 A4 Page) Prizes 1st—\$10 2nd—\$5 3rd—\$2.50
JUNIOR PRIMARY SECTION YEARS 3 & 4	
CL 3	Handwriting—Free Choice (max 15 lines) Prizes 1st—\$10 2nd—\$5 3rd—\$2.50
CL4	Poetry Writing—Free Choice (max 12 lines) Prizes 1st—\$10 2nd—\$5 3rd—\$2.50
CL 5	Story Writing—Free Choice (Limit 1 A4 Page) Prizes 1st—\$10 2nd—\$5 3rd—\$2.50
SENIOR PRIMARY SECTION	
CL 6	Handwriting—Free Choice (max 20 lines) Prizes 1st—\$10 2nd—\$5 3rd—\$2.50
CL 7	Poetry Writing—Free Choice (max 20 lines) Prizes 1st—\$10 2nd—\$5 3rd—\$2.50
CL 8	Story Writing—Free Choice (Limit 1 A4 Page) Prizes 1st—\$10 2nd—\$5 3rd—\$2.50

### Active tips for busy families

- ☺ make time to be active as a whole family
- ☺ go out and play basketball, tag or soccer, throw a ball or ride a bike with your children
- ☺ meet friends or family in a park and take balls, hoops, Frisbees, bats or other outdoor games to play.
- ☺ Set a limit on television watching, computer time and video games to no more than 2 hours a day.



# On The Court



On Monday 11<sup>th</sup> of March Jack Bruce, Matt Mackay, Bayley Williams, Maddi Hagan and Samantha Randall from our tennis team and Stephanie Eveleigh from Curlewis Public went to Tamworth as part of the Gunnedah Zone Tennis Team to play-off for the North West Team.

We all loved the competition and can't wait for more in our first team event for the school.

We were very successful in the first pools having Stephanie Eveleigh, Samantha Randall and Jack Bruce all into the play-offs.

Sam got 3<sup>rd</sup> in her pool and had to play-off for 5<sup>th</sup> position. It was a tough match but she got through and is now part of the North West team.

Jack almost got into the team just missing out but has been selected as the 1<sup>st</sup> reserve.

Stephanie played well in the play-offs but unfortunately came last in her pool.

Well done to Sam, Jack and all those other people who participated.

## Are you AustSwim trained? Want to help kids learn to swim?

We are asking for volunteers to help out our beginning swimmers.

We will be taking eligible students to G.S.Kidd School Pool on Friday afternoons in Term 2 from 1.45—2.45 pm.

If you are interested please let Will Dowe know by contacting the school.

Let's keep our kids safe by making sure they all know how to swim!







# Stage Three Debating Day

Last Wednesday, children in Years 5 and 6 were lucky enough to participate in a debating training day. Children from Gunnedah Public School and Collarenebri Central School also joined in the fun.



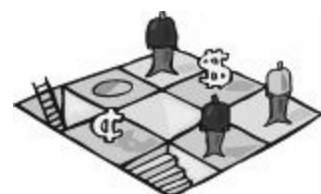
Guest speakers, Tony and Bron came all the way from Sydney to show the children how to prepare their arguments, rebuttals and general public speaking skills.

All children had a great day and are excited to participate in the Premier's Debating Challenge which takes place throughout the year.



## Puzzles, Duplo, Lego, Board Games!!

If you have any of these that are in good condition, we would love to have them. Donations can be left at the front office for Mrs Walsh or Mr Dowe.  
**THANKS!**



# Recipe of the week!

## Potato Soup

Season: Summer – Autumn – Winter

Serves: 6 full size or 16 tastings

Fresh from the garden: potatoes, onion, garlic, parsley.

### Ingredients

4 large potatoes, peeled and diced into 1 cm pieces

4 cups chicken stock liquid

1 onion, chopped

2 cloves of garlic, chopped

2 cups milk or dairy free oat milk/ rice milk or soy milk

1 cup cream or coconut cream

salt / pepper

parsley, chopped finely

125g butter or dairy free margarine



### Method

In the saucepan on medium heat (7) melt butter and cook onions and garlic until softened.

Add potatoes and chicken stock, cover and simmer until potatoes are soft; about 20 minutes. Potatoes should be very soft and you should be able to push a fork into the pieces easily.

Take the saucepan off the heat and using the stick blender, puree the soup until it's smooth.

Pour in the milk and cream and mix to combine.

Add the salt and pepper to taste.

On medium heat (7) reheat the soup until simmering.

Ladle the soup into 3 bowls sprinkled with parsley in the centre.

**Happy Cooking!**