



Gunnedah South Public School

"With oar and sail"

**Thursday
15th August
TERM 3 WEEK 5**

Special points of interest:

- 26th Aug - PSSA boys cricket
- 17th Aug - Sport Photos
- 28th Aug - Yr 6 Transition
- 6th Sept - NW Athletics

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

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

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
6 Aug	19 Life Ed Van.	20	21	22	23
7 Aug	26 PSSA Boys Cricket	17 Sport Photos	28 Yr 6 Transition 1.30-2.30pm	29	30
8 Sept	2	3	4 Kindy Transition 1.40-2.40pm	5 AECG Meeting @ Curlewis P.S	6 NW Athletics. GSPS Horse Sports Day.
9 Sept	9 Book Week.	10 P&C Meeting @ 7pm	11 Yr 1 Excursion	12	13 Book Week Parade



*Gunnedah South Public
School*

Proud supporters of the

"You Can Do It" Program

GETTING ALONG

Supporting & caring
for your children.

A few words from our non Principal...



Dear Parents and Carers,

The staff at Gunnedah South again seek your help in providing a better future for your children. The school is making a concerted effort to teach the children about the benefits of preventative medicine; leading to healthier and happier lives. We try through the "You Can Do It" program to develop children's armouries of social emotional skills and through the Stephanie Alexander Kitchen Garden Program, sport and P.E. to complement this with knowledge and practices that will enhance their physical wellbeing.

Our energetic, innovative kitchen specialists are currently putting together recipes for snack foods which parents and / or children will be able to use each weekend to supply healthy morsels for children to bring to school during the week. Ideally we would like to see the older children undertake the responsibility for preparing these snacks but understand that this is not always practicable.

We seek your help in three areas: sending us healthy snack recipes, avoiding sending processed snacks to school and asking your children not to share their snacks.

Firstly, if you have any recipes for healthier snack foods, we would be very appreciative if you would share them with us so that we may use them to teach the children and so we may share them with the rest of the school community.

Secondly, we would like you as far as is practicable, to avoid processed snacks. These are often laden with sugar, salt, fat and / or preservatives. In general, if your child's snack comes in a sealed wrapper, there is probably a better alternative. These processed snacks often have a dubious claim that they are healthy, or advertise using language that can be misleading e.g. "90% fat free" might be used instead of "contains 10% fat," or 99% fat free may be used on a product where we wouldn't expect fat anyway and may be a distractor because the product contains higher levels of sugar, salt, preservatives, colourings or other not so desirable ingredients which are ignored in the advertising. Instead of giving a total sugar level, some labels will list sugars under different names and none of the sugars then will be at a very high level whereas the total sugars is unacceptably high. Fruit is a winner.

Thirdly, please ask your child not to share their food. Some children, for all the right reasons, share with their friends but their friends may have an intolerance for certain ingredients and the food so kindly shared may compromise a friend's health, ability to concentrate and learn or their behaviour. Apart from that, some parents may not want their child to eat certain things and as parents, that is their right.

Kindest regards,

Gary Humphries (non Principal)

14.8.2014.





SCHOOL NEWS...



CANTEEN NEWS

MON 19th - Louise Anderson
 TUES 20th - Kim Street
 WED 21st - Michelle Stewart
 THURS 22nd - help needed
 FRI 23rd - Nicole McDonald
 Heidi Mainey
 MON 26th - Noreen Percy
 TUES 27th - Adele Simson
 WED 28th - Sharyn Hancox
 THURS 29th - Joanne Slee
 FRI 30th - Jo Little & Mick
 Amber Donoghue



If you have received a
 new medical form in the
 mail please fill out and
 return to the school
ASAP.

Thank you.



Stage 3 Rotations

Week 6	Monday – 19/8	Tuesday – 20/8	Wednesday – 21/8	Thursday – 22/8	Friday – 23/8
Miss Folley Technology	5F	6F	5Z		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

Merit Certificates

KS

Jacob Tindall, Kadence Milne, Thomas Garner, Taylah McAllan

KB

Talhia Elphick, Kyran Kleinschafer, Jarvis Cameron, Holly Sheedy

3M

Leisel Torrens, Dakota Milne, Jack Burgess

3/4S

Alyssa Batinic, Annie Lyne, Ronin Peterson

4S

Hannah Simpson, Tamika Burns, Tarren Beasley

5F

Jarrett Talbott, Ashlea Webber, Orin Wettenhall

5S

Taylor McKinnon, Charli Scott, Philippe Altmann

5Z

Hope Nicholls, Jordan Winsor, Tannika Sampson, Hayley Lye

6F

James Staughton, Samuel Tydd, Shay Forster

6H

Coby Higgins, Aysiah Garret, Jim Keys-Jewiss

Silver

Cooper Williams, Billie Carter,
Alex Letts, Alyssa Batinic,
Alecia Coker, Archie Stark,
Leni Wicks, Aidan Wise,
Kyara Mathers, Cooper Perrett,
Jordan Winsor, Keynan Jeffrey,
Charli Scott, Jim Muller, Keesha
Thompson



Gold

Alex Letts, Alecia Coker, Archie
Stark, Leni Wicks, Aidan Wise,
Jordan Winsor

Congratulations

Sir George Buckman





2013 Primary Athletics Carnival



A huge thank you to the parents who helped out on the day. Your extraordinary help and support is appreciated!

Thank you!





Year 2

Use Science to Celebrate Education Week



Year 2 had a wonderful day of experimenting with their parents on the Friday of Education Week. The year two teachers would like to thank the parent volunteers who were there to help on the day. It was certainly worth the effort just seeing how much fun the students had. They are still talking about it!



They were wet, covered in bubbles and everyone went home with blue hand... and it was clear that all were engaged in their learning!

Athletics Carnival BBQ

Thank You to Parent Helpers:

Jodie Moore
Renee Bedggood
Hope Rennick
Dee Roworth
Deidre Woodward
Christina Jones
Diane Law

Carrie Leader
Michelle Stewart
Di Coker
Alissa Newton
Russell Baker
Philip Tydd
Jamie Southwell



*Regards,
Mrs Tydd.*



GUNNEDAH SOUTH PUBLIC SCHOOL

FATHERS' DAY STALL

Thursday 29th August, 2013

All children are asked to bring a gift for our stall by Monday 26th August.

Your child must bring a gift to be able to buy a gift.

All gifts sold for \$2

PLEASE WRAP GIFT IN CLEAR CELLOPHANE

Looking for volunteers to help:

Wednesday 28th August, stall preparation

Thursday 29th August, Fathers' Day Stall

All help much appreciated. Please contact

Renee Bedggood: 0410 083 152

Thank you!!





Athletics Age Champions 2013

	Boys	Girls
5yrs	Jarvis Cameron	Taleigh Elphick
6yrs	Owen Shoesmith	Leni Wicks
7yrs	Cley Durrant	Elli Thomas
8yrs	Logan Ross	Zoe Eather
Jnr	Kurt Fisher	Angela Dillon
11yrs	Jackson Carr	Anaya Boal
Snr	Mitchell Clarke	Piper Rankmore



Lucy Jackson

recently competed at the Barraba Central School Horse Sports Day and won the 'Highest Point Score Girl 10 Yrs' and the 'Champion Rider' ribbon. Well done Lucy. We are proud of you. :-)



The Golden Award Winners- Wk 4

The Golden Whisk!

The Golden Trowel!



Congratulations 5/6H!

5/6H are fantastic in the kitchen. They listen to instructions and they have shown a great understanding of the kitchen safety rules. Well done 5/6H!



Congratulations 2M!

2M are a pleasure to have in the garden. They listen to all instructions and work together to complete all tasks. Well done 2M!

Recipe of the Week!

Potato and Pumpkin Curry

Ingredients

400g pumpkin, roughly chopped
2 tablespoons vegetable oil
1/2 onion, roughly chopped
100g sweet potato, roughly chopped
2 tablespoons mild curry paste
2 medium potatoes, peeled, chopped
170g cauliflower, cut into florets
2 tablespoons parsley, finely chopped
1/4 cup plain yoghurt
1/2 cup water



See the South school app
for this recipe and many
more.
If you think of a recipe
that we have cooked and
would like on the app,
just email the school and
we'll pop it on for you!

Method

Prepare the vegetables. Peel, cut and chop.
Heat oil in the saucepan over medium-high heat.
Add the onion. Cook while stirring until onion has softened.
Mix in curry paste. Cook and stir for 1 minute.
Add pumpkin, potato, cauliflower, sweet potato, yoghurt and 1/2 cup water.
Bring to the boil.
Reduce heat to low (heat 4).
Simmer the ingredients and cover with a lid.
Cook for 20 minutes or until vegetables are tender. Stir occasionally.
Serve. Sprinkle with Parsley.

Happy Cooking!

Hand foot and mouth disease - coxsackie virus

There have been confirmed cases in the community.

Hand foot and mouth disease (HFMD) is a viral infection. It is not linked to the foot and mouth disease that affect animals. HFMD is mainly seen in children under the age of ten or in young adults. It is easily spread from one person to another. Most people have had HFMD by the time they are adults. It rarely causes further complications and is very rarely fatal.

Signs and symptoms

Symptoms usually start three to seven days after catching the infection and can last between seven to 10 days. Admission to hospital is rarely needed. The common signs and symptoms include:

- high temperature (fever)
- sore throat
- small blisters on the inside of the mouth, the sides of the tongue, palms of the hands, fingers, soles of the feet and nappy area (the blisters should not be itchy like chickenpox blisters).
- poor appetite
- drinking and eating can be painful because of the mouth blisters
- Tiredness

How is it spread

The main way HFMD is spread is by touching the fluid from inside the blisters, and fluids from the nose, mouth and chest (spread from sneezing and coughing). It can also be in bowel movements (poo) for up to several weeks after being infected.

How to stop it spreading

- Washing hands after touching these bodily fluids is the best way to prevent the spread of HFMD.
- Not sharing items like cutlery, drinking cups, towels, toothbrushes and clothing will help to reduce the spread to others.
- You/your child should stay home from school, crèche, play group, kindergarten, or child care until all the fluid in the blisters has dried..

Treatment

- There is no treatment for HFMD. Because it is a virus antibiotics will not work to treat it.
- Give pain relief for mouth blisters. Ask your pharmacist or family doctor about what medicines are good to use.
- Give your child frequent sips of drinks. This will stop them from becoming dehydrated.
- Leave blisters to dry naturally. Do not pierce them.
- If your child gets a headache, stiff neck or back pain immediately seek medical advice from your family doctor or an emergency department

Key points to remember

- Hand foot and mouth disease is easily spread from one person to another
- It is not life threatening
- There are no specific treatments, vaccine or cure
- If your child has symptoms of a headache, stiff neck or back pain, immediately seek medical advice.
- There is no known risk to pregnant women or their unborn babies.

For more information

Your family doctor (GP) or Maternal and Child Health Nurse

www.health.vic.gov.au/ideas

www.cdc.gov/ncidod/

www.health.nsw.gov.au