



Gunnedah South Public School

"With oar and sail"

Thursday
22nd Aug 2013
TERM 3 WEEK 6

Special points of interest:

- Thurs 29th - Fathers' Day stall
- Wed 4th Sept - kindy Transision
- Fri 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
7 Aug	26 PSSA Boys Cricket	17 Sport Photos have been postponed to a later date.	28 Yr 6 Transition 1.30-2.30pm	29 Fathers' Day stall	30
8 Sept	2	3	4 Kindy Transition 1.40-2.40pm	5 Scripture Puppet Show. 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
10 Sept	16 Jump Rope 4 Heart	17	18	19	20



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 Principal...



Dear Parents and Carers,

Annual Fete

It is that time of year again when fete preparations get underway. The date set for our **fete** is **Friday 1st November**. This is the P&C's biggest fund raising event for the year and as I stated earlier this term, the upgrades of facilities are largely funded by our dedicated P&C~ new rubber softfall, outdoor kitchen learning area, sheds and classroom resources.

The success of our fete is largely due to the support from our parents. As you can imagine the organisation and coordination of this event is enormous and our fete coordinator Mrs Stina Heath will gladly accept any offers of help.

Kitchen Cook Off!

The Kitchen Cook off is back!! The next round of hungry competitors from year 5 & 6 are ready to cook off on Wednesday 28th August @ 6pm. I am sure they will be practising their skills at home to give them a cutting edge.

Regional Excellence awards

Each year the New England Region celebrates outstanding public school achievement at a regional awards ceremony. This year the celebrations will be held in Gunnedah on the Thursday 12th September @ Gunnedah High School. These awards are open to every school in the New England under 11 categories and the standard of award winners is extremely high.

Gunnedah South Public School has nominated for 3 awards under the following categories: *Excellence in Innovation, Excellence in Aboriginal Education and Excellence in School/Community Partnerships*. The winners will be announced during the award ceremony on September 12th @ 10:30am. Community members are welcome to attend. Fingers crossed.

Art Exhibition

On Friday 13th September @ 9:30am, Year 5 & 6 students who have been involved in the 3 day art workshops run by Mrs Urquhart, along with Mrs Bernays' art group will be hosting an art exhibition in our school hall to showcase to the wider community the fabulous artworks created. This is a very special event and the first of it's kind here at South and the students are extremely proud to have their works viewed by the public.

During the official viewing, morning tea will be served to our special parents, grandparents and community. If you are unable to make the official opening, the exhibition will be open for a few weeks.

This is an event to mark on your calendar, the students' talent shines! The standard is what you would expect at a high school level and goes to show just what can be achieved with high expectations and support from great staff.

Book Week Parade

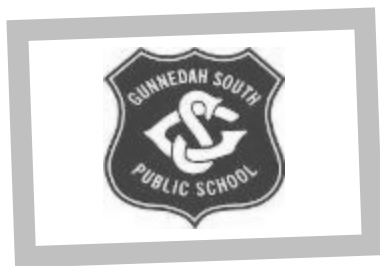
Don't forget to get your costumes ready for the Book Week parade on Friday 13th September. I know the teachers are busy planning their costumes ~ I wonder if we will see another Tin Man, or Dorothy, or Where's Wally???

Kindest regards,

Emma Jeffery.

Principal.





SCHOOL NEWS...



CANTEEN NEWS

MON	26/8 - Noreen Percy
TUES	27/8 - Adel Simson
WED	28/8 - Sharyn Hancox
THURS	29/8 - Deidre Woodward
FRI	30/8 - Jo Little and Mick Amber Donoghue

If you would like to volunteer in the canteen please give Sharon a call on 6742 1899.



A Reminder.

If you have a message for your child can you please ring the office by 2.15pm. This allows time to find children who are not in their classrooms.

School office hours are from 8.30am - 3.15pm.

Stage 3 Rotations

Week 7	Monday- 26/8	Tuesday- 27/8	Wednesday- 28/8	Thursday - 29/8	Friday- 30/8
MISS FOLLEY TECHNOLOGY	5/6H	5S	5F		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

Merit Certificates

1H	Chloe Elsley, Harry Bartlett, Hanna Williams, Tahia Newman
1P/W	Claire Barnes, Dylan Mitchell, Jydan Davison, Cooper Williams
1M	Sophie Bush, Olivia Heath, Denzel Wortley, Nash Perry
2H	Noah Beasley, Charloote Bedggood, Ty Cruickshank, Jack Memorey
2E	Lachlan Pennicuik, Imogen Cameron, Ethan Tighe, Amia Beasley
2W	Joshua Coker, Logan Ross, Chloe Williams, Toby Randall
2M	Hayden Riley, Matthew Donnelly, Michael Walsh
3D	Freya Gow, Chantelle Pike, Chance Moore-Duff, O'Sharne Newton
3M	Aleah Riley, Dakota Milne, Laiken Boal, Hayley West, Leisel Torrens, Emma McCulloch
3/4S	Lilli Ferguson, Joey Al Kredy, Jessica McIntyre
4S	Moiria Morgan, Jake Jamieson, Cooper Bedggood
4W	Leilah Merritt, Cobie Winsor, Aidan Luzuriaga
5F	Max Campbell, Tahlia Isbester, Susan McLauchlan
5S	Lucy Merlehan, Maia Ison, Maddison Coombs
5Z	Keesha Thompson, Hudson Dries, Sara Baker
6F	Riley Bunce, Brandy Harris, Yasmine Webster

You Can Do It Ribbons

Alyssa Skavinski, Dallas Murray, Benni Griffin, Chloe Dorrington,
Lucy Robertson, Nikyiah Wortley, Seth Hoffman, Amelia Woolaston,
Harry Bartlett, Kayden Sutcliffe, Ellie Thomas, Joshua Langdon,
Claire McGuirk, Alyssa Batinic, Amity Cleal, Connor Anderson,
Stephanie Towns, Eli Rankmore, Raphy Lees, Orin Wettenhall, Ryan West,
Taylor Sams, Hayley Lye, Sophie Williams, Jed White, Jack Mainey,
Cameron Anderson, Desmond Tuckerman, Hayden Baker,
Morgan Wettenhall, Keenan Wise, Corie Williams, Paige Donadel,
Coby Higgins

Merit Certificates

Silver

Aidan Luzuriaga, Ellie Thomas,
Alex Bajzath, Jay Hancox,
Chantelle Stubbs, Charlie Tassell,
Lilliarna Ferguson, Sam Hibbert,
Paige Holbrook, Paige Murray,
Paige Donadel,
Lauren Jessup-Little,
Nautica Eather, Brandy Harris,
Jim Jewiss, Caleb Sutherland,
Ashley White, George Orman,
Sara Baker, Tneesha Milne,
Savanna Cull, Lucy Merlehan,
Jessie Betts, Riley Bunce,
Matthew Ferrett,
Samantha Randall,
Piper Rankmore, Blair Beasley,
Zoe Fleming, Desmond Tuckerman

Gold

Aidan Luzuriaga, Jessie Betts,
Riley Bunce, Piper Rankmore,
Zoe Fleming,
Desmond Tuckerman,
Tneesha Milne, Paige Holbrook,
Paige Murray, Paige Donadel,
Brandy Harris, Jim Jewiss,
Ashley White,
Lilliarna Ferguson, Jay Hancox



Sport

Adam McGuirk, Cain Eather, Ashley White, Blair Beasley, Jackson Carr,
Zac Bower, Tom Roworth, Caleb Sutherland, James Elphick, Desmond Tuckerman,
Zoe Fleming, Tneesha Milne, Brandy Harris, Chennelle Winsor, Lucy Merlehan,
Ashleigh Mills, Tom Dawson, Bayley Williams, Hayden Baker, Jim Jewiss,
Sam Tydd, Tyler Conlan, Lauren Jessup-Little, Charlotte Eather, Paige Donadel,
Paige Murray, Georgie Orman, Anaya Boal, Savanna Cull, Nautica Eather,
Piper Rankmore

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 Bedgood: 0410 083 152

Thank you!!



Teaching Children to Manage Money

Recent data suggests that as a society, we are not teaching our children to adequately manage their finances. Our tendencies seem to be to revert to a credit card - for many a very expensive source of money - instead of drawing on our savings.

The school is currently promoting the habit of saving. We are teaching children to save by opening an account and contributing regularly to their account.

We have two wonderful volunteers who do all of the leg work by collecting and collating all of the deposits made by South children each week. Children bring in their banking each Tuesday, hand it to the class teacher at the beginning of class and the rest is done for them. You may deposit as much or as little as you like and do not have to bank every week.

If you would like to open a school bank account you may do so immediately at the Gunnedah Branch of the Commonwealth Bank. To open a school savings account you need your child's birth certificate and parent's I.D. The contents of your wallet are usually enough for your own I.D.

Your child's bank account can be a way of saving for any purpose. Putting a few dollars away each week will be an analgesic when it comes time for school excursions. I know that the stage 3 excursions to Sydney and Canberra are in the \$500.00 plus region.

Research has shown that more than an individual's level of income, the ability to manage money properly has a far more profound effect on their material wealth in their adult life.

If you have any questions, contact Mr Humphries

2013 Age Champions for School Athletics Carnival



2013 Zone Age Champions



Boys and Girls.

Senior— Mitchell Clarke & Piper Rankmore

11 Yrs— Jackson Carr & Jasmine Carter

Junior— Jayden Parker-Shields & Chelsea Storey



Jack Mainey gets in
some catching practice
with Jackson Maher,
volunteer from First
National Real Estate.

Girls Touch Round 3

On the 20th of August the girls Touch team played against Narrabri West in round 3 of the NSW Public Schools Knockout. In the first half the score was nil all. In the second half we picked up our act with Nautica throwing a wonderful pass and Zoe catching it and diving for the first try which put us in the lead 1-0. Piper and Zoe scored the next 2 tries set up by Nautica and Lauren. Unfortunately Narrabri West found a gap and ended up scoring a try which still put us in the lead 3-1. It was a fantastic game. Thank you Mr Dowe for being a wonderful coach and refereeing our game .

Written by Nautica and Brandy



What's on at Gunnedah South School

Book Week

Gunnedah South will be holding Book Week during week 9 (9th - 13th September).

To celebrate Book Week there will be a **book fair** held in the library throughout week 9 where students and parents can come along browse or buy books on offer. There will be a large range of books suited to all ages and interests.

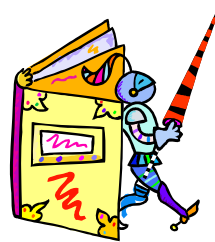


Book Week Parade

Book Week will be here very soon so start thinking of a costume for the much anticipated Book Week Parade!

The Book Week Parade will be held on **Friday 13th September** where everyone is welcome to come along to watch their children and staff parade around, dressed as their favourite book character.

The parade will start at 11:15 and will finish with a disco on the lawn where parents, grandparents and friends can join in for a dance.



After the parade and disco, the library will be open and you are welcome to have a look at the books on offer at the Book Fair.

Gunnedah South Horse Sports Day

Gunnedah South Public School, Horse Sport Day will be held on Friday 6th September.

All welcome to come along and see our horse sport team in action.



Art Exhibition

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Persuasive writing in 2H

Dogs VS Cats

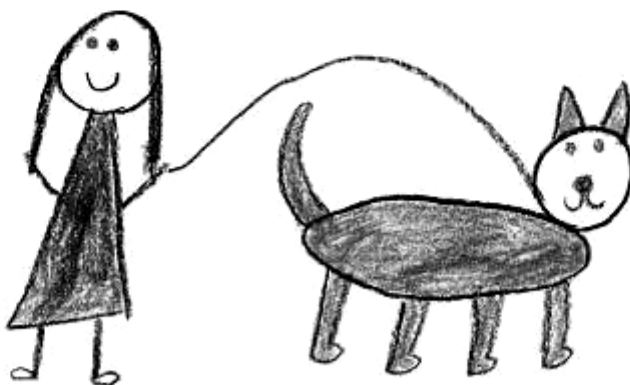
I think that dogs are better than cats.

Firstly, I think dogs are better than cats because all cats do is lay around and dogs run like Bolt.

Secondly, dogs are better than cats because they don't climb on your curtains or wreck your stuff. When dogs are puppies they chew anything they can get but they grow out of this. Cats will always claw on your lounges and rip your stockings.

Thirdly, dogs are better than cats because they play with you whenever you want. Dogs play fetch, chase you and tug-o-war. Cats sleep all day or chase pretty birds.

Finally, dogs are better than cats because they can be your BFF.



By Charlotte Bedggood

2H

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

The Golden Award Winners- Wk 5!

The Golden Whisk!



Congratulations KL!!!

KL were fantastic in the kitchen. They listened to instructions and were so well behaved.

Well done KL!

The Golden Trowel!



Congratulations 2H!!!

2H are an enthusiastic class in the garden. They are keen gardeners who happily complete all set tasks.

Well done 2H!

Kitchen Cook Off #3!

Due to our quest to find the grand champions of the kitchen cook off, we will be having our third cook-off on Wednesday night. Our challengers for cook-off number 3 are;

Tahlia Isbester 5F,
Maddie Trigg 5/6H,
Holly Austin 5S,

Bailey Stewart 5Z,
Riley Bunce 6F,
Lauren Jessup- Little 6H

These serious competitors will be choosing a partner (sous chef) to help take out the title. The cook-off will be held in our kitchen at 6pm on Wednesday 28th August.

Spectators are welcome!

Recipe of the Week!

Roasted Broccoli with Garlic

Ingredients

1/4 large head of broccoli, cut into small florets
3 tablespoons olive oil
2 cloves garlic, minced
Spray and bake



Method

Preheat the oven to 180 degrees Celsius.
Prepare the vegetables.
Fill the saucepan halfway with water.
Bring to the boil (heat 9) with the lid on.
Toss in the broccoli and cook for around 2 minutes.
Drain the broccoli immediately in the colander.
Drop the broccoli into the large bowl. Half filled with cool tap water.
Drain again. Line the roasting pan with baking paper and oil it with spray and bake.
Add the broccoli, garlic and olive oil to the medium bowl.
Combine gently so the oil and garlic coats the broccoli.
Tip the broccoli mix into the roasting pan.
Place in oven for around 20 minutes or until just crunchy.
Serve and enjoy.

Happy Cooking!

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