



Gunnedah South Public School

"With oar and sail"

Thursday
14th May 2015
TERM 2 WEEK 4

Special points of interest:

- Book Fair 15th-20th May
- Music Eisteddfod 21st-23rd May
- Gunnedah Eisteddfod—Instruments

Principal: Mrs Emma Jeffery

Assistant Principals: Mr William Dowe

Deputy Principal: Mr Graham Conn

Miss Aylish Flannery

School Captains: Lucy Jackson and Zachary Griffin

Mrs Judy McGowan

Administration Manager: Mrs Kerry Pryor

Mrs Nicole Walsh

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School Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 May	11 Zone Rugby Union Trials	12	13	14 Zone Netball GPS	15 Northwest Touch Boys & Girls Trials Bookfair Starts
5 May	18	19 Southern Rugby Union Trials	20 Bookfair Finishes	21 Southern Netball Trials Music Eisteddfod 21st-23rd May	22
6 May	25 Future Leaders Course— Captains and Prefects Speech & Drama Eisteddfod 25th- 28th May	26	27	28	29 Northwest Rugby Union & Netball Trials Gunnedah Eisteddfod- Instruments
7 May	1	2 PSSA Girls Football— Camden PSSA 11yrs Rugby League— Tamworth	3 Zone Girls Softball trials	4	5



Gunnedah South Public School

Proud supporters of the
"You Can Do It" Program

CONFIDENCE

Supporting & caring
for your children.

A few words from our Principal...

Dear Parents and Carers,



Fete

Claim the date: Friday 30th October.

The P&C fete committee are busily underway organising the yearly Fete. Pencil the date in your calendar.

School Photos

School photos are scheduled for week 9 of this Term beginning Monday 15th June. Please ensure your child has the correct winter uniform including ties for both boys and girls and black school shoes.

Class timetables will be available soon.

School App

The school has it's own App!! This is just a reminder if you haven't downloaded our App.

iPhones—go to the app store and type in Gunnedah South School and install.

Androids—go to play store and type in Gunnedah South School and install.

Select the 'More' button at the bottom of your screen and you can select your child's class by turning the tab to on.

Download. And its FREE!

This App enables you to receive the newsletter, upcoming events, alerts, parent info and more.

Art Work shop

Bernadine Mueller is coming to Gunnedah South again. We are excited to announce that the very successful 2 day workshop which was run last year for the first time, will again be on offer to selected year 5 & 6 students. Bernadine Mueller is an expert in the field of printmaking and runs many workshops around the State for adults and high school students.

This 2 day workshop is designed to give our students a learning experience beyond the everyday. The workshop dates are 28th & 29th May ~ selected students will receive a permission note next week.

Mastering spelling

Are you checking your child's weekly spelling homework? Try talking to your child about how you spell, and what you do when you don't know how to spell a word. Here's some advice about how to help your child master spelling.

Find out more: www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/getting-your-child-used-to-writing

Is your child making friends at school?

Kids who get on at school tend to be more engaged in learning. Here are some ideas on how to help your child with social skills: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/how-friendships-boost-your-childs-learning>

Contact details

I urge all parents to check that their contact details are accurate and up to date and with 2 contact details for other family or friends that may need to be contacted in the case of an emergency.

Kindest Regards

Emma Jeffery

Principal



For Your Information...

There have been confirmed cases of Hand, Foot and Mouth disease here at Gunnedah South School.

If your child has any of the signs or symptoms please make an appointment to visit your local GP. A doctor's certificate should be requested and brought in to school when your child returns.

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.

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.
- 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 water. 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

- **It is most beneficial to gain further information from 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

Merit Certificates

Silver

Halle Talbott, Chloe Elsley, Joslyn Bard, Imogen Cameron, Charlotte Cooper, Benjamin Griffin, Bailey Harris, Emily Staughton, Charlotte Thompson, Nikyiah Wortley, Isaac Coker, Sybella Simson, Heidi White, Liam Reid, Sarah Demmery, Taylor Davison

Gold

Imogen Cameron, Charlotte Cooper, Emily Staughton, Charlotte Thompson, Nikyiah Wortley, Heidi White, Sarah Demmery, Taylor Davison

Canteen Roster

Volunteers are needed for term 2.

If you are interested in helping in the Canteen please contact Sharon Tydd or leave a message with the office.



Stage 3 Rotations Term 2

Week 5—A	Monday - 18/5	Tuesday - 19/5	Wednesday - 20/5	Thursday-21/5	Friday - 22/5
Mr Sumpter - Tech	5/6S	5S	5M		S
Mrs Conn -Science	6C	5/6S	5S		P
Miss Flannery - CAPA	6F	6C	5/6S		O
Mrs Michelsen-PD/H/PE	5M	6F	6C		R
Miss Small -HSIE	5S	5M	6F		T





SCHOOL NEWS...



Library News

Book Fair



Reading is the most important skill you can teach a child. Of all the skills children learn, it is the one you can influence the most.

Our Book Fair will be on from Friday, 15th May until Wednesday, 20th May. It will be opened from 8:30am and close 3:30pm each afternoon. Come along to see what new books we have to offer.

Class KA

The amazing KA were busy trying to find their sight words in some books during this weeks library lesson.



Year Six Excursion

We encourage families to start making regular payments for the Year Six Excursion to Sydney. The \$150 non-refundable deposit is due immediately.

Also, a further \$50 payment by Friday 22nd May is encouraged.

If there are any issues with regards to the excursion please contact Miss Flannery.



Sports News.....

PSSA Selection



Zac Clarke has been selected to represent the North West PSSA cricket team which will compete at the State Championships in October.

"I won't be putting my cricket gear away this winter. I'll continue training right through until October. I'm really proud to be wearing the baggy blue and representing North West".

Netball Knockout Match

Gunnedah South Netball team played Quirindi in the 2nd round of the PSSA knockout competition (we had a bye in the first round). Our team won by a narrow margin of two goals. It was a very low scoring game, 3 goals in the first quarter, 4 goals in the second quarter, 5 goals in the third quarter. The game was now tied with 6 goals each. In the final quarter we scored 3 goals to their 1 goal. It was a very entertaining game with many intercepts by both teams. Jade Stark kept a close defence on her opponent and used her newly acquired skill of outside arm defence to force several crucial turnovers. Our shooting combinations were new to competitive netball and started quite shakily but as the game progressed they gained confidence and moved aggressively to the ball taking many more shoots than in the first quarter. Our next game in the knockout is a forfeit and we are now through to the fourth round. We will be participating in the Schools Cup to be held in Narrabri on the 20th May.





Sports New continued...

We Went, We Played, We Conquered!

On Tuesday 5th of May the Gunnedah South Girls League Tag team travelled to Narrabri by bus. Mr Humphries was the bus driver and coach for the day. We played different teams from different schools, including St Xaviers Gunnedah, Wee Waa(2x), Narrabri, Narrabri West and Narrabri Gold. There were 14 teams in our division.

We played 6 games and won 5. Game scores were 4-0, 4-0, 1-2, 4-0, 3-2, 2-1. Try scorers were Charlotte Eather, Jade Stark, Mackenzie Leader, Emily Garner, Amity Cleal, and Moira Morgan

We all played very well together as a team which lead to the winning result of the games.

Thank you to Mr Humphries, Miss Small and Mr Price, we had a great day!

Written by Mackenzie Leader

After a very pleasant bus trip where manners and consideration were in abundance, we arrived at Cooma Fields, Narrabri on an exquisite, sunny autumn morning. Everyone was excited.

Having never played together as a team against other schools, we were unsure whether or not the girls League Tag team would be competitive. We were prepared for anything but winning the grand final wasn't regarded as probable. We were also hampered by having only one reserve on a warm day, in game that is made easier by constant player rotations.

Our lack of experience required us to execute a simple game plan. That plan was to have a rushing defence to try to force our opponents into error to give ourselves as much possession as possible and not to be worried about making mistakes. The plan worked wonderfully in our early games but a rushing defence is a very enervating strategy, especially on a day where the Celsius reached twenty six degrees and by game three some players were starting to tire. This fatigue set in against Wee Waa, the equal fastest and the best team we played all day and they put us to the sword with some scintillating play, scoring out wide and cutting us up in the middle. They beat us three tries to two and we came off exhausted.

There were fourteen teams from throughout the area in the League Tag. Divided into three pools, the most successful teams from each pool would progress to the semi-finals. The only sure way to the semis was to remain undefeated. That scenario evaporated with our round three loss.

For game four we needed to win and hope that other results helped our cause. Hope is not always the most reliable strategy. We implemented a new defensive pattern that conserved energy but required individual effort and everybody gave that effort in turn. The result went our way and as we left the field we were told that we had gained the wild card entry into the playoffs and we were to play a semi-final in fifteen minutes. We played St Xavier's Gunnedah, winners of another pool. They were the other speed side but tenacious defence by our girls forced them into errors and we recorded our biggest victory.

With abundant hope and a dearth of energy we faced our conquerors from round three, Wee Waa in the grand final. With our new defensive pattern we planned to keep them tryless. We knew that if we did give in to fatigue, with the speed they possessed, the score might blow out. We scored twice early then they scored to make the situation tense. The latter part of the game saw them attacking our line and us scrambling to thwart them. Thwart them we did. Every girl made second efforts in this match. Had one person not done so, then we would have conceded a second try and been defeated on a count back.

Our 2-1 win in the grand final was built on second efforts from very courageous players. They lifted heavy legs in a palpable demonstration of You Can Do It. An exhausted Emily Garner in the dying seconds running thirty metres to tag a runaway opponent a metre from the line, Courtney Penfold relentlessly tagging faster opponents, Miss Everywhere Mackenzie Leader chasing, chasing, Lucy Jackson and Moira Morgan preventing escapees down the sides of the field then covering across to help team mates in the middle, Amity Cleal involving herself throughout the entire day and our two more experienced players Charlotte Eather and Jade Stark leading in attack and defence.

Our players were gracious in victory and in defeat and at no time did I hear any recriminations by any South players towards other South players for making errors. Opponents and opposing coaches commented on our sportsmanship. The persistence, perseverance and cooperation of all players, all day, made the coach proud and ensured that he had the best day.

Sport is just a game but it's a showcase for attitude and the attitudes I saw on Tuesday warmed my heart.

All players owe Miss Small a debt of profound gratitude for the considerable time it takes to organise this excursion and to the teachers at school who had disrupted classes for the day. The player behaviour, attitudes and effort showed that their sacrifices were worthwhile.

Mr Humphries

Gunnedah Eisteddfod - Class Performance Details

When?	Where?	Who?	Section
Thursday 21 st May	St Xavier's Hall	4P & 4M	Primary Musical Theme Section
		Primary Choir	Primary Choral & Group
		Primary Dance Group	Interpretive Performance
		3H & 3S	Primary Musical Entertainment
		4D & 3/4M	Primary Musical Entertainment
		School Band	Primary Instrumental
Friday 22 nd May	St Xavier's Hall	Infants Choir	Infants School Choir/Organisation
		1M, 1R & 1S	Infants Musical Theme Section
		2W & 2S	Infants Musical Theme Section
		1W & 1H	Infants Musical Theme Section
		KA, KM & KR	Infants Musical Entertainment
		KT & KS	Infants Musical Entertainment
Monday 25 th May 9.30am Session 1	Gunnedah South PS Hall	5M & 5S	Choral Speech
		2Z & 2SW	Choral Speech
Wednesday 27 th May 9.15am Session One		5/6S	One Act Play
		6F	One Act Play
		6C	One Act Play
Wednesday 27 th May 1.30pm Session Two		Individual students from 5/6S	Restricted Recitations