



# Gunnedah South Public School

*"With oar and sail"*

**Thursday**  
**17th March 2016**  
**TERM 1 WEEK 8**

## Special points of interest:

- Easter Hat Parade Thursday 24th March
- Grandparents Day 8th April

**Principal:** Mrs Emma Jeffery

**Deputy Principal:** Graham Conn

**School Captains:** Mackenzie Leader and Archer Harrison

**Administration Manager:** Mrs Kerry Pryor

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

**Email:** [gunnedahs-p.school@det.nsw.edu.au](mailto:gunnedahs-p.school@det.nsw.edu.au)

**Assistant Principals:** Mr William Dowe

Mrs Judy McGowan



Mrs Nicole Walsh

Mrs Shanyyn Worley

**Website:** [www.gunnedahs-p.schools.nsw.edu.au](http://www.gunnedahs-p.schools.nsw.edu.au)

**Skool Bag App** ; Gunnedah South Public school skoolbag

*(available from the iTunes store and Google play store)*

School Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9</b> March	21	22	23	24 <b>Easter Hat Parade</b>	25 <b>Good Friday</b>
<b>10</b> March/ April	28 <b>Easter Monday</b>	29	30	31	1
<b>11</b> April	4	5	6	7	8 <b>Last Day Term</b> <b>Grandparents Day</b>
 <b>School Holidays</b> <b>Term 2 Students Resumes Wednesday 27th April</b> 					



*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,

### **New Arrival**

Gunnedah South warmly welcomes the new beautiful addition to Miss Zerner's family. Baby Caleb, was born last Friday and mum and baby are doing well. Congratulations to Miss Zerner, enjoy this most special time.

During Miss Zerner's maternity leave Miss Anson will be teaching 1Z. Both Miss Zerner and Miss Anson have spent time planning for the year ahead.

### **Canteen**

Thank you to all our volunteers who offer their time to help our canteen manager Mrs Sharon Tydd in our school canteen. Many schools are forced to close canteens or only open on selected days due to lack of volunteer help. Mrs Tydd is now preparing the volunteer roster for Term 2 ~ so if you have any spare time between Monday to Friday please contact her on

ph 6742 0729. Lets keep this valuable service.

### **Easter Activities**

It is that yummy time of year again when we have loads of fun with Easter activities. Next Thursday 24th March Mrs Higgins has been busily preparing a range of exciting activities for the students to try.

This year looks again to be a lot of fun ~ unless you are of course the egg being entered into the EGG DROP!!! I wonder if our furry friend will again visit the students of South school?

### **Bullying ~ No Way**

The sixth national day of action against Bullying and Violence is being held on Friday 18th March. This annual day is Australia's key anti-bullying event for schools, and encourages all students to take a stand against bullying and violence in schools, in classrooms and beyond.

Mr Thurbon has prepared numerous activities for all students, Kindergarten to year 6, to participate during Friday to build awareness and strategies in dealing with bullying. This day will help deliver a powerful message that bullying and violence is never okay and support us to continue to create and sustain a safe and supportive Gunnedah South Public School.

A special thank you to Mr Thurbon for coordinating and organising this event.

### **Class 1/2 R**

Miss Flannery is soon to jet off on an adventure overseas ~ round world trip! While Miss Flannery is overseas she will be keeping in contact with her little cherubs in 1/2R.

Miss Reynolds will be commencing the role of classroom teacher for 1/2R as of Monday 21st March. During the last few weeks Miss Reynolds and Miss Flannery have been planning and programming, analysing student data, outlining classroom management strategies to ensure a smooth transition for students.

Have fun Miss Flannery ~ we will miss you.

### **Personalised Learning Plans**

At Gunnedah South we aim to keep ties between home and school strong to help maximise student learning. Over the next few weeks classroom teachers are sending home times available for Term 1 PLP meetings. These meetings are designed to discuss student progress, apply personal approaches to learning and engagement and set short or long term goals.

I encourage all parents to arrange a suitable time with our teachers.

### **Late Arrivals**

Regular punctual attendance at school is essential to assist students maximise their potential. Arriving at school and class on time:

⇒Ensure that students do not miss out on important learning activities, such as Literacy scheduled early in the day.

⇒Helps students learn the importance of punctuality and routine.

⇒Give students time to greet their friends before class.

⇒Reduces classroom disruption

If your child arrives late to school, they must be signed in at the front office by an accompanying adult. Students cannot sign themselves into school. The lateness is recorded as a partial absence and a reason must be explained by the parent.

### **YouTube**

Did you know that NSW Public Schools has its own channel on YouTube? You can view it on [www.youtube.com/user/NSWPublicSchools](http://www.youtube.com/user/NSWPublicSchools). There are some great videos about a range of different topics including dealing with head lice, cyber-safety and explaining the MySchools website, transition to school. Take a look for yourself!

Kindest Regards

Emma Jeffery

Principal





# SCHOOL NEWS...



## CANTEEN NEWS

### Week 9

**Mon 21st March:** -  
**Tues 22nd March:** -  
**Wed 23rd March:** Ebony Cope  
**Thur 24th March:** Christina Hunt  
 Lindal Jewiss  
**Fri 25th March:** **Good Friday**

### Week 10

**Mon 21st March:** -  
**Tues 22nd March:** -  
**Wed 30th March:** Ebony Cope  
**Thur 31st March:** Christina Hunt  
  
**Fri 25th March:** Anna Boal  
**Good Friday**

**We need your help** to keep this great service going and you can do once a week, once a month or once a term.

Contact the office and leave your contact details and Sharon will give you a call.

## Easter Raffle Books

Have been distributed this week the eldest in the family.

**1st Prize:** Family Fun Easter Basket

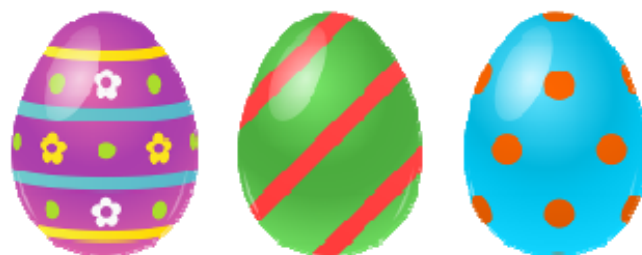
**2nd Prize:** Chocolate Lovers Basket

**3rd Prize:** Easter Chocolate Bouquet

Please return all Raffle money and Tickets Sold or Unsold by Monday 21st March.

Winners will be announced:

**Thursday 24th March** at the Easter Hat Parade



## ICAS- COSTS

Subject/Paper	School Year	Official Sitting Date	Cost
Digital Technologies	3-10	17 May 2016	\$8.80
Science	2-12	31 May	\$8.80
Writing	3-12	13-14 June 2016	\$18.70
Spelling	2-7	15 June	\$12.10
English	2-12	2 August 2016	\$8.80
Mathematics	2-12	16 August	\$8.80

# Merit Certificates

<b>KH</b>	Claire Annetts, Georgia Dowe, Jessie Harris,
<b>KM</b>	Alice Maher, Byron Jolliffe, Blake Garrately,
<b>KR</b>	Lachlan Young, Harvey Stokes, Maddison Eschbach,
<b>KS</b>	Bella Southwell, Lucy Hannaford, Sam Dew,
<b>1C</b>	Sunny Wicks, Olivia Lewington, Sienna Clark, <b>YCDI:</b> Jayden Gaudie, Millie Small,
<b>1H</b>	Asher Triegeer, Lilyian Morton, Matthew Poss,
<b>1M</b>	Brooklyn McAlpine, Ryder Hatch, Ryan Bazjath, Charlie Duff,
<b>1Z</b>	Charlie Binge, Justin Pung, Nash Boal,
<b>1/2R</b>	Bella Anderson, Jye Perrett-Scott, Alyssa Wise,
<b>2J</b>	Dominic Winsor, Bella Eveleigh, Rhianna McAlpine, Ruby Williams,
<b>2M</b>	Lincoln Howarth, Kailee Gallagher, Maddie Stewart,
<b>2S</b>	Jack Bridge, Lachlan Percy, Maya Grey <b>YCDI:</b> Keith Morris, Hannah Beasley
<b>2W</b>	Katelyn Carr, Gracie-Lee O'Donnell, Jack Wild
<b>3J</b>	Emily Williams, Jakoby Webber, Melissa Bartlett, Jacob Tindal,
<b>3S</b>	Oscar Donoghue, Chad Fisher, Abbie Passfield, Heidi White, Blade Rowlands, Tom Garner, Daisy Sheedy, Brayden Morgan, Logan Garratley, Benjamin Hall, Reg Jaeger, Taylah McAllan, Mason Louis, Ally Harris, Alice Swain,
<b>3W</b>	Isia Wise, Aleena Tariq, Lincoln Squires, Max Jewis, Tiah Small, Charlie Bridge, Jessica Ferguson, Kodee Bendall, Bradley Bartimote, Simone Donnelly,
<b>3/4M</b>	Sophie Baker, Harry Bartlett, Jacob Cohen, Kaile Meredith, Alex Cob, Nate Harris, Sophie Mainey, Kayden Sutcliffe,
<b>4M</b>	Claire Barnes, Tahlia Newman, Amy Sams, Thomas Eveleigh, Tyler Ibrahim Lynch, Trevor Mills, Leah Demmery, Madison McDonald, Jedd Rennick, Dlyan Anderson, Caleb Dorrington, Nate Morley, Taj Burgess, Jack Castle, Stella Robertson,
<b>4P</b>	Ellie Thomas, Kaihan Anwari, Blake Torrens, Cley Durrent, Olivia Heath, James McKenzie, Dylan Mitchell, Sophie Bush, Claudia Irwin, Zoe McAlpine, Jamieleigh Dean,





## Annual Egg Drop

Your mission is to design a container that will protect an egg from a plunge off a 2m ladder. Your design needs to follow these guidelines:

1. The egg needs to be raw!
2. You cannot attach material around the centre of the egg.

Some suggestions for your egg drop -

- Balloons or a parachute to slow the egg down.
- Soft, crushable packing that encloses a lot of air is best. Foam rubber, feathers, cotton or synthetic padding might help.

An egg-cellent activity for everyone and it's amazing how many ways an egg can be packed in order to survive!

The Egg Drop will be held after recess on **Thursday 24th March**.

Good luck!!!

## Easter Hat Parade

Come and join us for our  
**K-2 Easter Hat Parade on  
Thursday 24th March starting at  
9:30am.**

This will be held in the Primary  
Quadrangle on the grassed area.  
Limited seating will be provided, please  
feel free to bring your own chair.

Each year group will sing an Easter  
song and model their beautiful Easter  
hats.

All students will organise their costume  
and accessories at home!

The winners of the raffle will be  
announced at the end of the parade!

## Egg Decorating Competition

There will be an Egg Decorating Competition. If you want to enter here's what you need to do:

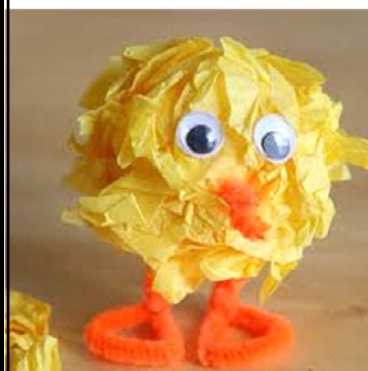
Get a raw egg. Ask mum or dad to use a needle to carefully place a hole in the top and bottom of the egg. Blow hard to get all of the yolk out.

2. Decorate your egg.

NB: Foam eggs and plastic eggs can also be decorated.

Please have your entry to **Mrs Higgins** so they can be judged!  
Entries to be brought in on Tuesday 22nd March. Make sure you have your name and class written on the bottom on your entry where the judges cannot see it.

Eggs will be displayed in the  
Year 6 Games Area  
(Breezeway).



# Operation Art at GSPS



## What is Operation Art?

Operation Art is an initiative of The Children's Hospital at Westmead in association with the New South Wales Department of Education and Communities.

The Operation Art program provides a forum for schools and students to demonstrate their visual arts achievements through exhibitions at the Armory Gallery, Sydney Olympic Park and the Art Gallery of New South Wales.



Once again this year our P&C have agreed to fund the entry of four artworks into this amazing competition.

## Why participate?

- All artworks framed and exhibited at Sydney Olympic Park.
- 10,000 visitors view the exhibition.
- 150 works are selected for further exhibition opportunities including 50 selected for a tour series and then given to the Children's Hospital at Westmead.
- Gives students real purpose for their art making - creating art to help children in hospital.
- Provide broader public recognition for your creative students.
- All students receive printed certificates, invitations and catalogues.
- Come and be treated like a star artist at the Sydney Olympic Park opening day event.

*This year there will also be a number of artworks selected to donate to Gunnedah Hospital.*

## How do I get involved?

**Create a cheerful and uplifting artwork appropriate for display in a hospital.**

**Ask yourself—"Does it make me smile?"**

Size: Minimum A4 ( 30 x 21cm), maximum A2 ( 42 x 60 cm), maximum depth 5mm. Please note we are unable to frame works that are deeper than it.



this lim-

**Hand your artwork to Mrs Passfield by Tuesday 26th April.**

Hand your artwork to Mrs Passfield by



An art exhibition will be held in week 2 next term, where the finalists will be selected. More details soon.





## PSSA AFL Champion– Hunter Region

A big congratulations to Kurt Fisher who is in the Hunter Region AFL team. He made the 22 person squad out of 150 boys who trialed. WOW!

Kurt will play in Nelson Bay on the 24th-25th May. Well done, we are proud of you!

## NW PSSA Basketball Trials

On Thursday 3rd March, 11 students from Gunnedah South School participated in the PSSA Basketball Trials at Tamworth Sports Dome. Liam Jones from Drummond Memorial Primary also joined in with the boys team.

All children had a great time and showed excellent sportsmanship.

## Congratulations...

Dakota Milne made the **North West PSSA** Girls Team and Jarrod Ferguson is first reserve for the boys. This is an excellent achievement.





# Gunnedah Rugby 7s

A group of 11 boys travelled to the Gunnedah Red Devil's ground on Thursday the 10th of March to take part in a 7s tournament.



They started the day completing a few drills to improve their body height, ruck skills and tracking and tackling. It didn't matter if you were tackling someone from another school or your mate. The boys put on some good hits, all in the spirit of the game.



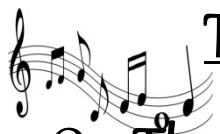
Then it was time to put into practice what they had just learnt. We played two games of modified touch rugby followed by two games of 7s. The boys played well as a team, especially since it was The first game some had ever played.

Thank you to Mr Walsh who helped out with some extra drills and insights into the game. Everyone's behaviour and sportsmanship was outstanding and a real credit to the school. Well done Rihari Bowater-Gudsell, Dylan White, Hugh McArthur, Bastian Short, Jaycob Price, Seth Hoffman, Joshua Coker, Charlie Garner, Jarrod Ferguson, Michael Walsh and Jay Fouracre.

By Simon Thurbon







## The Gunnedah South Primary Choir

On Thursday the 24<sup>th</sup> of March the fantastic Gunnedah South Primary Choir will be giving everyone a **sneak peek** at one of their much practised songs. They will perform for the whole school at our **1.30pm assembly**. They will be conducted by Mr James Brown and will show how very talented they are. Please bring a tissue as your **oxytocins** may be released - you could possibly think you are listening to angels sing.

Choir managers Rachael Passfield and Vicki Merlehan



Every Wednesday afternoon, 3 students and Mrs Michelsen go to GS Kidd Memorial School to participate in a Lego Club. The purpose is to create structures, build robots, work in a team, follow instructions and be creative. We have so much fun!



# Gunnedah South Grandparents' Day



Grandparents' day will be held on **Friday, 8th April.**

Time: 11:30-12:45pm

Place: Gunnedah South School hall

We would love to see lots of Grandparents' come along to see what the students have been working on for this special occasion.

There will be complimentary tea, coffee and sweet treats after the concert for those grandparents wishing to stay around for a while.



## **NSW Aboriginal Education Consultative Group Inc.**

- Are you an Aboriginal parent or carer?
- Would you like to have a say in local Aboriginal Education?
- Do you understand what is happening in our local schools?
- Are you an Aboriginal community member who can help achieve educational outcomes?

**Come along and join your local AECG and have a voice in education.  
Your voice is important for our kids.**



NEW SOUTH WALES  
**AECG**  
INCORPORATED

### **Next Meeting:**

Thursday 17th March at 4pm  
Gunnedah South Public School  
Light afternoon tea provided

**For further information and membership details please contact:**

**Meleah Walters (Secretary) at Gunnedah South Public School on (02) 6742 1899**





# Need some inspiration?

Try these ideas for a nutritious lunch:



MAIN LUNCH	+	NUTRITIOUS SNACK	+	FRUIT	+	DRINK (in addition to water)	+	PLUS 1
Chicken, hommus and cucumber sandwich		Reduced fat cheese slices with wholegrain crackers		Apple		Chocolate flavoured reduced fat milk		Air popped popcorn
Ham, reduced fat cream cheese and salad wrap		Sultana snack pack		Fruit salad		Water		Dry breakfast cereal
Pesto pasta salad with chicken and capsicum		Reduced fat yoghurt		Orange		99% fruit juice (200ml or less)		Vegetable sticks with dip
Egg, celery and reduced fat mayonnaise sandwich		Homemade pita chips with hummus		Frozen grapes		Reduced fat plain milk		Tinned fruit in juice
Tuna, corn, lettuce and reduced fat mayonnaise wrap		Reduced fat cheese with crackers		Fruit kebab		Water		Muesli bar (weekly extra)
Ham and sweet corn frittata		Reduced fat custard		Banana		Water		Rice crackers or cakes with dip
Chicken salad with chick peas, baby spinach and pumpkin		Vegetable sticks with dip		Fruit salad		Strawberry flavoured reduced fat milk		Reduced fat ycghurt
Tuna and sweet potato patties		Reduced fat cheese stick		Frozen melon balls		Water		Fruit spice English muffin
Turkey, tomato, spinach and reduced fat cheese sandwich		Avocado, carrot and lettuce rice paper rolls		Apple		Reduced fat plain milk		Reduced fat custard
Sweet chilli chicken and lettuce wrap		Muesli and reduced fat yoghurt		Kiwi fruit and strawberries		99% fruit juice (200ml or less)		Small packet potato chips (weekly extra)

**REMEMBER!** Always pack an ice-pack or frozen water bottle with your child's lunch. This will help prevent the growth of bacteria and keep it cool until lunch time.

**Healthy Kids Association**

www.healthy-kids.com.au | p: 02 9876 1300 | e: info@healthy-kids.com.au







# How to pack a Healthy Lunchbox

**When packing a lunchbox for your child, you should feel confident that you're providing them with a nutritious supply of food that will get them through the day with the energy they need to function.**

Follow this rule to make packing a healthy lunchbox easy:  
**PACK THE CORE 4** (plus 1 for active and fast growing kids).

## What are the CORE 4?

- 1 Main lunch item** – a sandwich, roll, wrap or salad based on grains such as pasta, rice or quinoa.
- 2 Nutritious snack** – choose a snack from the five food groups such as a cold chicken drumstick, crackers with cheese, veggie sticks and hommus, or yoghurt.
- 3 Piece of fresh fruit** – whatever is in season.
- 4 Drink** – always include a water bottle. Add an additional small reduced fat milk drink (less than 300ml) or a 99% fruit juice drink (less than 200ml) once or twice a week.

## PLUS 1 additional snack

Every child is different and depending on their activity level or rate of growth, they may need an additional snack in their lunchbox. If this is the case, we recommend choosing a fifth item from the five food groups first, such as those listed in lunchbox item number 2 (the nutritious snack). This will provide the extra nutrients some kids need.

## Occasionally...

For variety and enjoyment it's OK to include an occasional "extra" item in place of this fifth snack option. Extra foods include sweet biscuits, muesli bars, packets of chips, confectionary or dry noodle products. These kinds of items should not make a daily appearance in the lunchbox, but can be added once a week for variety and enjoyment and to teach balance.

PLUS



always  
include  
a water  
bottle