



Gunnedah South Public School

"With oar and sail"

Thursday
4th August 2016
TERM 3 WEEK 3

Special points of interest:

- Term 3 Week 3-5 Life Education Van
- Term 3 Week 6 Sports Photos 26th August
- Week 6 26th August, Sports Photos
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Principal: Mrs Emma Jeffery

Deputy Principal: Mr Graham Conn

School Captains: Mackenzie Leader and Archer Harrison

Administration Manager: Mrs Kerry Pryor

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Assistant Principals: Mr William Dowe

Mrs Judy McGowan

Mrs Nicole Walsh

Mrs Shany Worley

Website: 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
4 August	8 Life Education Van Primary Gymnastic Gala day	9 Life Education Van Legend of League Gala Day @ Longmuir	10 Life Education Van	11 Life Education Van	12 Life Education Van Ann Singleton Cup Fri/Sat ZONE ATHLETICS
5 August	15 Life Education Van	16	17 Kindergarten Transition 9.00am-10.30am	18	19 Education Week 9.15am assembly
6 August	22	23	24 PSSA Girls Touch PSSA Rugby Union	25 Dr Allison Knight Workshop 5.00pm-7.30pm	26 SPORTS PHOTOS
7 August September	29 Camp Quality Puppet Show 1.45pm-2.30pm	30 North West Boys Softball Group 1 Yr 6 Transition @ Gunnedah High	31 North West Boys Softball	1 North West Boys Softball Schools on Stage Rehearsal 8.50am-2.50pm	2 <i>Milo Cricket</i> North West Athletics Tamworth



Gunnedah South Public School

Proud supporters of the

"You Can Do It" Program

CONFIDENCE

Supporting & caring
for your children.

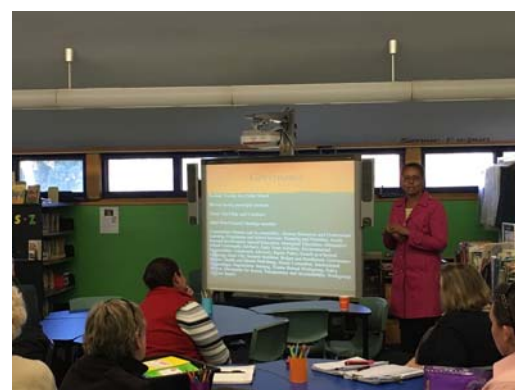
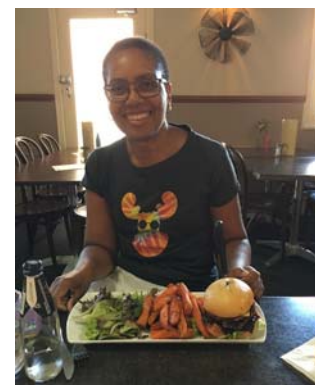
A few words from our Principal...

Dear Parents and Carers,



International Visitor

The first two weeks of this term our special visitor from Canada ~ Principal Ms Marguerite Campbell, from Morse Street Elementary school in Toronto enjoyed mingling with students, staff, visiting local schools, local sites and sampling local cuisine. Ms Campbell joined us under the LEAP program. The NSW-based Leading Educators Around the Planet (LEAP) program provides NSW educational leaders with the opportunity to connect with international colleagues and systems for the purpose of improving the teaching and learning at the school base. The program provides participants with the opportunity to be at the cutting edge of international trends in education; to observe best practice in schools; to have an international critical friend; to engage in reflection and analysis of current practice.



Ms Campbell observed classroom lessons and was thoroughly impressed with the level of student engagement and high level instruction presented by our teachers. She commented favourably regarding our 21st furniture and the flexible options it provides for both students and teachers and will be looking to source similar options for her students in Canada.

During lunch times Ms Campbell mingled with our students, chatting about school life at Gunnedah South. The students relayed their pride in our school and articulated time and time again, how they enjoyed all the extra curricular options available to them ~ cooking, guitar, choir, sport, art, drumming, gardening, and the list went on.

I am excited about visiting her school during the term 3 holidays and viewing first hand the Educational system which is performing at high level globally.

Education Week

Education Week is a celebration of public education. The Education Week theme for 2016 is **'Shared stories, better learning, stronger communities'**.

Gunnedah South will be celebrating Education Week in Week 5 with an assembly on Friday 19th August at 9.15am. Please note that this date has changed, yet again as the PSSA zone athletics carnival was postponed and is now on Friday 12th August.

At this assembly we will present 2 students from each class with an Education Week award celebrating achievements in academics. Following the assembly will be open classrooms where visitors will be exposed to the range of learning experiences available at our wonderful school. Families and visitors will be invited to stay for a free morning tea provided by our amazing kitchen. We look forward to hosting as many visitors as possible on this day. Lets celebrate the achievements of our students and staff.



A few words from our Principal...Continued



Life Education Van



The Healthy Harold Life Education Van has once again visited our school providing students with valuable lessons in personal development and health. Tim has been running these lessons for the past few years. The school would like to send a personal thank you to BHP Billiton for funding this project at no cost to parents or the school.

Narrabri Science and Engineering Day

30 students from Years 5 and 6 travelled to Narrabri on Wednesday to experience the work scientists and engineers do. Thank you to Louise Martin for accompanying these students and Gunnedah Public School for helping out with transport over to Narrabri for the day. Students joined in on hands on activities and had a ball (as you can see from the photo!) There may be some future engineers on the horizon.



Kindergarten Transition

Wednesday saw the first of our Kindergarten transition lessons for 2016, to prepare our new Kindy students of 2017. Nearly 60 students attended and despite the wet weather were immersed in Literacy activities. Kindergarten is an integral time in a student's life and sets up the first formal year of schooling and a life long love of learning. These transition lessons are designed to support students in learning new routines, sampling the different subjects, becoming familiar with our school grounds and developing a relationship with our friendly staff. Thank you to Mrs Ross who organised this event and is making sure all the students are having positive experiences at big school.



Farewell Mrs Walters

Today is Mrs Walters' last day as she takes some time to rest before the arrival of the newest addition to the Walters family. Mrs Walters' students adore her and I'm sure will be waiting patiently for photos of the new baby. We wish Mrs Walters all the best during this very special time.

Mrs Holmes, who has already spent time in 2M and has developed a strong rapport, will be taking the class until the end of the year. Mrs Walters and Mrs Holmes have worked together to ensure a smooth transition for the class.

New bins

It has been a welcome improvement to our school grounds to see new bins installed around the Primary and Infants COLA areas. These colourful additions to our playground will help ensure that students are keeping our grounds neat and tidy. The SRC have had new bins on their wish list for a few years and were very keen to choose the new colours.



A few words from our Principal...Continued



Garden lessons

Mr Jeffery has worked at renovating our greenhouse over the holidays, which 4P were able to study in detail as part of their Science unit on 'Built Environments'. It can be very rewarding and purposeful weeding, watering and cleaning out garden beds in the warm winter sun!



Dr Alison Knight workshop

Dr Alison Knight will be returning to Gunnedah on Thursday 25th August to run a parent and community workshop on how food affects children's health and learning. This workshop will also incorporate the local expertise Carla McInnes, a qualified nutritionist. More detailed information is located within the newsletter. Don't miss out on this invaluable opportunity.



Welcome

Term 3 has been particularly busy with new enrolments. On behalf of students and staff I extend a warm welcome to our new families.

1M	Ashley Williams	4M	Ava Mitchell
1Z	Tobey Eyre	4P	Denzel Wortley
1Z	Alakay Bobongie	5/6S	Brooklyn Morris
1Z	Rhiannah Wortley	5/6S	Matilda Burns
2J	Leyonte Bandry	5D	Nikyiah Wortley
3J	Sienna Mitchell	5M	Benjamin Heywood
3J	Charli Alvey	6P	Elie Brookman
3S	Daniel Heywood	KH	Cooper Mitchell
3S	Emma Williams	KM	Ali Griffiths
3S	Ashton Wortley	KR	Chelsea Morgan

Warm Regards

Emma Jeffery

Principal



HOW FOOD AFFECTS CHILDREN'S HEALTH AND LEARNING ...



The Child with 2 Brains



Thursday 25th August 2016

Time: 5.00 - 7.30 pm

Venue: Main Hall, Gunnedah South PS

Cost: \$15 per adult, children free.

**Ticket reservations essential, please book at
Gunnedah South PS reception**



Includes a
refreshments
break.

Dr Alison Knight will speak for 1½ hours about how the food children eat affects their brain and body.

Although mainly based in Sydney, Alison has been seeing children in Gunnedah for the last three years and is committed to helping country families achieve their healthiest possible life.

Alison has done extensive training in nutritional and biomedical medicine with BioBalance and Dr William Walsh. In her medical practice she seeks to optimise gut health and correct nutrient imbalances that can contribute greatly to problems such as anxiety, ADD, ADHD and depression.

Carla McInnes is a locally based qualified Nutritionist and mum of primary aged children. She will talk for half an hour about healthy family food, school lunch and snack ideas. Carla is passionate about showing families that food can be healthy AND taste great! She will share some great recipes to help parents get more nutrients into the school lunch, which makes an enormous contribution to a child's overall health.

As well as general nutritional consultations, Carla can take you on a guided supermarket tour or help you with a kitchen and pantry overhaul!



Both Alison and
Carla will be
available to ask
questions during
the evening.

**THE FOOD CHILDREN EAT TODAY
WILL AFFECT THEIR FUTURE
HEALTH AND LEARNING...**

Come along and find out how !



SCHOOL NEWS...



Reminder:

School Banking day is Tuesday morning

CANTEEN NEWS

COMING SOON

Online Canteen Ordering

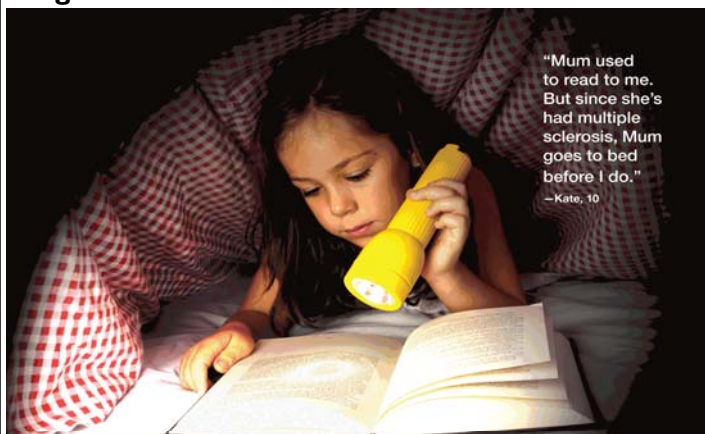
If you would like to volunteer in the canteen please give Sharon a call on 6742 1899.

MS Readathon

Entries for the 2016 MS Readathon are now open!

Go to msreadathon.org.au

and be in the running to win one of 100 tablets up for grabs.



"Mum used to read to me. But since she's had multiple sclerosis, Mum goes to bed before I do."
—Kate, 10

READ TO MAKE A DIFFERENCE

MS Readathon



Term 3

www.msreadathon.org.au

1300 MS READ



Week One, Term Three Top Points Scorers

Overall

Harry Bartlett	40,020
Kaihan Anwari	34,850
Lewis Donaldson	34,140

Live Mathletics

Lewis Donaldson	41,102
Owen Robinson	12,308
Mason Louis	11,724

Donation from Pursehouse Rural and Agracom

Our school had a very welcome visit today from Pursehouse Rural and Agracom. These local organisations presented some of our school leaders with a \$3000 cheque for the school. The very generous donation will be discussed by our Student Representative Council as to where it can be best used. A very big thank you to these two businesses for their kind and thoughtful donation.



Fresh For Kids Promotion

IT'S BACK!!

The school has signed up for the same promotion as last year whereby students get stickers to put on coupons that they swap for pencils. Collect the whole set! More info to come out next week. Just make sure your lunchbox is healthy!



Merit Certificates

3J	Riley Price, Holly Sheedy, Azaria Murray
3S	Daisy Sheedy, Mason Louis, Rhegan Jaeger, Ally Harris
3W	Charlie Bridge, Aiden Russell, Sarah Kemp
3/4M	Lily Friend, Kane Hollis, Alex Cobb
4M	Jedd Rennick, Thomas Eveleigh, Jack Castle
4P	Owen Robinson, Charlee Battis, Dylan Mitchell



A case of Whooping Cough has been confirmed in your Child's class.



Health

Communicable Diseases Factsheet

Whooping Cough (Pertussis)

Last updated: 30 March 2015

Whooping cough affects people of all ages. It can be especially serious for babies. Vaccination reduces the risk of infection.

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months and 6 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby's vaccines are overdue, see your GP now to catch up.

Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School –based Vaccination Program.

Immunisation for adults

A booster for adults is recommended for:

- Women who are in the third trimester of pregnancy, preferably at 28 weeks. Free vaccine is provided in NSW through Gps and hospital antenatal clinics.
- Other adult household members, grandparents and carers of infants under 12 months of age.
- Adults working with young children, especially health care and child care workers.

If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

How is it diagnosed?

Your doctor may ask about your symptoms and whether there you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

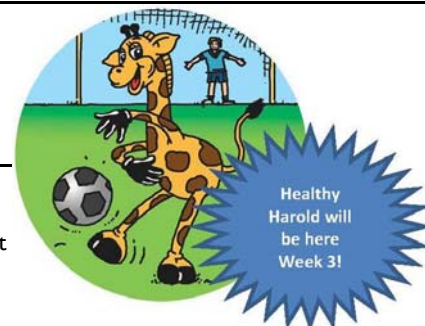
Identify – Protect – Prevent

NSW Health whooping cough campaign <http://www.health.nsw.gov.au/PublicHealth/Infectious/whoopingcough/index.asp>

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au

2016 Life Education Program Overview

Harold's Surpriseee	Early Stage 1 (K) - Healthy food choices, importance of physical activity, safety
Harold's Mystery Tour	Stage 1 (Yr 1) - Body workings, safe use and storage of medicines, peer pressure and coping strategies, safety, decision making
Harold's Heroes	Stage 1 (Yr 2) - Environmental health issues, emergency procedures, individual needs for medicines and safe use and storage.
All Systems Go	Stages 1 & 2 (Yrs 2-3) Function of body systems, peer pressure, second hand smoking, and safety with medicines.
Harold's Diary	Stage 2 (Yr 3) - Friendship, resilience, expressing emotions, coping strategies, healthy food choices, active lifestyles
bCyberwise NEW!	Stage 2 (Yr 3/4) – Explores cybersafety through animation, vox pops. of children, relevant scenarios, discussion & problem solving.
Mind Your Medicine	Stage 2 (Yr 4) - Safe and unsafe situations, medicines and consequence of misuse, peer influence and friendship, positive communication
On the Case NEW!	Stage 3 (Yr 5) – Short and long term effects of smoking, effects of passive smoking, laws, peer influence, and refusal skills.
Think Twice	Stage 3 (Yr 6) - Consequences of alcohol use and misuse, stay safe situations and refusal skills, laws controlling purchase and use.
It's Your Call IMPROVED	Stage 3 (Yrs 5/6) – Definition of legal drugs, decision making, emotions, peer pressure, risk taking, problem solving, safe and appropriate use of communication technology



LIFE EDUCATION MERCHANDISE...subject to availability

Life Education NSW thanks you for your support

Dear Parents,

Life Education NSW is a not for profit community-based organisation that relies heavily on fundraising within the community to assist in meeting the shortfall left after receiving minimal assistance from Government funding.

The sale of Harold merchandise to the children whilst the program is visiting each school supports the fundraising activities of local committees and all proceeds support Life Education within each local area. These products help to remind children about the messages delivered to them during their Life Education session and have either a picture of Harold or the Life Education logo on them.

The educator will provide the opportunity for children to purchase these products during the school visit. Please provide the **correct money** in an envelope with the item written on the face of the envelope along with your child's name and class. This allows the educator to process orders efficiently and accurately.

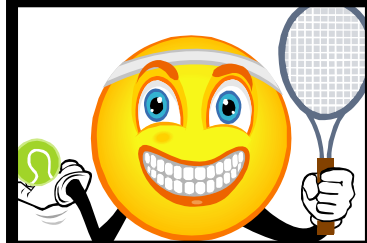
Orders will be returned by the conclusion of the visit.



Product Description	Price Incl. GST	Quantity	Product Description	Price Incl. GST	Quantity
Tattoo	\$0.50		Harold Hand Ball	\$3.00	
Harold Post-it-note	\$1.50		Harold Stationery Set	\$3.00	
Harold Activity Bag	Not Available		Small Harold Soft Toy	\$8.00	
Harold Keyring	\$3.00		Large Harold Soft Toy	\$15.00	
Total Owing			Total Owing		



On The Court



On Tuesday, 26th July, the school Tennis team travelled to Port Macquarie to play Grafton Public School in the Quarter Final of the State wide PSSA Tennis Knockout. It would be the fifth meeting of the two schools at this stage of the competition, in eight years, with our players looking to take the next step. The winner would travel to Sydney for the State Finals.



With a daunting match on the cards, the boys opened up with some great rallies. Both Archie and Michael however, were unable to win. Then Isabelle and Chloe stepped out, with Chloe the only player able to secure a win. Down 3 sets to 1, the boys doubles were unable to apply pressure, going down 6-2. The girls doubles found their groove, winning 6-4. Still, down 4 sets to 2, the players were confident of a strong finish. Unfortunately, our mixed was not strong enough on the day. Both combinations played well but only Issy and Michael were able to grab a set. Grafton winning in the end 5 sets to 3.

We wish Grafton all the best for the Finals in Sydney.



North West Champions



A big thank you to all the parents and supporters of our team throughout this year. Your encouragement has been tremendous. Our trip to the Quarter Finals would not have been possible without you. Thank you. Also, to Claire and Thomas, our reserves. Not much court time but your enthusiasm and support was fantastic. A special mention to Robyn Louis for volunteering her time to coach the team on the finer points of the game.

Out and About with KH

In Science, KH are learning about living and non living things. On Tuesday they were lucky to have a farm lesson with our 6 awesome farm monitors. They learnt lots of exciting things... Thank you Mrs Michelsen and Mrs Lawrence for organising so much fun!



Operation Art



Congratulations to Chloe Newman and Zara Bartlett on their art success.

Late last term, these two talented artists donated their amazing artworks to our local Gunnedah Hospital.

Keep an eye out for their colourful artworks on the hospitals walls.

Australian Olympian Visit



On Tuesday afternoon, Stage 2 students were given the opportunity to learn more about the Olympics.

Youcef Abdi gave the students a glimpse into the life of an Olympian. Youcef came to Australia in 1996 from Algeria (North Africa) and has made Australia home ever since. He had the honour to represent Australia at three Commonwealth Games and two Olympics.

Adam from Little Athletics also provided the students with some information about a 'Come and Try' day for Little Athletics here in Gunnedah.

PSSA TOUCH KNOCKOUT COMPETITION

Gunnedah South Vs Boggabri Primary School

Both teams had a convincing win and showed excellent sportsmanship. The boys final score was 19-0 and the girls won 12-1. Thank you to Khobi Devine, Tash Fisher and Miss Martin for refereeing and helping out on the day.

Details for our next game will be finalised shortly.

Mrs Michelsen





Jeans for Genes®

Jeans for Genes is a major fundraiser of
the Children's Medical Research Institute

Jeans for Genes day

Be a hero and school
uniform zero!

On Friday, 5th of August,

rack your drawers, clear your cupboards
and dig through the washing because its
JEANS FOR GENES DAY!!!!

Next week, the SRC have planed a free
dress day fundraiser to raise money for the
CMRI—an institute which researches child
diseases.

So **wear denim** on the day and bring a
gold coin donation,
because we
can all help.



YEAR 7, 2017

PARENT INFORMATION AFTERNOON



Wednesday, August 10, 4.30-5.30pm
Gunnedah High School Library

- Information and question session
- Tour of the school
- Meet staff

For further information contact:
 Gunnedah High School on 6742 0155



WINTER 2016

WEDNESDAY, JULY 27
MUSICA VIVA IN SCHOOLS CONCERT
 Town Hall 10am / 11:30am



SATURDAY, JULY 30
ARCADIA QUINTET
 1pm Beginner Workshop
 @ The Con
 7:30pm Concert The Civic

AUGUST 7
**TOTALLY
 GOURDEGOUS**
 AT KELVIN HALL
 12 noon Uke Workshop
 \$10 and Concert 2:30pm
 \$15 (\$5 for workshop
 participants) KIDS FREE



AUGUST 10
**EARLY
 CHILDHOOD
 MUSIC**
 Lessons commence

AUGUST 8-9
**TOTALLY
 GOURDEGOUS**
 AT SCHOOLS
 Workshops and
 performance

AUGUST 16-18
AGQUIP
 Note: lessons
 as normal

SEPTEMBER 9
**MULLALEY TAKES
 ON ABBA**
 6.30pm, The Civic

SEPTEMBER 14
**NSW REGIONAL
 CONSERVATORIUMS CONCERT**
 At Parliament House for Parliamentarians
 and Special Guests



SAVE THE DATE

TERM 4 MUSIC LESSONS
 Monday 10 October to Friday 16 December
 NOVEMBER 2
 Georgie Little - Percussive Finger Style Guitar
 Workshop and Performance
 FEBRUARY 2017
 Spooky Men's Chorale
 Workshop and Performance

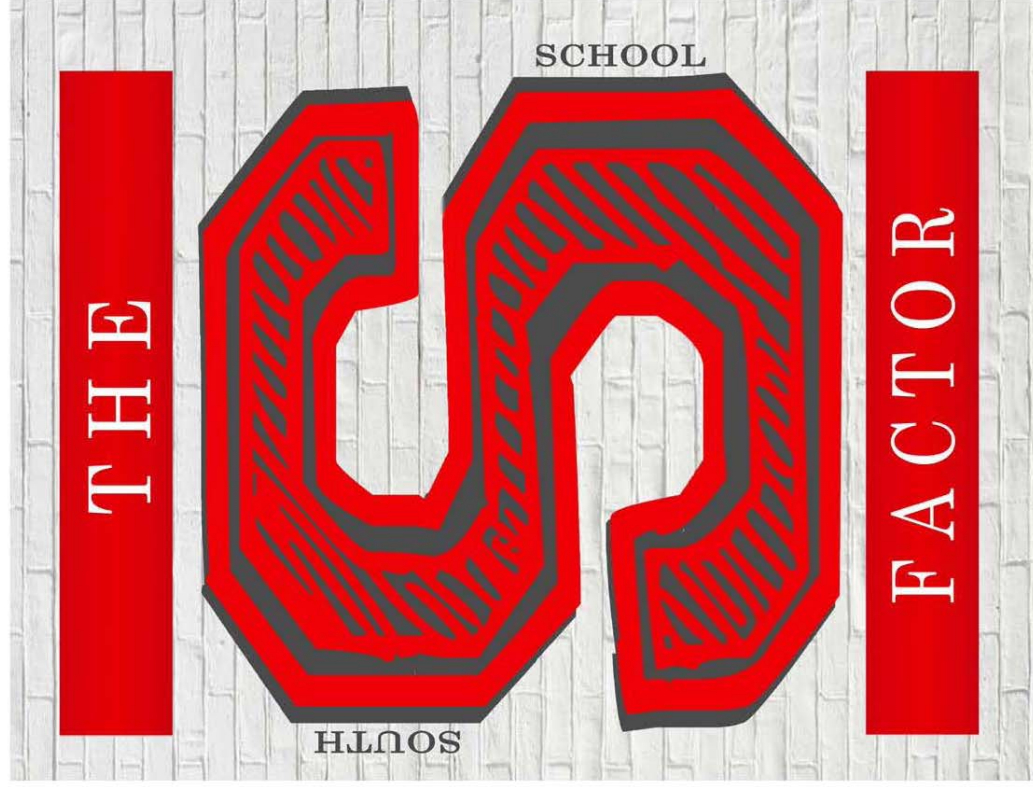


SEPTEMBER 21-22
**CHILDREN'S
 LETTERS TO GOD**
 Matinee - Sept 21 and 22
 Evening show - Sept 22

GUNNEDAH DISTRICT
 SCHOOLS PRESENT
**SCHOOLS
 ON STAGE**
 Matinee Performance
 August 31, 12:30pm
 Major Performance
 September 1, 6:30pm

FOR LATEST EVENT INFORMATION AND TICKETS VISIT WWW.GUNNEDAHCONSERVATORIUM.COM.AU

DO YOU THINK YOU HAVE...



THE S FACTOR IS COMING.....

If you can sing, dance, play an instrument, juggle, tell a joke, perform in a play, stand on your head, crack a whip or recite a poem then you might just have The S Factor.

The S Factor is open to every student of
Gunnedah South Public School.

The sections you can enter are: Singing,
Dance, Music (musical instrument),
Variety and Infants.

You can compete on your own, with a friend or
with a bunch of friends.

The heats will begin on August 15th with an
evening of grand finale to be held on
September 16th.

So start your planning...

Choose your section.....

AND START PRACTISING!!!!!!