

Tuesday 19th March, 2013

Dear Friends of Gwandalan Public School

MOVIE NIGHT

Friday, 15th March

Thank you to our P&C for organising this fun event. About 140 people attended the night and to those families a big thank you I'm sure all families enjoyed themselves.

HARMONY DAY Thursday, 21st March

A reminder for students and staff to wear as much ORANGE CLOTHING as possible, this is this year's theme for Harmony Day.

This year we will not be holding a fundraiser on the day but using it as a time to think about how we can all make the world a better place. Students will participate in Stage related activities throughout the day.

NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE

"Take a Stand Together, Bullying No Way"

Twenty one parents attended the session conducted last Friday. We thank Student Welfare Consultant Ann-Maree Kelly, School Counsellor Leanne Taylor and Computer Coordinator Bryan Martin for their presentations.

AWESOME ATTENDANCE

Last week KH had 100% attendance. **EVERY** student came **EVERY** day for the **WHOLE** week. **WOW** Well done.

Daily attendance is very important for student learning.

I wonder if another class can do it too!

EASTER HAT PARADE



You are cordially invited to attend our Easter Hat Parade on Thursday March 28th at 2pm. Children from K-2 will make their hats at home and are encouraged to use re-cycled materials.

Pre-schoolers are invited to join in. Years 3-6 children who have made hats may also parade.

P & C Easter raffles will be drawn on the day.

EASTER RAFFLE - DONATIONS REQUIRED

Thank you to families who have donated Easter items. Keep them coming! All donations can be left at the school office.

RIDE TO SCHOOL DAY



The national ride to school day is this Friday. The aim of the program is to encourage children to travel safely to school, obey the road rules and participate in a healthy option while travelling to school. Students under 10 should be accompanied by a parent.

WEBSITE SURVEY

Log on to School website answer 5 quick questions. *Will only take you 5 minutes.*

Dates to Remember	
March	Survey on website to complete
Tues 19 th March	Book club was due today
Wed 20 th March	Didgeridoo group
Thurs 21 st March	Harmony Day – Wear Orange
Fri 22 nd March	Photo money and envelopes due Ride to School Day
Tues 26 th March	School Photos
Thurs 28 th March	Easter Hat Parade.
Fri 29 th March	Good Friday
Mon 1 st April	Easter Monday
Thurs 4 th April	UNS Wapplications due
Fri 12 th April	Last day term 1
Mon 29 th April	School Development Day
Tues 30 th April	School Development Day

HUNTER SPORTS HIGH SCHOOL

APPLICATIONS 2014

Application forms and dates for upcoming trials for Hunter Sports High School are now available at the school office or online at www.huntersports.com.au. This is for Year 7 enrolment for 2014. Parents will find more information regarding each individual program on the website above. In 2014 Hunter Sports High School will offer 15 sports. AFL, Athletics, Basketball, Boys Cricket, Girls Cricket, Football, Golf, Hockey, Lawn Bowls, Netball, Rugby League, Swimming, Tennis and Touch Football.

APOLOGY

To Louis Treton whose name was incorrect in last week's newsletter. Louis received a special award in 1A/F for being a responsible and friendly class member. Well done Louis!

SCHOOL FEES

TEXT BOOK FEES for 2013 are:

Kindergarten \$20 per student.

Years 1 to 6 \$35 per student.

VOLUNTARY SCHOOL CONTRIBUTIONS

\$30 per student for the first 2 students, \$65 per family for families with 3 or more students.

School Fees are now due.

SPORT REPORT

Annabelle Lowe and Charlotte Lowe will be competing at the **NSW State Little Athletics** championships next Saturday at Homebush. Both girls will represent the Hunter/Central Coast in the 1500 metres and the 800 metres. Annabelle finished 3rd in the 800m and 2nd in the 1500m at the Hunter/Central coast Regional carnival and Charlotte finished 2nd in both the 800m and 1500m at the Regional carnival. Good luck girls!

Willarah Zone Rugby League Trials.

The Willarah Zone Rugby League trials were held last Friday at Morrie Breen Oval. Three students from Gwandalan Public School were selected in the Zone Under 11s Rugby League team: Jack Dyer, Lachlan Curley and John Bush-Charnock. All three boys will now attend further trials in an attempt to make the Sydney North Regional team. Congratulations to the boys on a wonderful achievement in very difficult weather conditions. Regards, Wide Vine

SCHOOL PHOTOGRAPHS

SMILE

Envelopes were sent home last Wednesday. Please return completed envelopes and money by Friday 22nd March. Parents wanting sibling photos need to return the request to school and collect a sibling envelope.

FULL SUMMER UNIFORM TO BE WORN

HOT CROSS BUNS

Order due tomorrow Year 6 students are holding a fundraiser to raise money for their end of year gift to the school. They are selling Brunbies hot cross buns. The cost for a pack of 6 buns is \$6.60 of which the school will receive \$2.60. Orders will be delivered on Wednesday, 27th March.



GET THE EDGE DANCE PROGRAM

This fantastic dance program will run throughout term 2. The cost is \$10 for the entire term.

DISCO

The new *Movie Character*

Wednesday, 10th April

Cost: \$4.00 per student

K- Yr 2 .. 5pm – 6.15pm

Yrs 3-6.. 6.30pm – 8pm



IS YOUR CHILD SAFE? UNDERSTANDING BULLYING

ONLY Bullying in Australian schools is a huge concern for teachers, parents and students. While schools are promoted as a safe place for children and anti-bullying policies are in place, there is a gap in linking parents and school professionals to work together in understanding and providing early intervention.

This workshop will assist parents in identifying bullying, the different forms of bullying and what proactive strategies can be implemented. With appropriate support and intervention, the impact of bullying can be lessened and children can feel safe at school.

About the Presenter: Lisa Moore, Registered Psychologist. Lisa has worked with children from birth to 18 years since 2001 and currently provides counselling in schools across Sydney. Lisa supports her clients and their families with issues including anxiety, depression, behaviour management and bullying. **Come along to one of our workshops:**

OPTION 1

Date: Monday 25 March, 2013

Time: 5.30pm – 8.30pm

Venue: Gravity Youth Centre, Bannister Drive, Lake Haven 4219

Cost: FREE*

Suitable for: Parents and carers ONLY

OPTION 2

Date: Tuesday 26 March, 2013

Time: 3.15pm – 5.45pm

Venue: Lakes Grammar- Senior School Hall
Cnr Sparks Road & Albert Warner Drive,
Warnervale 2259

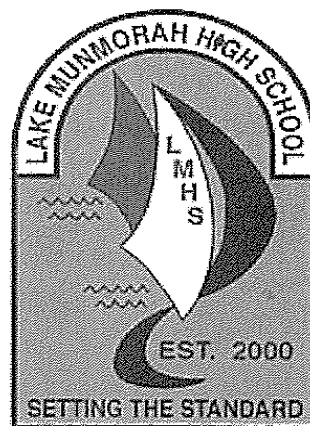
Cost: FREE*

Suitable for: Parents and carers* Proudly supported by **Wyong Shire Council**. For enquiries and bookings please phone Dana on (02) 8568 8200.

Lake Munmorah High School
Setting the Standard

**Anxiety and Depression in Children and Adolescents
Parent Seminar at Lake Munmorah High School**

A free information night for all parents, staff & friends of LMHS and our three partner schools comprising our Lakes Learning Community - Lake Munmorah Public, Mannering Park Public and Gwandalan Public.



7.15pm - 9.00pm Monday 29 April 2013
School Hall, LMHS, Carters Road, Lake Munmorah 2259

Presenter: MURRAY EVELY, Psych4Schools Psychologist

Anxiety disorders and depression in children and adolescents are common and without effective intervention, can persist into adulthood. This parent seminar aims to assist parents and guardians to understand anxiety and depression. The presentation will briefly describe common anxieties and depression conditions and provide some key parenting strategies to help build children's resilience and coping skills. For young people, anxiety can co-exist with other issues or concerns and these will be briefly covered. Resources and support services that are available to parents through schools and other professionals will also be discussed.

About the presenter

Murray Evely has consulted privately to schools on a weekly basis for many years. Murray has extensive experience as a teacher-trained psychologist providing practical, hands-on resources and advice to parents, principals, teachers and school communities. Murray works across schools of varying sizes, types and demographics, conducts a part-time private practice and for many years consulted with two private hospitals in Melbourne. He has been a Victorian Department of Education Psychology Stream Leader and currently works one day a week for the Australian Psychological Society as a Professional Advisor.

In 2011, Murray with Psychologist Zoe Ganim launched an exciting new website for schools – www.psych4schools.com.au which has a membership subscription base of schools and school professionals from across Australia.

Anxiety and Depression in Children and Adolescents
Parent seminar registration form

Please register for the seminar by returning this form to your school office by Friday 5 April 2013. Please book early as places may become limited.

Surname: First name:

Contact phone number: School:

Number of adults attending:

For enquires regarding this seminar please contact the LMHS school office on 43 581 411 or Lesley Burch Principal Lake Munmorah Public school, Lesley.Burch@det.nsw.edu.au

