



# GWANDALAN PUBLIC SCHOOL NEWSLETTER



**Tuesday, 17 June 2014**

## Dear Friends of Gwandalan Public School

Gwandalan PS Important Dates.	
Wed 18 <sup>th</sup> June	Public Speaking Zone Final
Fri 20 <sup>th</sup> June	Return chocolate money
Wed 25 <sup>th</sup> June	Disco. "Magic Happens" Police Visit to talk to Students
Thurs 26 <sup>th</sup> June	Presentation Assembly Sem 1 9.30 – 11.00am Semester 1 Reports sent home.
Fri 27 <sup>th</sup> June	Last day Term 2 Out of Uniform Day. Gimme five for kids
Mon 14 <sup>th</sup> July	Staff Development Day
Tues 15 <sup>th</sup> July	Students return for Term 3

### Kindergarten 2015

*We are now taking enrolments for kindergarten 2015. If you or anyone you know has a child planning to start school next year please contact the school.*



### STAR STRUCK

Our 28 students performed and behaved with distinction in the rehearsals and performances.

Congratulations!

Many thanks to all sections of our community who assisted. We had parents, office staff and teachers working after school making uniforms. Whole school fundraising events such as cake stalls. Teachers and parents transporting students to and from the Newcastle Entertainment Centre.

A special thanks to Kirsty McKerihan and Leah Ingram for the many hours that they spent to teach the required dance moves as well as supervising students for many hours between performances.

Mrs Summers also assisted greatly by allowing the use of her car to transport students and to teachers who allowed Mrs Summers to use their cars.

### CROSS COUNTRY

Congratulations to Charlotte Lowe upon winning her age group at last Thursday's Regional Carnival at Gosford Race Course. She will now attend the NSW PSSA State Cross Country Titles to be held at Eastern Creek.

### GIMME FIVE FOR KIDS

Do you have any spare 5c coins?

Radio Station 2GO are looking for individuals to donate 5c coins, or more if people want, with all funds raised going to the Gosford & Wyong Hospitals as well as some other local charities.

We have had lots of fundraisers thus far in 2014 but this is an ideal way to assist without costing families lots of money. We have a donation tin, which will be left in our Canteen.

Our aim is to fill it with two weeks left before the end of term.

### MULTILIT Parent Helpers

We are looking to train additional parent helpers in strategies to implement MULTILIT.

It will require parents working with students to teach them how to recognise sight words during the morning sessions after Mrs Jan Hardy has conducted a Workshop Training Session.

If interested please complete the note below.

Name \_\_\_\_\_ Contact Details \_\_\_\_\_

### CANTEEN HELPERS

We are looking for parents to work in our school canteen. If you are prepared to work one day each month or more regularly please complete the note below.

I am prepared to work in the Canteen one day / month one day / week (Please circle)

on a Tuesday / Wednesday / Thursday / Friday.

Name \_\_\_\_\_ Contact Details \_\_\_\_\_

If you are prepared to work part of a day or as a backup in case workers are unable to attend please put your name & contact details below.

Name \_\_\_\_\_ Contact Details \_\_\_\_\_

### **Gabby Shaw REGIONAL HOCKEY REPRESENTATIVE**

Good luck Gabby Shaw! This week Gabby will represent the Sydney North Region at the State Hockey Carnival in Sydney. Congratulations on making the team 2 years in a row! This is a wonderful achievement and we are sure you will represent our school with pride.

### **Charlotte Lowe- REGIONAL CROSS COUNTRY CHAMPION (AGAIN)!!**

Charlotte Lowe once again proved her brilliance on the track last week when she won the 11 years girls Regional Cross Country event at Gosford. Charlotte won the race by a significant distance and will attend the State carnival in early term 3. Congratulations Charlotte on winning the regional race two years in a row and we hope you can do as well at State as you did last year when you won the state title! You deserve the outstanding results with your dedication to training. Well done also to Emily Bush Charnock and MJ Lowe who both did a fantastic job representing our zone at Sydney North last week. Regards- Mr Vine (sports Coordinator)

### **SCHOOL MOBILE PHONE APP**

Please check the Skool Bag mobile phone App for updates on upcoming sports events, possible changes of dates and wash outs due to wet weather.

### **NUTRITION SNIPPITS**

#### **Keep active in the colder months**

Don't be a winter wannabe and let you and your children be sedentary this winter. Encourage children to engage in active play such as bush walking, bike riding, kicking the footy, or playing a game of tag all year round.

#### **Great reasons to be active for children and parents**

- ✓ boosts confidence
- ✓ improves fitness
- ✓ makes bones and muscles stronger
- ✓ improves posture
- ✓ helps maintain a healthy weight
- ✓ lowers the risk of heart disease
- ✓ reduces stress
- ✓ improves sleep
- ✓ reduces the risk of cancer

- ✓ improves self confidence
- ✓ teaches you new skills
- ✓ develops better motor skills
- ✓ makes a person happier with their body
- ✓ lower risk of disease including heart disease and cancer later in life.

### **CANTEEN ROSTER**

Please don't forget that we are now open on Mondays. This is only a trial at this stage. Our special Monday menu applies. Yesterday the volunteers cooked apple muffins, scones and homemade soup. We would love to hear your feedback on our trial opening. If you have any delicious snack ideas we would also love to hear from you. Drop in any ideas to the office.

Thank you to our **rostered helpers** for this week.

Wed 18 <sup>th</sup> June	Paul
Thurs 19 <sup>th</sup> June	Kelly
Fri 20 <sup>th</sup> June	Shanna
Mon 23 <sup>rd</sup> June	Lyn, Donna, Tracy
Tues 24 <sup>th</sup> June	Melissa

### **DISCO**

Wednesday, 25<sup>th</sup> June. The theme for this terms disco is:



Cost \$4. Please pay at the door.  
K - 2 5pm – 6:15pm  
Years 3-6 6:30pm – 8pm

*The canteen will be open on the night.*

**Special Thankyou** to Daniela Hedenik, Nikkia and Tashana's mum. Daniela has been trimming, weeding and mulching our gardens. Our School gardens are looking wonderful.

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### **About Social and Emotional Learning (part 5)**

Talk about Feelings – help children explore theirs.  
Keys to supporting social and emotional skills development.

It's important to recognise that social and emotional skills develop over time, and that they may develop differently for different children. Parents and carers and schools working together to help children develop social and emotional skills can really make a positive difference for children's mental health.

#### **Key Points:**

- Get involved – find out about the social and emotional learning program your child's school is using. Learn the language and basics and look for opportunities to apply them at home.  
Talk about feelings – help children explore theirs.
- Be a model – use the skills yourself and show children how they work. Parents and carers don't have to be perfect,
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- showing them you can make a mistake and learn from it can be really helpful too
- Be a guide – turn difficulties into learning opportunities.
- Acknowledge and appreciate – provide explicit feedback and praise.

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### **KATOOMBA EXCURSION**

We currently have 15 vacancies available for this excursion. 90 students can attend. If you have paid your \$50 deposit please continue to make regular payments. No payment cards will be issued. If you are not sure of the amount you have paid please enquire at the office.

### **CANBERRA EXCURSION**

Please continue to make regular payments towards your full payment. No payment cards will be issued. If you are

not sure of the amount you have paid please enquire at the office.

### **CAPA**

If your child wishes to continue Guitar or Singing next term the notes and money must be in by Friday 27<sup>th</sup> June.

### **NEWS FLASH**



**Fundraising boxes of chocolates** have been given out to students. Please sell as many as you can and return unsold chocolates or the money by **Friday 20<sup>th</sup> June**. If you sell all your chocolates and would like another box please see the office.

### **STAR STRUCK**

On Friday and Saturday our amazing dancers performed at Star Struck 2014-Magic Happens at Newcastle Entertainment Centre, every dancer should be very proud of their performance.

We would like to thank all of the parents and staff who have supported the school and our dancers through this journey, all of our wonderful bakers, sewers and drivers. We could not have done this without your support.

We are so very proud of the kids, their behaviour, their confidence and their resilience. We have received outstanding feedback from all parents and staff who attended the show. Well done to all our fantastic




their



performers. – Kirsty and Leah.

# NAB AFL Auskick

(After School Auskick) k - 6



NAB AFL Auskick is the perfect introduction to the game of Australian Football. The program is based on a weekly coaching program, which focuses on teaching the skills of AFL through appropriately modified activities and rules. The emphasis is on providing a fun and safe learning environment for both children and adults involved in NAB AFL Auskick.

**Age Group:**

- NAB AFL Auskick is designed to cater for boys and girls from 5-12 years old.
- Activities vary to cater for the variety within this age group

**Length of Program:**

- 6 weeks x 1 hour sessions.

**Program Content: 60min session**

- Week 1:** Intro, Warm Up, Skills, Skill Games
- Week 2:** Warm Up, Revision Skill, New Skills, Skill Games
- Week 3:** Warm Up, Revision Skill, New Skills, Skill Games
- Week 4:** Warm Up, Revision Skill, New Skill, Skill Games
- Week 5:** Warm Up, Revision skill, New Skill, Skill game/Mod Games
- Week 6:** Warm Up, Mod Games, Parents interaction

**AFL (NSW/ACT) Support:**

- AFL (NSW/ACT) Development Staff present at all sessions.
- Provision of all equipment and knowledge required to conduct the program.
- Provision of Coaching Orientation Course to parents/teachers (optional).
- Coordinating AFL NSW/ACT Development staff to conduct clinic/assembly promotion

**School/Teacher Commitment:**

- Assistance with the circulation of promotional flyers
- Utilizing school oval to conduct program

**Benefits:**

- Students receive an NAB AFL Auskick Pack which includes a Synthetic Sherrin Football, Interactive DVD, NAB AFL Auskick Hat and much more.
- Qualified AFL NSW/ACT Development staff to conduct structured skill lesson plans
- Opportunity to be involved at Swans game day
- Meet new friends and have fun!**

**Costs:**

- \$50.00 (incl GST) per student

AFL NSW/ACT Hunter Central Coast

AFL (NSW/ACT) Morisset Office, Unit 1, 15 Kam Close Morisset NSW 2264

Ph. 02 4973 2799 Fax. 02 4973 4152

Clinic Times as follows:  
Program starts 12<sup>th</sup> August 3.15pm to 4.15pm on School oval.  
Program ends 16<sup>th</sup> September.

If you are interested please complete the sheet below:

AFL

Childs Name:

Is interested in the NAB Auskick program.

