



GWANDALAN PUBLIC SCHOOL NEWSLETTER



Tuesday 19th August 2014

Dear Friends of Gwandalan Public School

Gwandalan PS Important Dates.

Thurs 21 st August	Brain Cancer Research Fundraiser. Wear beanie to School
Mon 1 st Sept	Book week 3D model due. Mrs Leyshon
Fri 5 th September	Book Week Parade
Sat 11 th October	Gwandalan School Fete

2015 KINDERGARTEN STUDENTS

Please return the enrolment forms with the necessary documents as soon as possible. Thank you.

PRINCIPAL'S REPORT

MRS TANGYE & MR VINE

Many thanks to the tremendous jobs done by both teachers in my absence for the first 4 weeks of this term.

PARENTS PROVIDING PRIVATE TRANSPORT

Parental support this year has been fabulous. A register of parent licences & registration details are kept at school so the documents only have to be presented once. However, once licences and registrations are renewed the new documents will need to be presented again.

EDUCATION WEEK AWARDS

Mrs Walker and Mrs Hardy received their awards for outstanding services to students at Gwandalan PS. They were presented at Northlakes High School last Tuesday. I also proudly received an award for services to Gwandalan Public School. I was nominated by the Central Coast Primary Principals Association.



Brain Cancer Research Foundation Fundraiser.

Thursday 21st August. Wear your beanie and bring a gold coin donation. Have fun!

CANBERRA EXCURSION

We thank parents for supporting students so they could attend our biannual excursion to Canberra. Money is not easy to come by but what students learn and experience is well worth the expense. Also to all teachers who gave up their families for the duration of the excursion. Your goodwill is greatly appreciated by colleagues, students and parents.

CONGRATULATIONS

Many of our sporting teams have played in recent weeks and all have continued to promote the high levels of sportsmanship and behaviour that is required to promote the image of our school in a positive light. Well done. Good luck to Charlotte Lowe as she represents Gwandalan PS, Wallarah District, Sydney North Region and New South Wales in Perth this week at the Australian PSSA Cross Country Championships. Good Luck and best wishes to Tegan Jenkins in the Regional Public Speaking final next week.

ATTENDANCE

Please bring your child to the office if he or she is late for School. A reason must be given for the absence. If your child does not have a justified reason they will be marked absent *unexplained*. Any child who presents without a parent will be marked in this way.

BOOK WEEK 2014

A time to dress up and have some fun as your favourite book character!

WHEN: Friday 5th September, 2014

WHERE: Under the Cola

WHO: All students K-6

*To celebrate this year's theme of **CONNECT TO READING**, we are holding a 3D Building Competition. Students can create their own 3D model of their favourite book scene. Models can be made from Lego, plasticine or a diorama. Completed book scenes need to be given to Mrs Levshon by Monday 1st September.

Infants Assembly Awards		
KL	Aaliyah James	Great story writing
	John McHale	Trying hard in Maths groups
	Erin Beeby	Quality handwriting
	Ella Hambly	Excellent effort in all subjects
K/1A	Tayla Arnott	Reading at level 16
	Nathan Gray	Reading at level 16
	Tara Naughton	Displaying excellent manners on the stage 1 Excursion
	Oliver Yule	Displaying excellent dip netting skills on the stage 1 excursion
1S	Aria Knight	Excellence in Mathematics
	Kiahna Williams	An excellent recount on the wetlands
	Koby Metcalf	Improvement in all Academic Areas
	Sharni Pagett	An excellent recount on the wetlands

FREE TO A GOOD HOME

We have several 9 litre fire extinguishers that we no longer require. These extinguishers are water based and therefore suitable for non-chemical fires. If you are interested please see the office.

P & C News.

GWANDALAN PS FETE

Saturday 11th October

Stalls, rides and lots of fun activities. Don't miss out. Keep the date free.

FATHERS DAY

The P & C would appreciate donations for our Father's Day Stall. If you have anything that you would like to donate please hand it in to the office.

BRAIN CANCER RESEARCH FUNDRAISER

On Thursday 21st August the students are asked to wear their beanie to school and donate a gold coin to this worthy cause.

SECRETARY

The P & C are in need of a secretary.

Someone to take the minutes and support our wonderful team. If you are interested or feel you can help in any way please see Peita Vine or contact the School Office.



Summer in Australia means cricket. And cricket is a fun way for kids to develop fundamental movement skills, learn about teamwork and get involved in the local community.



rebel



SIGN UP WITH
SWANSEA-CAVES CRICKET CLUB
SATURDAY 23RD & 30TH AUGUST 2014
12.00PM to 2.00PM
SWANSEA MEMORIAL HALL (across from RSL)
CONTACT: 02 4972 0462

CANTEEN NEWS

Italian Day

Monday 25th August

We will be serving delicious homemade
Chicken Cannelloni and Italian Pizza



Nutrition Snippet

The simplest way

...to use avocado.

Avocados are packed full of Vitamin E and Vitamin C, contain good fats, and are high in fibre - making them a great choice for a stand alone snack, or addition to a main meal.



Botanically avocados are a fruit because they grow on trees and contain a seed – but nutritionally they are a vegie – meaning they count towards your 5 serves!

How to use avocado:

- As a spread on toast for brekky
- Add to a salad for extra flavour
- Mash, and add lemon juice + garlic for an easy guacamole – then serve with vegie sticks
- Eat straight from the skin with a spoon

For more information visit
www.eatitbeatit.com.au
or join us at facebook.com/eatitbeatit

