



Term 4 Week 8 Wednesday 25th November, 2015

Mr. Osland's Oracle

Welcome everyone to the second last edition of OUR Newsletter for 2015. I continue to be amazed by the wonderful community we have at our school. It is important to remember that we ALL want our students/children to achieve their potential, keep safe and build on their strengths.

2016 SCHOOL LEADERS

Wow! What more can I say. I was so impressed by all our candidates' speeches. They spoke with pride, passion and conviction for the opportunity to represent the school as a leader in 2016.

They displayed quality attributes (Striving for Excellence) and persistence in a challenging situation. Voting was conducted during last week, with all students and staff given the privilege of voting. Many thanks to parents and teachers of the Year 5 students for their encouragement, time and effort to support students on their journey. It was very pleasing and inspiring as a school Principal to see what our students are capable of. Well done to all.

The final results will remain confidential until our Presentation Day (**Wednesday 2nd December**) where our leaders for 2016 will be announced to the school community.

COMMUNITY WORKING BEE

We are going to have another working bee to finish the front gardens on **Tuesday 1st December from 9am**. PLEASE LOCK in this DATE if YOU CAN HELP OUT. ANY ASSISTANCE WOULD BE GREATLY APPRECIATED

NEW 2016 KINDERGARTEN TRANSITIONS

This **Tuesday (24th November)** finalised our **Gwandalan STARS—2016** Kindergarten Transition program. It has been great to see so many children attend our sessions. We are looking forward to seeing all our Kinder STARS for their first day of school on **Monday 1st February**. We hope to have classes finalised before the end of the term – **An alert will be sent out on our APP** when they are available on our Website. Thanks!

PRESENTATION DAY

Please be reminded that we are having our end of year Presentation Day on **Wednesday 2nd December 2015**. All parents, grandparents, carers and friends are invited to come along from 9:30-11am.

Year 6 TRANSITION to High School

Wow!!! Where has this year gone! Our Year 6 students, most of whom will be attending Lake Munmorah High School from Monday (7th December) will complete their primary school journey this Friday (4th November).

Our Year 6 students started their educational journey in Kinder in 2009. It has been an honour and privilege to get to know our Year 6 students who are an extremely impressive group of individuals. The strengths and capabilities of our students will put them in a great position for the future. May you all continue to work hard, set goals and always strive to reach your potential.

Wednesday 25th November– Year 6 Fun Day from 11.45am-1.20pm

Thursday 26th November 9.00am-10.30am (Hall) Year advisor from Lake Munmorah High to talk with Year 6 students who are attending LMHS

Wednesday 2nd December– Presentation Day 9.30-11.00am

Thursday 3rd December– Year 6 Farewell at Point Wolstoncroft– 5.30pm-9.00pm

Friday 4th December– Year 6 Reward Day at Point Wolstoncroft **9.00am-2.30pm**, followed by Whole school Farewell Arch at school 2.45pm. All parents and friends invited.

REPORTS HOMES to Parents

This year again will see our Year 6 reports go home earlier than the rest of the school. Reports will go home for Year 6 on **Thursday 3rd December** (the same day as the Year 6 Farewell).

ALL other Year levels will be sent home on **Friday 11th December**. Any concerns please contact the school.

PINK & YELLOW DAY

Cancer Fundraiser

Friday 20th November 2015



Last Friday in the heat wave we held a fundraiser. Our students did an amazing job co-ordinating cakes and slices donated to sell on the day. As whilst the children looked on in with big smiles!!! and contributed to the day it was a great success donated to the Cancer Council.

THANK-YOU for your SUPPORT





er for Pink & Yellow Day to Support Cancer.
the day as well as a fantastic amount of
promised Mr Osland had his head shaved
!! Thank you to everyone who participated
s with over \$1500 raised—all of this will be



FROM THE OFFICE

- **Now on Display in the Office**
- We now have the mock up future sport shirt for your inspection. The shirt is made from a sun safe 100% Polyester material and is very light weight.

We would appreciate all feedback. Please have a look and let us know what you think.



OZ Tag Gala Day's

On Thursday 12th November our Stage 2 Students participated in an Oz Tag Gala Day at Adcock Park in Gosford—a fun day was had by all girls and boys who contributed to such a great day.

Also on Thursday 19th November our Stage 3 students also participated in the Oz Tag gala day—also at Adcock Park—once again great team spirit and fun had by all that participated.

Thank you to all the parents who helped transport children and came along for support during both days. Your help is greatly appreciated.

Newcastle Permanent Mathematics Competition

Last term Years 5 and 6 students participated in the Newcastle Permanent Mathematics competition. Well done to our award winners who achieved Distinction and Credit certificates.

Distinction

Sean Gibson
Otis Millard Jorda
Harrison Peard
Oliver Forbes
Ella Munsie
Logan Bell
Brianna Nichols

Credit

Emma Dyer
Carter Van Eden
Luke Brookes
Cody Manuel
Noah Brown
Chanai Duncombe
Kayla Honey
Lee Sant
Daemon Titley
Sam Eades
Adam Ings
Jared Meehan

Credit

Bradley Reed
Joshua Smith
Matthew Austin
Isabella Smith
Janayah Coutts
Mitchell McDonald
Joshua McNamara
Joel Perrin
Mason Pichler
Jack Bell
Nikkia Holmes
Natasha McDonald

Nikolai Vandenberg
James Pepene
Riley Spillane
Carolynn Durand
Casey Knight

Student Work – Year 1

Year One has been studying the book 'Dr Xargles Book of Earthlets' by Jeanne Willis and Tony Ross. Here are some examples of the great work being produced.

angle's Book of Earthlets

The earthlets have square claws which they use to frighten off wild beasts known as tibialia and mame dora.

The earthlets have no eyes at birth. ^{Through} for many days they absorb only milk in their face. ^{sign exact} When they have finished the milk they all spread and posted to keep them expanding.

After ^{them from} looking earthlets are able to see and to stop walking to things.

Earthlets can be recognised by their flickery. WAAAAAAAAA!!! If they still cry they are sent to a place called baddy bays. That's the end of today's lesson. If you're ^{are} very good and quiet we are going to ^{out} put on a dog ^{disguises} and visit ^{planet} planet earth to see what real earthlets, the spathip



By Cody Nuttridge

Xargle's Book of Earthlets



Earthlets can be recognised by their fierce cry WAAAAAAAA! I think they cry because it's ^{very} ~~fair~~ ^{broken} toy blow or because they got into ^{trouble}. If ~~they~~ ^{they} still cry the Earthling daddy picks them up and flings them into the atmosphere or the Earthling Mummy pulls their phoeelers one by one and says this little piggy went to market until the Earthlet makes a hee hee noise. If ~~they~~ ^{they} still cry they are sent to a place called beddybye. And ^{another} ~~a~~ ^{the} other way to make them sleep is rock them.

By Brooke Pittman

Northlake's Rotary Awards

Mr Osland and Mrs Tangye had the pleasure of attending the annual Northlake's Rotary Club awards that celebrate outstanding leadership and citizenship in our local schools. Each year two students from selected schools are nominated for this award.

This year our award winners were Tyler Myers and Emily Bush.

These two students received their Citizenship/Leadership awards from Yasmin Cattley, Member for Swansea on the night. We are extremely proud of their achievements, along with their families. **Congratulations to Tyler and Emily!**

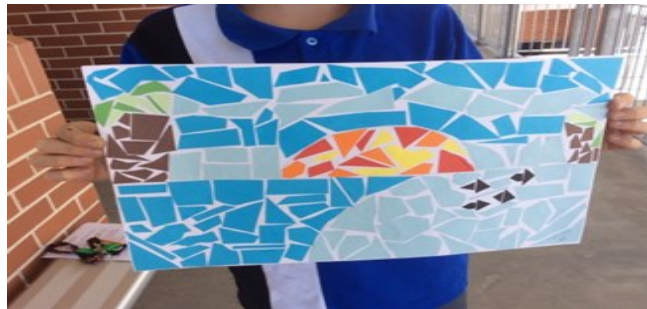
OPERATION ART

Earlier this year three amazing artworks from Gwandalan Public School were exhibited at the Newington Armory Gallery, Sydney Olympic Park. Over 900 artworks were displayed at the exhibition.

Congratulations to Logan Bell who had his artwork chosen to be displayed at the office for 'Advocate for Children and Young People'. After one year his artwork will be donated to a Children's hospital.

Mrs Jillian Ireland

Operation Art Coordinator



Chess Tournament

Six keen chess players from Gwandalan Public School attended an all day chess tournament against other schools on Thursday 12th November. Logan Bell, Carter Van Eden, Jeffery O'Neil, Kodey Bodkin Gallagher, Otis Millard Jorda and Nikolai Van Den Berg played up to 8 games and won at least 2, we also learnt how to checkmate in 4 moves. An excellent day.

Helen Styan



Great Aussie Bush Camp

Great Aussie Bush Camp

In Week 4 Stage 3 attended the Great Aussie Bush Camp at Tea Gardens. On arrival students met our instructors, Tim, Aaron and Georgia, packed their gear away in their tents and then went on a tour of the camp. We saw many fun activities, some we were going to participate in.

After lunch we got on camp buses to go to Tea Gardens to catch the Dolphin Cruise. There were not many dolphins in the river but students had lots of fun in the boom net. After dinner we played Commando. Some students were taken hostage by the camp instructors and the teachers were guards. Students were in teams and the aim was release the hostages without getting caught by the guards. Miss Spicer was a very stealthy guard who caught many teams.



Thursday started very early with breakfast and activities. These included canoeing, where students worked as teams to get a ball into the instructors' canoe.

The ball had to be thrown a number of times. It was very tricky. Dual Flying Fox and High Ropes allowed students to confront their fear of heights with the support of their friends. It was also interesting to watch the budding boat builders take charge in Raft Building. I am pleased to note no rescues were needed. In Crate Climb groups of students teamed up to pull other students, in harnesses, up to build the tallest tower of crates. Another favourite activity was Lost Island.

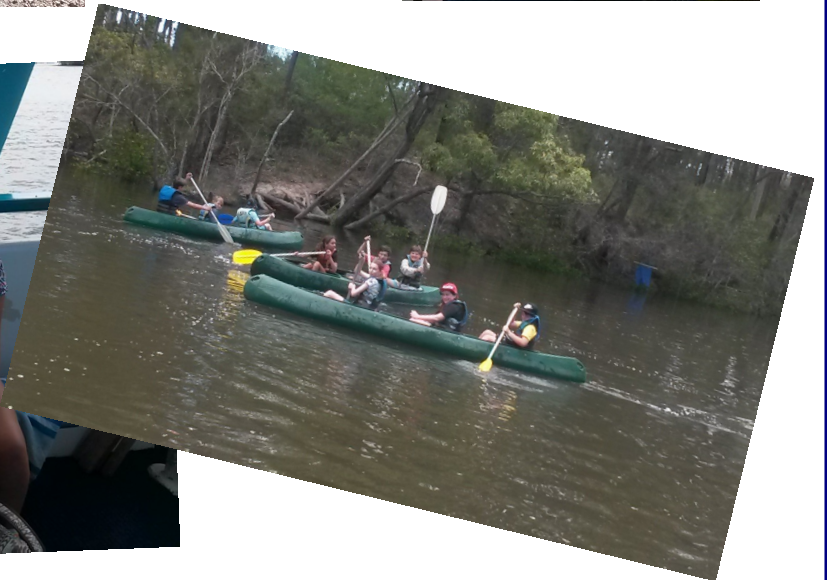
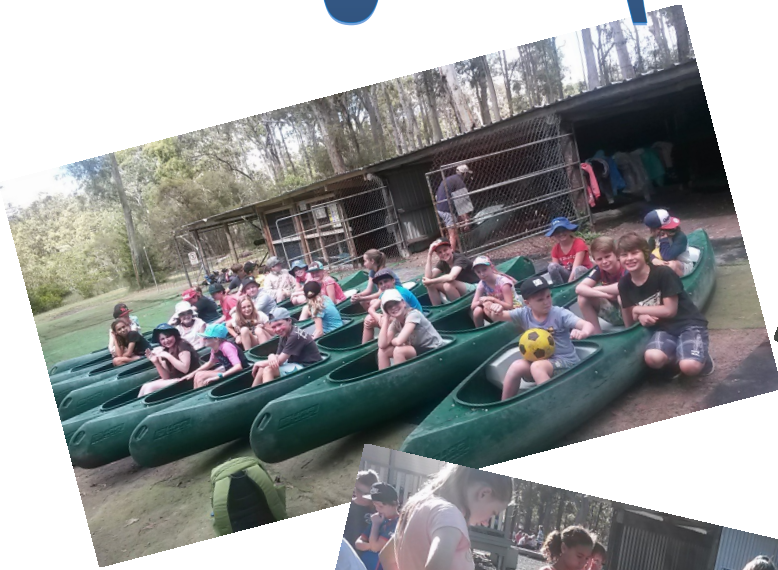
This was tunnels, logs, slippery beams and mud. We were covered in mud at every opportunity. Hmm fun times.

Students were very successful at running stalls at County Fair. They were given camp money and were able to spend money on other stalls. The most popular stall was able to spin the prize wheel first. They were lucky enough to win the grand prize of being the instructors' slaves for the day. In the end not a popular win!!!!



It was a great experience for students and teachers alike. Everyone was encouraged to have a go at all activities and it was pleasing to see how some people were able to confront some of their fears and try more and more activities as the days went by. I was proud of the way the students helped each other. There was a lot of persistence, getting along and resilience shown throughout the three days. Well done Stage 3. **Stage 3 Teachers**

Stage 3 (Years 5 &6)



Whooping cough alert - advice for schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night. Children with these symptoms should see a doctor.

If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.

Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.

Lions Club of Gwandalan Inc

Carols by the Lake



13TH DECEMBER 2015



**Gwandalan Foreshore Re-
serve.**

By the Bowling Club

6pm to 9 pm.



Gwandalan Public School

WHEN : **1st December**

WHERE : **FRONT Gardens**

Gwandalan PS

WHAT TO BRING



Please bring Sunscreen, Hat, Water and lots of Enthusiasm as MANY hands make LIGHT WORK.

We INVITE ANYONE that can HELP to come along to a Working Bee OCCURING **Tuesday 1st December (that's 1 weeks time).**

We will be working on finishing the front gardens of the school. We hope to further enhance the front of our school for parents and community members.

Please bring along gardening tools (if you want), sunscreen and your hat if you would like to help on the day. Lunch and drinks will be provided to all volunteers.

Any questions please contact the school office on **4976 1318.**

Your support would be greatly appreciated

Working Through Grief

Part One

Grief is our body's reaction to the loss of someone or something that was important to us and the more important it is then the bigger will be the resulting grief at the loss.

When we experience grief there are a number of different things that can happen to a person. We can feel shock and disbelief - not even being able to accept that it has happened. Or anger that it has happened. Sometimes we blame ourselves and start to say or think things like "If only I had (or hadn't)..." We can even become depressed.



With a very large grief the sadness and loss can last a very long time, sometimes months or even years. Some people even get 'stuck' in grief, because the hurt was so bad, and do not return to normal life even after years of sadness.

A small grief will normally take care of itself fairly quickly. But we should never dismiss even a small grief as silly because this can leave the person feeling like they don't matter. For big grief it is important that we continue to allow the child to express the pain they are feeling. This can sometimes be very hard if we are also feeling the grief. Children also, unlike adults, shift in and out of grief very quickly and easily. They can be sobbing uncontrollably at a funeral one minute and then playing outside with their friends the next. This is actually one of the ways they cope as they are more in the moment than adults. Don't ever interpret this as they are over it or that they don't care.

If you feel you need assistance or just need to talk to someone,
make an appointment with your GP or call Lifeline on 13 1114

Tragic passing of Brodie Holdsworth

On behalf of year 6 and Gwandalan Public School we would like to express our deepest sympathy and condolences to Brodie Holdsworth's family in regards to their recent loss.

Brodie was a student last year at Gwandalan Public School and had many friends in the current Year 6 this year. She will be sadly missed.

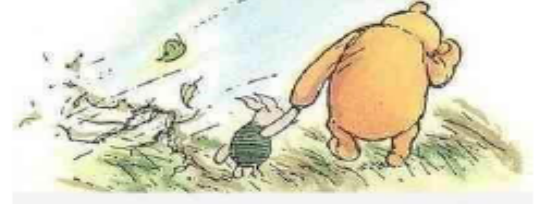
Working Through And Saying Goodbye

Part Two

At the beginning grief can be all consuming. At this time support is all that is needed. As time goes on an opportunity to express the grief will be important. Things such as painting, memory boxes, storytelling, music, etc can be very useful ways of getting out the painful emotions that are stuck inside.

"If there ever comes a day when we can't be together, keep me in your heart, I'll stay there forever."

- Winnie the Pooh



It is important to remember that grief is a process not an event. It can take time to move through and cannot be rushed. Establishing or taking part in rituals, telling stories about the person, going back to a favourite spot, etc. can all be good ways of incorporating the grief back into daily life.

Grief and Saying Goodbye

One of the hardest and yet most healing rituals that can be done. By allowing children to be present at a time of saying goodbye you can do them and yourself some real long term good. It does bring up strong emotions but this is the point - it doesn't create them, it brings them out to be shared in a supportive family environment. It can be very healing.

It is definitely not good to use vague language when speaking to children about death because their brains interpret language literally not symbolically. Statements like "...went to sleep", "gone to be with the angels", "we have lost...", etc. can lead children to fear going to sleep, be continually searching for the 'lost' person, have a terror that the 'angels' will come to get them. It is best just to say that they died.

If you feel you need assistance or just need to talk to someone, make an appointment with your GP or call Lifeline on 13 1114

Brodie's family has ask us to supply this information to our community

Brodie's funeral details are as follow:

Friday 27 November at 1pm at Lake Macquarie Memorial Park 405 Cessnock Rd Ryhope.

Please don't wear black - mix it up with pink or purple which were Brodie's favourite colours.

People can bring a white rose to place on coffin if they would like to.

INFANTS ASSEMBLY AWARDS



Infants Assembly Awards 2015 Term 4 Week 5		
Class	Name	Reason for Award
KS	Allyra Markham	For always working hard in Reading groups.
KS	Jack Moyle	For always being an excellent listener.
KS	Tiana Eastough	Being a neat and careful artist.
KW	Dennis Thompson	Excellent effort in daily writing activities
KW	Dezzel Gow	Excellent results in spelling
KW	Warren Rockwell	Great work in Mathematics
KW	Jonti Adamson	Being a great reader
1J	Kiara Walton	Improvement in reading
1J	Flynn Baggott-Stone	Fantastic effort in writing
1J	Erin Beeby	Always trying her best in class activities
1J	Indi Gorham	Fantastic effort in daily writing activities
1W	Amy Dalton	A great start using Reading Eggs
1W	Sonny Bruen	Excellent results in Spelling
1W	Aaliyah James	Always producing neat careful work in Handwriting
1W	Sam McCormack	Great work in daily writing activities
2W	Blake Smith	Effective use of technology in the classroom
2W	Bodhi Henry	Improvement in Reading
2W	Sienna Cook	Application in Accelerated Literacy
2W	Aria Knight	Improvement in sight word knowledge
2P	Aleson Thompson	Improvement in Reading
2P	Isaac Davy	Being a kind and helpful class member
2P	Brandon Bell	Writing interesting sentences
2P	Beau Wilks	Excellent results in Mathematics

You Can Do It! Awards	
Getting Along	Sharni Pagett 2P
Confidence	Jesse Cooper 1J
Persistence	Willy Lambert 2W
Resilience	Hayden Guest KW
Organisation	Erica Scott KS





GWANDALAN PRIMARY SCHOOL

Have Your Say

ANY FEEDBACK for 2016-2017 would be appreciated

Already we have received a lot of feedback from a variety of viewpoints. Our community viewpoint is extremely important to us. We realise how busy we all are if you have any time to comment on the questions below either by email, phone conversation or in person would be greatly appreciated.

What are the strengths of Gwandalan PS?

How can we improve student success and wellbeing?

What do you like to be involved in at school?

What can the school do to further enhance community involvement that supports students learning?

How can we improve school/ community communication?

Any Feedback is a gift and is greatly appreciated.



Dates to Remember



November—December 2015

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	24th	25th	26	27	28	29
	Kindy Orientation	Yr 6 Fun Day		Stage 2 Surf Fun Day		
30	1 Working Bee 9am Red Faces	2 Presentation Day 9.30-11	3 Year 6 Farewell Year 6 Reports	4 Year 6 rewards Day	5	6
7 Transition to Yr 7 LMHS	8	9 K-5 End of Year Rewards Day	10	11 K-5 reports go home	12	13
14	15	16 Last Day of School	17	18	19	20

CANTEEN NEWS

CANTEEN NEWS

Last Wednesday the new Summer Menu for Term 4 was sent home, please note there has been a few changes to the menu. This term on the menu we have some great new saving Meal Deals available Monday, Tuesday and Wednesday only. Next week we will be having a Hot Dog Meal Deal Day for Kindy - Yr 2 only, order forms will be sent home tomorrow. Just a little reminder for students when ordering ice creams/ ice blocks with their lunch orders to present their lunch bags to canteen to collect their order, thank you!

Lyn & Megan (Canteen Supervisors) Contact No. 49 762054



If you can spare any time, please remember we are always looking for volunteers in the school canteen. Your children would love to see you in the there, why not come along and give it a go! Call Lyn 4976 2054