



Term 2 Week 2 Friday 6th May 2016

Mr. Osland's Messages

Welcome everyone to Term 2 and what we hope it to be an amazing term. We have had a number of new students start this term; a special welcome to you all.

UPCOMING EVENTS for the CALENDAR

We will ensure that these dates are updated on our Website and School App:

Mother's Day Breakfast and Stall-

- Friday 6th May from 7am

NAPLAN—Year 3 & Year 5

- Tuesday 10th May— Thursday-12th May

GRIP Leadership conference - Thursday 19th May (all day)

(ALL School leaders & Ministers) – Newcastle Uni

Zone Cross Country—Friday 20th May

- Wyong Racecourse—9:30 to 1pm

Star Struck Practice

- Tuesday 17th May & Thursday 26th or Friday 27th May

Star Struck Performances

- June 15th, 16th & 17th

Stage 1 (Years 1 & 2) Wetlands Excursion

- June 17th - All Day

Whole School Special Assembly- School Disco- School Reports Home

- Wednesday 29th June

Whole School NAIDOC Day Celebrations

- Thursday 30th June

Last day Term 2

- Friday 1st July

Highlight SAFETY around OUR SCHOOL

We would like to remind our community that student - school safety is our priority. We are ALL extremely busy in our Day-to-day lives but too often we have seen unsafe situations at pick up and drop off times. We do ask that parents park safely / cross the road carefully and ensure adequate supervision in high risk areas (near the road).

We have staff around our school exits to help if required— however we ask that we continue to support our school's road safety initiatives.

Thank you for ALL your support in keeping our school safe.

ANZAC Ceremony at Gwandalan Lions Park

Many thanks to ALL our students, parents and teachers who supported our ANZAC Ceremony during the holidays as a part of the Gwandalan Lions Anzac Community event.

We were extremely proud of our students who attended and represented the school and other local clubs. I had a great deal of positive feedback from our community.

Well done to everyone involved.

FRIDAY Sport

We would like to let our community know about the changes to Term 2 sport for Years 3 to 6. With ALL our events on this term including school competitions in Girls & Boys soccer, Netball, Rugby League and Touch Football as well as Zone Cross Country, Star Struck, Leader's days and our normal day to day activities we will be involved in a greater focus on Fundamental Movement skills.

For Term 2 ONLY, students will be involved in rotational group activities linked to a number of **Different Sports** with teams getting points for their houses. This will allow us to build the fundamental skills of our students.

Each stage (Year 5/6— Stage 3— Years 3/4— Stage 2) will have a set time that they will be involved in on Friday's.

From The Office

Parents are reminded that office hours are 8.30 am until 3.15pm each day.

We are always HAPPY to HELP

Payments

Thank you for your prompt payments to date. We will be going onto a new Finance System with the Department and all payments need to be processed before the 6th May.

Please understand that between 6th May and 17th May we will not be able to accept any payments, (cash, cheque, Eftpos and online payments) as we prepare to close our current bank account and transition to the new one. Your support is greatly appreciated.

On Line Payments

Information for On Line payments information is available from our website.

<http://www.gwandalan-p.schools.nsw.edu.au/>

This is a great way for parents to pay for school expenses.

The Department of Education requires all permission notes to be signed, dated and returned to the School prior to the commencement of any activity. We ask that ALL permission notes be returned to school as this is a legal requirement.

Permission to Publish

Please also be reminded that forms recently sent home regarding Permission to Publish for your child/children need to be returned as soon as possible. Without your signed permission we cannot print any pictures of your child/children. We often print class items in our newsletter and it would be a shame for your child to miss out!

Preschoolers

Please keep your preschool children close to you while in the school grounds picking up their older siblings.

Star Struck Fundraiser

Cake Stall

Thank you to all the families that donated cakes for our fundraiser for Starstruck on Tuesday, also a big thank you to all the beautiful children who came with their money ready!!





ANZAC



DAY



K / 1 D



“Checking- In”

K/1D have been learning to ‘check-in’ and ‘check-out’ each day.

This strategy has helped students to identify different types of feelings, display resilience and show empathy towards others.

For this particular activity

students had to select a picture of a car that best

described how they were feeling emotionally. They then had to explain the

connection they had with their chosen picture and how it symbolised their feeling.

2W-Australian Animals Diorama

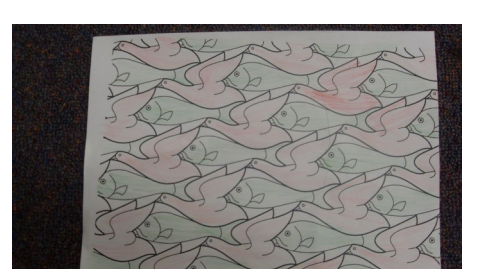
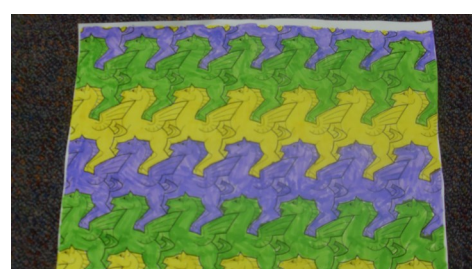
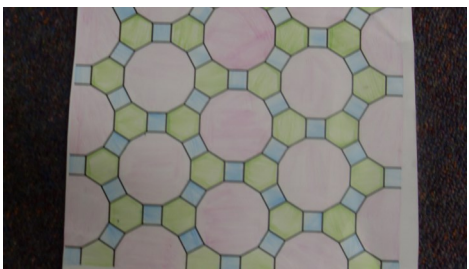
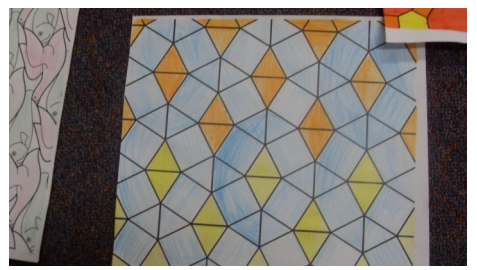
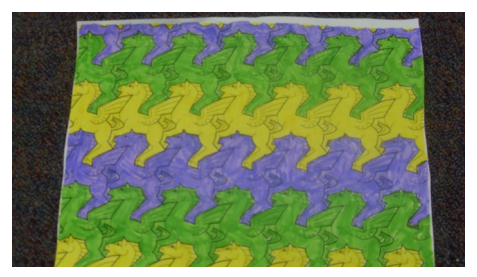
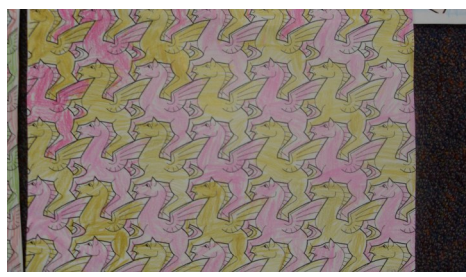
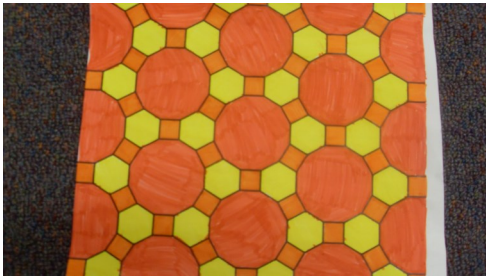


3/4V

TESSELLATIONS

Nathan Williams Year 4- 3/4V

A tessellation is a pattern similar to bricks on a constructed wall. It forms a pattern with no gaps occurring. Tessellations were used by the Sumerians in building wall decorations forming patterns of clay tiles. Tessellations are still used today. Only three regular polygons tiles are used in the building industry: squares, triangles and hexagons. 3/4V have been researching and learning about famous tessellating artworks and where tessellations are used in everyday life.



By Nolan Clark

3/4V are studying art work on tessellations. Tessellations are the process or art of tessellating a surface, or the state of being tessellated. A tessellation is one or more geometric shapes, called tiles, with no overlaps and no gaps. Tessellations were used by members of the indigenous non-Semitic people of ancient Babylonia. (about 4000 BC) in building wall decorations formed by patterns of clay tiles.

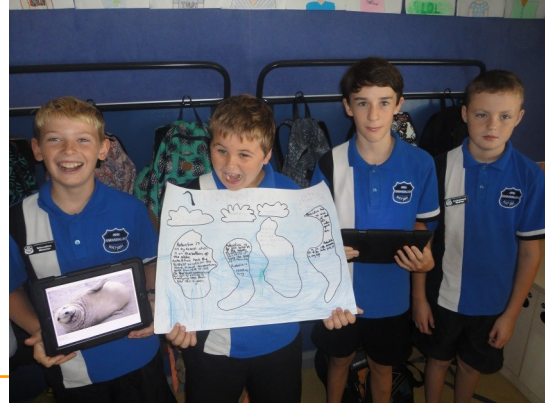
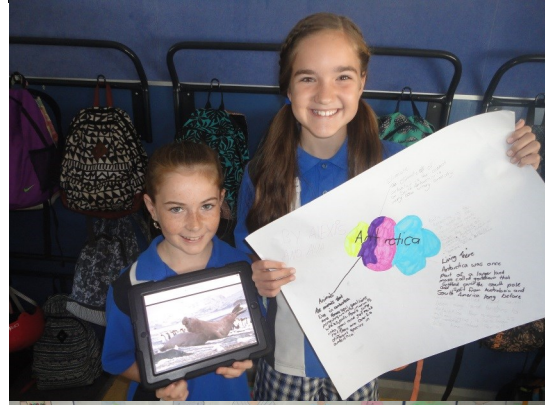
5/6W

5/6 W have been learning about Antarctica as part of our Geography unit. We have learnt about different aspects of Antarctica including flora and fauna, famous explorers, Antarctic treaties and climate.

Some interesting facts that our students have learnt include:

- Antarctica is a desert.
- You can travel to Antarctica as a tourist.
- There are NO polar bears on Antarctica.

These photos show our year 6 students working collaboratively to research and present information on Antarctica in the form of a poster.



Canberra Excursion 2016

Next Term Year 5 and 6 will be going on an excursion to Canberra from Wednesday 17th August to Friday 19th August, 2016. The cost of the excursion is going to vary due to the number of students who attend. Ideally we would like all students to attend as this is a wonderful educational experience visiting places like the National War Memorial, Parliament House, The Dinosaur Museum, Questacon, Black Mountain Tower and the National Mint.

If we can get 90 students to attend the excursion the cost will be \$325, however the cost will increase as our numbers lessen. 85 students and the cost will be \$330, 80 students and the cost is \$335.

We are staying in motel accommodation at Gold Creek and your child is assured of a very comfortable bed, along with a bathroom in each of the rooms to share. There will be four teachers attending and the cost of the excursion will include all meals, except for lunch on the first day, accommodation and coach travel.

In Week 5 of this term a note will be sent home asking for a \$50 deposit to secure your child's place on the excursion. When this is paid a note with the remaining amount to be paid will be sent home.

Canberra is a great excursion— one of my very favourites!!

S. Tangye



P & C News



ENTERTAINMENT BOOKS 2016

Entertainment books are now on sale. We cannot take EFTPOS payments for these books but can either take Cash via the school office or online E Card Electronic Book available via subscription.

The P & C thanks you for your continued support.



Stewart House

Stewart House is an organisation that provides holidays and services for school children in need of a break from their everyday life. These services are entirely funded by donations. Last week we sent home an envelope in case you would like to make a donation to this worthy cause. All donations would need to be returned to school by Wednesday 11th May.

Gwandalan Canteen Menu Term 2

SANDWICH BAR

Step 1 Choose your filling

Salad sandwich 3.00

Lettuce, tomato, cucumber
carrot & beetroot.

Meats & Proteins 3.00

Chicken Breast

Leg Ham

Tuna

Egg

Cheese sandwich 2.50

Step 2 Pick your extras

Meats 1.00

Salad all 1.00

Salad each 0.30

Pineapple 0.30

Cheese 0.50

Bread Roll 0.50

Wrap 0.50

Spread sandwich 2.00

Vegemite

Jam

•No Charge for Mayo, Tomato Relish or Sauce

•No charge for toasting

•All breads, rolls & wraps are wholemeal.

SALADS

Garden Salad 3.50

Lettuce, tomato, cucumber
carrot & beetroot & dressing

Caesar Salad 4.00

Lettuce, bacon, egg
cheese & caesar

Bunny Bag 3.00

mixed salad fingers & pesto or hummus

WEEKLY SPECIALS

Soups, Pastas & many more check

newsletter & canteen blackboards.

*We love donations of fresh ingredients
especially from local home gardens.*

HOT FAVOURITES

Chicken Burger 4.50

with lettuce and mayo

Beef Burger 5.00

with lettuce cheese & tomato & sauce

Pumpkin Soup & garlic bread 3.00

Chicken & Basil Pesto Pasta 3.50

Lasagne 3.50

Pizza Bread choose from: 2.00

ham & cheese

tomato & basil

barbeque Chicken

ham & pineapple

Snack beef pie 1.50

Snack sausage roll 1.20

Hot dog (skinless) & sauce 2.50

Hot dog (skinless), sauce & cheese 3.00

Noodle Cup 2.20

Wedges & sauce choose sauce 3.00

Hash Brown 1.00

Dino nugget 0.50

Chicken stix 0.50

SAUCES & DIPS

Sauces 0.30

Tomato, Bbq, Sweet chilli or American mustard

Dips 1.00

Basil Pesto

Hummus

**** green foods, eat most of

**** orange foods select carefully

**** red foods, not on the menu

Gwandalan Canteen Menu Term 2

SNACKS

selection of items available at recess

Fresh cut fruit pieces	0.20
Whole fresh fruit	0.50
Popcorn bag	0.50
Ham & Cheese toasty half	0.50
Yoghurt Cup	1.00
Pizza Bread	2.00
Pikelet	0.50
Custard Cup	0.80
JJ's - Chicken or S & V	1.20
Red Rock Deli - honey soy	1.20
Jumpies - chicken	1.20
Cheese and Bacon Roll	2.00
Finger Bun	2.00
Custard Tart	2.00

DRINKS

Water	1.00
Milo Cup	2.00
Served Hot or cold	
Oak light milk	2.00
strawberry, chocolate & banana	
Juice	2.00
apple, orange & apple & blackcurrant	
Quench	2.00
lime, cola, blue heaven, orange & raspberry	
LOL	2.00
raspberry, tropical & blackcurrant	

Daily specials from 20c to \$2
depending what is fresh
and available

ICY TREATS

Available only at lunch

Fruit pops	0.60
Ice Mony (TNT) - cola & ka bluey	1.00
Zings	1.00
Moosies - Chocolate & strawberry	1.20
Callippo - raspberry	1.20

Volunteers

Our canteen has a paid manager, but relies on volunteer parents and grandparents to be able to function effectively. Volunteers for an hour or two are welcome, whether to help with food preparation, processing orders or counter sales. Children love to see their loved ones helping in the canteen.

Food Focus

Check out each newsletter for our focus food section. Each fortnight we focus on a fruit or vegetable. It includes what it is, how it's grown, nutrition & a simple recipe. If you have any ideas for this section please pop in to see us in the canteen.

**** green foods, eat most of

**** orange foods select carefully

**** red foods, not on the menu

Meal Deal - Thursday 5th May

Just a friendly reminder that the Canteen has a meal deal available this Thursday 5th May. Please fill out the form your child was given during the week and hand to the canteen any time **before 10am** on Thursday morning.

Meal Deal Order Form

Name _____

Thursday 5th May 2016

Step 1

Choose your main & sauce

Class _____

<input type="checkbox"/> Sweet Potato Wedges & Dipping Sauce							
<input type="checkbox"/> Chicken Burger with lettuce & sauce							
<input type="checkbox"/> Wrap	➡ Select	Chicken	Ham	Cheese			
All Salad or	➡ Select	Lettuce	Carrot	Cucumber	Tomato	Beetroot	
Sauces	➡ Select	Tomato	BBQ	Sw/Chilli	Tomato Relish	Mayo	

Step 2

Choose a side

<input type="checkbox"/> Fresh Fruit	➡ Select	Mandarin	Apple	Banana	Pear		
<input type="checkbox"/> Yoghurt Cup		Vanilla					
<input type="checkbox"/> Popcorn bag							

Step 3

Choose your drink

<input type="checkbox"/> Water							
<input type="checkbox"/> Oak Milk	➡ Select	Chocolate	Banana	Strawberry			
<input type="checkbox"/> Juice	➡ Select	Apple	Orange	Apple & Blackcurrent			

Step 4

Hand your order in.



Orders to be placed in class baskets or handed to the canteen staff before cut off.

Cut off is 10am on day of meal deal, see above.

To assist with processing, where possible please use correct change

PLEASE NOTE—NO LATE ORDERS CAN BE TAKEN.

WE CANNOT TAKE ANY LATE ORDERS DUE TO ORDERING AND ORGANISATION.

SWEET POTATO



In Season	Autumn Winter and Spring
What to Look For	Firm with bright skin. They should have no spots or mould.
How They Grow	On trailing vines that cover the ground.
Nutrition	High in fibre, protein, vitamin A, vitamin C, iron and calcium.
Cooking	Bake in oven as you would white potatoes, steam, grill or microwave. The leaves are also edible use like spinach
Storage	In a cool, dark dry place
For more Information	www.sbs.com.au/food/ingredient/sweet-potato www.sbs.com.au/food/article/2012/09/06/how-grow-sweet-potato

SWEET POTATO WEDGES

2 Large **sweet potatoes**
scrubbed (*no need to peel*) and cut into
wedges

3 tbsp oil

$\frac{1}{4}$ tsp paprika

$\frac{1}{4}$ tsp garlic powder

$\frac{1}{4}$ tsp cayenne (optional)



Position rack in upper third of oven and preheat oven to 200°

Use baking sheet.

Place sweet potatoes and oil in large bowl, toss lightly. Sprinkle with salt, pepper, paprika and cayenne.

Arrange potatoes in a single layer on prepared baking sheet, being sure not to overcrowd.

Bake until tender and golden brown, turning occasionally.

Cooking time is 18 to 24 mins.

Cool 5 minutes before serving.



Engaging Adolescents

Tuesday 10 am - 12.30

7th June - 21st June (3 sessions)



Lake Munmorah Family Centre
Colongra Bay Rd ,
Lake Munmorah
Morning Tea provided

Learn:

- Skills for tough conversations
- Common ground shared by parents
- reasonable expectations
- New understandings of adolescence
- Building relationships with your teenager



certified parent awareness training
parentshop[®]
www.parentshop.com.au

Places limited, to book in please call 4351 5008



DATES TO REMEMBER



MAY

Friday 6th May	Mother's Day Breakfast—7am-9am (volunteers required) Mother's Day Stall—10am (volunteers required)
10th, 11th & 12th May	NAPLAN for Years 3 & 5
Monday 16th May	School transfers over to the new Department Finance & Wellbeing systems
Tuesday 17th May	Star Struck Rehearsal 10am-2pm
Friday 20th May	Wallarah Zone Cross Country
Thursday 26th May	Star Struck Rehearsal 9am-3pm

JUNE

Monday 13th June	Queen's Birthday Public Holiday
Wednesday 15th June	Star Struck Rehearsal 7:45am-5:30pm
Thursday 16th June	Star Struck Dress Rehearsal 8:00am—5:30pm
Friday 17th June	Star Struck Performance 1 - 8:30am—7:00pm Show times 10:30am and 7:00pm
Saturday 18th June	Star Struck Performance 2 - 12:30pm—10:00pm Show times 2:00pm and 7:00pm
Wednesday 29th June	Presentation Day Disco
Thursday 30th June	Naidoc Day
Friday 1st July	Last Day of Term