



GWANDALAN PUBLIC SCHOOL

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Mr. Osland's Messages

Every week our school continues to impress me, our school and students are actively supported across the community.

Last fortnight has again seen our parents, staff, students and community members working hand in hand to make our school the best it can be. Our vision for the school is to strive for excellence and success. This is reflected in our school appearance, uniforms, teaching & learning opportunities and home-school links & partnerships. As we continue to build on the strengths within our school our students can only move in a positive direction.

I would like to end with a quote : ***In order to succeed we must first believe that we can.*** - our school believes in our students- lets succeed together.

Premiers Sporting Challenge

This term all students at GPS will be involved in the Premiers Sporting Challenge. The purpose of the challenge is to encourage students to be more active, more often! Students record the activities they complete over a ten week period, with an award given to each student and the school at the end of the term. Physical activity can include playground games, school sport, community sport or incidental activity such as walking the dog or washing the car. Active bodies—Active minds ***Students will regularly complete a log book at school, recording how much activity they do each week. Have fun getting active!***

PARENT TEACHER Interviews

Thank-you to all parents and carers who have been involved in our Semester 1 feedback session throughout this week.

Please remember our doors are always open and we will constantly try to support our students to reach their potential. Any questions please let us know.

SAFE Drop OFF area at the FRONT of the SCHOOL

SPECIAL THANK-YOU for how we are using this area. **Can we ask that we continue to be patient and respect this area as a kiss and drop zone** to minimise delays.

If people can restrain from parking in this set area, it will also assist traffic flow and bus accessibility. Thanks again for your support in this area

NAPLAN

Students in **Year 3 and Year 5** will receive their NAPLAN results next week. Please remember that this is a small snapshot of a child's development and that their overall development is greater than the sum of a few parts.

If anyone has any questions please contact the school.

ANXIETY

As we move into that time of year where excursions and other major events are occurring, please take some time to listen to your child and talk to our wonderful staff about upcoming events.

Changes in routines and preparations for overnight trips can change regular behaviours. This may be displayed as anxiety, worry or anger. Please ensure that they will be safe and cared for— that this is also an opportunity for them to grow and develop with their peers. We will always listen and help out where we can —PLEASE do not hesitate if you have any questions or feedback about how we can best support your child needs.

Please REMEMBER

At Gwandalan PS we are **S.T.A.R.S.**

We are **Safe**, Show **Teamwork**, **Aim-High** & Try our Best, Display **Respect** so that we can **SUCCEED**.

This, we hope can be true for our students, parents and teachers of our wonderful school.

Newsletter Quote :

“Education is the passport to the future, for tomorrow belongs to those who prepare for it today— Malcolm X

FROM THE OFFICE.

We now have a letterbox system at the front office for the receipt of money. If sending cash in with your child please ensure it comes in an envelope or clip lock bag and is clearly marked with student's name, class, amount of money and the reason for the payment, eg Canberra Camp.

Payments can be made by cash, eftpos or on line payment. If paying online, just go to Gwandalan Public School website and click on *Make a payment*. Follow the instructions.

CHANGE OF DETAILS Please notify the office as soon as possible if your details change. It is very distressing if we cannot contact a parent if your child is unwell or hurt.

Parents are reminded of the office hours 8.30am till 3.15pm

Thank you.

COMPUTER INFORMATION.

NO COMPUTER GAMES ON FLASH DRIVES AT SCHOOL. In recent weeks students have been bringing in computer games on flash-drives/thumb-drives to play at school. As a School this has raised some concerns. Therefore,

NO games are to be brought in on flash-drives to be played at school.

The chances of our network being infected with a virus of some sort are greatly heightened by this behaviour. Flash-drives at school are ONLY to be used for backing up computer work onto. Thank you for your co-operation in this matter.

Mr. Martin (ICT Computer Coordinator).

BOOK PARADE

Dress up as your favourite book character and celebrate Australia's Book Week. All students (kindergarten to year 6) are involved.

When: Wednesday 7th September 2016

Where: Cola. Gwandalan Public School

Time: Lunch at 11.15am

Parade to commence at 12.30 pm



Enjoy a picnic lunch with your children before the parade. The canteen will be offering a sausage sizzle.

More information will be available closer to the day. Start creating!

EXCURSIONS

STAGE 2 EXCURSION— BLUE MOUNTAINS

If you wish your Year 3 or Year 4 child to attend this exciting excursion to the Blue Mountains and Jenolan Caves, the deposit and permission slip must be re-

turned to school **THIS WEEK**. If you haven't already, make sure you get in before it's too late.



STAGE 3 EXCURSION—CANBERRA

Students need to be in **FULL SCHOOL UNIFORM** on day 1.

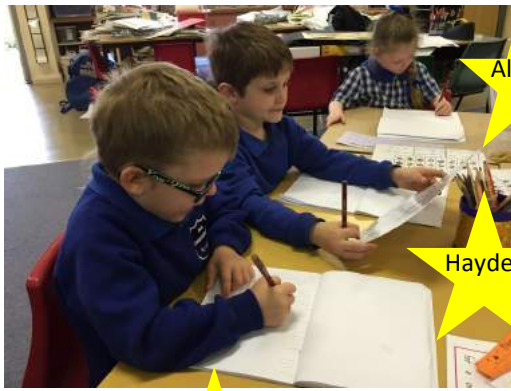
This includes black leather shoes.

No Zone jumpers.

No tights for girls.

Students need to be at School at 6.15am.

Thank you in advance for your co-operation.



Alysha

Hayden

Writing a recount
of their weekend.



Angus

Hayley

Connor

L to R Harmony, Blair,
Evie-Lee and Callum with their
art that they are entering in the
Artsfest competition at Kanwal.
Check out more of our art work
in the front office and in our
classroom!

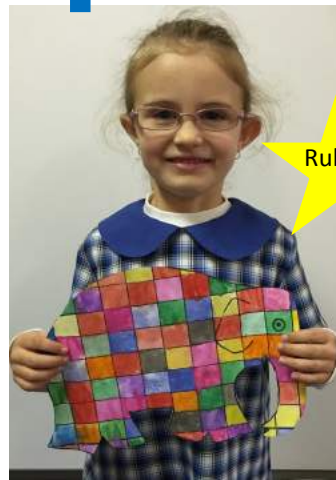


KS

Superstars

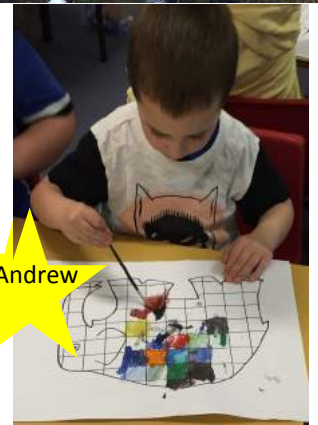


Jhett



Ruby

Painting Elmer
the
Elephant



Andrew



Emily



Kaiden



Willow



Xavier



Lily

5/6W have been learning about the Olympics in Rio and have written some letters to our athletes showing their support for the hard work and determination of the Australian Olympic team.



Here are three examples of work from our Year 6 students that will be sent to Rio for the athletes to read.

Hi Cate,

I hope you go well in your third Olympics in Rio. I am your biggest fan. I have been swimming since I was 18 months old and you are my biggest inspiration in the world.

I watch every race you swim. I hope you swim your hardest in Rio and hopefully even break the world record!

Remember we are all watching and cheering from home.

Love Lexi

Go Aussie!



Dear Alicia,



My name is Janayah and I am sending you this letter because I believe you can do it. You are a true inspiration. I hope you go out there and win gold.

Good luck,

Dear Larrissa,

Good luck in Rio. You inspire us to try hard in Gymnastics.

We hope you achieve the goals you have set for the Olympics. We will be supporting you every step of the way.

From Kyah and Paige

P.s We know you are busy but please write back if you can.





This term our classroom environment has seen some exciting transformations. We are now enjoying flexible seating. This means that when students are working they have the freedom to find comfortable spaces around the room to work. Students might be kneeling, standing, sitting, working on carpet, leaning on a clipboard or sitting at a desk with a wobble stool. Flexible seating invites collaboration, communication, creativity and critical thinking. Additionally, research has shown that students are able to focus and do their best work when they are comfortable.



3/4V. The Olympics

3/4V have recently been learning about the Olympic games and Olympic history.

As a class group we researched and created a list of Sports we think should be considered for the Olympic games in

Tokyo 2020. Which ones would you choose?

We have also been researching interesting Olympic Facts

- The five Olympic rings represent the five major regions of the world – Africa, the Americas, Asia, Europe and Oceania, and every national flag in the world includes one of the five colours, which are (from left to right) blue, yellow, black, green, and red.- By Zach Wilberforce.

Darts Poker Horse Racing Rugby League 9's T20 Cricket Ballroom Dancing Lawn Bowls Netball Snooker Skate Boarding	Pool Squash Fishing Touch Football Oz Tag Surfing Ten Pin Bowling Water Skiing Motor Sports Jet Boat racing Limbo (just joking) J
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- The Olympic Games, which originated in ancient Greece as many as 3,000 years ago, were revived in the late 19th century and have become the world's largest sporting competition. From the 8th century B.C. to the 4th century A.D., the Games were held every four years in Olympia, Greece. By Zac King.
- The Olympic were held every four years, in honour of the Greek God Zeus, records show the ancient Olympic Games began in 776 BC in Olympia and continued until 394 AD. By Noah Smith.
- The torch relay is not part of the ancient Olympics, but was invented for the 1936 Berlin Olympics. However, the lighting of the Olympic flame comes from the original Games. By Molly Pittman.
- The 2016 Australian Olympic team has up to 421 athletes and more than 300 officials. By Abbie Spillane.
- The first Olympics, in ancient Greece, only allowed men to take part. These days, men and women from across the planet compete for Olympic gold. Athletic records have been set, heroes have been made, rivalries formed and even a few tragedies have occurred. Nations have competed every four years in both team and individual events for more than a century now. Athletes compete for pride, fame and Olympic glory, and the desire to be the best. By Natalie Mannion.
- Dimitrios Loundras is the youngest Olympian to take part. He was a Greek gymnast who took part in the Athens Olympics held in 1896. Young Dimitrios won a bronze medal for his efforts, and to this day he still remains the youngest Olympic competitor and medalist on record. Even more amazing, he was 10 years and 218 days old when he won his medal. Later in life he became an admiral in the Greek Navy. Perhaps he held onto his medal when he was out to sea, for good luck. By Natalie Mannion.



- This year in 2016 the Olympics will be held in Brazil. The next Olympics will be held in Tokyo Japan. They might even add three more events including Rockclimbing! By Tyler Smith.



INFANTS ASSEMBLY AWARDS TERM 3 WEEK 3

Class	Name	Reason
KA	Carter Considine	Fantastic effort in Fitness lessons.
KA	Lyla Morrison	Excellent cooperation with classmates.
KA	Taylah Cooper	Excellent effort in her "senses" book.
KA	George Jurd-Weir	Big effort writing sounds and sight words.
KS	Xavier Hind	Excellent story writing
KS	Hayley Nuttridge	For always trying to do her best
KS	Callum Sheppard	For a fantastic painting of a billabong
KS	Andrew Spithill	Working hard to improve his handwriting
KW	Kaitlyn Alston	Fantastic recount of the Athletics Carnival
KW	Nate Metcalf	A fantastic painting of Elmer the Elephant
KW	Dylan Weathers	A polite and friendly new class member
KW	Kobi Gavin	Working hard to learn all his sight words
1J	Lucia Hancock	Writing a fantastic summary of 'Thelma the Unicorn'
1J	Erica Scott	Making smart choices in all parts of the school day
1J	Shaneeka Batty-Cross	Trying hard in writing
1J	Lachlan Day	Improvement in reading
1I	Nash Wallace	Being a friendly and cooperative class member
1I	Zoey Blight	Using her knowledge of 'doubles' to solve questions
1I	Keiren Meehan	Using effective counting strategies during TEN lessons
1I	Hayden Guest	Improvement in reading
2W	Asher Cooper	Improved application in class
2W	Elli Muxlow	Participation and sportsmanship at the Athletics Carnival
2W	Tayla Arnott	Excellent reading of the 'Best Beak in Boonaroo Bay'
2W	Braden Wu	Working hard in peer mentoring sessions
2A	Maddison O'Connor	Excellent spelling results
2A	Lyndsie Higgins	Improved effort in handwriting
2A	John McHale	Improved resilience
2A	Erin Beeby	Getting along with others

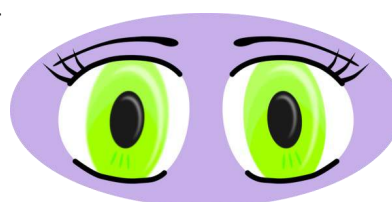


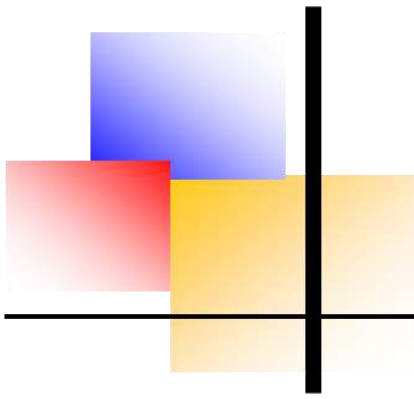
YOU CAN DO IT AWARDS TERM 3 WEEK 3

Getting Along	Zahara Ciel
Confidence	Nevaia Markham
Organisation	Boyd Wilks
Resilience	Tyler Neale
Persistence	Kaiden Smith

We have had several cases of **conjunctivitis** at School lately. This is a very contagious condition. Please keep your child at home if there is a possibility that they may have it.

We appreciate your co-operation.





Supporting students on the autism spectrum

Free one day workshop for parents and carers

Selected school staff are currently undertaking a professional learning course using the Positive Partnerships resources. This unique opportunity for parents will ensure staff and parents gain the same understanding, knowledge and skills to improve the outcomes for students with autism and their families.

This workshop intends to:

- Increase understanding of the impact of autism
- Introduce a planning tool that can be used to share an understanding of your child
- Explore behaviour
- Explore ways to work in partnership with your school
- Provide an opportunity to network and share strategies with other parents/carers

The content and resources in this workshop have been developed by Positive Partnerships. The Positive Partnerships initiative is funded by the Australian Government Department of Education and Training through the Helping Children with Autism package.

Workshop details

Date: Wednesday August 31st

Time: 9.15am—3.00pm (Morning tea and lunch provided) Registration from 8.45 am

Venue: St. Brendan's Catholic Primary School, Hansen Road Lake Munmorah

Registration: Registration is required for this one day workshop. Please log-on through the following website: [Link](#) (Ctrl/Click to follow link)

Final Day to register – Monday August 22nd 2016

For further details contact: Sue Low Email: sue.low@dbb.catholic.edu.au Mob: 0417 190 205

Heather Sippel heather.sippel@det.nsw.edu.au Ph: 43400246

Jacquelyn Hayes Jacquelyn.hayes@det.nsw.edu.au Ph: 43252110

(This is an adults only event, therefore unfortunately child minding is not available)

Athletics Carnival

Check out our website for more fabulous photos from our carnival.



UNDER 10'S RUGBY LEAGUE TEAM- STATE SEMI FINALISTS!

Congratulations to all the team members of our Under 10s Rugby League team who made the semi-final of the NSW All Schools Rugby League competition last Monday. It was a fantastic effort from all the boys in the team to make the final 4 in NSW! The team had tough victories over Mascot (South Sydney), St Josephs (Tweed Heads) and Wingham (North Coast) and qualified for the semi-final against Macksville. The performance from the boys was easily the furthest a Rugby League team from our school had progressed in the competition. A special thank you to all the many family members and friends who travelled to Sydney to support the team, especially Terry Jameison who assisted on the sideline with the team and Craig Perrin who organised a bus for team members and supporters to travel to Sydney. I am very proud of all the boys in the team and the commitment they made at training and in particular the fantastic way in which they represented our school. Regards- Mr Vine (Sports Coordinator).



INTEREST GROUPS

Our third session of interest groups will begin on Wednesday 24th August. This session will run for 10 weeks every Wednesday afternoon between 2pm and 3pm.

The students choices are:

Drumming \$40.00 Ukulele \$40.00 Guitar \$40.00



Permission notes for the above activities are available from the office foyer.

Other activities on offer are: Didgeridoo, Dance, Robotics, Gardening, Stop Motion Video, Art (mixed media with guest artists), Cooking, Acting and Aboriginal Painting.

The most popular 10 activities will be run.



Gwandalan Canteen Menu Term 3

SANDWICH BAR

Step 1 Choose your filling

G Salad sandwich 3.00
Includes lettuce, tomato, cucumber, carrot & beetroot.

G Meats & Proteins 3.00
Chicken Breast
Leg Ham
Tuna
Egg

G Cheese sandwich 2.50

Step 2 Pick your extras

G Meats 1.00
G Salad all 1.00
G Salad each 0.30
G Pineapple 0.30
G Cheese 0.50
G Bread Roll 0.50
G Wrap 1.00

A Spread sandwich 2.00
A Vegemite
A Jam

- No Charge for Mayo, Tomato Relish or Sauce
- No charge for toasting
- All breads, rolls & wraps are wholemeal.

SALADS

G Garden Salad 3.50
Lettuce, tomato, cucumber
carrot, beetroot & dressing

G Caesar Salad 4.00
Lettuce, bacon, egg
cheese & caesar dressing

G Bunny Bag 2.50
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 FAVORITES

G Chicken Burger 5.00
with lettuce and mayo

G Crumbed Fish Burger 5.00
with lettuce cheese & tartare sauce

G Beef Burger 5.00
with lettuce cheese & tomato & sauce

G Pumpkin Soup & garlic bread 3.00

G Chicken & Basil Pesto Pasta 3.50

G Lasagne 3.50

G Pizza Bread choose from: 2.00

G ham & cheese

G tomato & basil

G barbeque Chicken

G ham & pineapple

A Snack beef pie 1.80

A Snack sausage roll 1.20

A Hot dog (skinless) & sauce 2.50

A Hot dog (skinless), sauce & cheese 3.00

A Noodle Cup 2.50

A Wedges & sauce choose sauce 3.00

A Hash Brown 1.00

A Dino nugget 0.50

A Chicken stix 0.50

SAUCES & DIPS

A Sauces 0.30
Tomato, Bbq, Sweet chilli or American mustard

G Dips 1.00

Basil Pesto

Hummus

Gwandalan Canteen Menu Term 3

SNACKS

selection of items available at recess

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

DRINKS

G	Water	1.00
G	Milo Cup	2.00
G	Served Hot or cold	
G	Juice	2.00
G	apple, orange & apple & blackcurrant	
G	Oak light milk	2.20
G	strawberry, chocolate & banana	
A	Quench	2.20
A	lime, cola, blue heaven, orange & raspberry	
A	LOL	2.20
A	raspberry, tropical & blackcurrant	

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

ICY TREATS

Available only at lunch

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

G = Green, eat most of

A = Amber select carefully

R = Red we have no red foods on this menu

ZUCCHINNI



In Season	Spring & Summer
What to Look For	Pick firm, heavy for their size and a good colour according to the variety.
How They Grow	On a compact bush that has large, green, prickly leaves and pale green, prickly stems. It has yellow male and female flowers on the same bush.
Nutrition	High in manganese, Vitamin C, magnesium and Vitamin A.
Cooking	Cook in side dishes, lightly steam, sauté, stir fry, bake, use shredded in quick breads.
Storage	Store in airtight container in refrigerator
For more Information	freshforkids.com.au/veg_pages/zucchini/zucchini.html

COCONUT PARMESAN ZUCCHINI

4 Zucchini quartered lengthways
 1/3 cup desiccated coconut
 1/3 cup parmesan cheese, finely grated
 1/2 tsp mixed herbs
 1 small clove garlic, crushed
 2 eggs
 Salt & pepper to taste



Preheat oven to 180°C.

Line Baking tray with baking paper and zucchini slices.

Mix all other ingredients in a bowl, it should be a thick past.

Spread mixture liberally over zucchini slices.

Bake in the oven for approx 15 minutes till zucchinis are just soft and mixture is browning. Eat as a snack on there own, or as a side with any meal.

Like it hot?



Add a dash of Cayenne pepper

CANTEEN NEWS

Eat Fresh & Win !

Over the next 6 weeks the canteen will be taking part in the **Sydney Markets Eat Fresh and Win Canteen Campaign**. Simply purchase fresh fruit & vegetables from the canteen to enter the draw for some fantastic prizes.

Students are rewarded instantly with a token sticker, which must be placed on the entry form, after making a fresh fruit and/or vegetable purchase.

Once students have collected two token stickers, they return the completed entry form to the canteen where they receive a Fresh for Kids pencil and eraser.

Enter as many times as you like, think salad on wraps, fruit cups, smoothies and keep an eye on the specials board for entry opportunities

Competition closes Friday 16th September

All entries will be sent in for the major prize draw late September



Volunteers

A massive thank you to the volunteers that continuously put the hands up to help.

Your assistance is very much appreciated and the canteen could not function without your support.

We are always looking for parents, carers, grandparents, aunties or uncles to assist on special occasions like bbq & event days. Along with on call helpers for emergencies. If you or someone you know would like to help a few hours a month or even once a term, pop into the canteen or leave a message at the office.

Lunch Orders

Limited hot food is available at lunch times over the counter. If you would like to order from the Sandwich /Salad Bar or Hot Food Favourites please place a lunch order. This can be done via the class baskets or at the canteen during recess.

Lunch order bags

Strong large lunch bags can be purchased from the canteen for 10c each or a bundle of 25 for \$2.

Bags should be clearly labelled with your child's name & class.

To help with processing the orders please use the correct change where possible, and avoid sticky tape and staples.

Woolworths

A special thanks to Woolworths Lake Munmorah for providing us with a fruit and veg box each week. Many of the children love to come and enjoy a free snack of fresh cut raw vegies at lunch and Free Fruit Fridays are always popular.

Our school **gardening group** also provide us with fresh harvested goods.

So fresh & yummy.

As always, thank you for supporting your canteen.

Much love and happy taste buds to you all.

Jane

DATES TO REMEMBER



Wednesday 17th August	Students leave for Canberra
Thursday 18th August	Canberra Excursion continues
Friday 19th August	Students return from Canberra
Wednesday 24th August	Newcastle Permanent Maths Competition
Friday 26th August	Touch Football Gala Day
Thursday 1st September	Fathers Day Breakfast 7am Fathers Day Stall
Friday 2nd September	Wallarah Zone Athletics
Wednesday 7th September	Book Week Parade. BBQ Community Lunch
Friday 16th September	Final payments due for Stage 2 Excursion—Blue Mountains
Wednesday 21st September	Performing Arts Showcase and Special Assembly K-2 ---& 3-6 Disco Evening
Thursday 22nd September	Picnic in the Park (First 2017 Kindergarten orientation)

ENROL NOW FOR KINDERGARTEN 2017

Please contact the office if you have a
child starting school next year

♥ Welcome to
Kindergarten