



Gillwinga Public School

A leader in Excellence Innovation & Opportunity

Telephone: 6642 2344

Facsimile: 6643 2051

Email: gillwinga-p.school@det.nsw.edu.au

Principal: Colette Abrahall

Issue No 6 Term 3

24th August, 2010

Dear Parents and Guardians,

The Jump Rope for Heart fundraiser was a great success last week. Thanks are extended to Mrs Peta Carrigan who organised fun and engaging skipping activities for the children. Thanks are also extended to the parents and wider community for sponsoring the children and we look forward to the return of the sponsorship money which will go to the Heart Foundation to help fight heart disease.



Ms Mary Cutts, Family Relationships Skills Group Facilitator from Community Programs, has recently run a highly successful positive parenting course here at Gillwinga Public School. The parents who attended found the course very worthwhile with many reporting it didn't go for long enough and then enrolling in other courses. Ms Cutts also reported what a great bunch of women they were, all very committed mums who reported successfully putting into practice establishing rules and following through with consequences and also inspiring each other. Ms Cutts will be running a further three workshops for our parents of children starting school in 2011. These will take place on Mondays when the children are at the school participating in the Ready, Set, Go transition program. If you need further information please contact Gillwinga on 66422344.

Our thanks are extended to the following children who participated in the Vietnam Veterans' march last Wednesday: Brooke Lilley, Josh Tajber, Lucy and Charlie Ford, Dane and Travis O'Connor, Samantha Duroux, Tegan and Ryan Fallon, Hailey and Damian Duroux, Lex Bagster and Kiara Hankinson.

We were most proud of the students' respect during this commemorative service.



The skippers with the Heart Foundation Mascot and Mr Tim Allen who recently visited our school in recognition of our wonderful support of the Jump Rope for Heart fundraiser.



Congratulations are extended to the following students who performed highly in the International Spelling assessment: Megan Tillman was awarded a distinction, Erica Tillman, Josie Cross and Tiana Johnston received a credit each.



Erica and Megan Tillman will both represent mid north coast at the North Coast carnival on Friday, 3rd September. Erica came 1st in high jump and long jump and Megan came 2nd in high jump and 4th in long jump. Congratulations on an amazing feat! Our girls' netball team will be travelling to Banora Point next week to play off for the North Coast champions. We wish them the best of luck.

Kind Regards
Colette Abrahall

Attendance

Included with the newsletter today is an information pamphlet about the importance of regular attendance in ensuring children make the most of educational opportunities. Your child's class teacher will be regularly monitoring attendance/lateness patterns and parents will be contacted by phone or letter if concerns are flagged during this screening process.

Community Sport

Please be reminded that community based sport begins on Thursday and will continue for the next 5 weeks. Children are reminded to bring the bus fare and money for entry for their particular sport.

Silver Award winner: Drew Cooper

Bronze Award winners: Josh Mellish, Lily Tainsh, Matthew Vermeulen-Smith, Sophie Konemann, Vale Taylor and Emma Fairbanks.



Writer of the Week: Jaykila O'Driscoll
Tables champion of the Week: Tylah Connor



Week 5 weekly award winners: Vale Taylor, Jordan Hartmann, Zachary Pacey, Ally Grant, Shanisha Bowkett, Lane Madgwick, Josh Gordon, Rose Williams, Chloe Ferguson-Gardiner, Bowen Tochel, Shanaya Stirling,

Rhys Fordham, Brianna Catalano and Jennifer Williams.

Scabies – There have been some incidences of scabies over the past few weeks. The symptoms are severe itchiness for days or weeks, becoming worse at night. Scratching may cause pus-filled sores like impetigo. Your child must stay home until you have seen a pharmacist and begun suitable treatment.

Term 3 Dates:

CSI: 25th Aug; 1st, 8th, 15th, 22nd Sept

Parenting workshops for preschool parents: 9:30 – 11am – Mon 30th Aug, 6th, 13th Sept

NC Athletics carnival: Fri, 3rd Sept

Gummyaney preschool visit: Thurs 2nd Sept

Ready, Set, Go Program: 9:30-12:30, 30th Aug, 6th, 13th, 20th Sept

Father's Day Stall: 2nd Sept

Special canteen day: Thurs 9th Sept

School Photos

Photos for 2010 House Leaders, School Captains and Prefects and Year 6 group are available to order for \$10 each. Please collect an envelope from the front office to place your order.

Clarence Science Initiative

Students from Years 4 and 5 are invited to apply for entry into the 2011 Clarence Science Initiative program. A flyer is available from the front office and an information evening will be held at the South Grafton High School Library from 5.30pm to 6.30pm on 6 September 2010. Applications close on 7th September at 3.00pm to the SGHS office. Entry testing is on 10th September.

P&C NEWS**Family Photos**

The P&C will be holding a family photo fundraiser on Saturday 18th September. A family portrait or child colour or black & white 25x33cm photo with frame will be \$15. Other photo packages will also be available. To make a booking please call the school on 66422344.

Father's Day Stall

The P&C will again provide a Father's Day stall for students to purchase a gift for their father. The stall will be held on Thursday, 2nd September and gifts will be priced between \$0.50 and \$10. The P&C is requesting that families donate a small gift to support this fundraiser. Any donation will be greatly appreciated.

COMMUNITY NEWS:

The Grafton Little Athletics Club will be holding two registration days at Barnier Park, Junction Hill on Friday 17th September and 15th October from 5.00pm to 6.00pm. Proof of age documentation is required. New members are always welcome. Phone Rod on 0448 190 530 for further information.

ZumbAtomic Zumba Fitness

Zumba Atomic is Zumba for kids. This is a fun, healthy program designed especially for children's minds and bodies. The goal of the program is to incorporate fitness as a natural part of children's lives. The program fuses modified zumba moves (cumbia, merengue, salsa, reggaeton) fun games, and performances. Classes begin Wednesday 25th August at 3.30pm to 4.15pm. Ages 4-12 Grafton Primary School Hall (Queen Street). Cost is \$6 per child. Make sure children bring along a water bottle and wear comfortable clothing and joggers. Phone Josie on 0439799440 or Laura 0405986593 for further information.

Healthy Food for Your Family

A Government initiative has produced a booklet called "Tomorrow People" to help people with learning healthy eating habits and improved health. This booklet gives tips on various ways to eat a healthier diet.

"Fruit & vegies are food for life!"

You and your family need to aim for 30 minutes or more of moderate physical activity on most or all days of the week. Moderate physical activity will cause a slight but noticeable increase in your breathing and heart rate. Give yourself the talk test – if you struggle to talk, your heart rate is up. Examples include a brisk walk, a swim, bike ride, mowing the lawn or even housework!"



CANTEEN ROSTER

Wed 25th August: Natalie Bullock
Tracey Heywood

Thurs 26th August: Nolene Chevalley

Fri 27th August: Marjorie Bramble
Ron Bramble

Mon 30th August: Deneal Connelly

Tue 31st August: Terrie Duroux
Lee Hodge
