



Gillwinga Public School

A leader in Excellence Innovation & Opportunity

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Dear Parents and Guardians,

Healthy eating is the name of the game in September - and hopefully beyond. During Fruit 'n' Veg Month, all our students will be encouraged to learn about, and try, new fruits and vegetables, and in the process develop better eating habits. Research shows that eating habits formed in childhood tend to be maintained into adulthood but only 25 per cent of NSW school students eat the recommended five or more serves of vegetables per day.

Our canteen committee has been committed to this program and as part of fruit and veg month they have generously provided tasty vege and dip plates for all classes to share throughout the week. As well, the school continues to promote fruit break with many students participating in this program across the school.



Last Friday Gillwinga School commemorated the day on which the Australian national flag was first flown, 3rd September in 1901. This day is observed each year as Australian National Flag Day. Our students participated

in a special flag raising ceremony with classes learning about its unique story and gained an appreciation of the history and significance of our flag.

Thanks are extended to our wonderful parent body of Joyce and Michael McMullen, Michelle Tainsh and Sharen Bagster who provided quality gifts for the students to buy at the Fathers' day stall last week and also manned the stall to provide the opportunity for the students to buy their fathers gifts for their special day.

August Aussie of the month: Emma Fairbanks, Ally Grant, Makayla Philp, Bowen Tochel, Skye-Anne Young, Jennifer Williams and Yuri Atkins-McHugh. These children received their awards for consistent attendance, high achievement and excellent attitude. These children have displayed citizenship qualities of responsibility and respect during the month of August.



Congratulations are extended to Erica Tillman who has now qualified to compete at PSSA state level for high jump and long jump. A wonderful achievement. Megan also performed highly at North Coast level coming 4th in high jump.

Kind Regards

Colette Abrahall

Community Sport

Please be reminded that community based sports is on Thursday and will continue for the next 3 weeks. Children are reminded to bring the bus fare and money for entry for their particular sport.

Gold Award winners: . Congratulations are extended to Hanna Kaptein, Brooke Lilley, Brianna Fordham, Josie Cross, Janai Ross, Jade Allen, Jaiden Berry and Charlie Ford who consistently make outstanding contributions to our school by working as team members and role models through being responsible, respectful and safe in our school.



Silver Award winners: Kate-Lyn Ferguson Gardiner, Scott Taylor, Rhys Pepper, Ruby West, Taj Isenhood, Ainslee Morrissey, Zecob Simiana, Jay Jay Whittaker and Krystelle Lentfer.



Bronze Award winners: Joel Nielsen, Lionel Johnson, John Connor.



Writer of the Week: Charlie Ford



Tables champions of the Week: Ebony Duckworth



Week 7 weekly award winners: Ryan Fallon, Jay Jay Whittaker, Reese Russell, Krystelle Lentfer, Kathryn Boyd-Skinner, Jesse Ross, Erica Tillman, Travis O'Connor, Letisha Stirling, Lex Bagster, Luc Johnston and Kiara Hankinson.

Coles Sports For Schools Program

Our school has been registered for this program. Every \$10 spent at Coles or Bi Lo from 2nd September to 31st October will earn 1 voucher. There is a collection box in the school foyer so please send your vouchers in. The more vouchers collected the more sporting equipment the school receives.

Fire Appeal

As many families are aware, the Ferguson – Gardiner family recently lost all their possessions in a house fire. The five children Thomas, Kate-Lyn, Willie, Catherine and Chloe are students here at Gillwinga. The school has spoken to Mrs Kathy Ferguson – Gardiner and she has identified a vacuum cleaner as something that was damaged in the fire and really needs to be replaced. The school is asking for any donations to assist in the purchase of this item. Included with the newsletter today is an envelope. If any parents would like to donate to this appeal please place the money in the envelope and return to the front office.

School Netball Team Fundraiser

To raise money for our school netball team to travel to Sydney to compete they have

organised a raffle. The girls will be selling tickets for \$2 each at recess and lunch times. The prizes are as follows:

- 1st prize: Stephanie Alexander Limited Edition cookbook in wooden presentation box plus utensils.
- 2nd prize: 2 months subscription to Curves gym.
- 3rd prize: Country Energy credit voucher
- 4th prize: Kids Dyson Vacuum cleaner
- 5th prize Ashdene mugs & tray
- 6th prize: \$30 Wishcard
- 7th prize: Towel Pack
- 8th prize: Photo album & frames
- 9th prize: Coke glasses & drink bottles
- 10th prize: Money monster
- 11th prize: Pool toy & checkers
- 12th prize: Paint craft pack



P&C FUNDRAISER

FAMILY OR CHILD PORTRAIT

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 as soon as possible.

Term 3 Dates:

CSI: 8th, 15th, 22nd Sept

Parenting workshops for preschool parents: 9:30 – 11am – 13th Sept

Gummaney preschool visit: Thurs 2nd Sept
Ready, Set, Go Program: 9:30-12:30, 13th, 20th Sept

Special canteen day: Thurs 16th Sept

**CANTEEN ROSTER**

Wed 8th September: Natalie Bullock
Tracey Heywood

Thurs 9th Sept: Nolene Chevalley

Fri 10th September: Sue Osborn
Marjorie Bramble

Mon 13th Sept: Deneal Connelly
Michaela Kaptein

Tue 14th Sept: Lee Hodge

CANTEEN NEWS

Our Canteen has entered the school in the 'Chow Down and Win' Campaign for healthy eating. Keep watch for notes outlining the details of the activities and of the great prizes that can be won. Fruit 'n' Veg month is sponsored by the Sydney Markets, Healthy Kids Association and the NSW Cancer Council. They have listed some fantastic prizes including a family holiday to the Gold Coast, laptops and ipod shuffles. As well as these tasty incentives to eat well, our canteen has also offered some fabulous individual prizes just for our school!

COMMUNITY NEWS

To subscribe to Firewise eNews to help protect yourself and your family from bush fire you can go to www.rfs.nsw.gov.au and follow the links.

Clarence Valley Conservatorium presents Charisma Trio, featuring clarinet, cello and piano performers from Sydney Conservatorium. Workshops are from 11am-3pm and the Concert at 7.30pm on Saturday 11th September. For more information ring 6643 3555.

Grafton Amateur Swim Club**Sign on nights**

Wednesday 15th & 22nd September
6pm-7.15pm at South Grafton Pool

Whether you are a serious or social swimmer; Club nights at the Grafton Pool are great fun, good exercise and can enable children and young people to prepare for carnivals. Competitors must be 5yrs and over and be able to swim 25 metres. Children can also build new friendships in a relaxed setting. Sausages and kebabs are available at the BBQ every Wednesday night.