

Week 4 Term 4:

1 November 2016



Newsletter

**Gillwinga
Public School**

A Leader in Excellence, Innovation + Opportunity



READY SET GO AND KINDERGARTEN ORIENTATION

The final day for our Ready Set Go program for 2016 will be on Monday 7th November. Mrs Perl has done a wonderful job helping to prepare these students for school in 2017. We currently have 18 students attending Ready Set Go which is fantastic and we are looking forward to seeing them all start Kindergarten at the beginning of next year. Parents and carers are reminded that the Kindergarten orientation day is set down for Monday 14th November commencing at 9.00am in the school hall. This is an excellent opportunity for parents and carers to come along and learn a little more about what happens at Gillwinga.

YEAR 7, 2017 ORIENTATION

Parents/carers of students who will start high school in 2017 are reminded of the up-coming orientation day on Friday 18th November to be held at both South Grafton and Grafton High school. Parents/carers should have received information about these days and if they have any questions or concerns they should contact the High Schools directly.

UPCOMING ACTIVITIES

We currently have a number of activities scheduled for students between now and the end of the year and it is important that all notes are returned by the due date. This not only helps ensure your child's participation in the activity,

SPECIAL GRANDPARENTS ASSEMBLY

Parents/carers and grandparents are reminded that we will be holding a special grandparents assembly on Friday 4th November commencing at 9:00am in the hall. Mrs Baker and Mrs Carrigan's class will be sharing some of the work that they have been completing in class.

TOUCH FOOTY SKILLS CLINIC

On Wednesday this week students from year 2 to year 6 will be involved in a touch footy skills clinic. These clinics will run for four weeks. The first three weeks will be skills sessions and the final week will see students involved in a gala day competition with students from St Joseph's. These clinics are free of charge and will be held during school hours.

YEAR 3 EXCURSION

This week we have confirmed the Nymboida Canoe Centre as a venue for the year 3 excursion which will be held on Friday 9th December, information and permission notes will be sent home shortly. The excursion will have an environmental theme which will tie in well with the National Parks unit that stage 2 students are currently completing. As part of this unit a representative from the National Parks will be visiting the school to talk to students about the importance of National Parks and our how we all need to be responsible for looking after the environment.



Hyde Street, South Grafton NSW 2461 • 02 6642 2344 • gillwinga-p.school@det.nsw.edu.au • www.gillwinga-p.schools.nsw.edu.au

Principal: Mr Phil Cavanagh



it also help with our organisation and reduces the amount of time that teachers and office staff spend making phone calls to make sure we have all the required information.

SCHOOL PRESENTATION DAY

All parents/carers are please asked to make sure they have Tuesday 6th December marked on the calendar as our school Presentation Day. Traditionally our Presentation Day is held during our morning session and we would like to see as many parents/carers and community members attend this very important event on the school calendar. More information will be sent out closer to the actual date.

YEAR 6 FAREWELL DINNER

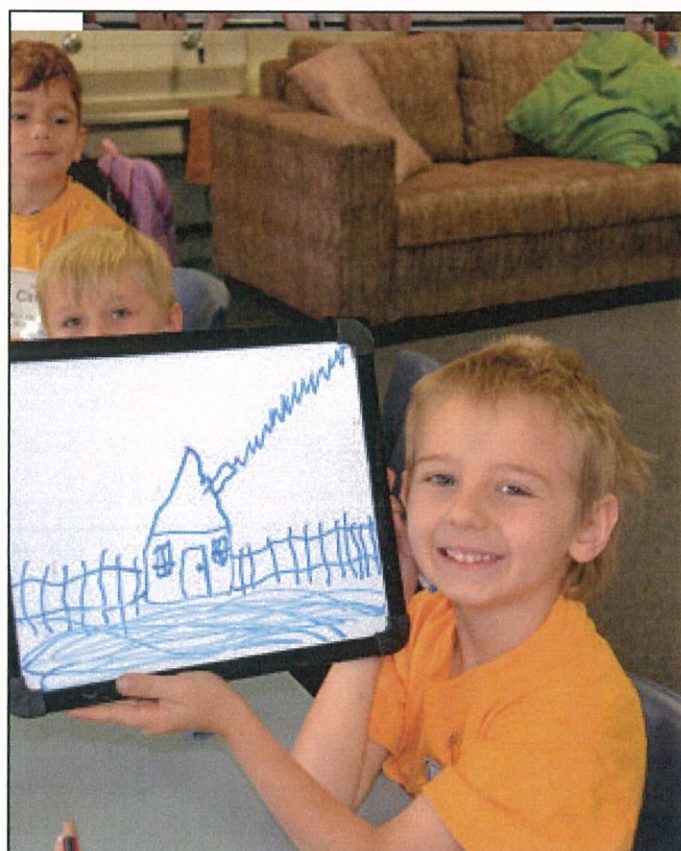
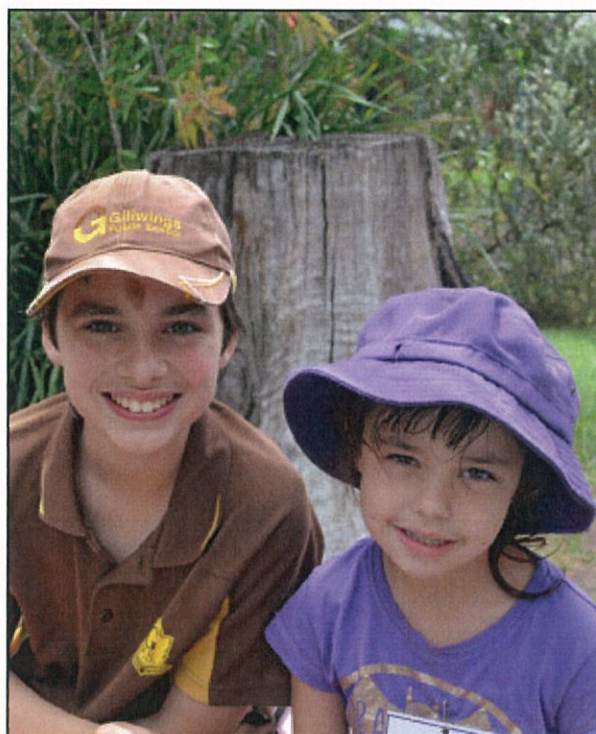
Parents/carers of year five & year six students are reminded that the due date for money to be paid for this year's farewell is Friday 24th November. The farewell will be held on Thursday 8th December at the Grafton District Golf Club.

THOUGHT FOR THE WEEK

'Live life to the fullest and focus on the positive' – Matt Cameron

CANTEEN ROSTER

Monday 7th November: Kylie Kelly





YOU CAN DO IT

RESILIENCE

Definition:

What People Who Are Resilient Look Like

- They manage their nerves when they have to perform in front of people.
- They calm down quickly after getting very upset.
- They can discuss how they are feeling.
- They don't get frustrated if they don't understand something straight away.



Emotional Resilience



COMMUNITY NEWS

Free workshop for parents & carers of young people on the autism spectrum!

Casino - 16 November

Register your place:

positivepartnerships.com.au

 positive partnerships



Christmas time: think family!

Summer is a lovely time together, and Christmas is special family time. When you're thinking of gifts, consider ideas that bring the whole family together in fun:

- Does everyone have a bike? Does the bike need accessories: helmet, bell, tassels, basket?
- Board games are a fabulous way to spend some time as a family
- Towels for the beach or pool or river, creek or dam
- A magnifying glass and drawing pad to go exploring the backyard plants and animals
- Healthy recipe book for family fun in the kitchen
- Craft and painting on an outside table (in the shade, and don't forget sun protection!)
- Is it a good time for you and your child to learn the lifelong skills of washing the car, vacuuming, washing up and cleaning the bathroom together?

Clarence Valley Conservatorium presents



Streeton Trio

Named after the Australian Impressionist painter, Sir Arthur Streeton, the Trio has received great acclaim for performances in venues such as Wigmore Hall, Het Loo Royal Palace (Holland), Shanghai Oriental Arts Centre, Melbourne Recital Centre, Trondheim Festival, Apeldoorn Festival, Pablo Casals Festival (Prades) and Bangalow Festival.

Sunday 13 November, 2016 2.00pm
Clarence Valley Conservatorium
8 Villiers Street, Grafton

TICKETS \$25 adults, \$5 student (U18)
Available from Clarence Valley Conservatorium

Masterclasses for piano, violin, cello and ensemble
Ph. 6643 3555 for more information

Beautiful Healthy Teeth

Beautiful healthy teeth are a great asset.

Teeth are necessary for speech, to eat nutritious food and for smiling.

Plaque needs to be removed properly, twice each day to keep the teeth strong and healthy. Plaque is a white, furry layer that forms naturally on teeth every day, due to the food being broken down by the bacteria in the mouth.

Brushing once a day may not be adequate to prevent tooth decay. Many parents don't realise how difficult it is for children to clean their teeth effectively. Children up to ten years may not clean teeth adequately, leaving plaque which will continue the decay process. Adults are advised to brush children's teeth first then let their child take over the tooth brushing, so they can learn to perform the necessary movements correctly.

Tooth brushing of older children should also be supervised closely. Thorough tooth brushing takes 2-3 minutes.

- Use a pea sized amount of fluoride toothpaste on a soft toothbrush.
- After brushing, spit out the excess toothpaste and don't rinse. This leaves a small amount of toothpaste in the mouth to continue to offer protection.
- Make tooth brushing a fun family activity. Try some of the many toothbrush timing apps available to assist children to be motivated.