

2021
Term 1, Week 7

GILLWINGA GAZETTE

BE RESPECTFUL, MAKE IT SAFE, TAKE RESPONSIBILITY



UPCOMING EVENTS

Week 8

Thursday 18th - March Big Veggie Crunch
Friday 19th March - School Cross Country

Week 9

All week - swimming lessons for years 1-3

Week 10

Easter Hat Parade
Thursday 1st April - Last day of term 1



SCHOOL BANKING PROGRAM

Gillwinga Public School is excited to offer the Commonwealth Bank School Banking program to all students.

School Banking is a fun, interactive and engaging way to help teach your child about money. Children who deposit money into their Youthsaver account through School Banking earn Dollarmites tokens, which they can save up and redeem for exciting rewards.

School Banking is also a great fundraiser for our school. Our school receives a Regular Savers Contribution of \$5 for every 10 deposits processed per student as well as an Annual Contribution which is based on the number of students who made at least one School Banking deposit in the prior year. For more information about contribution payments, visit www.commbank.com.au/sbinfo

Getting involved in School Banking is easy!

All you need to get involved in the School Banking program is a Commonwealth Bank Youthsaver account. You can open an account for your child in one of two ways:

1. Online

Visit commbank.com.au/schoolbanking and click on the link to open a Youthsaver account.

2. In branch

Visit a Commonwealth Bank branch with identification for yourself and your child, like a driver's licence and birth certificate.

If your child has an existing Commonwealth Bank Youthsaver account they can start banking straight away. They just need to bring their deposit in every week on School Banking day using their Dollarmites deposit wallet.

School Banking day is Tuesday.

If you would like to know more about School Banking, please ask for a 2021 School Banking program parent guide from the school office or visit www.commbank.com.au/schoolbanking



Assembly Schedule

Due to Covid-19 restrictions requiring a certain square meterage per person we are only able to have a limited amount of parents attending assemblies this term. To ensure we adhere to these rules **STAGE PARENTS ONLY** are invited to the following assemblies:

Week 7 - Stage 1 (Years 1+2)

Week 8 - Stage 2 (Years 3+4)

Week 9 - Stage 3 (Years 5+6)

This means that if your child is in Stage 1, you may attend the assembly in Week 7. If you have children across multiple stages you may attend multiple assemblies.

All visitors are required to sign in using the covid safe app or webform page.

Thank you for your understanding.

Recipe

Tuna Potato Bake

Ingredients

700 g potatoes	3 tsp chicken stock powder
2 zucchinis	2 cloves garlic
410 g can whole kernel corn	200 g can tuna in spring water
50 g butter	1/4 cup plain flour
1 2/3 cups milk	1 tsp Dijon mustard
3/4 tsp dried dill	
1 3/4 cups grated tasty cheddar cheese, divided (175g)	

TO SERVE

250 g green beans

Peel potatoes and dice into 1-2cm cubes. In a large saucepan, dissolve chicken stock powder in approximately 1.5L boiling water. Add potatoes and boil for 15 minutes, until tender. Meanwhile, grate zucchini and pat with paper towels to remove excess moisture. Crush garlic and drain cans of corn and tuna.

Make the cheesy sauce by melting butter in a medium saucepan over a medium heat. When butter is bubbling, stir in flour and cook for 1 minute. Slowly whisk in milk and cook until mixture has thickened (approximately 5 minutes). Stir in mustard, dill and 1 1/4 cups cheese until cheese has melted. Season to taste with salt and pepper. Add zucchini, garlic and drained corn and tuna.

Turn oven on to the grill setting. Drain potatoes well and combine with the cheesy sauce mixture. Pour into a large oven-safe dish and sprinkle with remaining cheese. Place in the middle of the oven and grill until cheese is golden brown (3-5 minutes). Watch it carefully! Remove from oven and leave to rest for 5 minutes.

PREPARE BEANS: While potato bake is resting, trim the ends off the beans and microwave for 2 minutes, until tender.

SERVE: Serve portions of tuna potato bake with beans on the side.

Magazine thoughts

Sometimes, we find our children can differ hugely in the way that they deal with angry or sad thoughts, feelings and emotions. We might have one child that may deal with trouble really well and come out okay, but another that can't handle it and becomes very upset and they may experience it negatively.

If your child does tend to become upset and they find it hard to overcome difficulties, this can be due to the child getting themselves into a 'pattern' of negative or bad/sad thinking. When this happens, it can be helpful to ask your child to treat their thoughts like reading a magazine. When they read a magazine and look at the pictures, they should not believe everything they read, as some information is over the top and untrue. Ask your child to treat their thoughts in the same way; they don't have to believe or act on every thought they have, as our thoughts and beliefs are often untrue!

For example: If your child is upset as another one of their friends didn't say hello to them, ask them to treat their thought like reading a magazine. Is it true? What could be another explanation, could their friend have not seen them, or could their friend be in a bad mood and it has nothing to do with them?

Teaching children to have a good, hard look at their thoughts can help them understand that we don't always need to believe everything our thoughts tell us.



Notice Board

Boom Bang Boogie

The first Boom Bang Boogie of the year - for students who have been learning for more than one year. Participants will spend the day working with CVCon tutors on concert band music. For students learning wind, brass and percussion instruments.

Monday 19 April
9:00-2:30

Sharon Davidge

The first concert of the 2021 Sunday Series. Nine concerts throughout the year will feature tutors of the Clarence Valley Conservatorium and guests.

CVCon flute tutor Sharon Davidge presents the first concert featuring a wide variety of music and guest performers.
Sunday 21 March 3:00pm



2021 Young Guns

Got A Little Soccer Star ???

South Services Gunners Is Seeking Girls & Boys 3-4yrs
& Nervous 5yr olds To Be Future Soccer Stars

Cost - \$50
15 Week Season
Club Shirt Included

Multi Skill Training
And Fun Games
Lead By Professional
Brazilian Futsal Coach Renan Fenerich

For More Information:

****Find Us On Facebook****

South Services Gunners Soccer Club

Email: southservicesgunners@gmail.com



2021 SEASON PLAY SOCCER WITH THE GUNNERS

5 - 14yr old Girls & Boys All Inclusive.

Online Registrations Open February 1st !!

To Register: www.playfootball.com.au

Get Your \$100 Active Kids Voucher

www.service.nsw.gov.au

****Find Us On Facebook****

South Services Gunners Soccer Club

Email: southservicesgunners@gmail.com