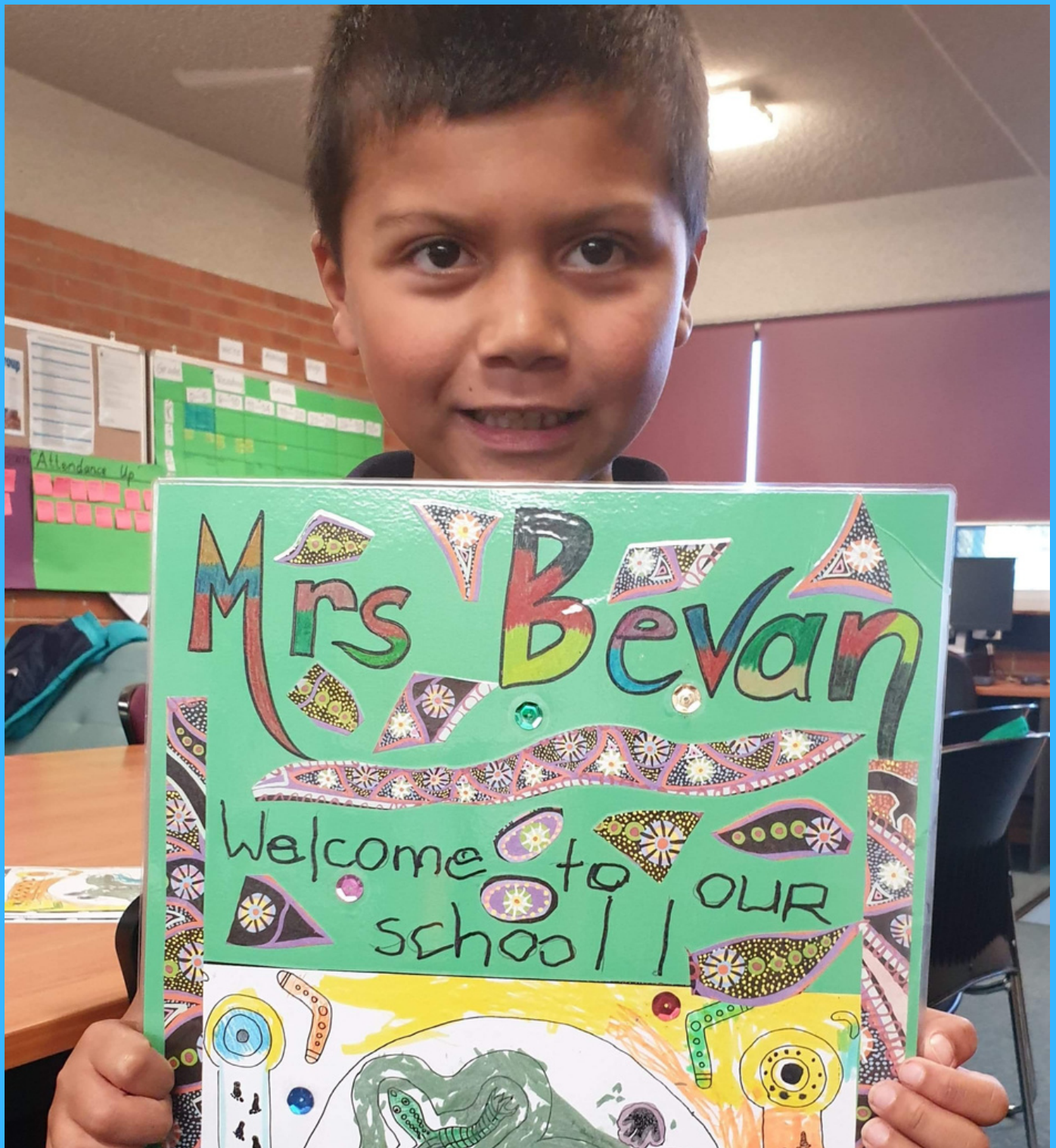


2021  
Term 2, Week 3

# GILLWINGA GAZETTE

BE RESPECTFUL, MAKE IT SAFE, TAKE RESPONSIBILITY





# UPCOMING EVENTS

## Week 4

All Week - YR 3 + 5 NAPLAN Testing

## Week 5

Wednesday 19th May - National Simultaneous Story Time

Thursday 20th - PSSA Touch Competition



# PRINCIPALS ADDRESS

By Lesa Bevan

Dear Parents, Carers and Friends,

I'm pleased to introduce myself as the Acting Principal of Gillwinga Public School, for the remainder of this term. I was very fortunate to be offered the position following the Department's Expression of Interest selection process. I have come to Gillwinga as an experienced Principal of Harwood Island PS, Carrathool PS, Yoogali PS and Goolgowi PS for the past 11 years. My husband and I recently moved to Cowper from Maclean. Our children have all grown and left home and live all over NSW. We are now proud grandparents of the cutest and cheekiest, 9 month old little girl.

Gillwinga has a great record of providing quality teaching and learning programs for its students and I have Mr Patterson to thank for working so hard to make this a great school. I am keen to get to know all the children and families and continue to help them grow and achieve their best. The staff are dedicated and hard working and I'm looking forward to being part of this dedicated team.

Please feel free to introduce yourself as I want to continue the great partnerships already established between the school and the wider community.

## **Australian Early Development Census**

In the next few weeks, our school, along with thousands of others across the country will begin preparations for the fifth Australian Early Development Census (AEDC).

The AEDC gives us a national picture of the development, health and wellbeing of children in their first year of full-time school. Since 2009, the census results have helped communities, schools and governments plan services and develop better policies to target support for children and families.

Children don't miss any class time, and parents/carers don't need to supply schools with any new information for the census. The AEDC gives us data at a school and community level - it isn't an assessment of individual children.

Participation in the AEDC is voluntary. Parents/carers don't need to take any action unless they choose not to include their children in the census.

To find out more about the census and how communities are using the data to help children and families visit the AEDC website: [\*\*www.aedc.gov.au\*\*](http://www.aedc.gov.au).

If you have any questions, you can contact Mrs Bevan.

## School Uniform

On my first day here I was so impressed with the way students present in their uniform. It's great to see the pride and respect shown by everyone wearing our uniform. That being said now that the weather is getting colder in the mornings, please remember to label your child's jumper / jacket clearly with their name. When jumpers are taken off at lunch they are often left in the playground and we can return them quickly when names are clearly written. We have had a few jackets go missing this term. Can I also ask if parents can check their children's bags to see there is a jacket that has been picked up by mistake so it can be returned to school.



# Cross Country Results

Two week ago roughly 40 runners competed for Gillwinga at the Small Schools Cross Country. 2 days later, 19 students competed at the Clarence District Carnival and now 8 runners have made it through to the Zone Cross Country at Nana Glenn this Friday. Good luck to all the runners competing this Friday and whatever the outcome, just remember you are among the best in the Clarence.

Clarence Small School Cross Country Results		
8/9 Girls & Boys 2000m	5 <sup>th</sup> Zakya Lee 6 <sup>th</sup> Annalyse Dwyer 7 <sup>th</sup> Luna Kellet 8 <sup>th</sup> Logan Tozer	1 <sup>st</sup> Brenton Duroux 6 <sup>th</sup> A'Didas Kennedy
10 Girls & Boys 2000m	4 <sup>th</sup> Nevaeh Morris 5 <sup>th</sup> Jacquelyn Kelly	5 <sup>th</sup> Elijah Mobbs
11 Girls & Boys 3000m	2 <sup>nd</sup> Ne'Kisha Kennedy 6 <sup>th</sup> Jaala Bowden	2 <sup>nd</sup> Jaken Gardiner 5 <sup>th</sup> Maleek Lee 6 <sup>th</sup> Josh Davis
12 Girls & Boys 3000m	1 <sup>st</sup> Angel Robinson 2 <sup>nd</sup> Azaria Harvey 5 <sup>th</sup> Ciarna Gardner	2 <sup>nd</sup> Leenandan Newell 3 <sup>rd</sup> Liam Adkin 5 <sup>th</sup> Paul Davis 6 <sup>th</sup> Henry Brown

Clarence District Cross Country Results		
8/9 Girls & Boys 2000m	Annalyse Dwyer Luna Kellet	
11 Girls & Boys 3000m	Ne'Kisha Kennedy	Jaken Gardiner
12 Girls & Boys 3000m	Angel Robinson Azaria Harvey Ciarna Gardner	Leenandan Newell



# Talking About Mental Health



## INQUIRY DO's

- Ensure they know you are available to talk to
- Stay calm and connected
- Listen and find out what your child needs
- Consider language and tone of voice
- Make positive statements about hope and help seeking
- Give your child a choice about where to go for help
- Recognise that if they are self harming, this may be their main coping strategy



## INQUIRY DON'Ts

- Don't get angry
- Don't use shaming or blaming language or be judgemental
- Don't interrogate and grill for answers
- Don't give advice
- Don't insist on them stopping now
- Don't make promises you can't keep
- Don't carry the entire burden alone; get help with your own reactions

# Attendance

The Education Act (1990) states that children must attend school unless there are justified reasons for an absence. All absences must be explained to the school within 7 days of the absence.

What should I do if my child has to stay away from school?

- It is important to let the school know if your child will be away and why your child was absent.
- Unless you have already contacted the office or sent a note into your child's teacher, a note will be sent home for you to fill in explaining why they have been away.

Tips to help you get to school on time every day.

- ☐ Make sure your child understands why school is important
- ☐ Show your child that you are interested in what they have done at school
- ☐ Get as much as possible ready the night before school
- ☐ Arrange appointments before or after school or during the schools holidays
- ☐ Set your alarm and your child's alarm clock, see who can beat the clock!
- ☐ Remember children can have breakfast at school
- ☐ Set off a little bit earlier if you walk



## Punctuality

It is important that your child attends school every day and on time.

Arriving late to school is unsettling for children and disrupts the start to their day.

Did you know?

10 minutes late every day = 33 hours lost learning each year!!

Can your child afford to miss out?



# Notice Board

Get involved in the 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 the importance of saving. Children who deposit money into their Youthsaver account through School Banking will earn an exciting reward everytime they reach 10 deposits.



The rewards available during 2021 are:

- oTerry Denton's Activity Book
- oScented Stackable Highlighters
- oMini Soccer Ball (size 2)
- oIcicle Slapband Ruler
- oTreetop Stationery Set
- oSnowy Origami Set
- oTreetop Handball
- oWater Skimming Bounce Ball
- oTomato Seed Kit
- oPolar Pencils & Pencil Toppers
- oEmoji Wallet
- oScratch Art Cards

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](http://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 [www.commbank.com.au/schoolbanking](http://www.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 <day>. Each week you need to <insert process for handing in book>.

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](http://www.commbank.com.au/schoolbanking)



## Healthy Lunch Box recipe

### Layered mixed potato bake



#### Ingredients

Olive oil spray  
2 large potatoes, peeled & thinly sliced lengthways  
1 large sweet potato, peeled & thinly sliced lengthways  
2 zucchinis, thinly sliced lengthways  
½ cup frozen corn kernels  
½ cup frozen peas  
8 eggs, lightly beaten  
½ cup reduced-fat milk  
½ cup reduced-fat Ricotta  
½ cup reduced-fat tasty cheese, grated  
1 tsp fresh thyme, leaves picked

#### Method

Preheat oven to 180°C. Line and spray a 20cm square cake tin with olive oil.

Steam the sweet potato and potato until just tender.

In the base of the cake tin, layer half of the sweet potato followed by half of the potato, then ¼ cup frozen peas and ¼ cup frozen corn. Top with a layer of half the zucchini. Repeat.

Mix the eggs, milk, ricotta and ¼ cup of the cheese in a jug. Pour over the vegetables. Top with remaining grated cheese and the thyme.

Bake for 25-30 minutes or until golden and set. Cool for 5 minutes before serving.

For more recipes visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box