

2021
Term 3, Week 1

GILLWINGA GAZETTE

BE RESPECTFUL, MAKE IT SAFE, TAKE RESPONSIBILITY





UPCOMING EVENTS

Week 2

Tuesday 20th July - Online Public Speaking
- Clarence District Athletics
Discuss and 1500m

Friday 23rd July - Clarence District Athletics Carnival

Week 3

Thursday 29th July - Year 5 Transition CAPA Day

Week 4

Thursday 5th August - Ready, Set, Go! 9.10 - 11am

Week 5

Thursday 12th August - Ready, Set, Go! 9.10 - 11am

A reminder for all families

Students should not attend school if unwell, even with mild symptoms of COVID-19.

Any person with any COVID-19 symptoms will be sent home and should not return until they have received a negative test result and are symptom-free.

In circumstances where children have other medical reasons for recurrent symptoms a letter from their GP is sufficient to negate the requirement for a negative test.

Anyone who is unwell with COVID-19 symptoms is strongly encouraged to get tested and self-isolate until a negative result is received. Find your local testing clinics.

RECIPE

TRY THIS AT HOME:

Curious Curry Chicken



You will need:

2, 4-ounce boneless,
skinless chicken breasts
4-ounces plain or vanilla yogurt
(or soy yogurt)

PREP TIME: 10 minutes

1 1/2 teaspoons cilantro
1 1/2 teaspoons curry powder

Chicken and yogurt, that's curious!

1. Preheat oven to 375 degrees Fahrenheit.
2. Combine yogurt, cilantro and curry powder in a shallow bowl.
3. Add chicken to yogurt sauce and coat evenly.
4. Place chicken in a greased casserole dish.
5. Spoon remainder of yogurt sauce on top of the chicken.
6. Bake chicken for 35 minutes or until the inside temperature is 165 degrees Fahrenheit.

SERVING SIZE: 1 chicken breast

Fun Fact

Chicken is naturally lower in fat than many meats. But watch out breaded and fried chicken have lots of added fat. For healthier options, try eating baked or grilled chicken. Remove the skin from chicken for an even leaner dish!

FOR PARENTS TO PONDER

by our Student Support Officer and Learning Support Teacher

Welcome back to term 3!

Attendance is still a priority for us all here at Gillwinga.

Our weekly raffle will still be run every Friday for students who have attended every day for that week. As well as a pick from the prize box, students will get a voucher from the Burrito Bar in Grafton that will give them a free regular classic burrito, a regular fries and a can of soft drink.



At the end of term each student who has attended all day ,every day for the term will receive a book prize. Last term there were 12 students who earned this prize.

Our attendance continues to improve. Thank you to everyone for the efforts you put in to get children to school on time each day.