



GULGONG PUBLIC SCHOOL

In Focus

LEARNING TODAY - LEADING TOMORROW

Term 3, Week 3

6 August, 2018

Calendar

August

Friday 10th August	Yr 6 Canberra Excursion Final Payment
Wednesday 15th August	Education Week Celebrations
	Zone Athletics - Mudgee Walkers Oval
Tuesday 21st Aug - Friday 24th August	Year 6 Canberra Excursion

September

Friday 28th September	End of Term 3
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October

Monday 15th October	Start of Term 4
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A massive thank you to our wonderful school community for helping us raise funds in support of the Heart Foundation. The students had a great day learning about healthy eating, sun safety and the importance of looking after our bodies. Volunteers from the cancer council visited and spoke to the whole school about healthy lunch boxes and sun protection. This was an interesting and practical experience for Mr Howes who demonstrated how we slip, slop and slap!

All money raised will be entered and deposited ASAP. Student prizes will be delivered upon arrival.



*New Opening
Times*

UNIFORM SHOP

Tuesday mornings - 9.30 am - 10.00 am

Friday mornings - 9.30 am - 11.30am



**The Canteen really need some help
especially between the hours of 10 & 12 pm.
Fridays are the busiest days .**

PRINCIPALS MESSAGE



Helping Kids Stay Healthy

The Crunch & Sip program has been operating every morning at Gulgong Public School for several years, and we believe it is an easy way to help children stay healthy and happy!

This program has been joined with our Breakfast club initiative to give GPS students the best possible start to each day.

It is a set break to eat fruit or salad, vegetables and drink water while the children are in the classroom. Students refuel with fruit or vegetables during the morning, assisting physical and mental performance and concentration. This gives students a chance to refuel, a bit like putting petrol in a car.

Each day students bring fruit or salad, vegetables to school to eat. Each child has a bottle of water in the classroom to drink throughout the day to prevent dehydration.

Through Crunch & Sip, our school demonstrates our commitment to nutrition education in the classroom, by making links with the curriculum and creating a supportive school environment. The Crunch & Sip break gives children the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox or not be eaten at all.

The objectives of the Crunch & Sip break are to:

- increase awareness of the importance of eating fruit or vegetables and drinking water every day
- enable students, teachers and staff to eat fruit or vegetables during an allocated Crunch & Sip break in the classroom
- encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports and excursions
- encourage parents to provide students with fruit or vegetables every day
- It is important that children bring fresh fruit and vegetables that have been cut up and in a small container.

Some of our younger students find it difficult to eat through an apple in 10 minutes. Tinned fruits and yoghurts are discouraged during this break.

Some suggestions would be sliced apple, grapes, orange or mandarin segments, carrot or celery sticks or squares of rockmelon



This Friday Years 3 & 4 will travel to Cudgong Public School to attend the Mudgee (Young) Readers' Festival. Could all the students please return their permission notes and payment of \$10

**PAYMENT
REQUIRED**

**Final Payment is due
for the Year 6 Excursion
this Friday
10 August 2018.**



CANBERRA INFORMATION SESSION

This Wednesday afternoon at 5pm in the school Library our teachers and Mr Lewis will be having an information session for all students going to Canberra. The afternoon will be a short session that will outline the itinerary for the four days, student behavioural expectations and provide an opportunity for parents/carers to answer any questions. All information regarding itinerary, what to pack, accommodation contacts etc will be sent out regardless of your attendance at this session.

YEAR 1 HAD A FANTASTIC DAY AT RED HILL ON FRIDAY



"Supporter's Bale Day"

We will be holding a Supporter's Bale Day on the Friday 7th September, 2018.

Support your favourite sporting team by wearing their colours and donate a gold coin to support the 200BALES drought relief.



Last Wednesday Stage 3 participated in the annual Shine and Rock Day. The purpose of the day is for the students to engage in a range of activities that focus on self esteem, puberty, hygiene and exercise. Boys and girls were delivered a number of organised presentations by local employees.

A massive thank you must be given to Miss Ryan who organised the day, Mrs Crouch who gave some useful healthy hair tips, Mrs Davies for sharing her artist talents, Mr Murphy for teaching our boys about becoming men, Miss Hugo for her aerobics advice on exercise and the local nurse at Gulgong Hospital who provided our girls with a great session on puberty.

Silver Coin Challenge

Congratulations to all students we raised \$301.30 in the first week of the challenge.

3 /4 BLUE

are leading the challenge raising \$54.95



ENROLLING KINDERGARTEN for 2019

Enrolments are now being taken for Kindergarten 2019.

Enrolment packs are available at

Gulgong Public School, Gulgong Pre School and Happy Days.

For more information please phone the School Office - 6374 1622.

Our information Session for Kindergarten 2019, will be held Term 4,

Wednesday 24th October, 2018.

The first information session commences at 1.00pm and the evening session commences at 5.00pm.

“Kindy Kapers” commences Term 4, Wednesday 31st October, 2018.

Session1: 9.30am - 11.30am

Session 2: - 1.00pm - 3.00pm

Limited spaces are available.

Please return all required papers when enrolling.

**ZONE ATHLETICS
CARNIVAL IS THIS
FRIDAY.
BE AT SCHOOL BY
8.00 AM TO CATCH
THE BUS.
BUS WILL LEAVE AT
8.15 AM**

Congratulations to Baden Lewis who was selected in the Cudgegong Valley Zone Cricket team. Baden will trial for the Western team in Dubbo on the 24th August. Best of Luck Baden.



**This Week's Uniform Winner is
Kobey of 2 BLUE**