



Calendar 2020

March

Wednesday 11th	P & C Meeting 5.00pm in the Staffroom
Friday 13th	Western Swimming Carnival Dubbo Yellow Day For Kindergarten LAST DAY TO REGISTER TO TRAVEL ON THE EASTEND BUS SERVICE
Tuesday 17th	Senior Citizens Concert
Wednesday 18th	Author Visit Years K-2
Thursday 19th	Movie Night Fundraiser Years K-6 4.30pm - 6.00 pm
Friday 20th	Bullying - No Way (National Day of Action)

THANK YOU



A massive thank you to Mrs Belinda Davies. Belinda has been working at Gulgong Public School for the past 18 months and has come up with this fantastic artwork for our refurbished library. Full credit to Bel for all her work with this painting, it looks amazing. Thank you from the whole of Gulgong Public School.

**P & C Meeting
Tomorrow Night
Wednesday 11th March**



Our first P&C meeting will be held tomorrow night in the school staffroom starting at 5.00pm. We will be discussing the Welfare of students at Gulgong Public School as well as the enrolment and suspension policies. If you would like your say about any of these issues please attend the meeting.

Zone Swimming Carnival

Gulgong hosted a very successful Zone Swimming Carnival last Wednesday afternoon with several of our students successful in gaining selection to the Western Swimming Trials this Friday at Dubbo. The following students were successful in gaining selection in events.

- Mikaylah Trevithick: 50 Freestyle
 - Ella Parkins: 50 Freestyle
 - Ava Lewis: 50 Free, Backstroke, Breaststroke
 - Brodie Dunk: 50 Free, Backstroke
 - Kendall Brown: 50 Breaststroke
 - Chloe Mackenzie: 50 Butterfly
- Our Junior Girls, Senior Girls and Senior Boys Relay Teams were also successful in making it through to the Western Trials.

These teams were made up of: Ava Lewis, Alivia Trethick, Ella Parkins, Ruby Magro, Indianna Lucas, Kate Hamson, Taylor Haney, Summer Warner, Brodie Dunk, Reuben Farr, Brennan Auckett and Beau Trevithick. Best of luck to all of these swimmers at Dubbo on Friday.



PRINCIPALS MESSAGE

We started the Second Step Program last Thursday after assembly. Mr Howes spoke about the program and gave the kids an introduction. We are hoping that this program will help with the social and emotional confidence of our students at school. One aspect we are hoping may improve is their confidence.

A person who is confident is someone who is sure of their own abilities and qualities.

Over the past few days I have noticed a number of children exhibit wonderful qualities of compassion, empathy and confidence both in the classroom and in the playground. Confidence is something we can't teach, but we can provide opportunities where children can gain confidence in themselves and their abilities. Building a child's self-esteem starts from birth. The key is "unconditional love". If a child feels a parent's affection, confidence will develop naturally. As teachers we see children develop in the classroom much more when they are confident in what they are doing. Reading doesn't seem as difficult if they have "that edge". So how do we instil this in our children? I was reading an article the other day about encouraging confidence in children and several aspects popped out for me. As parents we do these things but there were times I wished I had been reminded of them.

Firstly it's important to believe in your child and show it. Let them know they're worthwhile and loved.

Always give praise and positive feedback. Your child will measure their worth and achievements by what you think of them.

Say "Well done, that was hard, and you did it" also reassure them that it's OK to make mistakes and that it's all part of growing up.

Practise active listening and listen carefully. Repeat what you've heard to make sure you understand and give positive prompts to encourage your child to continue. Make sure you acknowledge their feelings and help them express them verbally: "I'm upset because ..." or "I feel happy when ...". You may need this one in the afternoons when you ask "How was your day"?

Only criticise behaviour, not your child. It's very easy to fall into this trap, but too much criticism tells your child they're a bad person. Ensure you respect your child's interests, even if they seem boring to you. Take a genuine interest in your child's friends, and what's happening at school. Accept any fears or insecurities

your child expresses as genuine, even if they seem trivial to you, don't just brush them aside.

If your child says "I'm useless at maths" reassure them that everyone has strengths and weaknesses and support them to improve their Maths.

I saw our students get a great dose of confidence last Wednesday night when competing at Zone swimming. A lot did not win but they had a go and they are better for it.

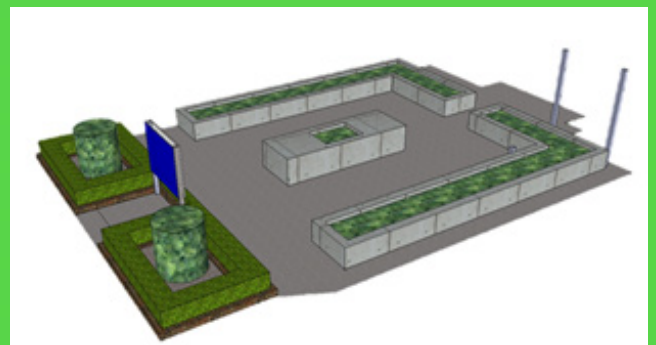
David Lewis



**Grandparent's
Concert
Tuesday 17th
March 2020
10.00 am**

Grandparents are invited to attend the concert in our school hall then to have morning tea and lunch with your grandchild/grandchildren in the playground.

**Exciting things happening with our
Vegetable Garden. The new Design
"Watch this Space"**



**A BIG Thank You to the
Parkin's Family
for the
Donation to our Breakfast Club**



CLASS IN FOCUS

4W



In 4W this term we have been working enthusiastically on our writing. Students have enjoyed being able to express their thoughts using descriptive language on the topic 'The Best Part of Me'. Students wrote about what they thought the best part of them was and why. Everyone eagerly published their writing using laptops and displayed it with their picture.

We have had fun working on math strategies and making multiplication monsters to consolidate our learning of arrays, repeated addition and inverse operation. Also, students have enjoyed working collaboratively during our reciprocal reading sessions this term, exploring the topic 'Drowning in Plastic' and the effects plastics have on our oceans and marine life. All students have worked hard on learning the roles of predictor, clarifier, questioner and summariser and are using these four comprehension strategies to help develop their skills to become effective readers and learners.

Students expressed their crafty talents by colouring with pastels, using warm tones and blending techniques to create some awesome firemen artwork in honour of our rural bush fire volunteers. Students were proud to have them displayed at the Gulgong Show.

We are now busy practising our poem and getting ready for the Senior Citizen

Concert coming up



Wellbeing Week Term 1 2020

Last week we celebrated Wellbeing Week here at Gulgong Public School. Over the week students and staff participated in different activities including class cooking, yoga, buddy activities, Book Fair, discos and a free afternoon. Wear What You Want Day on Friday raised \$263.20 which is going towards Stage 2 Fundraising for the Frozen Musical in Term 3.

IMPORTANT

Eastend Bus Service still have a lot of unregistered travellers on their buses. All registrations need to be finalised by Friday 13th March or a fee will be charged per child per trip. You need to register your child if they are new to the bus and update when entering Year 3 & Year 7.



Thank you to Cooper & Peyton Ellery, Lynne Hawkins, Blake & Sophie Norris & Sarah Kate Lyn Hawkins for donating books to the School at our Book Fair last Wednesday.
 Congratulations to our Book Fair Winners



Cricket

Our Boys played Mudgee Public School in the first round of the PSSA cricket last Monday. Unfortunately the Gulgong boys were no match for a very strong MPS team. All the boys gave their best and we did have a few stars with the bat in the first innings.

Sonny Magro lead the team from the front with 37 before being bowled trying to launch one into the river. George Honeysett also contributed with 22 and the surprise packet Reuben Farr made 9NO. All up we got 102 from our 25 overs.

The leaders of our bowling attack were Brennan Auckett with 0-12 off 3 and Lachlan Honeysett and Brodie Dunk both got 0-3 off their overs.

Considering for most of us that was our first game of cricket, well done boys.



Congratulations Brennan & George

Congratulations also to Brennan Auckett and George Honeysett for getting picked for the Cudgegong Zone Football (Soccer) team. These two boys will head over to Dubbo on the 20th March to trial for the Western Region Soccer team. Best of luck boys.

Uniform Winner



Allannah Cowley

