



# Gundagai South Public School

Principal: Mrs Pip McAlister  
**RESPECT, RESPONSIBILITY, CARE**

## NEWSLETTER

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Gundagai South Public School  
Luke Street  
Gundagai NSW 2722

Term 4 Week 10

16<sup>th</sup> December 2019

Dear Parents,

Our final week of school for 2020! What a year it has been.



A huge thankyou to everyone who has made a positive contribution to the school in any way at all - from those who have helped in the Canteen – under the guidance and amazing energy of **Lianne Blundell**, to those who have helped with transport to events, timekeeping, organising the canteen for carnivals and helping out, supporting and cheering students on at carnivals, helping in the classroom, attending events and assemblies throughout the year and to our small but very committed P & C group who have been so supportive throughout the year. A special thank you to our executive **Kerrie Stewart, Kelly Williams and Casey Norden** and **Lianne** – a huge thank you for the canteen. Thank you all those families and staff who have made significant

contributions to our raffles throughout the year and to those who have volunteered their time to sell tickets and sit on each of our stalls during the year. Thank you all those who have sold raffle tickets for us and to those wonderful community members who are constantly supporting us in their own quiet way. We appreciate the support from you all.

### *Residential Care and Uralba*

Congratulations to our wonderful students who performed beautifully on Friday for our elderly residents at Uralba and the Hospital. It was lovely to receive such warm applause and acknowledgement from our appreciative audiences. Positive comments from a wide cross section of people in the community ensures that our school and students are seen in a positive way within the community and our actions certainly speak louder than words. Thanks to the students, **Jess Fields, Kelly Williams and Lianne** with their assistance with the beautifully presented bags of coconut ice, bliss balls and shortbread. It was a nice gesture.



### *PBL Reward Day*

Students enjoyed their time at the pool with their sausage sizzle lunch making the most of the chance to cool off on a hot day. Thank you to **Lianne** for organising the BBQ and cooking our lunch with the help of **Mrs Matthews**.





### Got It! Program Getting On Track, In Time



Gundagai South, together with Gundagai Public School has been offered support for our current parents and students who are in Kindergarten and Year 1 to participate in a program called Got It! Got It is an early intervention mental

health program for children in Kindergarten and Year 1 and their parents and carers. The program helps parents and schools identify students who may be experiencing social and emotional difficulties and supports them to respond to difficult behaviours.

Children normally may display disruptive behaviours, however when such disruptive behaviours occur regularly they can negatively influence children's academic, emotional and social development.

By working together – with parents/carers and teachers the program aims to develop a consistent approach to create positive and sustained changes. This program runs for 10 weeks with up to 8 children at a time working together with a teacher and parent who will be required to attend the sessions together. These sessions will be held at Mirrabooka.

If you have a child in Kindergarten or Year 1 and you **do not** wish to be included in the program, please let me know by Wednesday this week. It is not about judging parents or children, but it is about offering support to families who are increasingly finding many challenges in today's world around parenting. Please take time to read the attached information

### Practise at St. Pat's and Singing



Today we will have been to practise for our presentation at St. Pat's and whilst there, the

choir entertained the local shoppers in the main street.

### Tuesday – Presentation

## Academic Awards

Don't forget – arrive by **6.15pm to St. Pat's Hall**. Full school summer uniform please – boys red shirt and shorts, girls in summer dresses. Thank you. Bring your money to support the P & C raffle.

### Raffle



Thank you to those parents and friends who have made a great effort to support the P & C raffle. We are still in need of more items, so if you haven't yet donated, please support the P & C. Please return your raffle tickets by tomorrow.

### Party

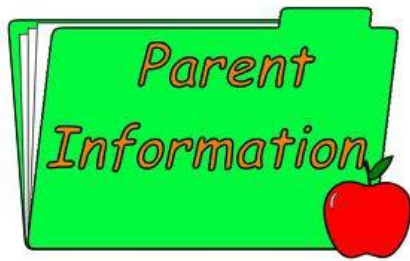


Don't forget – party day on Wednesday.

**No 'junk' food please.** Preferred food is: party pies, sausage rolls, cocktail frankfurts, fruit platters, sandwiches. Thanks



## P & C Minutes



The minutes from the P & C meeting held last week are attached for your information.

## Young Citizen of the Year



Our very best congratulatory wishes go to **Lilah Norden** who has been named as Gundagai's Young Citizen of the Year. **Lilah** will receive her award during the Australia Day Celebrations in Carberry Park on **26<sup>th</sup> January 2020**. We all know what a fabulous ambassador and student **Lilah** has been for our school,

excelling in her academic achievements on the sporting field, in the music and creative arts area as well as being a wonderful School Captain for our school.

In addition, **Lilah** has been a committed member of the community volunteering to participate in the local busking competition, the Community Choir as well as performing during ANZAC Day with the singing of the New Zealand National Anthem. **Lilah** is also heavily involved in swimming, Little Athletics having previously represented at State Level.

May we all congratulate **Lilah** on this fantastic achievement. Well Done **Lilah**.

## Happy Christmas



I would like to wish everyone a very Merry Christmas, a Happy New year and a very safe and Holy festive season.

Take time to enjoy the company of your children and cherish the time you have together. Have fun, be positive and enjoy the next few weeks.

**School resumes for students on Wednesday 29<sup>th</sup> January and we look forward to seeing you all again soon.**

Happy Christmas one and all.

Pip☺

# What is the Got It! Program?

- Children may display disruptive behaviours as a normal part of development.
- When disruptive behaviours occur regularly they can negatively influence children's academic, emotional and social development.
- Working with parents, carers, teachers and children to develop a consistent approach at home and school will help to create positive and sustained changes.

**Got It!** is an early intervention mental health program for children in Kindergarten to Year 2 and their parents and carers. The program helps parents and schools to identify children's social and emotional difficulties and supports them to respond to difficult behaviours.

**Got It!** is a school-based program delivered by specialist Child and Adolescent Mental Health teams in partnership with school staff.

**Got It!** teams work collaboratively with education staff, parents/carers and children to provide an evidence-informed approach to address these problems early and get on track in time.

NSW Health Child and Adolescent Mental Health Services (CAMHS) lead the school based program in partnership with the NSW Department of Education (DoE).

Note: This is not a referral program.

## Got It! aims to:

- Prevent the development of severe behavioural problems and conduct related disorders in young children;
- Prevent a range of mental health and behavioural disorders in later life;
- Improve the schools capacity to respond to children with conduct in a context where children and families can be engaged within the school setting.

## The target group program includes:

- Children the first 3 years of primary school, Kindergarten-Year 2;
- Their parents/carers;
- School staff, who work with this age group.

## Got It! can help by:

- Collaboration – building a partnership between schools and mental health;
- Improvement of schools' access to mental health professionals and support;
- Provide training and support for teachers;
- Targeted intervention for children showing signs of disruptive behaviour problems and their parents.

## Got It! will support:

- School staff: Program-related training and intervention specific guidance for primary school staff with ongoing support for schools via consultation;
- Parents and carers: Multi-level evidence based group parenting interventions;
- Children: Universal screening, targeted assessment and group intervention for indicated children in the school setting;
- Families: Streamlined referral to further services for identified children and families needing further support and/or intervention;
- CAMHS: Increased community CAMHS capacity to provide early intervention.



a little bit  
about us



THE GOT IT! PROGRAM INCLUDES...



# FUN FRIENDS

**FUN FRIENDS IS A 12 WEEK PROGRAM THAT WILL BE DELIVERED TO KINDER – YEAR 2 STUDENTS AT YOUR SCHOOL THIS COMING YEAR**

This program helps guide and nurture the social and emotional development of children aged 4 to 8. It uses fun, play-based group activities that teaches them to engage resilience early on.

The evidence-based, play-focused activities equip children with basic resilience skills in a way that is easy to understand and use in everyday life.

## CHILDREN WILL DEVELOP SKILLS IN...

- Smiling and making eye contact when communicating
- Speaking with a brave and confident voice
- Talking about and understanding their feelings
- Helping other people including family, peers and teachers
- Self awareness of body clues, eg. butterflies means nervous
- Relaxation techniques to help relax during stressful situations
- Approaching groups of peers and making friends
- Trying new things, different approaches to problem solving
- Identifying negative thoughts and turning them into positive thoughts

## FUN FRIENDS CAN HELP TO...

- Improve confidence
- Enhance social skills
- Increase ability to cope with stress and fear
- Improve ability to communicate better with adults
- Boost self-esteem
- Increase happiness and enthusiasm

## FEELINGS

*talk about your feelings and care about other people's feelings*

## RELAX

*Do 'milkshake breathing', have some quiet time*

## I CAN TRY!

*we can all try our best*

## ENCOURAGE

*step plans to a happy home*

## NURTURE

*quality time together doing fun activities*

## DON'T FORGET

*be brave! Practice skills everyday with friends/family*

## STAY HAPPY

FOR MORE INFORMATION...

P 02 5943 2721

E Casey.Tait@health.nsw.gov.au

[www.friendsresilience.org](http://www.friendsresilience.org)



THE GOT IT! PROGRAM INCLUDES...



## EXPLORING TOGETHER

This program is a 10 week early intervention program for selected children that may be at risk of developing emotional and behavioural problems, and their parents/carers.

### ABOUT THE PROGRAM

Up to eight children, one parent/carer for each child, and a nominated school teacher will be invited to attend 10 sessions over 10 weeks at school, during school hours.

The 2 hour sessions involve breaking away into separate interactive groups for children and parents, followed by a combined parent-child group.

### PARENTS/CARERS WILL LEARN ABOUT

- Children's milestones and development
- Catching your child being good
- Boosting self-esteem
- Identifying natural and logical consequences
- ABC model of behaviour management
- Teaching children to cope with frustration
- Strengthening family bonds

### CHILDREN LEARN TO

- Practice the Stop, Think, Do strategy of problem solving
- Identify emotions
- Talk about themselves
- Encourage empathy
- Improve social skills
- Self-soothe and calm down quickly
- Develop awareness of 'comfortable' and 'uncomfortable' body signals
- Send clear messages
- Boost self-esteem

### EXPLORING TOGETHER INVOLVES

- 1:1 play between the child and parent/carer
- Role-playing/puppet play
- Story books
- Arts and crafts
- Sharing of lunch
- Group work/group discussion
- Home activities



FOR MORE INFORMATION...

P 02 5943 2721

E Casey.Tait@health.nsw.gov.au

## Gundagai South Public School

### P & C Meeting 11.12.2019

Meeting Opened: 5.30pm

Present: Pip McAlister, Kelly Williams, Lianne Blundell, Kerrie Stewart, Libby Pollack

Apologies: Clare McAlister, Casey Norden

Minutes of Previous P & C meeting held on 06.11.19

Moved: Kerrie

Seconded: Lianne

Business Arising:

- Wellbeing Week was a great success, students and staff had a wonderful time and everyone benefited from the week.
- Kindy Transitions have finished.
- We do have some prospective students but with zoning it will depend where these people buy a house.
- Minilit Training: Kelly gained a lot out of this and is excited and enthusiastic to put it into place.
- Kerrie contacted Wendy in Tumut regarding dressmaking for us. Wendy is interested after she has settled into her new house.

Moved: Kelly

Seconded: Lianne

Correspondence:

Felton Industries, Outdoor Furniture for Schools brochure.

Shading Australian Schools brochure.

Moved: Kelly

Seconded: Kerrie

Treasurers Report as at 11.12.19

Term Deposit Account:

Current Balance: \$12,620.30

Interest Rate: 1.50

Review Date: 03.2.20

Canteen Account:

Opening Balance: \$7,850.78

Credits: \$618.25  
Debits: \$341.07  
Closing Balance: \$8,127.96

P&C Account  
Opening Balance: \$11,781.24  
Credits: \$0.50  
Debits: \$170.55  
Closing Balance: \$11,611.19

Moved: Lianne  
Seconded: Pip

#### Principals Report

- Enrolment Policy has an effect on us because of boundaries. However schools can be capped and unable to take on new enrolments.
- We need to continue promoting our school positively. We have a lot of fantastic things to offer and appreciate positive comments from parents and students.
- Pip met with Jeremy Pearce from Arcscape and received a quote for the Sensory Garden. Met with Dave Tout and Brad Norden also. We will look into extra grants to make this happen and just begin on it.
- Students in 3/5/6 wrote thank you letters to those people who visited our school for Wellbeing Week. Great learning opportunity for students about how to write letters and there were some wonderful letters as a result.
- Sunglasses will be offered to students at a cost. Green or Red with GSPS on the side encouraging students to care for their eyes in the sun.
- Frank the Auditor will be coming in 2020. Evidence will need to be collected and given to him.
- Pip met with Russell Graham to talk about Targets for the next 3 years and how to see growth academically.
- Gotit Program – Supporting families and students in K/1, Offers wellbeing support. Pip to find out more.
- Thanks to all parents and carers who filled out the survey and provided feedback. Pip will compile data and present it at a later date.
- Longterm Care Singing and PBL Pool Day happening Friday 13<sup>th</sup> December. Some students will not be attending due to behaviour not supporting our PBL values.
- Mrs Jackson visited on Tuesday 10<sup>th</sup> December. Has requested to take 12 months leave without pay due to health concerns.

Moved: Lianne  
Seconded: Kelly

General Business:

- Presentation Night, Tuesday 17<sup>th</sup> December. Students and Parents need to be there by 6.20pm for a 6.30pm start at St Pats Hall.
- Raffle, Thanks to parents and carers who have sent in items for the raffle. We appreciate it. If there are not enough items would the P & C buy some extra things.
- Casey has sent her resignation of Treasurer and hopes to encourage other members of the school to be involved in the P&C.
- We will be resubmitting for the Healthiest School Canteen to Murrumbidgee Health. 80% of schools are now compliant. Congratulations to Lianne and our school on being a leader in this initiative and paving the way for other schools. What a fantastic effort for a small school and a positive influence on our students and other schools.
- Newsletter hasn't been uploaded to website, that will be rectified.
- School starts back for Term 1 on Wednesday 29<sup>th</sup> January. Staff Development Day Tuesday 28<sup>th</sup> January.
- Wednesday 12<sup>th</sup> February, 6pm, will be the AGM. All parents/carers/citizens are welcome to join us.

Moved: Kelly

Seconded: Lianne

Next Meeting: 12.02.20

Meeting Closed: 7.30pm