



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 1 Week 2

1st February 2021

Dear Parents,

Welcome to the 2021 school year. With Friday being an unusual starting date for the school year, we had intended to get a head start with our swimming program, however this wasn't to be with the wonderful rain throughout the past few days. None the less, we will proceed with our first lesson today with our lessons continuing on Mondays and Tuesdays over the next 5 – 6 weeks.

New Students



It is with great excitement that we welcomed six new kindergarten students on Friday. We give a special welcome to **Nelly, Aalayha, Jasper, Tanner, William** and **Braylen** and their families to our school and I'm sure this will be the beginning of a very special and rewarding time in the education of the students. We also welcome **Tess** in Year 1 and **Mark** in Year 3 and trust that they too, will quickly and easily feel very comfortable and

welcomed into our school community. Of course we welcome back our returning families and students and look forward to hopefully experiencing a more normal school year for us all.

COVID Regulations



Visitors (e.g. contractors) to the school must continue to sign in using the sheets at the front office. In addition to this, QR codes must also be accessed by any visitors and these can be found at the main front gate and at the main entry points – front office, door to the 4/5/6 classroom.

Students and visitors are reminded that hand sanitiser is available for use by everyone at the front door and should be used by all.

Parents and carers are encouraged to download the NSW School Updates app to keep up to date with any important changes which may affect the school students.



Everyone is reminded that all students are expected to be attending school unless they are unwell or have a medical certificate to support their absence. Where students are absent for one day, please remember to fill out the absence note, including the reason for the absence and return it to school on the day your child returns to school. These are included with your newsletter to assist you in this process.



P & C meetings can proceed on school sites after school hours with a COVID Safety Plan in place. **(Our first P & C meeting for the year will still proceed at the Family Hotel, commencing at 6.00pm on Wednesday 10th February – everyone is welcome).**

Parents and carers are able to enter the school to purchase or pickup uniforms, drop off

students as required, meet with school staff with an appointment, attend parent orientation meetings (limited to 1 hour with a COVID safety plan). Outdoor community social events may proceed with some restrictions.

Non-essential adults are not permitted on school grounds or at school events. Parents and carers are generally not permitted on school grounds unless for the above reasons, or for canteen, essential reading volunteers, music or specific curriculum support.

Apologies for this detailed and probably confusing list of restrictions from the official NSW Government website. Hopefully we will get to hold an assembly at the end of term outdoors.

Staff Changes for 2021

STAFF

This year we welcome **Ms Sini** to the school for 5 days instead of 3. She will be teaching in the 4/5/6 classroom with me. I will be supporting students in smaller groups for literacy and numeracy through the week and hopefully find time to complete all those admin tasks as well.

Ms Sini will also be teaching Coding and STEM technology skills in the K – 3 room.

Mrs Hillier will be teaching students in Kindergarten to Year 3, until 1st March when we will welcome **Ms Dugdale** to the school who will teach the 2/3 students on Mondays and Tuesdays, before students return the **Mrs Hillier** on Wednesday, Thursdays and Fridays. There are many times throughout these days when the

class will be split with different curriculum activities such as Wednesdays when students attend different music classes.

Ms Dugdale joins us from Sydney's Oxley Vale where she is still committed until the end of Week 5. She will bring some new skills and expertise in the area of art therapy and literacy support with a background in the delivery of the reading recovery program.

Ms Wild will be returning on Wednesday's to teach the music program across the whole school, and our 3 wonderful SLSO's, **Mrs Mathews, Kelly** and **Mr Joe** will continue in their support roles across the classes, also delivery of the Macqlit Literacy Support program with **Mr Joe** in his Chaplaincy role. **Karleigh** will be returning on Mondays and Tuesdays initially, and when her UNI timetable is released we will confirm her days. **Mrs Edwards** continues Monday – Thursday in the office with **Kerrie Stewart** working on Fridays. **Jodie Dean** will continue in the Library on Tuesdays, however will be away for a while as she undergoes a back operation today. We wish her the best of luck. And of course our wonderful staff is rounded out with **Jane** our fabulous cleaner and **Brian** keeping the school grounds looking beautiful.

We were sad to bade farewell to **Ms Reynolds** at the end of last year when her partner accepted a new position in Western Australia. We will all miss the wonderful job she did and her friendly welcoming face.

The school is always open for parents/carers to contact us if you feel you have any concerns or would like to discuss anything in particular. Please give **Anne** or **Kerrie** a call and they will make a suitable appointment time for you.

Swimming Lessons



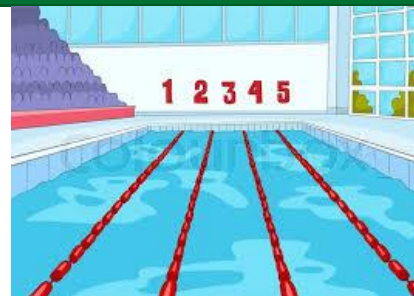
These will begin in earnest today with all students K – 6 attending. Our students will be supported by the class teachers and SLSO's and in addition, **Mrs Morse** will be coming along to lend her expertise and **Karleigh** as well will assist us to enable maximum impact with small groups. It was encouraging to hear that some of the students were able to participate and benefit from the holiday swim program which is so important. Like anything, students (and adults or anyone) improve their skills the more they practise doing the skill. Everyone was handed their swimming lesson notes on Friday and these needed to be returned to school today.

Please send in your payment for bus and pool either daily or in full. Thankyou

Swimming lesson will be held on Mondays and Tuesdays over the next few weeks.

All items of clothing should be clearly labelled (socks, undies, shoes, shirts) with your child's name don't forget your towel, school hat and rashi.

Small Schools' Swimming Carnival



This event is being held at Gundagai Swimming Pool on **Tuesday 9th February**

(tomorrow week) and is an event for all students who are **8 years and older or who turn 8 this year**. Please complete the attached permission note and return it to school by this Friday.

The carnival menu is attached - all orders to be back at school by this Friday 5th February.

School Hats



Don't forget it is expected that all students will wear their school hats each day whilst at school in the playground. Anyone without a school hat will need to remain in the shade area and will be unable to play. If you don't have a hat please see the Anne or Kerrie in the office and purchase one (\$8.00).

School Photos



These are included with your newsletter today for anyone who didn't pick them up at the end of 2020. I'm sure you'll agree, they are well worth the wait. Thankyou everyone for your patience and understanding.

Nut Allergy



A reminder to all parents that we have a student at school who is highly allergic to nuts and nut products. It is therefore requested that all parents are mindful of the fact and support us in refraining from sending in nut products, including muesli bars, nutella, etc.

Child Protection/Media/Tree House Permission Notes



Please read through your newsletter and attached information and permission notes. All notes must signed and returned to enable students to participate in activities. The Media and Child Protection Education notes **must be** signed for your child to be able **to have his/her photo placed in newsletters, the local paper etc.** and for participation in lessons as part of the school's PDHPE program. In particular, parents must sign and return the Tree House Permission note and have

inspected the tree house themselves before your child will be allowed access to this area of the playground. This is particularly important. Thankyou.

Portfolios



Please return these to school once you have finished showing and discussing with your child. Remember to take out your child's report and keep it in a safe place. Thanks to those families who have already done this.

Mission Australia – Grandparents Support

Please see the attached flyer from Mission Australia supporting Grandparents whom are raising their grandchildren. This support group will allow Grandparents to get together and chat over a friendly cuppa along with support on parenting strategies and support services they may need.

Radio News



Don't forget to tune into school news on the radio station

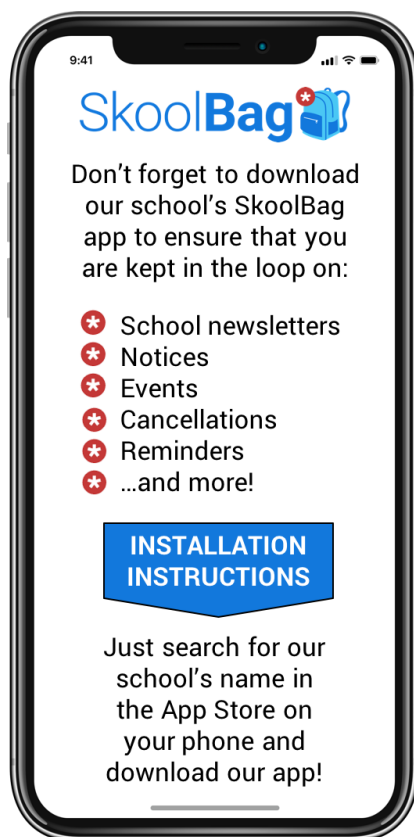
Sounds of the Mountains 94.3.
This can be heard each school
Monday morning at
approximately 9.45am

Week 2: Maia & Hayden
Week 3: Dusty & Riley F

Pip😊

Canteen

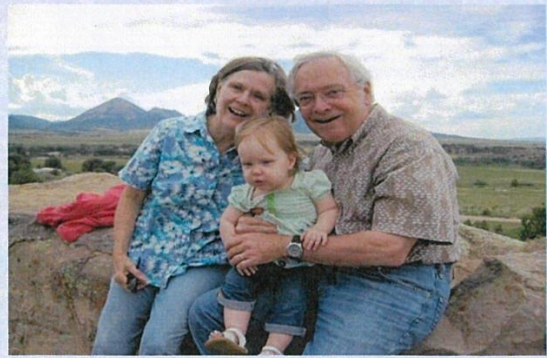
**The new canteen
menu and canteen
information is
attached. The
canteen will be re-
opening on
Wednesday 10th
February from
10.00am – 2.00pm.
Canteen will only
be open on
Wednesdays and
Fridays until week
7 due to swimming
lessons.**



Book Club

The Book Club
brochure is
attached. If you
wish to place an
order, this needs
to be returned to
school with the
correct money by
Monday 8th
February
Thankyou

**MISSION
AUSTRALIA** | together
we stand



GRANDPARENTS SUPPORT GROUP

Helping to raise grandchildren is a rewarding but sometimes difficult role. We would like to offer support for grandparents in the form of friendships, information on available services or just a cuppa with others in a casual and welcoming environment.

Gundagai Neighbourhood Centre

Tuesday 2nd February 2021

(then 1st Tuesday of each month)

1.30pm to 3.00pm

**For further enquiries contact Sharon on
0419 122799**



Circle of Security

I N T E R N A T I O N A L TM

Early Intervention Program for Parents & Children

Presented by: Catherine Buckle, Family Worker, Home-Start Family Services Australia with support from Hayley Ryan, Brighter Futures, Mission Australia.

Location: Tumut Community Services Centre, 106 Wynyard Street

Dates: 4-week condensed program, **Tuesdays in February 2021 (2/2, 9/2, 16/2, 23/2)**

Times: **9:30am – 12:00pm** Tuesdays, morning tea and refreshments provided

Who should attend: Parents from all walks of life find that this program assists with strengthening their connections with their children and easing the day to day behavioral challenges that all families experience. Research shows that secure children experience a wide range of benefits throughout life.

How to register: Places are limited in this **FREE** program. To enquire or register, please: email Catherine at tumut@homestartaustralia.org or phone **0427 466 844**

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training:

- Understand your child's emotional world by learning to read their emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure





SCRAPPINGCLEARLY IS A CREATIVE KIDS PROVIDER



Scrappingclearly has a large range kits Suitable for all ages.....



At Scrappingclearly we endeavour to supply the Creative Kids Kits as per contents listed on our website. However, due to product availability we may have to supply an alternate product on occasion. If an alternate product is required, Kylie will notify you prior too collecting or shipping. Scrappingclearly aim to source quality products from our trusted suppliers for our customers to use to complete the Creative Kids Online Classes. Scrappingclearly is not the manufacturer of these products and all claims, queries and replacements of parts will be forwarded onto to the manufacturer to rectify.

All Creative Kids kits are available online @ www.scrappingclearly.com.au or instore at Scrappingclearly 164 Sheridan Street Gundagai NSW 2722.

On purchasing a scrappingclearly Creative Kids Kit, you agree that the use of any materials supplied are used at your own risk.

Creative Kids NSW Voucher Expiry
 The 2020 Creative Kids NSW Vouchers will expire on December 31st 2020. Any orders placed after 11.59pm on December 31st 2020 using the 2020 Creative Kids Vouchers will be cancelled.
 To ensure your 2020 Creative Kids NSW Voucher is redeemed prior to expiry on 11.59pm 31st December, please place your order before 1pm AEST 31st December.
 Orders placed after this time may not be processed before your voucher expires due to Public Holidays and weekend shutdown. You will be notified by Kylie if your voucher was not redeemed prior to expiry.
 Any orders placed from February 1st 2021 will need to be placed using your 2021 Creative Kids NSW Voucher.

Helping Kids get Creative.....



Mixed Media Junk Journal



BOOK NOW FOR YOUR SPOT

Create your own Mixed Media Junk Journal

WHERE: Mirrabooka Gundagai Neighbourhood Centre

WHEN: 13th February 2020

TIME: 10:00am - 3:00pm

Scrappingclearly is a Creative Kids Provider you can purchase this Class using your 2021 Creative Kids Voucher or pay direct.



This Class is Suitable for age 10 – 18 years

Join Kylie & Margie & have fun learning the techniques to create your very own colourful Art Journal with fabulous Mixed Media items. Learn some awesome techniques, play with fabulous mediums and learn the art of asemic writing.....

WHAT YOU NEED TO BRING ALONG:

- Packed Lunch Morning & Afternoon
- Apron
- Glue Stick
- Liquid Paper Pen

Call Kylie on 0421865322 to secure your spot and to receive further details

How to install the SkoolBag App

Instructions for parents



SkoolBag



For Apple Users

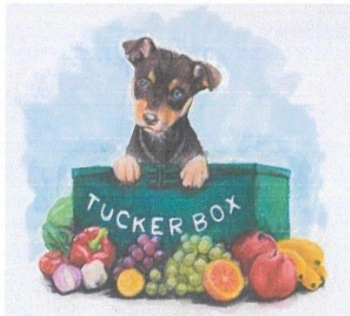
- From your iPhone/iPad, go to the Apple App Store and search for "SkoolBag".
- Download the free SkoolBag app.
- Open the app and add your school(s) and you're ready to go!
- Choose your grade/grades and "allow notifications".

For Google Android Users

- From your Android device, ensure you have an account in the Google Play Store.
- Go to Google Play Store and search for "SkoolBag".
- Download the free SkoolBag app.
- Open the app, add your school(s).
- Choose your grade/grades and "allow notifications".

For more info visit skoolbag.com.au

WHAT'S NEW!



THE RED AND GREEN TUCKER BOX

Welcome back to Term 1, 2021.

CANTEEN OPENING HOURS

The canteen will be re-opening on Wednesday 10th February from 10am-2pm. The Canteen will only be open on Wednesday and Friday until week 7 due to swimming lessons.

MENU

Please order your child's lunch from the attached menu.

STICKY BEAKS LUNCH BAGS

Stickybeaks Reusable Lunch Wallets are available to purchase for \$10.50 each. If you would like a lunch bag please visit the canteen or contact Lianne on 0410430970.



VOLUNTEERS

Volunteers are needed on Monday and Friday from 10am to 2pm. If you can help please complete the attached Volunteer Form and return it to school as soon as possible.



HEALTHY LUNCHBOX WEEK

7 - 13 February, 2021 (Week 3).

Healthy Lunchbox Week is an initiative of Nutrition Australia that aims to inspire Australian families to create healthy and enjoyable lunchboxes.

Did you know children consume around 30% of their daily food intake at school? Most of this comes from the contents of their lunchbox. What children eat during their day at school plays a crucial role in their learning and development.

Healthy Lunchbox Week helps families prepare healthy lunchboxes by:

- inspiring healthy lunchbox ideas and recipes
- ensuring a healthy lunchbox balance across core food groups
- awareness of lunchbox food hygiene and safety



LIFE EDUCATION LUNCHBOX COMPETITION



Do you think you have Australia's healthiest lunchbox? Nutrition Australia have joined forces with Life Education in the search for Australia's healthiest lunchbox. Upload your photo on Life Education website and you'll be in the running to WIN one of three prize packs consisting of a \$250 Woolworths e-Gift card and a Healthy Harold lunch pack. Submissions close Thursday 11th February.

<https://www.lifeeducation.org.au/about-us/partners/woolworths-fresh-food-kids/australias-healthiest-lunchbox>

VEGETABLE WEEK & THE BIG VEGIE CRUNCH

What is The Big Vegie Crunch?

Did you know that only around 6% of Australian children eat enough vegetables? To help our community do their bit to improve this number, our school will be taking part in The Big Vegie Crunch (part of Vegetable Week) at 10am on Thursday 18 March.

Getting ready for The Big Vegie Crunch! What can you do to help?

Remember to keep serving up the vegetables at home and in your children's lunchboxes.



CHOOSE WATER as a drink

Water is the best drink. It has no added sugar. Fruit juice, soft drink, sports drinks and cordials have a lot of sugar. Kids should not drink these every day.
Tap water is the best choice. Most tap water contains fluoride which helps kids grow strong teeth.

HOW MUCH SUGAR IS IN DRINKS?

Amount	No sugar	No added sugar
250ml	Water	Plain milk
250ml	100% Fruit juice	Flavoured milk
250ml	Cordial	Energy drink
250ml	Fruit flavoured drink	Sports drink
600ml	Soft drink	

1 teaspoon = 4g sugar

HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

1-5 years	5 x 250ml glasses = 1.25 litres
6-12 years	6 x 250ml glasses = 1.5 litres

+ EXTRA WATER IN HOT WEATHER

TIPS TO HELP KIDS DRINK MORE WATER

- Show them you like drinking water too
- Drink water throughout the day
- Take a bottle of water when you go out
- Pack water with your child's lunch
- Choose water as a drink when playing sport
- Save money - don't buy sugar sweetened drinks

NSW MAKE SWEETENED NORMAL The resource has been developed by Nutrition Australia and Health Australia. Published November 2010

Pack your child a HEALTHY LUNCH BOX

Choose a variety of foods from each food group

Fruit	
+	
Vegetables	
+	
Dairy	
+	
Wholegrains	
+	
Lean meat & alternatives	
=	A Healthy Lunch Box



MAKE WATER YOUR DRINK

PACK ICE BRICKS TO KEEP FOOD COOL

USE A THERMOS TO KEEP FOOD WARM

NSW Health Western Sydney Local Health District

GUNDAGAI SOUTH PUBLIC SCHOOL

THE RED and GREEN TUCKER BOX

CANTEEN MENU

LUNCH

AVAILABLE AT LUNCHTIME ONLY.

TUCKER BOX SANDWICHES (E)

- Fresh or Toasted
- Cheese \$2.50
- Lean Ham or Chicken \$3.00
- Lean Ham & Cheese \$3.50
- Lean Ham, Cheese & Tomato \$4.00

TUCKER BOX TWISTER WRAP (E)

- Lean Ham or Chicken and Salad Wrap (Tomato, Lettuce, Carrot, Cheese & Mayonnaise). \$4.50

TUCKER BOX CHICKEN BURGER (E)

- (Grilled Chicken, Lettuce, Tomato, Cheese & Mayonnaise) \$4.50

TUCKER BOX CHEESE BURGER (E)

- (Beef Patties, Cheese & Tomato/BBQ Sauce). \$4.50

LASAGNA (E) \$4.00

TUCKERBOX PIZZA (E)

- Ham & Cheese \$4.00

DAILY SNACKS (E) ALL \$1.00

AVAILABLE AT RECESS ONLY

- Tucker Box Torpedo (Dinner roll).
- Ham & Cheese Pita Pocket
- Cheese and Crackers
- Tucker Box Muffin (Seasonal Fruit or Vegetable)
- Yoghurt Cup (Vanilla)
- Pita Chips, Avocado, Cheese & Tomato Salsa
- Fruit Cup (Seasonal Fruit)

DRINKS (E)

ALL DRINKS 250 ml

- Flavoured Milk \$2.00 (Chocolate or Strawberry)
- Just Juice Box \$2.00 (Apple or Apple & Blackcurrant)

FROZEN SNACKS (E)

- Quelch Fruit Sticks \$1.00



Please note : This menu will be reviewed in Term 1 , 2021.