

# **GWYNNEVILLE PS**

# NEWSLETTER



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**Term 3: Weeks 8 & 9, Issued: Wednesday, 05 September 2012**

## **SCHOOL CALENDAR**

### **TERM 3 - SEPTEMBER 2012**

**Thursday, 6th**  
Hot Dog Day

**Wednesday, 12th**  
Year 6 Enrichment Day

**Friday, 14th**  
Assembly 2.30 pm  
2A

**Thursday, 20th**  
Year 6 Activity Day  
School Disco

**Friday, 21st**  
Spelling Bee  
Last Day Term 3

### **TERM 4 - OCTOBER 2012**

**Monday, 8th**  
First Day School  
Students **return**



## **The Principal**

### **PREMIER'S SPELLING BEE REGIONAL FINALS**

Congratulations to Rubab Rahman, Charisse Cloma, Jayden Galevski and Maurice Lam. The children will be representing Gwynneville Public School at the Premier's Spelling Bee Regional Finals. The Finals will be held the last day of term at Fairy Meadow Demonstration School.

### **SOUTHERN STARS**

Congratulations to our students who participated in Southern Stars. Several people commented on the attitude and behaviour of Gwynneville Students. Thank you to Mrs Eshman and Mrs Devlin for all of their great work in preparing the students for their performance.

### **LIVE LIFE WELL PROGRAM**

Thank you to Mr Jennings, Miss Leddy and Mrs Devlin for the great work they are doing with this program. We now have a School Action Plan to support our students in keeping fit and healthy. Our grant money will be spent on purchasing mobile basketball hoops, fitness CD's, skipping ropes and various balls. It has also funded the taste testing of fruit and vegetables as part of National Health and Fitness Day.



## **IMPORTANT**

**GWYNNEVILLE PUBLIC SCHOOL  
IS A NUT FREE ZONE**

**NO NUTS OR NUT BASED PRODUCTS  
BROUGHT TO THE SCHOOL**



## **P & C Meeting**

**GWYNNEVILLE PUBLIC SCHOOL STAFF ROOM  
WEDNESDAY, 12TH SEPTEMBER AT 6.30 PM**

**ALL WELCOME**





### **NATIONAL HEALTH AND FITNESS DAY**

Today the students were involved in the Adidas Run Around the World challenge. The aim is to set a new Australian record for the largest number of students running on the same day. The world's circumfer-

ence spans approximately 40,000 km and the goal is for students to run a lap of the world together as a nation. The students also participated in taste testing of many fruits and vegetables as well as participating in health and nutrition lessons.

### **CHANGE TO SCHOOL UNIFORM**

Please note that it was agreed upon at the last P & C Meeting to change the colour of the long-sleeved polo shirt to sky blue in keeping with the short-sleeved one.

### **BEGINNING SCHOOL WELL PROGRAM**

We have been selected to coordinate a Transition to School Program for Refugee students. The program will involve running pre-school activities for the children and information sessions for their parents one morning per week over 6 weeks. Mrs Krauss and I will be involved in running the program. I will be travelling to Goulburn on Thursday and Friday for training. We have been given quite a substantial grant to run the program that can be used as an integral part of our own Orientation Program for Kindergarten students.

### **KINDERGARTEN ENROLMENTS 2013**

We currently have 20 Kinder enrolments for next year. If you have a child starting Kindergarten next year or know of a child that will be enrolling here, it would assist us in organising our Kinder Orientation Program if appropriate forms and documents were filled out now. A letter will go home shortly with regards to the Orientation Sessions.



### **KINDERGARTEN ORIENTATION DATES:**

Thursday, 18th October 2012

9.30am—11.00 am

and

Thursday, 25th October 2012

### **FATHERS' DAY STALL**

Thank you once again to our parents for organising and running the stall. The gifts were lovely. Obviously a lot of time and thought went in to selecting them! Well done to all involved.

### **BUILDING HEALTHY HABITS**

Children are learning habits that will often last them a lifetime. Consider the following:

- ♦ Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.
- ♦ Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.
- ♦ Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop good dental habits.

## SCHOOL NEWS

### AWARDS

**Congratulations to the following students**

#### BRONZE

<b>1J</b>	Jack Knight				
<b>2A</b>	Uzayr Karimullah				
<b>2.3L</b>	Layla Mouawad	Lalith Jennepalli	Shada Bridan	Haoran Miao	

#### SILVER

<b>1J</b>	Elvis Hunt	Maryam Al-Shaibani	Charith Jennepalli	Riley Williams	Matthew Flanagan
	Kiahna Quiros				
<b>2A</b>	Ethan Lever	Zachary Nikolovski	Jaydyn Gebels		
<b>2.3L</b>	Portia Johnson	Lara Novakovic	Emilia Morris	Miri Nayagodamu	Maurice Lam
<b>4.5B</b>	Harmoni Hunt				

## COMMUNITY NOTICES

### HOCKEY NSW INDOOR HOLIDAYS CLINICS 2012

**Date:** 24th September  
Registrations close 17th September

**Time:** 10.00 am—3.00 pm

**Ages:** 5-12 years

**Venue:** Illawarra Credit Union Hockey Stadium

**Cost:** \$75.00 per child including hockey pack  
\$50 *without pack*

**What you need:**

Mouthguard, 2 x Water Bottles & Snacks. If you have your own indoor sticks and shin guards, bring them too! If not, we have some we can provide for the day...

Download registration form online today at:  
**[hockeynsw.com.au](http://hockeynsw.com.au)**

### STEWART HOUSE SCHOOL USED CLOTHING APPEAL 2012

Stewart House bags have been sent home. If you have any clean used clothing you no longer need, would you please place this in the plastic bag and return to school ***BEFORE THIS FRIDAY, 7 SEPTEMBER 2012.***

Thank you for supporting this very worthwhile organisation.

## Wollongong Golf Club

### School Holiday Kids Golf Clinics

#### FREE OPEN DAY

A fun environment for kids to be introduced to golf, or for current junior golfers to learn more about the programs offered at Wollongong Golf Club.

#### Girls & Boys aged 7-15 years.

**Dates:** Thursday, 27th September  
Thursday, 4th October

**Time:** 10.30am to 12.30pm

\* Free sausage sizzle for all the family following the clinic.

#### Prizes to be won and a certificate.

For more information or to register,  
contact the Pro Shop

**Phone 4222 3114**

Email: [proshop@wollongonggolfclub.com.au](mailto:proshop@wollongonggolfclub.com.au)

THE HOMELESSNESS ACTION PLAN DOMESTIC VIOLENCE  
SUPPORT PROJECT IS PLEASED TO HOST:

**Children & Domestic Violence: Free Seminars**  
**Tuesday, 11th September 2011**  
**Kiama Pavillion, 2 Bong Bong St, Kiama**

**10.00 to 12 noon - Kate Wilcox— The effects of domestic violence on children and how this is informing changes in legislation**

**Lunch provided 12 noon to 1 pm.**

**1.00 to 4.00 pm - Mary Jo McVeigh - Into your Heart: An exploration of the effects of domestic violence on children and their recovery process**



#### Cool Kids Crunch&Sip\*

Don't forget the bottle of water  
and fruit or vegetables for  
Crunch&Sip\* everyday!



#### Fruit Salad... Yummy Yummy!

Fruit salad is a great idea for Crunch&Sip\*, full of colour, flavour and nutrients.

Why not chop up your child's favourite fruit and pop it into a sealable container. Don't forget a fork!



# Wollongong City Little Athletics



## Season 2012-2013 Registration Information

**Costs** Early Bird Registration \$110 (to be paid before close of 2nd Registration Day)  
Regular Registration \$120  
Trial Period Fee \$20

**Registration Dates** September 13<sup>th</sup> 4:30pm – 6:30pm &  
September 16<sup>th</sup> 10:00am – 2:00pm

**Venue** – Kerryn McCann Athletics Track at Beaton Park.

**Payment Method** Cash & Cheque. (Eftpos can only be used when registering online)

**Online Registration** Online Registrations can be done via [NSW Little A's](http://www.nswlittlea.com.au) website. When registering via the NSW Little A's website you have the option to pay online, however we recommend payment on Registrations days when collecting your Rego Kits.

First time registration will require proof of age in the form of a birth certificate, blue book or similar documents when registering. The registration cannot be completed without proof of age documentation.

Competition is for children under 6 to under 17. There is no 'tiny tot' age division.

Athletics is an inexpensive sport. A yearly registration fee covers a "season" of competition. There are no ongoing weekly expenses.

Uniforms at a cost of approximately \$55.00 has to be worn 2 weeks after registration.

For further information please contact Sascha McCabe Ph. 0425 808 501

## KEEPING LUNCHBOXES SAFE

- ♦ Before preparing your child's lunchbox, always wash your hands and ensure you have a clean chopping board, lunchboxes and utensils.
- ♦ Bacteria that cause food poisoning grow at room temperature so it is a good idea to keep lunchboxes cold, even in winter. Include a frozen drink or ice-brick to keep sandwiches fresh and safe.  
Wrap frozen drinks in a paper towel to stop condensation making lunches soggy.
- ♦ Be selective about what you pack, especially on hot days. Try to avoid cold meats, chicken and eggs on hot days.

*If shared problems lessen the burden, how come we get so upset in a traffic jam? PK SHAW*