A reminder that parents are always welcome in the school whether to assist with school programs or to speak with teachers. If you would like to know how to best assist your child’s education just contact the teacher of your choice or the school office on 63741622.

**Principal’s Message**

**Thank You**

**To:** Parents who have been very prompt in returning the School Culture Survey – it is appreciated.

**Enrolments for 2015**

Enrolment forms for Kindergarten 2015 are now available at the school office.

Enrolment with our school for 2015 in any grade from Kindergarten to Year 6 can be made at the school office at anytime. Please contact the school office on 63741622 if more information about our school is required.

**Kindergarten 2015**

The 2015 Kindergarten Programs will commence on Wednesday October 15th with information sessions at 1.30pm and 6.00pm in the Kinder rooms at school.

The following week “Kindy Kapers” will start. Bookings are essential. Contact the School Office on 63741622 for more information.

**Zoo Snooz**

Stage 2 will be camping overnight at Western Plains Zoo on October 28th-29th for Year 3 and 30th-31st for Year 4.

**Bird Team**

Stage 3 members of the Bird Team will be camping overnight at Dunns Swamp on October 29th and 30th. A detailed note was sent home last week. Students who missed it should get one from the Office ASAP.
School Self Evaluation Program
Each year the school evaluates its programs and processes. The usual manner of gathering information is through surveys to parents, staff and students.
This year the major areas for evaluation include School Culture and English.
Surveys will be sent home in the next few weeks. Please assist the school by completing and returning the surveys ASAP.
No names are attached to the surveys so you may be quite frank in your comments.

P&C News
P&C meets on the first Wednesday each month at 5.30pm in the Staffroom. The next meeting is Wednesday November 5th at 5.30 in the Staffroom.
The minutes of each P&C Meeting are posted on the school’s website.

School Web Site
The Gulgong Public School Website is at the following address:
www.gulgong-p.schools.nsw.edu.au

Alan Walker
Principal

Healthy Bites
“let food be thy medicine and medicine be thy food” Hippocrates

Magic Bean Cake
Ingredients:
- 420g tin red kidney beans, drained and rinsed well
- 1 tbs water
- 1 tbs vanilla
- 5 eggs
- 70g cacao powder (or cocoa powder)
- ½ tsp bicarb soda
- 1 tsp baking powder
- ¼ tsp salt
- 1/3 cup grape seed oil
- 180g sugar

Method:
Pre heat oven to 180C
In a blender or food processor, blend the beans, water, vanilla and eggs until smooth.
Add the remaining ingredients and combine, scraping down the sides as needed.
Pour into a well greased 20cm cake tin and bake for approx 30 minutes.
Cacao powder is rich in nutrients such as magnesium, iron, potassium, calcium, zinc, copper and vitamin C.

Daphne Brooks from the P&C

CANTEEN CORNER
Come and try our new items available at the canteen.
- Fan Dangles Ice Cream - Chocolate Marshmallow & Fairy Floss flavours - $1.50
- Life Saver Ice Block – $2.00
- Paul’s Squeeze Yoghurt – Strawberry & Vanilla Flavours - $1
- Frozen Orange Juice Cups – 80c
- Up & Go’s are now $2.30

A big THANK YOU to all the volunteers who have helped out in the Canteen. Your help has been greatly appreciated.

THIS WEEK’S VIRTUE:
IDEALISM
What is Idealism?
A person with ideals is a person who really cares about what is right and meaningful in life. When you practice idealism, you have beliefs that mean something to you and you follow them. You don’t just accept things the way they are. You want to make a difference. Idealists dare to have big dreams and then act as if they are possible.

If you have borrowed any Horse Sports Gear, could you please return to the school ASAP. Thank you.
Why Practice It?
People without ideals or dreams live as if nothing matters very much. They have no dreams of what is possible. They settle for whatever happens. Without idealism, the world’s problems would never change. When you practice idealism, you trust that tomorrow can be better than today. You see what is possible and act to make it happen.

How Do You Practice It?
Idealism begins by picturing what you would ideally like to see happen. It could be a vision of what you will do when you grow up or of something you want to achieve now. It could be a dream of having the best friend ever, or a new invention, or making the world a better place. When you practice idealism, you have dreams and then act to make the ideal real. You make a plan and step by step, your dream can come true.

Affirmation
“I live by my ideals. I believe in my dreams. I have faith that anything is possible.”

This week’s “Keys to Success”

PERSISTENCE
How can I be persistent?
- Try even when schoolwork is hard
- Don’t be distracted by others
- Check your work to make sure it’s correct
- Try to complete work even if you think it’s boring
- Listen to the teacher’s instructions
- Finish work instead of playing
- Don’t give up too quickly
- Do what you say you are going to do
- Put your things away

PERSISTENCE
What do we say to reward and encourage persistence?
- “You didn’t give up!”
- “You kept trying – great effort!”
- “Making that extra effort will help you learn.”
- “You sure don’t give up easily – well done!”
- Your effort is very important. It will help you succeed.”
- “See, persistence pays off!”
- “It’s great that you understand that to be successful, sometimes you have to do things you don’t feel like doing.”
- “The more you practise, the better you become.”

GULGONG PUBLIC SCHOOL PARLIAMENT REPORT
This week Swae brought up sunscreen pump bottles in each classroom. A cupcake stall will be held to raise money for this. - This motion was passed.
Member for Barnes brought up that we should have the names of good people wearing hats, go in a drum and pick the next song on the speakers. This motion was passed.

COMMUNITY NEWS
Mudgee Western Region Council Outdoor Beginners Exercise Group
Free Outdoor Exercise Class for beginners at Billy Dunn Oval. Involves a range of body Weight exercises incorporating some resistance equipment and boxing whilst using facilities around Billy Dunn Oval. Great social exercise group. Child friendly so bring your little ones along while you exercise. 9.30am Tuesdays.
For further information contact MWRC – Bronwyn Rayner – 6378 2850 or just come along.
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