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.

This Week

“Kindy Kapers” Weeks 3 – 6 Monday Tuesday & Wednesdays 1.00 -3.00

Tuesday - Friday
Stage 2 overnight camps at Zoo Snooz  Year 3 Tuesday October 28th -Wednesday 29th & Year 4  Thursday - October 30th - Friday 31st
Students are asked to be at school before 9.30am and will be returning by 3.30pm the next day.

Wednesday - Thursday
Stage 3 Bird Team overnight camp at Dunns Swamp
Students will be leaving at 9.00am

Saturday
Circus at Rylstone Street Feast Saturday November 1st 10.00 -1.00pm

Coming Up
Joffa’s “Toon School” Monday November 10 - $3.00
Swimming School November 17 -28 - $20.00

Principal’s Message
Congratulations
To: T20 cricketers for outstanding play last Friday.
Four games and four wins – well done. Reports of behaviour, sportsmanship and co-operation were excellent.

Thank You
To: Staff, students and parents who assisted with the Gulgong Markets on Saturday.
To: those parents who have returned their School Culture Survey. There are still more than 50% out there – please return them ASAP.

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 continue with “Kindy Kapers” starting this week. 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.
Selective High School Year 7 in 2016
Application by current Year 5 students for entry in 2016 are now open.


Read the application information and submit an application online. Parents without internet access can apply at a public library or contact the school for advice. If parents have a disability and cannot use a computer they can contact the High Performing Student Unit on 1300 880 367 or contact the school for advice.

Applications close on 17 November 2014. No late applications will be accepted.

The Selective High School Placement Test will be held on 12 March 2015.

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 Web Site is at the following address:
www.gulgong-p.schools.nsw.edu.au

Alan Walker
Principal

STARS OF THE WEEK
KP – Adam
KB – Jackson
1G – Cody
2/3H – Archerson

If you have borrowed any Horse Sports Gear, could you please return to the school ASAP. Thank you.
Healthy Bites
Banana and almond loaf

Ingredients:
¾ cup water
4 tablespoons butter
½ cup honey
1 ½ cups self raising flour
pinch salt
½ teaspoon cinnamon
½ cup chopped almonds
½ cup sultanas
1 ½ cups mashed banana

Method:
Pre heat oven to 180C
In a small pan, bring water and butter to boil.
Remove from heat and stir in honey.
Mix dry ingredients together in a large bowl.
Using a wooden spoon, mix wet ingredients into dry,
adding banana at the same time.
Pour into a greased loaf tin and bake for approx 40 to
50 mins.

It is best to try and buy honey from a local
beekeeper as small traces of pollens from
the area are contained in raw honey and
can help to reduce hay fever symptoms.
Raw honey has many health benefits, it is
a powerful antioxidant and an excellent remedy for
skin wounds and all types of infections.

Daphne Brooks from the P&C

CANTEEN CORNER
HALLOWEEN AT THE CANTEEN
Available this week (31/10/14)
Spooky cupcakes – $1.00
Assorted Bags of Lollies – various prices

SPORT
Years – K – 1 - have commenced swimming for Sport on a THURSDAY
(week 2 – week 6).

Years 2 – 6 – have commenced on a WEDNESDAY
(week 2 – week 6).
Please have the Permission Note returned to their class
teacher ASAP.

THIS WEEK’S VIRTUE:
JOYFULNESS

What Is Joyfulness?
Joyfulness is being filled with happiness. It is a
peaceful sense of well-being. Joy is inside us all. It
comes from an appreciation for the gifts each day
brings. Joy comes when we are doing what we
know is right, and when we laugh and see the
humour in things. Joy is the inner sense that can
carry us through the hard times even when we are
feeling very sad.

Why Practice It?
Without inner joy, all our feelings are determined
by what is happening to us. When things are going
well, we feel glad. When things are going wrong,
we feel bad. Without joyfulness, when the fun
stops, our happiness stops. When we are joyful,
things still happen to us, some good and some not
so good. If we are joyful, down deep we stay calm
and serene. We look forward to things changing for
the better.

How Do You Practice It?
Joyfulness is looking forward to your day, knowing
it will be good. Whatever you are doing, do it with
a joyful heart. Find ways to have fun in your work
and in your play. When good things happen to
you, enjoy them fully. When sad things happen, let
the sadness come and then let it go. Find the gift in
what is happening - is this a way to become
stronger? Something new to learn?
Enjoy your life!

“Affirmation”
I am thankful for the joy I feel inside. I
enjoy my work and my play. I appreciate
the gifts this day holds for me.

This week’s “Keys to Success”

CONFIDENCE
How can I be confident?
– Raise my hand to answer a difficult question
– Do hard work and try hard before asking for help
– Share a new idea with the class, my teacher or
my parents
– Introduce myself to someone new
– Speak loudly and clearly when asking or
answering a question in class
– Greet adults with good eye contact and use
their name
– Offers to take responsibility for
organising a family event
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Allan McSweyn
Mobile 0428 600 498

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SHAHN'S FAMILY DAY CARE
6 WHITE ST, GULGONG
PHONE: 0403 187 720
FOR MORE INFORMATION

KELLY'S HARDWARE & WELDING SUPPLIES
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