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.

Welcome Back
Welcome back to all our families for Term 4. We are looking forward to a happy and productive term.

This Week

Wednesday
P&C Meeting Wednesday 5.30 in the Staffroom

Thursday
Mt Panorama visit Stage 3 Thursday

Friday
Indigi Ed “Belonging to Culture” Program Friday at Red Hill

Principal’s Message

Congratulations
To: Staff, parents and students for the excellence of costumes and performances in our School Concert.
To: Staff and students for the growth beyond state expectation in Year 5 Reading and Spelling in this year’s NAPLAN Testing.

Thank You
To: Parents and students for help with the following events during the holidays:
- Kandos Community Holiday Activities (Circus - thanks to GA Paul Meek for help here)
- Gulgong Markets at Coronation Park Saturday 27th September (Circus & Paparazzi)
- Gulgong Camel Races Sunday October 5th at the racecourse (Circus & Paparazzi)

Special thanks to parents Kate Holt and Belinda Davies along with Marilyn Douglas and Jessica Holt, without whom our school involvement in these community events would not have been possible.
**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 any time. 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 session 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 27th-28th for Year 3 and 29th-30th for Year 4. More details will be sent home in a note shortly.

**Bird Team**
Stage 3 members of the Bird Team will be camping overnight at Dunns Swamp on October 29th and 30th. A detailed note will be sent home shortly with more details and how the group will be determined.

**Summer Softball**
Softball starts this Saturday at West End in Mudgee. Tee Ball starts at 9.00am and Juniors at 10.00am. If you are interested in registering to play with Gulgong Phantoms please see Mr Walker this week. You can give Mr Walker rego forms or take them with you on Saturday.

All Gulgong Phantoms will have purple playing uniform on loan from Mr Walker and have the option of buying socks and Phantom cap.

Softball plays in Term 4 this year and Term 1 next year with a break for Christmas holidays.

**Paparazzi Team**
Candid photos by the Paparazzi Team of most of the school children at our school are available on A4 photo paper for $2.50.
Children are at sport, in the playground, on excursions, in community events, performing at the school concert etc. Just enquire at the office to arrange to see what we have.
For example the recent school concert photos are good quality and feature a number of photos of every class item. See samples in this newsletter.

**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, English and School Satisfaction.
Surveys will be sent home in the next two week’s newsletters. Please assist the school by completing and returning the surveys by Friday of Week 3 (October 24th).
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 this Wednesday October 8th 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
SCHOOL NEWS

STARS OF THE WEEK
Week 10 Term 3
KB – Jaime-lee
IH – Joe
1G – Lester
2L – Shannae

Healthy Bites
“When an entire class of six year olds avoided additives for two weeks, nearly 60% of their parents reported improvements in behaviour, cooperation and sleeping.” Sue Dengate, Fed Up.

Easy Muffins
Ingredients:
2 cups self raising flour
½ cup rapadura sugar (you can use regular sugar here if needed)
2 eggs
1/3 cup macadamia nut oil
1 cup natural yoghurt
1 cup raspberries (or other fruit of choice)

Method:
Pre heat oven to 180C
Place all ingredients except the fruit into a bowl and mix until just combined.
Add the raspberries and stir in.
Bake in a muffin tin for approx 25 minutes or until cooked through.

Rapadura sugar is the evaporated pure juice extracted from sugar cane. This is a great alternative to white table sugar because it contains all the vitamins and minerals that are usually lost in the refining process.

Daphne Brooks from the P&C

THIS WEEK’S VIRTUE:
HONOR

What is Honor?
Honor is living with a sense of respect for what you believe is right. It is living by the virtues, showing great respect for yourself, other people, and the rules you live by. When you are honorable, you don’t have to feel ashamed of who you are or what you are doing. You are worthy of respect. You set a good example.

Why Practice It?
Without honor, people act disrespectfully and do things which make them and others feel ashamed. They just do what they want without caring about the virtues or whether it is right or wrong. When someone is honorable, other people trust them to do what is right. Their word of honor means they will do exactly what they promise. People respect and look up to someone who is honorable.

How Do You Practice It?
When you act with honor, you do the right thing regardless of what others are doing. You keep your promises, without anyone reminding or nagging you. You honor your elders by speaking respectfully to them. You honor yourself by being your best, practicing your virtues every day. When you act with honor, you set a good example, not to be admired, but just because it is the right thing to do.

Affirmation
“I am honorable. I keep my agreements and treat others with respect. I live by the virtues. I care about doing the right thing.”

This week’s “Keys to Success”
GETTING ALONG
How can I get along with others?

- Work well with classmates
- Take turns
- Listen when someone is talking
- Respect important school rules
- Help someone with their work
- When faced with a problem, talk rather than fight
- Share things with others
- Include someone in a group activity or a game
- Be kind and courteous to teachers, classmates and parents
- Help others in need
- Be sensitive to the feelings of others
- Tell the truth
- Do things to make the community a better place to live and learn
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