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  12.30 -3.30

Friday
T20 Cricket

Saturday
Gulgong Markets Saturday 8.30 -12.30 Coronation Park

Coming Up

Stage 2 overnight camps at Zoo Snooz
Year 3-October 28th – 29th
Year 4 – October 30th – 31st

Stage 3 Bird Team overnight camp at Dunns Swamp
October 29th & 30th

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

Principal’s Message
Congratualtions
To: Indigi-Ed students for wonderful work last week at Red Hill. We are looking forward to the presentation of the finished work in early December. Many thanks to Sue Fuller and Cindy Picton for your wonderful work with our students.

Thank You
To: Parents who attended the Kinder information sessions. We look forward to your children attending “Kindy Kapers” and coming to “big school” next year.

Coolah Horse Sports Report
Our equestrian team Aydin, Ethan, Renee, Chloe, Joanna, Daine & Jaymee - Lee represented our school at Coolah Central School Horse Sports on Friday & all rode really well, congratulations to Aydin & Renee for both winning reserve champion in their age groups & to Ethan for winning sportsmanship award.
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.

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.

Healthy Bites
Gelatin is dehydrated broth powder made up of cartilage, collagen and minerals. Gelatin supports skin, nail and hair growth, can aid digestion and help joint recovery.

A great way to add gelatin to your diet is to make Home made gummy lollies.

Ingredients:
8 teaspoons gelatin
½ cup juice (fresh squeezed works well, remember not to use pineapple though as it wont set)
2 tablespoons honey

Method:
In a small pan over low heat, mix the juice, gelatin and honey and whisk to incorporate. Heat slightly until gelatin is completely dissolved (it will be thick and somewhat syrup-like) Pour into moulds (silicon chocolate moulds or ice cube trays work well) Put in the freezer for 10 minutes to harden Remove and pop out of moulds Enjoy!

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.
CANTEEN CORNER

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

THIS WEEK’S VIRTUE:
INTEGRITY

What Is Integrity?
Integrity is standing up for what you believe is right, living by your highest values. It is being honest and sincere with others and yourself. You are integrous when your words and actions match. You don’t fool yourself into doing what you know is wrong. You fill your life and your mind with things that help you to live a good, clean life.

Why Practice It?
Without integrity, no one would be able to trust each other to do what they say they are going to do. Integrity helps us to listen to our conscience, to do the right thing. Others believe them and rely on them. Integrity gives us self-respect and a peaceful heart.

How Do You Practice It?
You practice integrity by thinking about the virtues that matter to you and doing your best to live by them. When you make a mistake, you clean it up. You don’t follow the crowd. You think for yourself. You don’t say one thing and do another. You do the right thing even when no one is watching. Even when it is hard to do the right thing, you stand strong.

“Affirmation”
“I have integrity. I mean what I say and say what I mean. I stand up for what I feel is right. I am my own leader.”

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).

If you have borrowed any Horse Sports Gear, could you please return to the school ASAP. Thank you.

This week’s “Keys to Success”
“Resilience”

Resilience means knowing how to stop yourself from getting extremely angry, down or worried when something bad happens. It means being able to calm down and feel better when you get very upset. It also means being able to control your behaviour when you are very upset so that you bounce back from difficulty and return to work or play.

Positive habits of the mind to help develop resilience include – accepting yourself, taking risks, being independent, working tough and being tolerant of others.

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