IN TUNE

GULGONG PUBLIC SCHOOL
PART OF CUDGEGONG LEARNING COMMUNITY
“Learning Today Leading Tomorrow”
PO BOX 291, GULGONG, NSW, 2852
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Term 3 – Week 9

Tuesday, 9 September

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.

There will be NO CIRCUS for the rest of Term 3

This Week

Thursday
Green Day Thursday 11th – Years 5 & 6
Friday
T20 Cricket Friday
“Belonging to Culture” Program Friday

Coming Up

School Concert September 16 & 18 at the Opera House
Term 3 Disco September 17th  Theme is “Monsters”
Last Day of Term 3 Friday September 19th
First day back Term 4 - Tuesday October 7th
Kindergarten 2015 Information Session Wednesday October 15th

Principal’s Message

Congratulations
To: Mrs Harby on the birth of baby Joe last week.

To: Mr Lindsay on the birth of baby Sullivan on the weekend.

To: Mr Lindsay for organising the excellent “Kite Day” last week.

“Kite Day” at Gulgong Public School.
The importance of dads and other “blokes” taking an interest in the education of their children was highlighted recently at Gulgong Public School.

Nearly one hundred dads and other family members attended the school for “Kite Day”.

After spending time in classrooms checking out what was happening for their children’s education, the dads helped the students make their kites ready for the “big fly”.

Once outside in the playground over two hundred multi-coloured kites flying at once was a magnificent display.

Photos from today’s performance "Monster's"
Children, dads and teachers all laughed and had fun together as their kites flew in the breeze. After the kite flying a picnic lunch with the children was the order of the day before the day finished with happy children going back to class and content parents heading off home.

**Thank You**

To: Parents, staff and students for a wonderful “Kite Day” last week. A special thank you to all the “blokes” who turned up – well done.

**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.

**School Concert – “Ghost Dance – The Message of the Ages”**

*Tuesday* September 16 – Matinee 12.00 and Evening 6.30pm

*Thursday* September 18 Evening only 6.30pm at the Opera House.

Tickets are on sale at the school office. Matinee flat $5  
*Evening*: Adults $10  Children $5  Age Concession Card $5.

(My apologies for any confusion about ticket prices)

Please purchase your tickets at the school office as there is **NO TICKETS at the door.**

**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 October 8 at 5.30 in the Staffroom**

The minutes of each P&C Meeting are posted on the school’s website.

**Kindergarten 2015**

Information sessions will be held on the 15th October, 2014. 1-30pm and again at 6.00pm

This year’s “Kindy Kapers” program begins 20th October, 2014, Term 4.

**School Web Site**

The Gulgong Public School Web Site is at the following address:


**Alan Walker**

Principal

**SCHOOL NEWS**

**STARS OF THE WEEK**

KP – Charlotte – consistent effort in all areas

KB – Tyler – improved effort and attitude in tasks

IH – Lilli – asking questions when unsure to improve on her work

1G – Thomas - fantastic effort in all areas

2L – Rachel – working co-operatively in a maths group

2/3H – Caitlin – Terrific attitude towards learning

**LIBRARY NEWS**

We have a Book Club order with no name. To claim your book club order please see Ms Ryan in the Library.

**THIS WEEK’S VIRTUE:**

Helpfulness

**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

**CONFIDENCE**

What do we say to reward and encourage confidence?

- “That took confidence.”
- “That wasn’t easy to do, but you did it!”
- “You are not afraid to take risks.”
- “You had a confident voice when you spoke in class.”
- “You really stood up for what you believed in.”
- “You were not afraid to make a mistake – good on you!”
- “You have a positive approach to your work.”
- “You looked confident.”

If children are not feeling confident, resilient, persistent and organised, or they are having problems getting along with others they can talk to themselves to make them feel better.

**COMMUNITY NEWS**

**Mini-Hoops**

**There is NO Basketball this week.**

**Presentation will be held 15th September in Mudgee.**

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**Mudgee Amateur Softball Registration Dates:**

- Sat 13th Sept at Glen Willow 10am - 12pm.
- Wed 8th Oct at Westend Fields 4pm - 6pm
- Sat 11th Oct at Westend Fields 9am – 1pm

Our season commences on 11th October for all divisions except Adults. This day will be a fun day and an opportunity for anyone wanting to try softball to come along - teams will be allocated on the day - game times will be in line with competition game times listed below:

The main competition for ALL DIVISIONS will commence on 18th October and will run up to and including 6th December we will then break for Christmas. The second half of the season will then begin on 31st January and Grand Final/Presentation weekend will be 14th March.

**GAME TIMES:**

- Benny Ball (3-7 yrs) 9:15am to 10am.
- T Ball (Under 11’s) 9am to 10am.
- Juniors (Under 15’s) 10:30am to 11:45am.
- Youth (Under 19’s) 12:15am to 1:30pm.
- Adult 2:00pm to 3:15pm

**Healthy Bites**

Hello and welcome to healthy bites! Each week I will be writing a small snippet of information about health and nutrition. I will also be including some easy and fun recipes to try.

Did you know that there are about 300 food additives that are permitted in Australian packaged foods? And that 60 of these have questionable safety or are actually harmful to health? This affects children in particular as they consume a higher percentage of additives per kilo of bodyweight than adults.


**Chocolate Bliss Balls**

**INGREDIENTS:**

- ½ cup pitted dates
- 1 cup sultanas
- ½ cup desiccated coconut
- ½ cup milk powder (or nut meal if you need to avoid dairy)
- 2 tbs unflavoured cocoa powder
- 1-2 tbs boiling water

**METHOD:**

Place the dried fruit into a food processor and blitz for a few seconds.

Add the boiling water and allow to soak for a minute or two.

Add all other ingredients and process until a paste forms.

Roll into balls and toss in coconut. Enjoy!

*remember to keep an eye out for preservative free dried fruit and coconut. Preservatives 220 and 223 are often used on dried fruit and can make asthma symptoms worse. Your local health food shop is a great place to find sulphate free products.

**Daphne Brooks from the P&C**
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